

UKMSA welcomes the London Assembly's report into Men's Mental Health in London and highlights how partnership working helps people create more Sheds across London

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The UK Men's Sheds Association welcomes the London Assembly's report into Men's Mental Health in London, which shines a much-needed light on the challenges many men face across the capital including loneliness, stress and a lack of accessible community spaces.

Men's Sheds are mainly volunteer-led spaces, where men come together to make, mend and build friendships. They offer informal, practical spaces that support wellbeing simply by giving men a place to belong.

"Following the premature death of my daughter from a car crash, I fell off the rails. I felt that I did not want to do anything or mix with anybody. After finding Men in Sheds, I have rebuilt my life, and I have found a group of new and diverse friends. It has also renewed my love of woodwork. The group talk about many subjects, and it feels like a safe place to discuss many difficult subjects," said Dave, Shedder, 62.

However, many London boroughs still have no Sheds, and volunteers need access to affordable premises and local support to open more.

Caroline Ellis, CEO of UKMSA, said: "London can be a fantastic city, but it can also be a lonely one. Sheds offer men a place to turn up, get involved and feel part of something. We welcome the Mayor's focus on men's mental health and the recognition that community-led spaces must be part of the solution. With the right partnerships, we can support volunteers to open more Sheds across the capital."

For Age UK Bexley, that is what Men in Sheds projects are all about: fostering supportive social networks whilst giving members the chance to be creative in the wood workshop. "In our last impact survey in September 2025, 100% of our members surveyed agreed with the statement "I have formed new social connections or friendships since joining the shed". We see new members join at moments of significant life change, including bereavement, and it's inspiring to see how much joy, purpose, and camaraderie they find amongst their peers in the Shed," said Emily Willey, Service Manager, Age UK Bexley

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