

UKMSA welcomes the Men's Health Strategy for England

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The UK Men's Sheds Association (UKMSA) welcomes the launch of England's first-ever Men's Health Strategy as "a landmark moment that recognises the importance of community-based and peer-led spaces in supporting men's wellbeing."

More than a thousand Men's Sheds across the UK are opened and run, mainly by volunteers. These safe and welcoming spaces offer men a place to connect, create and chat, improving wellbeing through what many call "health by stealth".

Across the country, more men want to join Sheds than there are spaces available. Supporting people to start more Sheds is essential, and today's Strategy helps shine a spotlight on the positive impact Sheds already have.

Caroline Ellis, CEO of UKMSA, said: *"This Strategy rightly recognises the importance of community-led places where men can connect and find purpose. Every Shed in the UK exists because people have created it in their local community, and we urgently need more people with the skills and confidence to set up Sheds, so every man who wants to attend one can do so. We welcome the Government's focus on prevention and community-based support, and we look forward to working with local communities, partners and policymakers to help more Sheds open."*

Eddy Flynn of Bootle Men's Shed commented, "Mental health is often spoken about in Sheds without stigma as we all understand it's a part of daily life. A couple of hours sanding and sawing can increase physical activity, rather than sitting alone and watching tv. Men's Sheds are a simple solution to a complex need, building community as well as bird boxes."

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