

# Welcome to Men in Sheds Bedford



**A place where mature men with time on their hands can pursue their hobbies and practical interests, share skills, learn new ones, and help each other.**

**Bedford Arts and Craft Centre / Annex,  
Amphill Road,  
Bedford, MK42 9HE**

## **Mondays**

- 10 - 1pm Tea, Coffee and hand tools. Just pop along for a chat and a biscuit. A great time to come and meet us.
- 2 - 4pm Computer Training sessions - phone first.

## **Tuesdays**

- 10 - 1pm Full on Machine excitement with power tools.
- 2 - 4pm Woodwork training sessions for beginners.

## **Wednesday (alternate weeks)**

- 1 - 3pm Model Train Sessions

## **Thursdays**

- 10 - 1pm Full on Machine excitement with power tools.

121 help for people with disabilities to work on a project e.g. bird box or phone stand with an instructor - phone for details.

**[www.meninshedsbedford.org.uk](http://www.meninshedsbedford.org.uk)**

**Contact the secretary [sc@steveconway.net](mailto:sc@steveconway.net) 07805 775828**

*Write to us at the above address or*

*Just call in and see us and have a cup of tea or coffee*

# Welcome to Men in Sheds Bedford



**Our aim is to keep men (or ladies) active and healthy by getting them out of the house, talking and meeting people, making friends, and doing stuff together. All leading to a positive mental state.**

**Numerous studies link mental well being with physical well being. Not to mention the physical benefits of just moving about and getting out of the house a few time a week, and being engaged in creating things.**

**Many members have a host of skills and find sharing those skills to be a quite positive experience; and of course, learning new skills, or refining old ones, keeps the mind active.**

**Although primarily organised around practical skills, the shed is open to everyone, regardless of age, gender, or even the ability to hammer in a nail.**

**But possibly the biggest reason for joining Men In Sheds Bedford is for the fun. Discussion, banter, life stories, and just getting together in an environment of like minded people in the camaraderie of the workplace.**

**We hope to see you soon.**