

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,
 Ampthill 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 for the first time.

2 - 4pm Computer Training sessions *

Tuesdays

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

2 - 4pm Woodwork training sessions*

Wednesday

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

Thursdays

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

2 - 4pm 121 help for people with disabilities to work on a project e.g. bird box or phone stand with an instructor*

Friday

1.30 - 3 Model Railways

*** Not every week, please check first**

www.meninshedsbedford.org.uk

Contact the secretary sc@steveconway.net 07805 775828

Or for a chat call Dave on 07716 180784

Pop in and see us and have a cup of tea or coffee on Mondays



**Men's
Sheds**
Association
Member



Registered Charity
1174339

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.