



Linskill and North Tyneside Community Development Trust

Case Study: Community Programme -The Shed: Volunteer Skill-share April 2024

1. Who?

Tony* is a 70-year-old local male. He has poor physical health, including debilitating arthritis, heart disease and COPD. This limits his mobility and requires pain management. Tony* is a retired woodworker/wood machinist. He lives with his retired wife and has two adult children in their 40's. Tony* is a keen hobbyist at home and his hobbies include woodworking, model making and playing guitar.

What?

Tony* has been volunteering with the 'Shedders' project since December 2023. The Shed is a grant funded resource which supports men (predominantly), providing social support, skill sharing, learning new skills, and supporting positive health outcomes. The Shed provides opportunity for woodwork projects. Tony* joined the Shed to share his skills and knowledge about woodwork and provide technical support to the community of 'Shedders' and the other volunteers who attend.

2. Impact?

Tony* has shared his skills and knowledge with others, and this gives him an increased sense of purpose and fulfilment, especially since leaving employment over 5 years ago. He has made new friends since joining the Shed and he has resumed a routine which is good for his wellbeing. Prior to attending the Shed, Tony* carried out his hobbies at home, which kept him busy but was somewhat isolating. Tony* initially volunteered for two mornings per week, but enjoyed the experience, such that he now volunteers for four mornings per week, providing his skills and knowledge to others. For example, this has included wood turning where the Shed previously did not have a lathe, but with his guidance and support the Shed was able to purchase a lathe and Tony* has coached others in the use of it. Tony* has increased his social support network, sharing experiences, interests and hobbies. Tony* is a valued member of the group and is respected by his fellow 'Shedders'.

3. What's next?

Tony* will continue to volunteer in the Shed as long as his health permits his involvement. He is keen to support the activities of the Shed and wants to contribute to the development of the Sheds activities.

**Names have been changed*