

Volunteer Role Description
The Janner Men's Shed Project

Volunteering Role: Men's Shed Volunteer
Responsible To: PCH Communities Team
Department: PCH Communities
Supported By: Rheinallt Huws, Communities Worker

What is a Men's Shed? The Men's Shed is a social inclusion and community engagement movement that realises the value of people coming together around practical tasks on a regular basis. Men's Shed initiatives show health and wellbeing benefits when people, particularly older individuals, find themselves disengaged from their communities. The essence of a Shed is not a building, but the connections and relationships between its members. They are community spaces for people to connect, converse and create. The activities are often like those of garden sheds, but for groups of people to enjoy together.

The Janner Men's Shed is supported by Plymouth Community Homes and was set up in 2017. At a typical session, around 20 members will attend and have lunch together, socialise, and do woodwork. Since 2022, females have been welcomed to the group.

Task Summary: The Janner Men's Shed is looking for volunteers to assist with the running of the project and tasks are varied. For example, you could be supporting with Shed Committee tasks, such as supporting the Secretary with minute taking, or supporting the Treasurer with finance. Individuals with a background in woodwork, metal work, cooking or mechanics are also welcomed.

When: The Janner Men's Shed meets every Tuesday afternoon, 12 noon to 4pm, at Leigham Community Hall. You do not need to attend every session; we can support your volunteering to fit the time you'd like to give.

Skills required for this role: You will need to be a friendly and outgoing individual. You will need to act professionally and previous experience of working with social groups would be advantageous, but we can help you learn the skills. Due to the nature of activities at the Shed, we take Health and Safety seriously, therefore adherence to Health and Safety guidance is vital. Free training on First Aid, Food Hygiene and Health and Safety is available.

Checks required for this role: References

Volunteers will be paid travel costs to and from volunteering and training.