



Good evening I'm Paul Clark Chair Brundell Shed

So Brundall Shed

Our current membership is 55 and we were open two days a week. Now it's 3 days . Recently we voted to bring ladies into the shed. The plan is men Tuesday and Wednesday joint day Thursday. Ladies only Friday as there may be some vulnerable ones. Currently 25% of sheds in East Anglia are joint.

Our membership could easily go to 75 with the addition of ladies, perhaps more.

When I was born in 1960 the population was 50 million, now it's 67 million. 23 % are over 60

In this ageing population the over 60s are the most likely to be lonely. Either divorced or more likely widows or widowers.

A typical story. A member had been married for over 40 years and lost his wife, he had retired so had no real contact with others. He said his only way of seeing people was to move his chair so he could see people walking by. He openly admits the shed has given him a new lease of life.

Our big problem is the uncertainty of our facility because it's up for sale. It's a fantastic place but we must plan for the worst. So we are looking at potential properties. But we need help in finding something for the next 20 years to support our ageing and very active over 60s group. We need to help and support this part of the population and the shed does this plus it could help many younger lonely people in the community.

Socialising is good for mental health and the shed provides this

One Community project I'd like to share. A lady came to our door and I thought she was a potential new member but I couldn't have been more wrong. She was looking for somewhere to make a "coffin". Her dad had died a few days previously and he was a very practical man with a shed load of wood. Could we help? How could we refuse? The coffin with assistance was made and delivered for the occasion.

