

# Rejuvenate Project

...working with men 55 and over across North Belfast

# Rejuvenate Project - Summary

- 2011 - Proposal came out of research in to work with older people across North Belfast – clear lack of provision for older men.
- Rejuvenate Development Partnership – 14 members, North Belfast Partnership = lead partner
- 2012 - 3 year Big Lottery Fund grant (Reaching Out Connecting Older People programme)
- Aim - Promote positive health and wellbeing of 400 older men across North Belfast – (275 so far)
- 2 full time staff



# Three interlinked elements of the Rejuvenate Project

- Newsletter “North Belfast Male”
- Events and Activities Programme
- North Belfast Men’s Shed



# Newsletter – North Belfast Male

- 3 per year
- Delivered to 22,000 households across North Belfast (reaching 3500+older men).
- Design and content to appeal to older men.
- Profile Rejuvenate Project – including participants stories
- Provide information about other services and activities for older men.





# Programme of activities and events

- 36 days of events and activities delivered so far.
- 378 places taken up
- Mixture of social, educational, hobby, recreational activities

## Brain Bus (Fold Housing Association)

- 60 half day sessions delivered across 3 day care settings in North Belfast











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SENTRY  
HILL  
THE HISTORY  
Reception











FOLD

HEAD ON

FOLD  
TALKING CATH SUPPORT

FOLD

BRAIN  
BUS

TALKING CATH SUPPORT  
WWW.BRAINBUS.CO.UK

36

# North Belfast Men's Shed

- 3 - 5 days a week
- 120 participants so far
- Average 15 – 20 men a day.
- Over 2500 recorded attendances,
- Shed Management Group established
- 19 Shed volunteers recruited, inducted and trained



# Men's Sheds

- Australian concept
- 1<sup>st</sup> Irish Shed est 2009, now nearly 200.
- Community-based, non-commercial organisation
- Open to all men
- Safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men
- Primary objective - health and well-being





*Welcome*

# North Belfast MEN'S SHED

Tel: 90752990 [info@nthbp.com](mailto:info@nthbp.com) [www.northbelfastpartnership.com](http://www.northbelfastpartnership.com)



In the beginning.....













DELL

www.dell.com

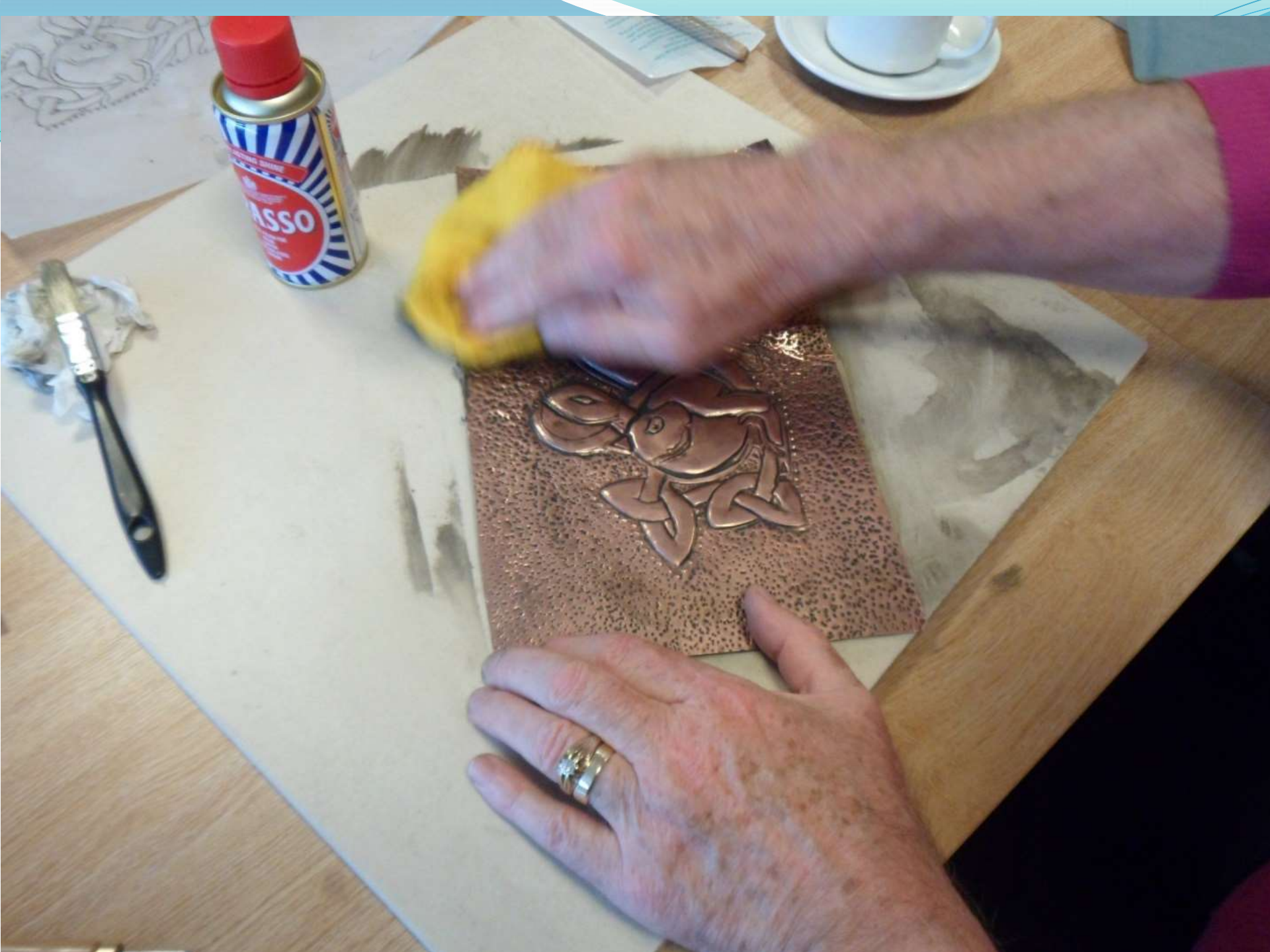
Looking for Spirit

















37

**UNIT 37**  
PLEASE DO NOT PARK IN  
SPACES IN FRONT OF  
THESE PREMISES.  
THESE ARE RESERVED FOR STAFF  
VISITORS TO THIS UNIT.



PLEASE  
PRESS  
BUZZER TO  
LEFT OF  
DOOR &  
WAIT FOR  
ASSISTANCE

PARKING  
SPACES  
IN FRONT OF  
UNIT 37  
RESERVED FOR  
EMPLOYEES/  
DELIVERIES OF  
FALCON  
COURIERS

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# Rejuvenate Project – Evaluation

*“You’re never held to account if you don’t attend, although people do miss you if you are absent and that’s a positive feeling for me.”*

















































# Rejuvenate Project – Evaluation

*“The Shed has been a great place for sharing ideas for things you can make or do as well as a place where people realise skills they never had and can pass these on to each other.”*





RY FUNDED





Bide ye arohile







# Rejuvenate Project – Evaluation

*“Helps to relax, feel better when I get home especially winter months”*

*“Better than sitting in front of the TV all the time by actually doing something interesting”*

*“Perhaps the best part is meeting new friends and the craic is great”*











# Rejuvenate Project – Evaluation

*“There’s a good sense of community spirit here and you are given a sense of responsibility which makes you want to give something back to others in the area.”*









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Officers

with you,



North Belfast  
**MEN'S SHED**

90752990

www.nor-bell-partners

the  
Rejuvenate  
Project  
North Belfast

the  
Rejuvenate  
Project



**North Belfast Mens sk**  
02890 752990 info@nthbp.c



LOTTERY FUNDED







THE  
GATE LODGE



# Rejuvenate Project – Evaluation

*“Coming to the shed fills the gap for me after a lifetime of working: it gives me somewhere to go, where I can share with people around the same age who I can relate to and it has reduced the isolation that I felt after I retired.”*



LOTTERY FUNDED











# Rejuvenate Project – Evaluation

*“It’s has allowed me to mix with people and not to feel as depressed as I did before given my personal health circumstances.”*









# Rejuvenate Project – Evaluation

*‘You’re at a lathe, you’re at a machine, you’re concentrating...very, very therapeutic. Really, everything else is out of your mind, you know all the problems you have, be it health, your family, your life, all the problems you have...and you’re just concentrating on your pen and doing it right and watching what you’re doing, really very therapeutic and you feel great after it’*

# Rejuvenate Project – Evaluation

## MEN'S SHED

Made you feel less isolated? – 86%

Sense of pride in contributing to  
community life? - 86%

Improved your wellbeing through  
contact with others? 90%



# Rejuvenate Project – Evaluation

*“My wife loves the Men’s Shed and she’s never even been here”*

# Further information

- North Belfast Partnership – [www.nthbp.org](http://www.nthbp.org)
- Irish Men's Shed Association – [www.menssheds.ie](http://www.menssheds.ie)
- Australian Men's Shed Association – [www.mensshed.org](http://www.mensshed.org)
- UK Men's Shed Association – [www.menssheds.org.uk](http://www.menssheds.org.uk)
- Big Lottery Fund – Reaching Out Connecting Older People programme – [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)
- Research on benefits of Men's Sheds: [www.netwellcentre.org](http://www.netwellcentre.org) (Lucia Carragher)



# *Thank you*

*You are invited to the  
Men's Shed Open day and Christmas  
Sale – 10.30am – 3.00pm*

*Thur 4<sup>th</sup> Dec*

*Free mince pies and mulled wine!*

*See you there.*

