

The Shed Case Study - George

Tackling men's social isolation

The “Shed” is a new project which was piloted during Covid because of the high numbers of men experiencing social isolation, unemployment and lack of support networks in Manchester, Salford and Trafford.



We have helped over 80 men during lockdown, to move forward in their lives. This ranges from discovering new passions and hobbies, getting the right ID to set up a bank account, saving money on bills, to connecting with other people online, finding work or a new place to stay.

***George, was initially referred by the Probation Service to Salford Foundation for employment and training support. He completed a training course and was then signposted to the Shed project for additional emotional and wellbeing support to help manage difficult emotions, including depression and self-harm.**

“I find it difficult to talk about myself and don't like using the phone, I prefer seeing someone face- to-face. “George, Shed Member

Linda, The Shed Mentor, arranged to meet George face-to-face for the first appointment, in a safe and welcoming place. This first session was over 3 hours long and gave George an opportunity to talk about his conviction, his challenges and issues which have impacted on his mental health. Linda continued to support George, building his confidence and resilience and referring him to a specialist Counsellor. George has reported improved emotional and mental wellbeing and his is now looking forward to a brighter future, including a catering career and volunteering opportunities, including becoming a Peer Mentor for The Shed.

***Name change to protect identity**