



This note has some new information about  
Upperlands Men's Shed.

Our brand new Men's Shed will open on  
Tuesday 29<sup>th</sup> October  
10.30 am - 1.30 pm  
Unit 8 The Linenhall Centre, Upperlands  
Look for our banner and sign.

To get us up and running, our opening times will  
be on  
Tuesdays and Thursdays  
10.30 am - 1.30 pm.

As numbers grow we will add more days and  
times to our timetable.

Phone: 028 7964 5937

Email: [shed.ucdl@gmail.com](mailto:shed.ucdl@gmail.com)

Website: [www.mens-shedupperlands.net](http://www.mens-shedupperlands.net)



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## WHAT IS A MEN'S SHED?

A men's shed is a place where men can come to meet, chat and join together in activities. Activities always include something practical and active such as making, repairing, "doing".

A men's shed is a safe place where no difference is made by age, race, ability, experience etc.

A men's shed is what its men want it to be. The men decide on activities, projects, days and times.

Upperlands Men's Shed is planning a bus trip to visit two other successful men's sheds. We will be having visitors to Upperlands in the very near future.

ARE YOU 18 - 80 PLUS?  
THEN COME AND JOIN US!



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