



COMMUNITY VIBRANCY RECOGNITION PROGRAMME 2017-2019

NEWKD in partnership with Kerry Group are delighted to announce The Ballybunion Men's Shed as the third recipient of the Community Vibrancy Recognition Programme.

This is a three year initiative (2017-2019) aimed at recognising the diversity and vibrancy of community work throughout the region. Every year NEWKD works with over 500 community groups, businesses and initiatives under our 4 Strategic Pillars:

- **Social Supports**
- **Employment Services**
- **Enterprise and Rural Tourism**
- **Community, Environment and Rural Development**

The 'Community Vibrancy Recognition Programme' will pay tribute to 10 recipients each year. Each project will be selected for their uniqueness, vibrancy and responsiveness to addressing local need. Recipients will be recognised locally through the NEWKD structures which operate in Tralee, Listowel, Castleisland and Dingle, and will promote best practices and innovative solutions in social, economic and environmental development, while giving recognition to community leadership and entrepreneurs.

Previous recipients:

1. Glanageenty Walkways
2. The Kerry Food Hub, Fries

For further information www.newkd.ie

Ballybunion Men's Shed

Men's Sheds, originally developed in Australia, have now grown into a worldwide movement. With over 425 Men's Sheds, Ireland enjoys the greatest concentration of Sheds anywhere in the world.

Men's Sheds help men of all backgrounds lead happier, healthier and more productive lives. The Sheds have become the largest male based community development programme in the country, and the Ballybunion Men's Shed plays a key role in this movement.

Ballybunion Shed, established in 2012, is a place for all men, regardless of age, background or ability. It is a place where men can:

- be respected, valued and belong, and can comfortably use and pass on their practical skills and knowledge.
- learn through doing activities together - each man is a teacher and a learner, each having different levels of skills, professional and practical, to share collectively.
- come together and help out in their communities.
- come and have a chat and a cuppa if that is all they're looking for.
- talk about things that are important to them, and improve their own wellbeing by keeping physically, mentally and socially active.

Case Study 3

The Ballybunion Men's Shed BALLYBUNION, CO. KERRY



Through a lease agreement with St. Brendan's Trust (Killarney), the Ballybunion Men's Shed operates from the old St. Joseph's National School, having a dedicated space is central to the Shed's objectives and key to the success of the Shed to date. Ballybunion Men's Shed is affiliated to the National Men's Shed Association of Ireland, which was set up to represent, support and promote the Men's Shed movement.

Ballybunion Shed based activities include:

- Workshop based: producing high quality bird, bat, bee and dog houses, flower boxes, decking for mobile/holiday homes, restoration projects.
- Health Checks: in conjunction with the HSE, Mobile Unit, health checks as part of Men's Health Week.
- Promotion of Men's Shed YouTube clip in conjunction with Tralee Men's Sheds.
- Community based activities: road safety awareness, linkages with the local library, meals on wheels, health and safety training, fire safety.
- Computer training - in partnership with 'Digital Skills for Citizens Programme'.
- Walking group.
- Collaborations with Tidy Towns group.
- Shed to Shed support - support to new and existing Sheds through regional and national networking.

Shed opening hours: Monday to Friday 10.00am to 2.00pm
The Ballybunion Men's Shed is a warm and welcoming place, for more information contact:

Chairman	Pat Cummins	087 656 6507
Secretary/Treasurer	Dan O'Sullivan	087 234 2593
PRO	Francis Bennett	087 246 0491

To find a shed in your area link to: www.mensshed.ie

SUPPORT FROM NEWKD

SICAP - Development support through Social Inclusion & Community Activation Programme, for skills development, capacity building and accessing funding.

Tús Programme - work placement

RSS - Rural Social Scheme

GOOD PRACTICE & LEARNING:

- A shed must be community driven, with a core of 8 to 10 persons to set up.
- Everyone must work together, with a common goal.
- To share and learn from each other, to provide a dedicated space that enables 'shoulder to shoulder activities'.
- It is essential to have an independent structure, the Men's Shed movement is founded on a 'for men by men' approach.
- All decisions are made by the members, each member has voting rights.
- No two sheds are the same, each shed is unique. Create don't copy.
- Suitable premises are a must, a space that is accessible, local and affordable.
- Activities don't always need to be structured, unplanned music, song and dance sessions are a must!
- Protect members and ensure compliancy with insurance, company law, health and safety.
- Welcome local community support from individuals, business and the local community sector.
- Be part of the local, regional and national framework of Men's Sheds, to support mutual learning.



RECOGNITION PROGRAMME



NEWKD and Kerry Group wish to acknowledge and thank all those that have contributed to the development of the **BALLYBUNION MEN'S SHED**

And recognise the valuable contribution that the shed makes to:

- Community Vibrancy of the Ballybunion Area
- Social Supports to Men and the promotion of the Men's Shed Movement in Ireland
- Community, Environment and Rural Development Leadership

October 2017