

Case Study: Brenda - The Rotherhithe Shed

Brenda has been coming to the Rotherhithe Shed for 8 months, after hearing about it at Age Concern. The Shed is a joint initiative of London Bubble Theatre and neighbouring charity Time and Talents for people aged 55+. It takes place in a well-equipped workshop where people can use the tools, space and camaraderie on offer to work on a range of practical projects.

“ I was looking for something to do for a long time with this kind of stimulation. (I needed) something to stimulate my brain because I can't work at the moment, being in remission. This way I can use up my energy, it's the right place to be. ”

The Rotherhithe Shed offers a wonderful opportunity for social and creative experiences specifically for those who may be retired or live alone. It's a great place to meet new friends and put practical skills to good use through collaborative projects. She explains why she enjoys coming:

“ The different faces, conversations, meeting new people, ... it's a lovely bunch of different people, good company, there are so many pluses and I am not on the road to destruction and more! ”

Although there is the opportunity to work on collaborative projects, Brenda enjoys working on her own projects and reflects on the purposefulness that comes with being able to share her creations with family and friends.

“ I like to do my own things, so I have something to show for it – I'm not picking my spots, I'm actually doing something and show people what I've done. ”

The positive impact of The Shed on member's self-esteem is evident. As Brenda explains:

“ I have more confidence - my memory is going down but coming to the Shed has helped me to me to accept it and go along with it. Everyone is different ages you can pass on your experiences to other people and they can learn from your mistakes. ”

