



ABOUT

DOVE COTTAGE

From specialist nursing to emotional support, we provide free, compassionate care for individuals and families within our local community.



Hospice services

Carer & patient wellbeing

Dementia home sitting

Counselling

Bereavement support

...so much more

Supporting you through every step of your journey.

We're based in Stathern, Melton Mowbray, but our services are extended to patients and families across Leicestershire, Nottinghamshire and Lincolnshire.



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dovecottagedayhospice



www.dovecottage.org



Dove Cottage Day Hospice, Canal Lane, Stathern, LE14 4EX



MEN'S SHED
AT DOVE COTTAGE



What is Men's Shed?

A Men's Shed represents a physical space where a group of men can meet, organise and participate in social activities and talk to others who are in a similar situation to themselves.

At Dove Cottage Day Hospice, the Men's Shed acts as an extension of the services we offer. Historically, hospices have struggled to reach men who are caring for, or living with, a life-limiting illness or who may find themselves alone for the first time in their lives.

Who is it for?

The Men's Shed welcomes anyone who is:

- Living with a life-limiting illness
- Caring for someone living with a life-limiting illness
- Bereaved
- Anticipating bereavement

How can the Men's Shed help me?

Regular attendance at the Men's Shed can help to promote the mental and physical wellbeing of men, as well as support them in finding and enjoying meaningful relationships and connections.

The benefits



Accessing a safe space to talk with others experiencing similar situations



Reducing social isolation through companionship and camaraderie



Engaging in new interests and hobbies



Accessing support and advice



Do I need to attend every session?

Although the group will run weekly, there is no expectation to attend every week — members are welcome to come when it suits them.

"It's something I can look forward to on a weekly basis and I know that I'm in a situation where we are all in the same boat."

-An attendee at a Marie Curie Men's Shed



How do I join?

Express your interest in our weekly sessions and find more information on our website:

www.dovecottage.org

A suggested donation of £5 per session helps support Dove Cottage Men's Shed activities and materials, but this is entirely optional and everyone is welcome regardless of contribution.

