



Blyth Shed – Information for GPs, Surgeries and Social Prescribers

Referrals, introductions and suitability

Blyth Shed is a community workshop providing a friendly, practical and sociable environment where people can meet others, learn new skills, work on projects and simply be part of a community.

We are happy to work with GP surgeries, Social Prescribers and other community professionals who believe that Blyth Shed may benefit one of their clients. However, it is important that the nature and limitations of Blyth Shed are clearly understood before a client is introduced to us.

Blyth Shed is entirely volunteer run. Our volunteers are not clinically trained, and we do not have qualified mental-health professionals working within the Shed. Consequently, we are not equipped to manage complex mental-health conditions, acute psychological distress, challenging behaviour or individuals who require a level of supervision or support beyond what a community workshop can reasonably provide.

An active workshop environment

Blyth Shed is also a working workshop rather than a conventional social or drop-in centre.

Members use power tools, hand tools, machinery and other workshop equipment. There are therefore genuine safety considerations, and **the safety of every member and visitor is our priority.**

Anyone attending Blyth Shed must be able to understand and follow reasonable safety instructions, interact appropriately with other members and operate within the boundaries of a busy workshop environment.

A person does not need to be completely free from mental-health difficulties to become a member. Indeed, community connection, meaningful activity and being part of a supportive group can be extremely beneficial. However, their needs must be compatible with what a volunteer-run workshop is realistically able to provide.

Please do not use Blyth Shed as a substitute for specialist support

We would ask Social Prescribers and other professionals **not to refer or bring clients to Blyth Shed simply because they have exhausted other options or because the client needs somewhere to be "placed".**

Blyth Shed cannot act as a substitute for mental-health services, a care package, supported accommodation, clinical intervention or professional supervision.

Our volunteers should not be placed in a position where they are expected to manage behaviours or circumstances for which they have neither the training nor the resources.

We are a community workshop, not a mental-health service.

Initial visits

Where there is uncertainty about whether Blyth Shed is appropriate for an individual, we are happy to arrange an initial visit with the Social Prescriber or other referring professional present.

This allows everyone to see the environment, understand how the Shed operates and have an honest conversation about whether it is likely to be suitable for the individual.

The decision to accept someone as a member ultimately rests with Blyth Shed. This is not intended to exclude people with additional needs; it is necessary to ensure that any involvement is safe, appropriate and beneficial for both the individual and the existing membership.

Our aim

We want Blyth Shed to remain what it was established to be: **a safe, welcoming and purposeful community where people can come together, make things, learn skills, have a laugh and feel that they belong.**

We are very happy to work alongside Social Prescribers and other professionals where there is a genuine and appropriate fit.

We simply ask that referrals recognise the limits of what a volunteer-run community workshop can safely provide.

The right person, in the right environment, with the right expectations, gives everyone the best chance of a positive experience.

Blyth Man Shed CIC

CREATE • BUILD • SOCIALISE