

Frome Men's Shed goes international



Frome Men's Shed have built new links with the Swedish Shed Movement and been visited by Swedish national public TV broadcaster, SVT. Frome Shedder Patrick Abrahams shares his recollections of their visit, and how it came about.

TV Correspondents Lena Sherman & Bengt Norborg from SVT, the Swedish national public TV broadcaster read the recent "[Compassionate Communities](#)" article about Frome in the Guardian, and visited the town in April 2018. They came to the Frome Shed to film, and we gave the details of all the Men's Sheds we knew about in Denmark & Sweden. We also recorded an interview with them for the Frome Shed Frome FM radio show "[Shed Happens](#)."



Lena Sherman (SVT) interviewing Tony Hopkins in the Frome Shed

In the May "Shed Happens" we had a theme of Sweden running through the show, and we did a telephone interview with the Shed in Malmo – speaking with Will English and Sean Furlong.

This theme of Sweden was also a tribute to a young man, the Swedish DJ Avicii, one of the world's biggest electronic dance music stars, who died

at the ridiculous age of 28 in April this year. Whatever the cause of his death, he died too young and way too early. We explained that if you are a man in this country the most likely thing to kill you before the age of 50 isn't a heart attack, or a car crash, or cancer, or terrorism. It's yourself. It's suicide.

People often blame the problem of male suicide on men not talking. But research suggests that men are more likely to seek help with a problem when it is socially acceptable to do so. This



Sean Furlong being interviewed on SVT News (Frome Shed film running in background)

means that the more people talk about helping suicidal men to get help, the more socially acceptable it becomes and the more likely men are to get help. So let's talk about suicide, you might just save someone's life! The Australians have a programme called RU OK? – Have a look at [RU OK online](#) – it's a great step forward.

When Lena & Bengt got back to Sweden they contacted the Shed in Malmo, and invited Sen Furlong to take part in a SVT TV Show – Aktuellt, where he has able to talk about the health and wellbeing benefits of the Shed in Malmo.

A great result for both Sheds! [You can watch the video here](#) (It's in English after the intro).



Frome Men's Shed

Look out next month for more on the benefits of joining a Shed...

In August's Shoulder to Shoulder we will be looking at Sheds 'on prescription' and see how Sheds are having a positive impact on Shedders lives. If you would like to share your story of how your local Shed has benefitted you, please [contact Laura](#).