



## Outcome: Health & Wellbeing

### Group case study: The Hen's Shed, TCV Derry

*"My mental health has been so great, knowing that you've got somewhere to go.  
You've got people to share if you need to share.  
And I really have found it such a blessing to be honest. I love it."*

Hen's Shed volunteer

**Through the work of The Conservation Volunteers, people improve their physical and mental health and wellbeing, by being outdoors, active and connected with others.**

The Hen's Shed is an on-going project running once a week at the Brooke Park Horticulture base. It is a safe place for women to come and support each other while learning new skills. With a particular focus on mental health and overall wellbeing, the women participate in all kinds of tasks, including woodworking and horticulture projects. While supporting each other along the way, the women can forget their personal challenges for a few hours and find solace in the work they are doing.

**93% of our volunteers feel their wellbeing has improved after having volunteered with TCV.**

Source: TCV impact figures 2021-22





***"I came to the Hen's Shed because I had retired. There's a void when you leave your work. So, I wanted something to fill that void. Coming here gives you the opportunity of meeting new people, doing new things, having new skills."***

Mary, Hen's Shed volunteer

The Hen's Shed is a mix of women of all ages with their own personal challenges but they come together every week and find solace, peace and especially humour within their activities.

One of the participants recently said that she loved coming to the Hen's Shed because it's the only place she openly gets to laugh out loud.

The women collectively have a wealth of experience that they readily share with each other and regularly encourage other women to come along and join in.

It doesn't seem to matter what challenges the participants are dealing with, when they first arrive at the group, they are all drawn into supporting each other.

The participants improve their personal well-being by working collaboratively and supporting each other without quizzing or judging about what has brought them here or the problems in their life.



***"People here are magnificent and I've learnt so much over the year. Going through the seasons, you can see the changes and the things that we've grown from the seed until the produce. It's fantastic."***

Gail, Hen's Shed volunteer





*"In bringing this space together and growing, people's relationships grow within the Hen's Shed. They also come out of themselves. So, while they are nurturing the plants, they're actually nurturing themselves."*

Kieran McHugh, TCV Training Officer

The Hen's Shed is a place where people forget about the weights of everyday life, and be the person they want to be. The cup of tea at the end of the session becomes a collective social lift.

## How to get involved

### Volunteer with TCV

TCV delivers practical volunteering programmes in local communities across the UK, providing people with everything they need to play an active role in creating, protecting and improving local green spaces.

### Go on a TCV Health Walk

TCV's guided Health Walks are short, friendly walks lasting no longer than an hour. Anyone can join in. These walks are designed to encourage active lifestyles and would benefit anyone looking to improve their health and wellbeing.

**Find more ways that TCV projects and volunteers impact on the community and how you can help by visiting our website.**



[www.tcv.org.uk](http://www.tcv.org.uk)