The Dusty Shed

Combating loneliness and social isolation

Get in touch!

The Dusty Shed

460 Cowbridge Road West, Ely,
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Tel: 07395 414683

FB: https://www.facebook.com/dustyshed
Web: www.thedustyshed.org.uk

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Registered Charity 1168742

Who is the Dusty Shed for?

The Dusty Shed is for anyone who feels the need for connection, purpose, and community – especially those who may be feeling isolated or lacking regular social contact.

We focus on older men and women who live in Ely, Caerau, and the surrounding areas of Cardiff. Whether you're retired, unemployed, recovering from illness, recently bereaved, new to the area, or simply feeling a bit lost – this is a place where you'll be welcomed, supported, and valued.

Pop in for a cuppa!

Give us a call – Tel: 07395 414683, ask us questions or leave a message.

Visit us – Friday is our best day for visitors, but we are open Tuesday to Friday, 10am – 2pm.

It doesn't matter if you're practical or not.

You don't have to be a woodworker, engineer, or fixer.

If you want to be around kind people, share a story, or just feel seen – this is the place.

At the Dusty Shed, it's not about what you do – **it's about being part of something**.

Whatever your reason for walking through the door, you'll be welcomed just as you are.

Contact the Dusty Shed today!

Why join the Dusty Shed?

People join for many different reasons:

- To make friends or simply find someone to talk to.
- To learn new skills or pass on old ones.
- To get out of the house and into a routine
- To regain confidence after illness, retirement, or bereavement.
- To take part in something that contributes to the wider community.
- Or just to have a cuppa, a chat, and a laugh in good company.



What do members say







"I love coming to the Shed to have a cuppa and talk to the guys."
"We stand around, have a bit of a joke, and talk about what we've done."
"I feel very accepted and needed." – Shed Member.

Why does this matter?

Prolonged loneliness and social isolation don't just affect emotional wellbeing—they pose serious risks to both mental and physical health.

Research increasingly shows that loneliness can be as damaging to health as smoking 15 cigarettes a day (Holt-Lunstad et al., 2010). It significantly raises the risk of developing long-term health conditions and can contribute to early death.

Prolonged loneliness has been linked to:

- Higher blood pressure and increased risk of heart disease.
- Greater chances of stroke.
- Weakened immune system function.
- Cognitive decline and dementia.
- Increased risk of depression and anxiety.
- Substance misuse.
- Suicide ideation and mortality.

Supporting mental health isn't just about crisis intervention.

It's about prevention, purpose, and belonging.

We're about social connections and friendship building, sharing skills and knowledge, and having fun.

Sometimes, it's just about a cup of tea and a chat…. And sometimes, it's about joining in and taking part.

Contact the Dusty Shed today!

