

# THE SAINTFIELD



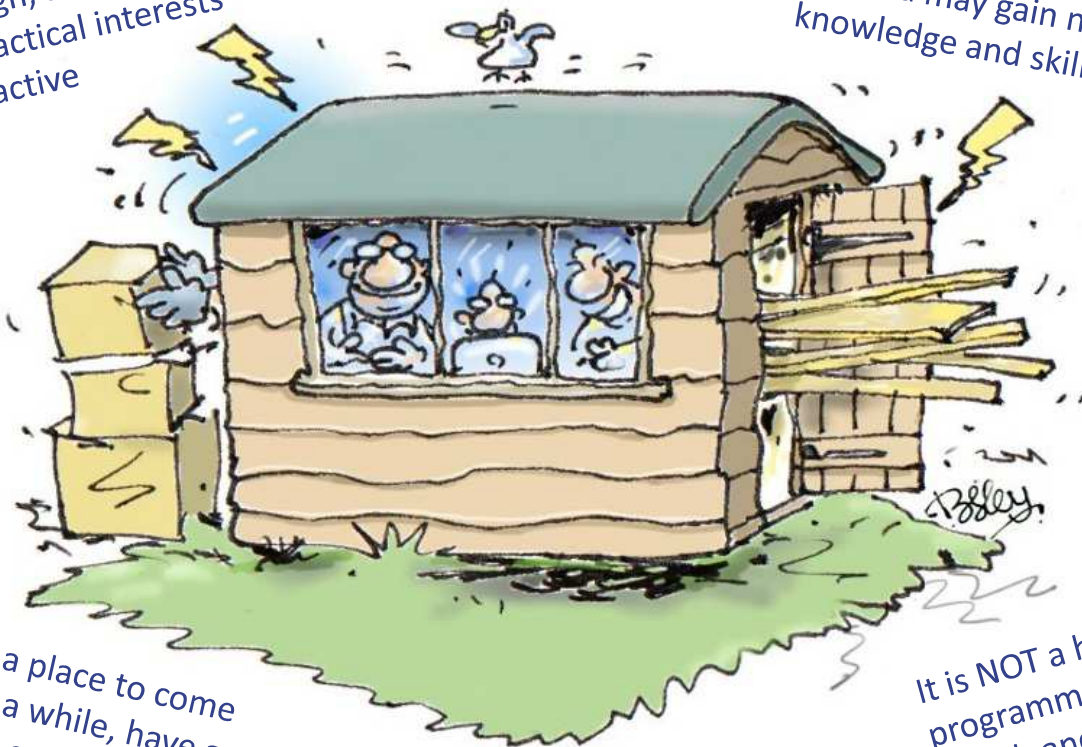
**IS NOW OPEN EVERY TUESDAY  
FROM 2pm – 4pm**

**in Rowallane Community Hub, 35 Main Street**

**Come along and join in! Everyone welcome!**

**THE MEN'S SHED IS:**  
Somewhere to feel at home,  
have a laugh, socialise,  
pursue practical interests  
and stay active

**THE MEN'S SHED IS NOT:**  
A formal training programme  
but you may gain new  
knowledge and skills



It **CAN BE** a place to come  
and sit for a while, have a  
chat over a cup of tea, or  
play a game of darts

It is **NOT** a health  
programme but your  
health and wellbeing  
may improve