## Appendix 1: Advert for UKMSA Newsletter and Email

**Can you help with a research project about Sheds?**

What is the project?

We are looking to work with Shedders to understand how being part of a Shed might help with a Shedders mental health, wellbeing and their relationships with other people. We are looking at the most appropriate ways of measuring the impact of Sheds on loneliness, mental health and wellbeing, understanding how people are introduced to Sheds and the role of social prescribing referrals. As someone who attends a Shed, we are very keen to know more about your experience.

What does it involve?

You will be asked to complete two questionnaires. Once you have read the information and confirmed that you are happy to take part, we will send the first questionnaire to your email address. You will then be asked to complete another (shorter) questionnaire in 2-3 weeks. The questionnaire will have a range of questions including about yourself, how you joined the Shed, and about your wellbeing and social relationships. You will be entered into a prize draw with a chance of winning a £50 or £25 voucher for taking part in the questionnaires.

We are also looking to interview some Shedders and Shed Ambassadors. The interview will help us to understand more about your experience in the Sheds and your experience taking part in this research project. These interviews will take 30-45 minutes and will be held over the telephone or on a video conferencing tool (e.g. Microsoft Teams or Zoom). If you take part in the interview, you’ll receive a £15 voucher.

How do I find out more?

If you’d like to discuss the research and find out more, you can email NAME (EMAIL) who is the lead researcher, with any questions or to arrange a phone call.

How do I sign up?

You can sign up by clicking this link here.

We are very grateful for you time and we look forward to hearing from you.

NAME AND EMAIL