

# LANCASTER MEN'S HUB NEWSLETTER



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## Review of the year

Like any responsible organisation Lancaster Men's Hub is currently reviewing progress since its inception just over a year ago. Set up to replace and extend the now defunct Menshed, the Hub has notched up an impressive series of achievements since the embryonic meetings at the Cornerstone. Perhaps the most successful innovation has been Elevenes, the regular drop-in on Friday. This event attracts 40 to 45 guests each week and is run in conjunction with the Band of Brothers to provide social interaction, activities, information, refreshments and a simple lunch. It is provided free and is the focus of many of the Hub's other activities. A series of talks have been organised around Elevenes and the experience gained has enabled us to participate in numerous fairs and events in the community, using the Cornerstone as a base. In addition to Elevenes the Hub runs regular sessions of Walking Football on a Sunday afternoon and has acquired an allotment on the Ambleside Allotments site which is now attracting regular support. These are regular events, but Lancaster Men's Hub has also organised several one-off events to further foster well-being, some of which will become regular as membership grows. These include bowling, snooker, metal-detecting and local walks. The aim is always to promote well-being for our isolated or vulnerable guests and give men in the district the opportunity to meet together in informal situations; our feedback confirms the benefits of this.

A number of members have expertise in woodworking and this has been a huge strength,

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### Answers to last month's brainteaser.

#### They all have names relating to beards

Frederick I was called Barbarossa (Red Beard) Gilles de Rais' crimes gave rise to the macabre folktale 'Bluebeard's Castle'. Edward Teach was nicknamed Blackbeard and King Canute's father was called Svein Forkbeard.

## Training for LMH members

In order to produce the food for our regular Friday drop-in, Lancaster Men's Hub uses both shop-bought cakes and biscuits and a meal freshly prepared in the professional kitchen of the Cornerstone. We took a decision that the people cooking the food needed some training in order to ensure that the meals produced were prepared in a regulated environment and represented a safe, as well as a tasty and nutritious, lunch. It was also felt that some basic training in kitchen techniques and necessary rules would benefit members of the Band of Brothers who wished to gain some



experience and certification. Accordingly several members of the team have undertaken the Food Hygiene (Level 2) course. This is a nationally recognised qualification and covers the whole range of potential hazards in a professional kitchen as well as the techniques and procedures needed to avoid them. So far the qualification has been gained by David Smith, Keith Carman, Bill Martin and John Strivens, and a member of the Band of Brothers group has also begun the course of study. In addition, Chris Englefield has undertaken and achieved the St John's First Aid certificate to further ensure that the Hub is in a position to cope with any problems which could potentially arise.

**Don't forget that we have Elevenes every Friday from 11.00 pm at the Cornerstone on Sulyard Street. Free coffee social drop-in. Everyone is welcome.**

## Vote for LMH!

As indicated in the last newsletter, Lancaster Men's Hub is potentially being supported by two major supermarkets, the Coop and ASDA; in order for us to benefit, members need to take certain actions that are detailed below.

The Coop funding depends on your spending at the Coop and Lancaster Men's Hub receives funding based on the spending of members who are registered for the scheme. If you are already a member you can register for the donations to the Hub, and details will be circulated about how you can contribute. If you are not already a Coop member you can join up for £1 on-line or through an application form available from your local Coop and you will be able to sign up for the scheme and benefit from other advantages of Coop membership.

Another thing that we are asking as many people as possible to do is to vote for us - each week please - in the Asda Green Token voting scheme. Every quarter each Asda store offers 3 local organisations the chance to raise funds through this scheme and the winner, the one receiving the most votes, receives £500. The organisation in second place gets £400 and third place receives £300. This is great news, that we will get at least £300, but trying to win the vote gives us an extra £200 which goes a long way to helping provide for elevenses, lunch on a Friday and the range of free of charge activities we provide. So, please vote for us - and remember to keep voting each week - by visiting <https://www.asda.com/green-tokens/store?store=4608> and clicking the button that says 'Vote' under the Lancaster Men's Hub name.

## Ambleside Allotments

One of Lancaster Men's Hub's most successful projects in bringing members together to work and socialise has proved to be the Ambleside Road Allotment. With Chris Englefield as the "Event Leader" responsible for meeting the Trustees' expectations on health, safety and welfare, the regular weekly meets, and specific days have attracted a growing number of enthusiasts. Our allotment is divided into three beds which are now growing a variety of crops. It is still early days, but potatoes are now almost ready to be harvested and onions and runner beans will soon follow suit. David Smith has added an amazing architectural feature



incorporating a bird table, a "bug hotel" and herb planters and a magnificent trellis that will be supporting sunflowers. We also care for a section of the perimeter fence of the allotments as a contribution to the great work of the Ambleside Road Allotment Association. As well as fulfilling one of the main aims of Lancaster Men's Hub, we look forward to the day when some of the herbs and produce being grown are used in the Hub's regular Elevenses.



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enabling the Hub to undertake projects for the benefit of the community and projects to raise money for the organisation. These have included the manufacture of benches, the production and sale of planters, various projects undertaken for individuals and the provision of a wide selection of birdboxes for the RSPB and a local farm. This is seen as a central activity for the Hub, and the acquisition of premises is one of our major aims, in order that this can become a regular feature of our offering. Overall, we aim to continue our steady expansion, increase the range of our offerings, acquire suitable premises and remain financially sound in the future, and the omens are good for our second year.

Here's this month's brainteaser; feel free to use whatever sources you need to work out the answer. The first correct answer randomly selected will have the privilege of setting next month's brainteaser.

***What do the following football clubs have in common?***

***The Doonhamers, representing Dumfries in Scottish League 1.***

***The English League 1 club playing at the Mornflake Stadium.***

***The winners of the 2022 UEFA Champion's League.***

***The English Championship club based in Shepherd's Bush, West London.***

Answers, with reasons, to John on [johnstrivens@hotmail.com](mailto:johnstrivens@hotmail.com) by 10 July.