

LANCASTER MEN'S HUB NEWSLETTER



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National Success for Lancaster Men's Hub

Lancaster Men's Hub has had some great news recently. Having submitted an entry in a national competition run by the Men's Sheds organisation, sponsored by Titefit, to find the 'Shed of the Year', the Hub was shortlisted for an award in the Health and Wellbeing Impact of the Year category. Two members of Lancaster Men's Hub attended a ceremony in the House of Lords, Westminster on 23 May. The event was opened by Baroness Tanni Grey Thompson OBE and the Chairman of the UK Men's Sheds Association and celebrated 10 years of the Men's Sheds organisation.

Lancaster Men's Hub won the award and became a Shed of the Year!!

This national award from an international organisation is a real boost for the Hub and its many supporters, and recognition of a great achievement in a short space of time by the trustees,



members and volunteers. The Hub was commended for its work in diversifying to meet the needs of the community whilst retaining a focus on craft activities. The citation also mentioned activities like the allotment, Walking Football and Crown Green Bowls. Lancaster Men's Hub now needs to build on this success and continue to develop and monitor its activities to ensure that we keep up the momentum that this award has given us. In

particular, the search for a suitable premises in which the craft elements of the Hub can expand and prosper is a vital component of our future progress. To see a report of the ceremony on the official UKMSA website use the link

<https://menssheds.org.uk/2023/05/26/shedoftheyear2023/#more-11512>

Don't forget Elevenses, every Friday, 11.00 am at the Cornerstone, Sulyard Street.
Drop in for a free get-together with refreshments and lunch - and take the opportunity meet our members and find out more about the Hub

Finance for the Hub

On Thursday 18 May Lancaster Men's Hub were invited to address a meeting of Markland Hill Wealth, national financial advisers with a branch in Morecambe. The invitation, given by David Dawson, a director of the company, gave us the opportunity to talk to a number of their professional clients in the area in an informal setting. John Strivens and Ken Jones attended the event, which



was well-organised and extremely pleasant. The opportunity to publicise the work of the Hub was very important and the information given was well-received. Several offers of help and assistance were made and, at the end of the event, Lancaster Men's Hub were given the proceeds of a raffle, bringing a considerable sum of very welcome money into the Hub's account. Thanks are due to David Dawson and Markland Hill Wealth for giving us this opportunity.

Writers Group

The men and women of Writers.Inc meet twice a month at The Cornerstone on Saturdays. Our first sessions have included simple exercises using synonyms or rhymes as well as short poetry or prose writing tasks and the discussion of examples of jokes etc. There's also been a lot of lively and happy talk about the things we're getting to grips with. Our regulars, around ten so far, come from a range of backgrounds and represent a wide palette of interests and experiences - everything from stand up to rap to novels. All have one thing in common: we really like creative writing. To find out more, contact Simon on 01524 840027 or David on 07985 044283

Bird Boxes

We were contacted at the end of January to see if we could make some small bird nesting boxes for Sue Collinge, who has a small holding near Waddington, Clitheroe. Under the Farming in Protected Landscapes (Bowland Forest) grant

scheme she had applied for 20 boxes that would go in coppices on her land. The picture



shows Sue with John Wood (Ken Jones is behind the camera) with the boxes, which were delivered to her barn in March.

LMH News

Things have been moving at some pace since the last issue of the newsletter. Lancaster Men's Hub has continued to put on the same range of events and get-togethers over the period but there are some exciting projects in the pipeline, some of which are detailed in this newsletter.

Phil McGrath has left the Cornerstone for a new post with the CAB. Phil's popular Monday Memory Café (Hanks for the Memory), which entertained people with music from the 50s and 60s, will continue as a joint Cornerstone/LMH activity, meeting on Monday afternoons at 1.00 pm, to decide how to best continue Phil's initiative. Contact John on 07842 826482 or johnstrivens@hotmail.com if you are interested and want further details.

- A sub-committee has been established to organise and oversee the woodworking activities that are so central to the Hub's purpose and growth. The committee comprises John Wood and Ken Jones and will be meeting soon to plan future ventures.

- A small group has been formed to progress the search for suitable workshop and social premises to supplement the Cornerstone and allow us to expand the craft side of the Lancaster Men's Hub. The group comprises Nigel Appleton, Chris Englefield, Bill Martin and Ken Jones. If you have any ideas that might help us acquire our own premises, please contact one of the group through the Cornerstone at our regular Friday Elevenses.

- The Hub will be represented at the Health Fair in Dalton Square on 8 July

- Lastly, a number of projects are being discussed for possible work with Lancaster Farms and the new Hala Hub for the benefit of ex-offenders and Ukrainian refugees. Updates on these possibilities will be published when initial discussions become clearer.