

LANCASTER MEN'S HUB NEWSLETTER



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Finally, our own workshop space!

Lancaster Men's Hub has finally got some great news on the premises front. Following sterling work by Nigel Appleton, Bill Martin, Ken Jones and Chris Englefield we have obtained a 3-year lease on a workshop space in Brook Street, which will provide us with an ideal premises to expand and centralise our woodworking activities.

Working together is a key concept in meeting the Hub's objective of "Wellbeing Through Doing" by encouraging members to work shoulder to shoulder on craft projects; it will also provide a valuable income stream to be used for the benefit of all members. Thanks are due to the **Banks Community Fund** for their generous help in meeting the



initial costs of the workshop, but there will be further expenses incurred in setting up and equipping the building and Lancaster Men's Hub will be urgently seeking new sources of funding to ensure

that we can run the workshop in a sustainable way. If you can help in any way, there are several avenues that we are looking at.

- Any contacts that you have with providers of equipment and furniture.
- Help and contributions to various fund-raising efforts, including a Crowdfunding page and a sponsored event.
- Any contacts you have with businesses that might take part in "**Sponsor of the Month**" promotion, or organisations that make donations to worthwhile charities.

Any ideas or recommendations will be gratefully acknowledged and can be passed on to Nigel at Elevenses every Friday in the Cornerstone or through justgiving@thelmh.org.uk

Festival Café(s)

It has been a busy time for Lancaster Men's Hub with two major festivals in Dalton Square in three weeks. The weekend of 24 June saw the **Pride Festival** and procession, and on Saturday and Sunday 8/9 July the **Bay Health Festival** took place. On both occasions the Hub ran the



Cornerstone Café and, at the Health Festival, a stall supplied by Nigel Appleton and staffed by Nigel, Chris Englefield and Keith Carman. Both the café and the stall were busy throughout the day, with a steady stream of supportive participants and enquiries dealt with by the team. The café provided refreshments and lunches, and a welcome respite for participants in the face of some rather less than clement weather. Thanks are due to David Smith and John Ferguson for their hard work, and special thanks go to David's wife, Gail, who officiated in the kitchen at both events.

One of the key activities at the Hub is our regular "Elevenses", where we provide members with coffee, cakes and a light lunch. If there is anyone who can volunteer to help out in the kitchen for the next couple of months, their help would be gratefully received. In addition, there would be the opportunity to undertake the Catering Hygiene Certificate (Level 2)

Down by the Storey Gardens

Lancaster Men's Hub have been busy in the Storey Tasting Garden, building planting tables



to help with the propagation of seeds and new plants. Working with Storey volunteer Kurt, a team of expert woodworkers disassembled a number of pallets

and recycled the wood, producing several new and very useful items. Projects such as this have been vital to the development of Lancaster Men's Hub and we have earned essential revenue from a wide range of items from park benches to

Christmas decorations. The pictures show the team of David Smith, Ken Jones, John Wood and Chris



Englefield hard at work, and relaxing with a well-earned lunch.

Music Group

We are hoping to establish a Lancaster Men's Hub Music Group from early September. The purpose will be two-fold – to give an opportunity to people who want to play and/or sing music in a supportive environment (or just listen in a social setting) and to perform at some point in the future, possibly at Christmas. The venue and day are still to be negotiated but are likely to involve the Cornerstone initially. We will welcome anyone who wants to participate, at any level of expertise, but would particularly like someone who can take the lead singing. Some equipment and some instruments will be available, and the choice of music will be determined by consensus! If anyone is interested in discussing the set-up and organisation of such a group, please get in touch with John Strivens at Eleveses or on 07842 826482/ johnstrivens@hotmail.com.



Smoothie Bike

One of the attractions at the Bay Health Festival on 8 July was the "Smoothie Bike", a wonderfully Heath Robinson-style creation that demonstrates the link between exercise and healthy eating. Members of Lancaster Men's Hub operated the bike with great enthusiasm, distributing the results to participants in the



festival. The photos feature the efforts of Aftab, our Walking Football Coordinator, and Jason, a long-term member of the Hub.

Member of the Month

Elsie Dowthwaite

Elsie was one of our first female members, having been a long-time stalwart of the Cornerstone, and fitting in to the Hub's aims and objectives perfectly. Originally a support worker in the Grief Café, Elsie has expanded her activities to become a regular at Eleveses and a participant in both the Music and the Walking Groups.

Elsie has had a varied career, working in business at Oliver's of Lancaster and then retiring from full-time work, adopting two children and working from home. These experiences led her back into various roles in the caring professions, including Lonsdale Carers, Elm House and a spell as a Teaching Assistant. Elsie is indefatigable in her work for others, leading walks for the Holiday Fellowship and the Torrisholme Ramblers and being an active member of the Warton Women's Institute; she is a great support to Lancaster Men's Hub's and an example of our desire to progress and expand our activities beyond our original brief.



Don't forget Eleveses, 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 to meet our members, enjoy some pleasant company and find out more about the Hub