

# LANCASTER MEN'S HUB NEWSLETTER



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## The Studio is now open!!

On 9 September The Studio on Peter Street behind St Thomas' Church, was officially opened. A huge amount of work has been put into the building by



teams of volunteers, led by Keith and Anne Carman, Nigel Appleton, Jim Needham and Chris Englefield. Renovations and repairs have improved the usefulness and appearance of the interior rooms, facilities have been updated and a significant improvement has been made to the exterior of the building, where

multi-coloured planters, manufactured in the workshop, accommodate flowers as part of the 'yardening' project.

Lancaster Men's Hub has high expectations of The Studio, which is part of the 'Raising Our



Game' project, reported in earlier newsletters, and the list of activities that are planned or have already begun, is impressive. These include:

- The LMH Games Evening on Thursday
- A 'quiet' Elevenses on Monday morning
- The Yardening Group
- Subbuteo
- A Railway Group and model railway
- A Photography Group
- A Fantasy Football Group

There are also well-advanced plans for a series of Art workshops, a Music Group, a Textiles Group, a Fantasy Rôle-play Group, a Craft Group, and many other ideas.

The Hub hopes that more and more current members, and new members who can benefit from the activities on offer, will attend the sessions at The Studio, and that organisations in contact with men and women who might be interested in LMH

facilities will get in contact with us. Keith and Nigel can be contacted on [info@thelmh.co.uk](mailto:info@thelmh.co.uk), or by coming to Elevenses on a Friday.



## Lancaster Health Fair

On Saturday 13 July Lancaster Men's Hub ran a stall at the annual Health Fair in Dalton Square. The fair was well-attended and the members who staffed the stall were kept busy with



enquiries and useful contacts on behalf of the Hub. There were a number of artefacts on display, made by members in the workshop. These were much admired and raised £65 for the Hub on the day. These communal activities are very important in raising the profile of Lancaster Men's Hub, and thanks are due to Mark Reynolds and Nigel Appleton for organising our contribution to the event.

## A Grand Day Out

If you read a previous Newsletter you would have seen that we have two members, Jack Monk and Brian Salkeld, who are retired railwaymen. In July, Dave Sherrington took them for a day out, along with Tony Consadine, to Lakeside and the Haverthwaite railway. All four of them were lucky with the weather and thoroughly enjoyed the trip; thanks to Dave for organising this.



## Calling all LMH football fans!

That's all of us, right? For the 2024/25 Fantasy Premier League we have our own mini-league "Lancaster Men's Hub". Joining the league couldn't be easier. Simply use the link below and you'll be added automatically after you've entered the game.



<https://fantasy.premierleague.com/leagues/auto-join/gxa0zi>

League Code: gxa0zi

So far we have nine members and counting: so please get involved!

The league is just a simple way for us to get to know each other a bit better and maybe get a little wellbeing through doing.

Further details from Keith Carman at Elevenses every week.

## Fair Trade Fair

The Cornerstone hosted a Fair Trade fair on Saturday 21 September. The event was well attended and catered for by Global Food Café. As usual, Janet Entwistle undertook to sell Lancaster Men's Hub products on her stall and she displayed



items ranging from sturdy planters to Christmas decorations. The items were all made from recycled wood, and the Hub is most grateful to Janet for her efforts on our behalf. The stall was

great success and raised £24.

## Fairground Attraction

Lancaster Men's Hub's workshop on Brook Street has been busy recently making fairground equipment. The games have been made for Carnforth Rotary Club and for a Family Fun Day organised by the Langridge Community Group; this took place on the Green Triangle on Langridge Estate on 22 August, and was organised by Councillor Matthew Black. He had asked the Hub to manufacture some fairground favourites. These include a 'dart board' to take fuzzy balls, a buzz wire to test contestants' steady hands and a target for a coconut shy-style game. Carnforth Rotary Club have requested a replacement for their ageing Shuffleboard game, which is still in trials. Shuffleboard is a traditional game where



wooden counters are propelled down a smooth board and score by settling in bays that carry varying values. The games are an example of the range of work being undertaken at the workshop, both in manufacture and restoration. A selection of artefacts from the workshop was on sale at a Fair Trade Fair at the Cornerstone.



## Have you any unwanted percussion instruments at home?

The Music Group needs tambourines, maracas, claves, shakers etc for use when they go out to run workshops in local Care Homes. We aim to involve the residents, not just play to them and so, if you have any spare percussion items hanging around, please bring them down to the Cornerstone where Simon will collect them for us.

## Come and meet Lancaster Men's Hub.

Every Friday the men (and women) of Lancaster Men's Hub meet for Elevenses, a free coffee and lunch drop-in at the Cornerstone on Sulyard Street. Come along for a coffee and a bite to eat, join in the chat and find out what is going on in the Hub; you'll be very welcome.