

# LANCASTER MEN'S HUB NEWSLETTER



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Issue 31 October 2024

## What's on in The Studio

Events in The Studio are now well underway, so this is a good time to publish a timetable of LMH activities for the period for **October 2024**

### Sundays

**Walking Football** 15-16h at University of Cumbria Sports Centre Wyresdale Road Lancaster LA1 3EA

### Mondays

**Quiet Elevenses** 11-13h at The Studio: **Music Café**: 13-15h at the Cornerstone: **Yardening** 14-16h at The Studio: **Pathfinder RPG** 17.30-20h at The Studio: **Woodworking** 09.30-14.30h at The Workshop.

### Tuesdays

**Dabblers & Divers** 11-13h at The Studio: **Table Football** Weekly 19-21h at The Studio: **Woodworking** 09.30-14.30h at The Workshop.

### Wednesdays

**Dabblers & Divers** 11-13h at The Studio **Work Gang** 14-16h at The Studio **Woodworking** 09.30-14.30h at The Workshop

### Thursdays

**Dabblers & Divers** 11-13h at The Studio **Photography** 14-16h at The Studio **Board Games** 19-21h at The Studio **Woodworking** 09.30-14.30h at The Workshop

### Fridays

**Elevenses** 11-13h at The Cornerstone : Sulyard Street Lancaster LA1 1PX

### The Studio

Peter Street (off Marton Street) Lancaster LA1 1XX

**The Workshop** To the rear of 4 - 10 Brook Street Lancaster LA1 1SL

Lancaster Men's Hub does not make a compulsory charge for any of our activities because we do not want money to prevent participation, but donations are always welcome: please be as generous as you can afford to be! Occasionally we might have to vary our schedule so

## Wandering Minstrels

Owing to a recent problem with the ceiling in Room 1 of the Cornerstone the LMH Music Group has had to find an alternative venue and have now used the Studio for the first time. The Studio is an ideal location for rehearsal, but the group will miss



the members (and non-members) who form an appreciative drop-in audience at the regular sessions of the **Music Café**. Mark Reynolds (guitar), Paul Gregson (guitar) and Eammon Hamilton (clarinet) look forward to returning to the Cornerstone as soon as Room 1 is available again, but

there may be opportunities for more music in the Studio, particularly in the run-up to Christmas. In the meantime, the group will be doing a workshop at a local residential home and making plans for wider community involvement. Any members who would like to hear more about the Music Group should speak to John Strivens at the regular Elevenses on a Friday.

please check our website, [www.thelmh.org.uk](http://www.thelmh.org.uk) [info@thelmh.org.uk](mailto:info@thelmh.org.uk), Facebook group, or WhatsApp to avoid last-minute disappointment.

### Dabblers & Divers

Dabblers & Divers refers to events at The Studio that will be run on the basis that some people will want to immerse themselves in the activities (divers), whilst others will want to try it and see if they like it (dabblers). Planned events include **Crafts for Christmas**, which will start in November, **Art workshops** and **Textiles**. Watch out for updates in the next newsletter.

## Fantasy Friday

Friday 13th September marked the launch of our new fantasy role playing activity at the Studio! **Pathfinder** is a cooperative tabletop rôle playing game of fantasy adventure. Under Hari's guidance, we embark on perilous quests, explore mysterious environments,



battle dangerous monsters, find treasure and tell a story together.

If you've played Dungeons & Dragons, Warhammer, or other rôle playing games, this is for you.

If you've watched or read The Hobbit, Lord of the Rings, or other fantasy fiction, this is for you.

If you've never heard of rôle playing games before, this is your chance to find out more.

## Never saw it coming!

The recent demise of the workshop's Table Saw due to old age and

overwork caused some consternation owing to its central importance in the process of manufacturing and renovation taking place from Monday to Thursday every week. Fortunately, the workshop team of John Wood, Ken Jones, Jim Needham, Dave Sherrington and David



Smith were able to source a great second-hand replacement and travelled to Poulton-le-Fylde to collect it. The new saw is now safely installed and ready for its new life of regular hard work. Thanks to John, Ken, Dave and Colin Moore for their heavy lifting, keeping the workshop working.

## The Kitchen Team

The regular Friday Elevenses is central to what Lancaster Men's Hub is trying to achieve. Every week, 30 to 40 members meet to socialise, get the latest information and

enjoy a great lunch provided by our kitchen team. Clive, Bob, Gareth and John have been joined by Anne, and the team seamlessly prepares interesting hot food and various drinks every week. The amount of effort that goes into the planning and preparation should not be underestimated, and the Hub owes an enormous debt of gratitude to the creativity and commitment of the Kitchen Team.



## Help wanted urgently.

The article on the kitchen team makes it clear that the drop-in lunch on Fridays is an integral part of Lancaster Men's Hub's offering, and that the current team are working extremely hard to maintain the standard of food and service. However, it is a huge commitment of time and effort for them, involving not only the planning and preparation, the actual cooking and the



necessary washing and clearing up that keeps the kitchen efficient and clean. If anyone can give a little time to any of the jobs,

**cooking, working the counter or washing up**, it would be hugely appreciated, and give the regulars the opportunity to have a week or two off. If you can help at all, please see Clive to discuss the requirements and arrange some convenient times; it doesn't have to be a full-time task.

## 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.

