

LANCASTER MEN'S HUB NEWSLETTER



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Zero Suicide Alliance Training

You might already know that Lancaster Men's Hub's commitment to **Wellbeing Through Doing** includes promoting good mental health through training and peer support. As part of that commitment, we are engaged in a suicide prevention project called **Upping Our Game**.

We have asked all our members to consider taking Zero Suicide Alliance's training in suicide prevention. The training promotes the skills and confidence needed to help someone who may be considering suicide. It also works toward breaking the stigma around suicide and encouraging people to have open conversations about their mental health.

It's an online course that can be completed in less than 1 hour and the benefits for participants, and for the people we may encounter, really could be the difference between life and death. If you can spare the time, please enrol, take the training and help us to be prepared to respond to situations in which so many people unfortunately find themselves in our increasingly stressful times.

Zero Suicide Alliance Online Course Instructions

This course is provided by Zero Suicide Alliance (ZSA). It is endorsed by the Royal College of Nursing. The course is free and you don't have to create an account to take the course. There is no exam or test involved. You will need access to a laptop, tablet, phone or similar device to take the course. Make sure you have enabled sound and video.

Because ZSA needs to know which kind of people in which areas of the country take the course, you will be asked for your postcode, your age range and your gender. To give you a certificate at the end of the course, you will be asked for your name. Done properly, the course takes up to 40 to 50 minutes.

To do the course

On your device, go to <https://www.zerosuicidealliance.com/suicide-awareness-training> You will see a link in white letters on a blue ground '**Take the ZSA Suicide Awareness Training**'. Click this to begin the course.

After those initial questions, you will see a section about suicide statistics. Some of the statistics are quite startling and show how important awareness can be. There are also video interviews giving lived experience and these are very informative.

The main section presents three conversations. You can visit them in any order. Each conversation is between someone concerned about the behaviour or the situation of another: a work colleague, a taxi passenger and a family member. They show how to hold a conversation and understand the responses you might hear. Each conversation is presented as slides with links to written or audio explanations of things said. You will often see an icon of a **coach's whistle** – click on this to hear some helpful advice. Each conversation ends in a way which makes sure the other person isn't left alone with their worries; most importantly, they teach the key lesson of **See, Say, Signpost**.

After you've followed all three conversations, click on the continuation link at bottom right. You will see another short video, some more information, and then you will be asked for your name so that you can receive your certificate. The certificate is A5 size and is yours to download immediately and keep. And that's it. No signing up, no signing in and no pestering with follow-ups.

LMH Music on Tour

The LMH Music Group, which meets every Monday at the Cornerstone, has begun a series of workshops in local events and Residential Homes. The first of these was held at Ashton Manor on 17 October by invitation of Michelle Gallagher the home's Life Style Coordinator. The afternoon was a great success with the residents joining in with the singing and providing

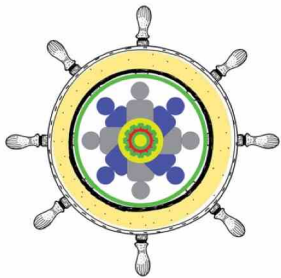


enthusiastic percussion backing to some of the songs. The group plays well-known songs from the 50s and 60s that provide opportunities

for the audience to join in rather than simply sit to be passively entertained. The line-up is currently piano, clarinet, violin, bass and guitar, but the group would love to have a lead singer able to front the group. If you would like to participate in the rehearsals or performances, we meet at 1.00 pm every week at the Cornerstone. Future performances are already being planned at Ellel Village Hall and Nazareth House, along with a return Christmas show at Ashton Manor. If you are interested, please contact John Strivens on 07842 826482; we look forward to hearing from you.

A New Tide Rises: Lancaster Men's Hub Launches A Nautical Section

Lancaster Men's Hub is excited to announce the launch of its new Nautical Section. This exciting development aims to foster a sense of camaraderie among those passionate about the sea, sailing, and maritime history and traditions.



We will offer a diverse range of activities and events for people of all ages and experience levels. From

seasoned sailors to novices, there's something for everyone. Planned activities include:

- Sailing Trips
- Maritime History Talks
- Seafaring Skills Workshops
- Social Events
- Model Boat Building Workshops
- Nautical film nights

Our planned meetings will be every other Tuesday 11.00 to 13.00 at The Studio. We will announce other special events from time to time. Our first event on 12 November will be a demonstration by Ashley Schram of netmaking skills, including the chance to have a go yourself! Further details from Chris Englefield.

Christmas Craft Group

Lancaster Men's Hub is starting a Christmas Crafts Group to give members an opportunity to meet together and make gifts, cards and decorations for Christmas. The products of the group will be used in various ways. Individual members may want to make their own cards and decorations. Some will be sold at Christmas Fairs to raise money for the Hub and others may be used to decorate the LMH Christmas Tree at the Christchurch Christmas Tree Festival and the Cornerstone.

The important thing is that members can meet, share their expertise and learn new skills. The group will work in wood, paper and textiles as well as other materials and any ideas, tools or materials would be welcome. There will also be demonstrations of craft skills that may be new to some of us. The group will meet in the Cornerstone on Fridays at 10.30, and you are welcome to come along and try it; we look forward to seeing you there.



Brass Band Concert

On Wednesday 11 December at 7.30 pm **Lancaster City Brass** are giving a Christmas Concert at **King's Community Church**, Phoenix Street Lancaster LA11DD on behalf of Lancaster Men's Hub. The LCB Christmas Concerts are always most enjoyable, and all profits are being donated to the Hub. Please attend if you possibly can to support the band and LMH. Tickets are £10 and are available through lancastercitybrass.com.



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.