

LANCASTER MEN'S HUB NEWSLETTER



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The Workshop and the Community

On the 1st of February the Lancaster Men's Hub workshop hosted a group from the community to build Swift boxes. The exercise is part of a month-long project running from 23 January to 8 February, involving **Lancaster Swift City** and **Skerton Community Centre** and the idea is that people undertake craft projects and assemble



Swift boxes from kits prepared by Lancaster Men's Hub, under the supervision of the experienced members of the

workshop. The project has been put together by Emma Bartlett from Lancaster Swift City and John Wood from LMH, and has been a great success, involving people from the community in craft activities and in producing nesting boxes that have already gone up in places like the Castle,

participating streets in Lancaster and the Grammar School. The workshop has also



been very busy recently with a number of projects in addition to these community projects. **Scotforth School** have requested a large number of big raised planters for their playground which will have to be constructed out of railway sleepers, and the workshop is also involved in producing the basic rigs for an annual

engineering challenge for Cumbrian schools, organized by **Carnforth Rotary Club**. This engineering challenge has been run for three years now by the Rotary Club, working in collaboration with the Education Service in Cumbria and Lancaster Men's Hub.

What do LMH actually do?

Elevenes - on a **Friday at 11am**

The Cornerstone - Sulyard Street

Quiet Elevenes - on a **Monday at 11am**

The Studio - Peter Street off Thurnham Street

Crown Green Bowling on **Mondays at 10.00 am**

Luneside and Rosebank Green - Fairfield Close

Games Evening on a **Thursday at 7.00 pm**

The Studio - Peter Street off Thurnham Street

Music Cafe runs **Monday and Friday**

1.00 (Monday)/1.30 (Friday) to 3.00 pm

The Cornerstone - Sulyard Street

Nautical Group runs **every 2nd and 4th Tuesday**
11.00 am to 1.00 pm

The Studio - Peter Street off Thurnham Street

Pathfinder Roleplaying Group every **Monday**
5.30 to 8.00 pm

The Studio - Peter Street off Thurnham Street

Table Football every **Wednesday at 7.00 pm**

The Studio - Peter Street off Thurnham Street

Walking Football every **Sunday at 3pm**

The University of Cumbria

Woodworking group runs **Monday to Thursday**
9am to 3pm

Workshop behind Brook Street in Lancaster.

More information on the website
thelmh.org.uk

Come and meet Lancaster Men's Hub.

Every Friday the men (and women) of Lancaster Men's Hub meet for Elevenes, 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;

Can you help the NHS?

Lancaster University is looking for volunteers to help with a study of people with “**Multiple Long-Term Conditions**” (MLTC). They are interested in the opinions of people who have two or more long-term mental and physical health conditions, as this creates a lot of pressure on the Health Service which it is currently not able to address effectively. This can lead to fragmented, inefficient and burdensome care that fails to meet the needs of people with MLTC. It is hoped that understanding the lived experience of such people will enable improvements in care.

Being involved will mean taking part in surveys and discussions; **all of this will be done online.**

Participants will be paid £27.50 per hour for their time. It is expected that full involvement will result in a payment of £220.

If you are interested, please contact Claire Hayday: c.hayday@lancaster.ac.uk

Warm Welcome Week

Lancaster Men's Hub has been running a Warm Space project for two years now, opening the Studio regularly to provide a warm, safe space for members and friends who can benefit from company and comfort during the winter months. The Studio will now be running a Warm Welcome Week starting on Monday 12 January. The current 'Blue Monday' session will be re-designated "Brew Monday" and the Studio will additionally be open between 5.30 pm to 8.00 pm on Monday and from 11.00 am to 2.00 pm on a Wednesday. The Friday Elevenses at the Cornerstone will, of course, continue as normal.

Early Prostate Screening

It came to notice of Mark Reynolds, one of our trustees, that male prostate cancer is now the most common form of cancer in the UK. Accordingly, he wrote to Cat Smith MP to draw her attention to this, since there have recently been several cases of prostate cancer in the membership of LMH. He received the following positive reply from Cat.

Dear Mark,

Thank you for sharing your concerns about prostate cancer screenings. Thank you also for updating me on the work of the Lancaster Men's Hub. It's really encouraging to hear that you've launched projects to support 'well-being through Doing' and the Swift Boxes sound like a great idea!

Like you, I agree that more needs to be done to give those who have been diagnosed with cancer the best possible chance to overcome it, and one of the best ways of doing this is through early detection testing. In October, I signed the Early Day Motion 1603 in support of a

national screening programme targeted at those at high risk of prostate cancer, and I continue to support the need for improvements to the availability of prostate screening in the UK.

I've passed on your email to the Department of Health and Social Care to ask them to look into the concerns that you have raised, and to request that they consider making prostate cancer screenings routinely available for as many men as possible. I will get back in touch as soon as I have an update. In the meantime, please don't hesitate to get back in touch if I can be of any further assistance on this issue, or any other.

LMH and the Coop

Lancaster Men's Hub have had a partnership with the Coop for several years and Maria Thornton was our Community Rep, who worked hard for the Hub and



participated in many of its activities. The Coop raised money for LMH in 2019 and now has a new Community Rep, Steven Booth, who has taken over from Maria. LMH is asking members to **join the Coop** because we

are members of the @Coopuk Local Community Fund and membership will enable to claim a share of £5,000.00. Coop membership (**find it on Google Play or the App Store**) makes it easier for our members to choose personalised weekly offers, choose local causes to support, discover out latest deals and get first in line for tickets and other perks at Co-op Live. Trustees of LMH presented a plaque, made in the Hub workshop, to Steven Booth for display at our local Coop on Quernmore Road