

LANCASTER MEN'S HUB NEWSLETTER



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Working with the Dukes

Lancaster Men's Hub has recently completed a very special project for the Dukes Theatre Company. The Dukes has a thriving community programme, and they set up a project in which community arts, music and theatre groups would be given an object to stimulate a creative venture which would then be performed by the group. In order to make the presentation of the objects more spectacular, LMH were asked to provide decorated wooden boxes in the form of treasure chests, and the community groups would be asked to open their chest in order to find out what their object was. This ceremony took place on 31 January and was a great success; the performances will take place later this year at the Dukes Theatre. Lancaster Men's Hub was delighted to be able to provide part of the trappings for such a worthwhile and imaginative community project, and looks forward to further possible collaborations with the Dukes Theatre Company.



Pathfinder Roleplaying Group

The Pathfinder Roleplaying Group meets every Monday in Lancaster Men's Hub's studio between 5:30 and 8:00 pm. The studio is in Peter Street off Thurnham Street, behind St Thomas' church. Roleplaying Group events are interactive games which give participants the opportunity to compete with other players and a Games Master in a social setting. Games take place in a fantasy world, which is created by the group using imagination, maps and characters to build a scenario with its own rules and objectives, led by Hari, the Games Master. The group that meets on Mondays are currently working on stopping an evil wizard, Belcorra, from trying to destroy a country! If you fancy trying your hand at



roleplaying with a very sociable group, come along on Monday or contact Hari at the regular LMH Elevenses every Friday in the Cornerstone.

Music and LMH

The Music Cafe, which meets every Monday afternoon at the Cornerstone, is now affiliated with LMH and aims to provide an opportunity for sociable interaction (with biscuits!) whilst listening to and participating in live music. Anyone is welcome to attend between 1.00 pm and 3.00 pm. but the Cafe is particularly suitable for anyone wanting to make new friends, pass a pleasant couple of hours in a supportive environment or get some respite from caring responsibilities. Come along on a Monday afternoon and, sing, play or just listen and enjoy.

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;

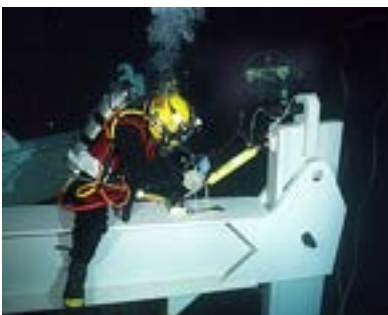
Workshop Round-up

The LMH workshop remains extremely busy, and central to the work that Lancaster Men's Hub is doing. Numbers attending the workshop are up, and John Wood and his team are continually balancing improvements to the organisation and running of the workshop with the output of custom and mass-produced work of the highest quality. The attached picture shows samples of the objects that are produced in the workshop, but also the extent of community involvement that is being generated in the facility. Congratulations to the team, which I hope to showcase in the next issue of the newsletter, for their consistent efforts and the positive social environment they create alongside a expert and professional working environment



LMH Nautical Group

On March 10th, the Nautical Group assembled in The Studio to watch an amazing documentary about a saturation diving accident in the North Sea. "Last Breath" is a docu-drama about a real accident that happened in 2012.



Saturation diving is a specialized technique allowing commercial divers to live and work at extreme depths for weeks, breathing helium-oxygen (heliox) while staying pressurized in a chamber.




LMH Nautical Group (but open to any members of LMH)

Day Trip to Sunderland Maritime Heritage (SMH)

Monday 13th April 2026
 Depart from the Cornerstone 0800
 Return to The Cornerstone 1900

SMH promote and maintain Sunderland's maritime history, crafts, skills and trades associated with one of the greatest ship and boat building centres of the last century.

They aim to preserve the artefacts, documents, pictures and skills of the shipyard workers that contributed to shipbuilding in Sunderland from 1346 until 1988 when the last shipyard closed.

They are manned entirely by unpaid volunteers and are totally self-funding. Their volunteers include those with learning difficulties and dementia, those on the autistic spectrum and the elderly and socially isolated.

SMH are a registered charity no: 1193209



Places dependent on drivers volunteering: each car enables three non-drivers to attend.



There is no charge, but there may be a deposit required, repayable on attendance at the event.

Lancaster Men's Hub is a CIO registered with the Charity Commission in England and Wales, Registration number 1196670

By saturating their tissues with inert gas, they only need one final decompression, maximizing efficiency for offshore oil/gas work and reducing risks of decompression. The subject sounds grim, and it is a compelling film, but the outcome was positive, though if you watched the whole thing you would never think it could end well.

The Nautical Group meets each second and fourth Tuesday of the month, in The Studio from 1100-1300. Why not come along and try it?

Workshop Laser Cutter

Before Christmas the workshop acquired a laser cutter, which has been used for cutting out intricate shapes in basswood, like the Christmas Tree decorations, but also for engraving designs and photographs on wood and metal.



Amongst other things, the workshop is now selling custom engravings which can be purchased for £15 by contacting John Wood at the workshop or at the regular Elevenses at the Cornerstone on a Friday morning.