LANCASTER MEN'S HUB NEWSLETTER

LMH Lancaster Men's Hub
Wellbeing through doing

Registered Charity No.1196670.
Issue 38 May 2026

LMH BUILDING HOPE BENCHES FOR LANCASTER

Lancaster Men's Hub has built the first of the five benches they are creating for **Lancaster District Adult Mental Health Forum**. Hope Benches are the output of a project created by this forum that brings together local organisations concerned with mental health awareness. The first installation was opened by **local MP Cat Smith** on15 May. Hope benches are intended to provide a quiet place to pause and reflect for anyone, but especially people who are facing a mental health challenge. Each bench includes "signposts" (QR codes) to mental health support organisations, including Samaritans. LMH used a combination of traditional woodworking skills and up-to-the minute laser-engraving equipment. The bench was financed by staff and customers at the **George and Dragon** pub on the quay; four more benches will be made in the future. The picture below shows **Cat Smith MP** cutting the ceremonial ribbon (the first time she has "opened" a bench!), and LMH members led by our Chairman, Mark Reynolds.





LMH Music Group

The music group, **Cornerstone**, which is closely affiliated with Lancaster Men's Hub, has been performing regularly at the Cornerstone on Monday afternoons, with a rehearsal/jam session on Friday afternoons. These sessions continue to draw a good audience and help members and non-members to enjoy listening or singing. In addition the music group has just completed a series of engagements with Trinity Church, Bowerham, where they have played at the regular Singing and Sustenance meetings which support suffers from dementia and their carers; Singing and Sustenance is officially recognized by the Alzheimers Society. They have also played at Ashton Manor residential care home and have a forthcoming engagement with St. John's Hospice, raising the profile of both LMH and the Cornerstone



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;

UK MEN'S SHEDS ASSOCIATION

ldcvs supporting you to support your communities

co op

LANCASTER CITY COUNCIL
Promoting City, Coast & Countryside

Meet the LMH trustees Part 2



Ian Lyon

Ian was born in Morecambe and has been a long-term supporter of Morecambe FC. Over the years he has been involved with many different charities as a volunteer, helping with photography and computers, and he saw in LMH an opportunity to continue this work in an organisation that could make a difference. Ian's interests are philately, British stamps and photography, and he runs groups within the Studio as a Trustee of LMH.



Simon Stewart

Simon is the chaplain at The Cornerstone, which is part of Lancaster Methodist Church. He has worked at The Cornerstone for nearly 10 years, and before that led chaplaincy team in a secondary school in Blackpool. He was a founder member of Lancaster Men's Hub, having been involved in men's welfare for over 20 years. His main role as trustee is safeguarding, but he has also helped with writing applications for grants. He is married, with 3 grown-up sons and his interests include watching and playing cricket, reading fiction, writing poetry and walking in the countryside and by the sea. ,



David Smith

David has lived in Lancaster since attending Lancaster University in 1972. and has had a variety of jobs, from fruit-machine engineer to welder. After attending an early computing course, he decided to start a shop (Castle Computers of Lancaster) which sold both home and business systems. During that time he became a software developer and worked designing early systems, particularly databases, for a large number of local businesses, eventually being hired as Head of ICT for a large South African Private Equity firm. David is a founder member of Lancaster Men's Hub, a long-time stalwart of the Elevenses kitchen and a key member of the Workshop Group.

LMH MEETS BLUEBIRD

A small group of members of the **LMH Nautical Group** visited Coniston recently to attend the Bluebird K7 festival. The event marked almost 60 years since Donald Campbell mounted his fatal record attempt on the lake.



Back in 1967 Bluebird had completed an initial run at an average of 297.6 mph (478.9 km/h), and Campbell then decided to turn around and immediately head back up the course. The second run was even faster at over 320 mph (510 km/h). However, her stability broke down and the front of the boat lifted out of the water. She somersaulted and plunged back into the lake, nose first, then cartwheeled across the water before coming to rest. Campbell was killed instantly. The wreckage was recovered in 2001 and restoration took until 2018 but it was 2026 before she returned to the water at Coniston.

Slowly, funds were raised to reconstruct the boat and eventually she was re-homed at the Ruskin Museum in Coniston village.

On the day that LMH Nautical attended, Bluebird (designated K7) only managed one run of 300 metres before there was a mechanical issue. On a later day she reached 150 mph. The visit was a pilot to assess the scope for similar visits to the festival by more members of the LMH Nautical Group in future years.