

LANCASTER MEN'S HUB NEWSLETTER



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Coop Community Fund

Lancaster Men's Hub has recently been nominated as one of three local charities to receive support from the Coop. This support will last a full year and will provide help and advice from professionals at the Coop in raising our profile locally and finding innovative ways of raising funds. In addition, the Hub will receive 1p from every £1 spent at Coop stores and funeral facilities by registered members who have identified Lancaster Men's Hub as their chosen charity. We would be grateful if everyone currently associated with the Hub could help us to raise some significant money and get their friends and colleagues to nominate us as their Coop charity. Getting on board is easy if you follow the steps below.



1. Become a Coop member

You may already have a Coop card, but if not, you can join for £1 and get all the benefits of Coop membership as well as being able to support Lancaster Men's Hub. Go to the link below or pick up an application form and temporary membership card at the Coop on Quernmore Road, Hornby Road, Caton or By-pass Road, Bolton-le Sands.

<http://www.coop.co.uk/membership>

2. Get the Coop app on your phone

Go to the App Store (Apple) or Playstore (Android) and download the Coop app. It

may be spelt with a hyphen, Co-op)

3. Register LMH as your charity

On the app, go to **Community** on the bar at the bottom, scroll down to local charities, where you can choose LMH.

The support from the Coop will come to Lancaster Men's Hub in two different ways. The money we hope to raise is obviously important to enable us to continue and expand our events and support Elevenes on a Friday, but, more importantly, we are going to receive help and support from the Coop to publicise the Hub and involve more people as guests and coordinators. Please do everything you can to make this year's support and funding from the Coop a success; become a Coop member, use the Coop when you can and encourage friends and family to sign up as well – every penny counts!

Whist Drive

As part of a new series of games evenings David Smith from Lancaster Men's Hub ran a Whist Drive in the Cornerstone on Thursday evening, 17 November. The event was most enjoyable, with 8 players attending, and the event was won by Team John W (John Wood and John Weedy). The format was Progressive Whist and participants who were unfamiliar with this form of the game were given a simple introduction. As so many people enjoyed the evening, further events will be arranged over the winter period, so watch this space or come along to the Cornerstone when our regular Friday Elevenes is on.



Don't forget that we have Elevenes every Friday from 11.00 pm at the Cornerstone on Sulyard Street. Free coffee social drop-in. Everyone is welcome.

An Evening of Poetry

On Friday 21 October Ben Guilfoyle (aka the Woolly Hat Poet) organised an evening of poetry and the spoken word at Lancaster Methodist Church. Several local writers were featured, including Anna Maxwell, Diane Armstrong, Joe Hart, Verity Writes and Big Charlie Poet, along with Lancaster Men's Hub members Simon Stewart and Ben himself. The evening was well attended and enjoyable, as was the



Wordarium at the Herbarium on the evening of Wednesday 26 October. The Herbarium event will take place regularly on the **last Wednesday of every month** and the initial meetings will be run in aid of Lancaster Men's Hub, so, if you're

a fan of the spoken word and want a great evening out, get along to the Herbarium to support Ben and the Hub on Wednesday 30 November.

Jo Hart performed a poem called 'Just Talk', which seemed to sum up what LMH is all about and we print it in full below.

Let's Talk:

I know it's sad to say goodbye,
Or feel bad on the inside
I know it's hard to open up
And admit your mental struggle.

But help is there, so don't be
Afraid to reach out and talk.
Feel free to let them know
Who you are, and how they can help.

So let's sit down, and just talk.

Joseph Barklam Hart

Benchmarks

Lancaster Men's Hub has been involved in a long-term project with Highfield Bowling Club which has seen our members play Crown Green Bowls regularly through the summer. This proved very successful and enjoyable, but our woodworkers have also been busy, renovating 14 of the benches that



surround the greens. Repairs were badly needed to allow spectators to watch games in comfort and safety and the team of John Wood, Ken Ford and David Smith, assisted at various times by other Hub members, have done a remarkable job, as you can see in the photograph below. It is projects like these, helping both the community and the Hub, that allow us to extend what we can offer and maintain our current provision; this underlines the vital importance of the acquisition of a dedicated workshop space so that projects like these can be completed more effectively and easily involve more members in purposeful interaction.



Sunday Walk

We plan to hold another walk very soon (weather permitting), starting at 11.00 am. The walk will start at either New Quay Road or the works on Snuff Mill Lane, depending on the fitness and willingness of participants. We will walk along the coastal path (nice and smooth and level) to the Dalton Arms at Glasson Dock. Transport to the start will be arranged for those who request it, and walkers will be taken back from the Dalton Arms after suitable refreshments! If you want to take part, give your name to John Strivens (johnstrivens@hotmail.com or 07842 826482) or pick up a form at the regular Friday Elevenses, where it will be announced