

LANCASTER MEN'S HUB NEWSLETTER



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Merry Christmas everyone!!

On Friday 16 December Lancaster Men's Hub ran its Festive Christmas Meal for almost 40 members, guests and supporters. The celebratory meal was held at the Cornerstone in a very enjoyable atmosphere, and all the food was prepared and served from the Cornerstone's kitchen. A full Christmas dinner, involving turkey and all the usual trimmings followed by Christmas pudding and custard was a massive undertaking for the Hub, and could not have been achieved



without a huge amount of work on the part of the helpers and the generosity of the donors.

Coop Member Pioneer

I'm Maria Thornton, Member Pioneer for Lancaster, Caton and Bolton Le Sands, and a large part of my role is helping connect Co-op colleagues in stores and funeral care with people in local communities to make things happen. I'm also keen to share the fantastic things people are doing. This is a great job as I meet interesting people every day who are committed to improving life for people in local communities. This year we're delighted to be working with Lancaster Men's Hub as one of our Local Causes and I'd encourage you to become a Co-op member and support them: <https://www.coop.co.uk/membership>. I attach a link to the role of Member Pioneer in case anyone would like to know more about the role. [Member pioneers - helping co-operation in local communities. - Co-op \(coop.co.uk\)](#)



It would be invidious to single out too many helpers but thanks must go to David Smith (our Treasurer) who organised the event, and his wife, Gail, who managed the kitchen so effectively. The often-overlooked importance of continuous washing up was emphasised by the heroic efforts of John Wood and Chris Englefield, and Simon Stuart, Ben Guilfoyle and Bill Martin served the guests quickly and efficiently; altogether a team effort! A special mention is due to the Coop and to ASDA who provided and subsidised a large proportion of the food, and thanks to John Wood and Elsie, who provided crackers and a lovely hamper as a Seat Raffle prize. It was good to mark another Christmas of the Lancaster Men's Hub and we hope to continue and expand our activities in 2023, so watch this space, and accept our good wishes for a good Christmas and a more hopeful New Year.

Age UK at the Hub

Vicky Lamb from Age UK Lancashire gave us a clear picture of their work in supporting people with issues and problems arising from advanced age, whether suffering those problems themselves or caring for others faced by them. One of the surprises was the revelation that the minimum age for being eligible for help is 18; caring for the elderly or confronting situations that will cause problems in later age begins young. However, Vicky spent most of her engrossing and informative talk on scams and how to spot and avoid them. She explained the different types of scams,



whether doorstep, post, online or by phone, along with telltale aspects of typical

methods and then explained the various ways of reporting suspect emails and messages if you fall victim to such criminal activity. She also referred concerned members to the Age UK Digital Inclusion Team, which helps people access and understand the online world. She had a very attentive audience of two trustees and nine other members.

Certificated!!!

Lancaster Men's Hub received a visit from Environmental Health on Friday 2 December whilst we were preparing and serving lunch at our regular Elevenses. The visit was expected but unannounced and 2 inspectors spent well over an hour talking to our chairman and inspecting the Cornerstone kitchen premises. We are delighted to report that we passed the inspection with flying colours. Hygiene practices were described as "Good", with no issues of concern. The Cornerstone premises were noted to be in good condition and repair, and our approach to the question of allergen information to customers was commended. Overall we received the highest rating of 5 (Very Good), a standard we can be proud of and seek to maintain.

We all want a figgy pudding ...

Lancaster Men's Hub would like to thank the Coop on Quernmore Road for their generous donation of Christmas puddings and mince pies for the Hub Festive Meal on 16 December. We will be treating 36 guests and members to a Christmas lunch, comprising all the traditional accompaniments at 12.00 on Friday 16 December.

The Coop are working in partnership with

Lancaster Men's Hub for the next 12 months, providing us with publicity and specialist assistance as



well as donating 1p in every £1 that Coop members, who have elected to support us as their Community Cause, spend at the Coop. If you wish to support Lancaster Men's Hub through the Coop, download the Coop app and designate us as your chosen Community Cause.

LMH Games Evenings

Thursday 8 December saw the last in a series of Games Evening, organised by David Smith on behalf of Lancaster Men's Hub. The Games Evenings have benefitted from a generous £500 donation to the Hub from the Eric Wright Trust, for which we are extremely grateful. The 4 weekly evenings have been a great success, providing guests and members with a pleasant evening and the opportunity to learn and take part in new and traditional games; games have included Whist, Cribbage



Backgammon and Rummikub. Refreshments have been provided and the evenings will recommence, probably on a regular monthly basis, in the New Year; watch out for an announcement in the January newsletter.

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