

LANCASTER MEN'S HUB NEWSLETTER



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First Lancaster Men's Hub AGM

Before Elevenses on Friday 3 February, Lancaster Men's Hub held its first Annual General Meeting, as required by its charitable status under the auspices of the Charity Commission. The Trustees Report and Treasurers Report had been previously circulated, and the meeting was well-attended. In accordance with the constitution, all five trustees who set up the original charity, resigned and were unanimously re-elected for a second term. The current trustees are

David Mace Chair
David Smith Treasurer
John Strivens Secretary
Simon Stewart
Keith Carman



ASDA's continuing interest in supporting Lancaster Men's Hub.

Snooker returns?

After a break of several months Lancaster Men's Hub has begun to pilot arranging snooker for members who enjoy a game together. The venue was Squires Snooker Club and four



members played several games of doubles, revealing some hidden talents for the game! There are some

issues regarding funding of snooker because the facilities required are outside the control of Lancaster Men's Hub, but discussions are underway between the club and the Hub, relating to funding and membership and we hope to see regular meetings of interested members in the near future.

Don't forget Elevenses, every Friday, 11.00 am at the Cornerstone, Sulyard Street.

Visitors to the Men's Hub

We have had several visitors recently who have come to the Hub for the benefit of our members. Robert Shipworth from the Fire Brigade gave a fascinating talk on the role of the Lancashire Fire



and Rescue Service and the safety advice and help they can give. He also demonstrated several pieces of tech that could assist our members to

improve safety round the home.

In another very generous gesture, Hayley Pritchard from ASDA visited us for Elevenses on Friday 3 February and presented us with £30 of coffee beans donated by the store. As you can imagine, we get through a large amount of coffee at the Hub, and we are grateful for

Games Evening

The Thursday Games Evenings (7-00 – 9-00 pm at the Cornerstone) are growing in popularity and may soon be looking to expand their current premises. Thursday 2 February saw an expansion of the range of games in offer, including a short demonstration of backgammon from Phil Seery, a highly skilled tournament player, and a full session of Battletech arranged by Hari Gujral This gave



participants a fascinating insight into the genre of wargames, which are familiar to younger games players but possibly a closed book to many of our older members. If you want to join in on a Thursday evening, contact David Smith at Elevenes or on the website; you'll be most welcome.



Your LMH needs you!!

Lancaster Men's Hub is a small charity that is entering its second year of providing companionship and support to men and women in the Lancaster area who can benefit from its combination of activities and social opportunities. These now include woodwork, Crown Green Bowling, walking, work on the allotment, walking football and Games Evenings, but the main activity is still the regular Friday drop-in coffee and lunch meeting we call Elevenes. This takes place every Friday at the Cornerstone on Sulyard Street and provides an opportunity to get

together, chat, play games and enjoy free refreshments in a warm and welcoming environment. In order to provide this, we are increasingly in need of volunteers to keep the Elevenes, and other activities, open and free. The kitchen requires a minimum of three volunteers each week to cook, run the café between 11.00 am and 1.00 pm, clear the tables, wash up and serve the lunch. We are fortunate that a number of our members have volunteered to carry out these functions regularly and we are extremely grateful for their help, but we cannot continue to rely solely on members, and are looking for willing volunteers to help run Elevenes, or indeed, to help out with any of our other activities. We shall be attending the **Volunteer Fair in Lancaster Library on 23 February**, and if you are interested, or know anyone who may be interested, in our work, there will be members there all day who can talk to you and explain what we aim to do and how we can best utilise volunteer help. Alternatively, contact us on our website or contact John Strivens directly on 07842 826482; we look forward to talking to you.

LMH Memorial Walk

Janet Entwistle, who was one of our first female members, lost her much-loved Uncle Peter recently. As well as being the organist at St Margaret's Parish Church, Hornby, he was a keen walker and Janet invited members of the Hub to accompany her on a memorial walk for her late uncle on 12 February. Twelve members turned up in Milnthorpe at 11.00 am and undertook a three mile walk beside the River Bela, along the Sandside shoreline, over Haverbrack and back down through the Deer Park. The day was extremely enjoyable, culminating in the Tavern at Hale for lunch. This will be the first of a series of monthly walks organised by Lancaster Men's Hub, so if you enjoy a walk with convivial company, watch out for the notices on WhatsApp and get in touch with John Strivens on 07842 826482 or at Elevenes any Friday.



LMH Memorial Walkers in the deerpark, Milnthorpe