

LANCASTER MEN'S HUB NEWSLETTER



Registered Charity No.1196670.
Issue 17 March 2023

WANTED

Is there anyone out there who meets the following requirements?

- IT literate, but not necessarily an expert.
- Familiar with basic accounting procedures.
- Able to give some time to a growing charity in Lancaster.

If so, Lancaster Men's Hub would love to hear from you. We urgently need a deputy Treasurer to assist our excellent and over-worked Treasurer, David Smith. Anyone who is interested would receive a warm welcome as well as all necessary training and support from David and all the Planning Group. If you are interested and would like to find out more about the charity or the role, get in touch with David on 07940 393835, look on our website (thelmh.org.uk) or come down to the Cornerstone and take part in our free Friday Elevenses drop-in each week at 11.00 am.

Spreading the word

On Friday 24 February Sarah Baines, the chair of the Integrated Care Community paid Lancaster Men's Hub a visit and spoke to our members about the ICC and the role that the many organisations that belong to it play in providing care and support for the physical and mental health of the community in Lancaster.



On 2 March two members of Lancaster Men's Hub, Chris Englefield and Ken Jones, attended a meeting of the Carnforth Rotary Club and gave a talk on the purpose and work of the Hub. The talk was very well received, and we look forward to a fruitful relationship with the Rotary Club, who made a generous donation to support our work, in the future.

Upcoming Events

Thursday 23 March 7.00 pm

Games Evening at the Cornerstone.

Thursday 30 March 7.00 pm

Games Evening at the Cornerstone.

Sunday 2 April 11.00 am

LMH walk on Warton Crag

Thursday 6 April 7.00 pm

Games Evening at the Cornerstone.

Don't forget our **Elevenses** free coffee and lunch drop-in every Friday at the Cornerstone in Sulyard Street. See you there at 11.00 am.

Volunteer Fair

On 23 February Lancaster Men's Hub took a stall at the Volunteer Fair, organised by Lancaster CVS. The event was held in the Sanctuary in Lancaster Library and was attended by 18 voluntary organisations from the Lancaster area, including The Samaritans, City of



Sanctuary, Age Concern and Lancaster Library itself. The session was not well-attended by potential volunteers, but several useful contacts were made during the morning. Anyone interested in finding out more about Lancaster Men's Hub will see us in **St Nicolas' Arcade** on **Saturday 18 March**, where, courtesy of the Centre Management, we will be running a table and information point; we look forward to seeing you there.

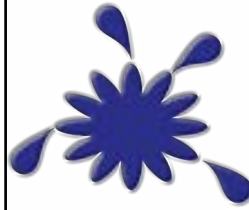


Warton Walk

The Lancaster Men's Hub walk scheduled for 26 March has had to be postponed to **Sunday 2 April**. The walk will be to Warton Crag and will start at 11.00 am from the big car park under the spectacular wall of Warton Quarry, on Crag Road out of Warton. The walk will ascend a short climb of about 15 minutes to attain the top of the quarry but after that there is no major climbing. The route then takes a variety of rough paths and mild scrambles to reach the trig point and beacon at 163 metres (530 ft) where there are fabulous views of Morecambe Bay and the distant Lake District hills. The walk descends northeast to the Occupation Road towards Warton and then skirts the base of the woodland around Warton Crag to return to the carpark. The total distance is just under 6k (3½ miles) and should take a couple of hours. Many of the limestone paths are quite uneven and so stout footwear is essential. Further details can be obtained from John on 07842 826482, and he will be getting together a list of participants to arrange transport where necessary; please let him know of your intention to take part by Friday 31 March.

New Writers' Group

A new group, **Writers.Inc**, is coming soon. Lancaster Men's Hub, in association with The Cornerstone and The Wordarium, is to launch a new group for people interested in any kind of writing. Writers.Inc will be stand-alone and self-funding, but open to LMH members as well as the general public. Watch out for future announcements!



LMH Snooker

Following a successful pilot, an agreement has been reached between the Hub and **Squires Snooker Club**. Thanks to the cooperation of the Squires management, Lancaster Men's Hub itself has been allowed to enrol as a member of the club, meaning that Hub members can book and play during the day in an arranged group as members of the club without paying the non-members' supplement. Any Hub members wishing to play during the day should contact **John Weedy** on **j.weedy@gmail.com** and he will make the necessary arrangements to get a group table sorted out.



St Nicolas' Arcade

Lancaster Men's Hub spent 4 hours on Saturday 18 March in St Nicolas' Arcade with a stall advertising the Men's Hub. The day was a success with a number of members turning up to man the stall and chat to members of the public. Lancaster Men's Hub would like to thank the



management of St Nicholas' Arcade for allowing us this opportunity, and we intend to repeat the exercise in the near future with a stall on the market.