

# LANCASTER MEN'S HUB NEWSLETTER



Registered Charity No.1196670.  
Issue 22 October 2023

## Carnforth Rotary Club

Lancaster Men's Hub is extremely grateful to the Rotarians of Carnforth for their interest in our work and for their generous support. Rotary is a service and fellowship organisation, founded in 1908, with a motto of "Service Above Self". The Carnforth



An invitation was received from Carforth Rotary Club to attend their 77th Charter Night. Pictured are Nigel Appleton, Chris Englefield, Carol Jones, Arthur Jones, the current President and LMH Trustee Keith Carman.

Rotary Club has been in existence since 1946 and is extremely active in the local community. They work closely with Carnforth Town Council and other organisations offering support to people of all ages and are supported in their projects by Tesco and Booths supermarkets.

The club has had a twinning relationship with the Rotary Club of Altena in the Netherlands since the 1980's and a joint fund-raising virtual journey from Altena to Carnforth raised a significant amount of money to support the members of each club in pursuing their charitable objectives.

In support of Lancaster Men's Hub, the club's president, Arthur Jones, is undertaking a sponsored parachute jump at the age of 79, and, in addition, the club is organising a concert by the K Shoes Male Voice Choir at St Oswald's Church, Warton on Friday 13 October at 7.00 pm. We urge members to attend this concert, the proceeds of which are going to the Hub. Tickets and further details can be obtained from Cliff Randall on 01524 262619. Lancaster Men's Hub hopes that a mutually beneficial relationship will be maintained between the two organisations.

## Great news!

Lancaster Men's Hub finally acquired the premises we have been working towards since our inception. We have leased a workshop on Brook Street, initially for three years, so that we can fulfil our main aim of **Well-being through Doing**. The workshop will provide

opportunities for members to meet and work together as well as allowing us to more easily undertake the kind of projects that will bring in much-

needed revenue. Details of access will be published when we have installed the equipment that has been generously donated over the last two years and we are especially grateful to Mark Goodwin for his generosity and cooperation. Details of an opening ceremony will be in the next newsletter.



Don't forget Elevenses, every Friday, 11.00 am at the Cornerstone, Sulyard Street. Drop in for a free get-together with refreshments and lunch - and take the opportunity to meet our members, enjoy some pleasant company and find out more about the Hub

## Hurdy-Gurdy Man

Lancaster Men's Hub was surprised and delighted to be visited by Paul Sherwood, who is an expert player on the hurdy-gurdy. The hurdy-gurdy is an



ancient instrument, played by rotating a rosined wheel against strings and pressing keys that alter the pitch of the

strings in the same way as fingers do on a violin. The hurdy-gurdy has a number of drone strings (like the drone on a bagpipe) and is traditionally used to accompany dancing and the playing of folk tunes, especially in continental and Cajun music. The unusual sound of the instrument attracted a good deal of comment and revived memories of Donovan for a certain member (readers under 40 may want to look up that reference!). The Hub would like to thank Paul and Alan Nowell for the opportunity to see a unique and interesting instrument.

## Monday Music Group

The Monday music group, originally run by Phil McGrath as a "Memory Café", has started its activities again at 1.00 pm in the Cornerstone. The first meetings were well-attended and enthusiastic, and brought in several people who had not been to the Hub before. We are especially pleased to thank **Paul Gregson** for his guitar work and to have had sessions with **Caitlin Luna**, who works for RAIS in the Cornerstone. She sings for us, and we hope she can be persuaded to join us for a small concert performance around Christmas. The music is mainly based around 50s and 60s songs and requires no special talent to join in, although if you play an instrument or can sing you would be welcomed with open arms. People are very welcome to drop in to just listen and soak up the informal atmosphere if they wish, so we hope to see you there at future sessions. Further details can be obtained from **John Strivens** on **07842 826482**.

Lancaster Men's Hub would like to express their sincere thanks to **Water Sculptures**, based on White Lund. Water Sculptures, who design and supply high-end water effects for businesses, exhibitions and the theatre, have kindly stored a large quantity of machinery and tools in their workshop over the last two years.

## Silverdale Walk

5 members enjoyed a 4 mile walk around Silverdale, commencing from The Royal. Public footpaths were followed over The Lots to view the cave. A shared lunch was appreciated as we watched the tide come in, then we continued through Eaves Wood and saw a deer resting under a tree. We followed The Row round to pick up the path through



fields to the church. Refreshments were enjoyed at The Royal before returning home. Thanks to Aftab and Elsie for providing transport. The next walk will be planned in approx 1 month's time. Anyone willing to plan and lead will be welcome; see Elsie Dowthwaite at the Friday Elevenses for further details.

## Member of the Month

### Alan Nowell

Alan is a long-term member of Lancaster Men's Hub and has regularly enjoyed our Elevenses sessions, participated in activities and volunteered in the kitchen. Alan worked as a salesman for an American Engineering company before he retired and has since enjoyed a wide range of varied activities, in addition to the Hub. One of his main interests is dance, particularly European folk dance, and he is currently undertaking a major research project into the history of dance. As well as his interest in dance, Alan is a keen sailor and he owns a replica Lune Estuary Salmon Fishing Boat which he keeps on Coniston Water (although unfortunately he does not fish for salmon!). As if this were not enough, Alan is also a trustee of a charity called Friends of Doublejoy, which works to maintain and support an African orphanage. Alan represents what Lancaster Men's Hub is trying to achieve, finding companionship and interest in attending the Hub, but contributing and volunteering for the benefit of all members.

