

LANCASTER MEN'S HUB NEWSLETTER



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Arthur's Leap

On 23 October Arthur Jones, the President of Carnforth Rotary Club, jumped out of a plane to raise money for Lancaster Men's Hub. Arthur's family and number of supporters turned out to witness the feat, which was a complete success. This fund-raising effort followed an extremely pleasant evening at St Oswald's Church, Warton, with the Kendal Shoes Male Voice Choir, also organised by Carnforth Rotary Club on behalf of Lancaster Men's Hub. The Hub is extremely grateful to Arthur and the Rotarians of Carnforth for their generous support.



Workshop Progress

The fit-out of the new workshop is progressing fast. Thanks to the efforts of a group of volunteers headed by John



Wood, Ken Jones and David Smith there have been deliveries of wood and equipment,

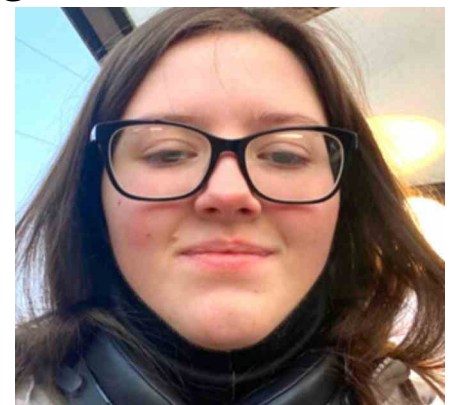
rearrangement and sorting of the huge number of tools we have had donated and PAT testing to ensure the safety of the electrical implements. The worktops and cupboards donated by Howdens of Lancaster have been installed and the workshop is almost ready to use for our first projects. John has set up a Google calendar to track availability of the

workshop and events that are taking place in it; access to the calendar can be obtained by approaching members of the Workshop Committee. In a later newsletter there will be a request for volunteers to take part in a project to decorate a Christmas tree at Christ Church with wooden artefacts made by the Hub.



Social Media Manager

I'm Millie Chambers, who graduated from a Creative Digital Media course. In my spare time I create Digital Artwork, which I promote online to get people interested in what I make. This skill has followed me into the Digital Marketer role, in which I hope to get an apprenticeship. I've been working for Lancaster Men's Hub for around 2 months now, as a social media manager.



Don't forget Elevenses, every Friday, 11.00 am at the Cornerstone. Drop in for a free get-together and lunch in good company.

Howdens of Lancaster

Lancaster Men's Hub is extremely grateful to Warren Horrocks and the staff at Howdens for their very generous donation of a large number of worktops, carcasses and cupboards, which will provide much-needed storage space and work areas in our new premises in Brook Street. The amount of equipment we have received is astonishing and the only problem now, before we begin to use the workshop fully, is how to put the tools away securely and get to the floor again!

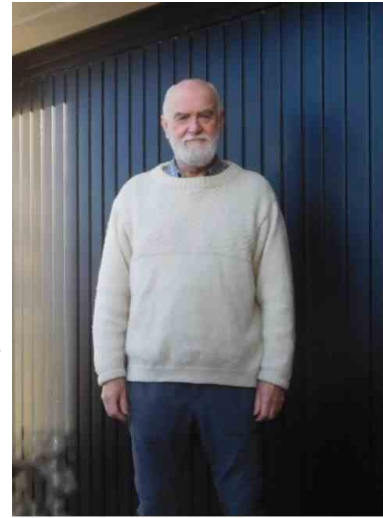


do a presentation to help start a Men's Hub group around knitting and fleece processing. To quote Kate from her website, "(with) a busy life, knitting is my therapy. It calms and restores peace, and I can create my own little oasis wherever I am!"

If this topic is of interest, please get in touch....

**Alan Nowell ,
afnowell1@gmail.com**

This is a photo of me wearing a Morecambe Bay Gansey knitted by Kate Schofield with wool from her flock of sheep at Far Arnside



Cross-channel Chris

In the last couple of months Chris Englefield undertook to swim across the Channel to raise money for LMH. The aim was to raise enough money to pay two months rent and two months



insurance on the new workshop, and we are delighted to announce that he

made it safely, in spite of choppy conditions in the Lancaster House pool. The amount raised covers the objective he set himself and we congratulate Chris on his efforts on behalf of the Hub. The attached picture may, or may not, show his successful arrival in Calais!

Knitting Group

Today's pollution of the oceans by microfibres from oil-derived synthetic clothing is reaching nightmarish proportions. Synthetic fleece products are cheap, comfortable and readily available but we should try to avoid them. It seems crazy that natural woollen fleeces are practically worthless. One small way in which we might repopularise wool is to take up knitting. I last held a pair of knitting needles when I was about ten and I remember very little, but I would like to have another go at it.

A Lancaster company, Northern Yarn, is a leading proponent of the resurgence of knitting as a hobby. Its founder, Kate Makin, is willing to

Local Walk - 11 November

On Saturday 11 November there will be another in our series of local walks, probably to Silverdale or Arnside. The walk will be led by **Elsie Douthwaite** and is open to anyone who wishes to participate. The group will meet at 10.30, and further information (including possible transport arrangements) can be had from Elsie on **07788 591182** or **eledow13@gmail.com**

Member of the Month

Janet Entwistle

Janet predates Lancaster Men's Hub because she helped to run the Cornerstone café before the Hub came into existence and has been a constant participant and helper ever since; she still volunteers in the café for Making Places and the drop-in café and



was the first female member of the Hub. Janet took her NVQ in Catering at Lancaster and Morecambe College and has had an amazing range of jobs and volunteering

roles since then. She has worked as a Lollipop Lady at Dallam School since 2016 but has been selflessly involved in a wide range of other projects, including being a Cycling Proficiency Teacher and working for the Embsay Heritage Steam Railway. One of her key contributions has been in the field of Scouting and Guiding, where she was, for a long time, a Cub Leader rejoicing in the name of Chil the Kite! Janet can always be relied in for advice whenever problems arise in the kitchen and has proved to be an iconic and invaluable member of the Hub and regular participant in its activities.