

LANCASTER MEN'S HUB NEWSLETTER



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Activities at Lancaster Men's Hub

Activities at Lancaster Men's Hub continue to thrive in the run-up to Christmas, so here is a short round-up of what is currently happening.



Walking Football

The Walking Football continues to be very popular, attracting a group of members who attend the Cornerstone regularly, as well as many who currently do not. Aftab works hard at organising and keeping everyone informed, and the football plays an important role in spreading the reputation of LMH and providing an opportunity for healthy exercise, companionship and enjoyment.

Elevenes

Elevenes is increasingly well-attended and remains a centre-piece of the Hub's activities. Ideas are exchanged, friendships are made and information is passed on. Both our male and

female members enjoy the company and the opportunity for a free lunch, and we are particularly pleased that an increasing number of volunteers are sharing the work that needs to go on in the kitchen and café to ensure that Elevenes continues to attract new and established members.

Walks

Elsie Dowthwaite continues to plan and lead a successful programme of walks in the local area, and it is hoped to expand the scope of these enjoyable and beneficial outings in the New Year.

Workshop

The workshop is still not fully functional, but is already being used for some important projects, including the manufacturing of stands for the water butts on the allotment and decorations for the Community Christmas Tree project at the end of November. If you want up-to-date information about the opening times, please download the Google calendar, where John Wood has set up a dedicated calendar for the workshop; contact John for further details.



Music

The Music Group continues to meet in the Cornerstone on Monday afternoons and is attracting increasing numbers to sing and listen to music, mainly from the 50's and 60's. It is planned to perform some Christmas songs at Elevenes nearer the time. Thanks are due to Paul Gregson for his guitar work and Caitlin Luna for her singing.

(continued overleaf)

Games Evening

The Games Evenings continue every Thursday evenings and attract a small but enthusiastic group to socialise and take part in card games, dominoes and more esoteric games like Cribbage and Rummikub. Thanks are due to David Smith for his regular hard work in publicising and running the activity.

Allotment

It is a fallow time of year for the allotment but plans are being laid for the Spring and work is being done to enhance and improve the Hub's facilities at Ambleside Road. Thanks are due to Chris Englefield and Bill Martin for their work in organising the group of members who work on the allotment.

Wheelchair available

One of our members has a nearly new, top of the range wheelchair he wants to get rid of. If anyone is interested you can contact him direct on **07746 911499**, or alternatively I will pass the request on if you phone me on **07842 826482**.

Community Christmas Tree Celebration

Lancaster Men's Hub is part of the Christ Church Community Christmas Tree project. Christ Church has persuaded local firms to sponsor a Christmas tree and community organisations have been asked to decorate these trees in a way that illustrates their objectives. We have been asked to take part and will be decorating our tree



with hand-made wooden items, which we will later sell. The trees will be decorated on 29 November, the event will be opened on 30 November and the public will view the trees over the following weekend. If anyone wants to help making and painting the decorations, the workshop will be open twice a week over the next three weeks, so contact John on **07842 826482** or see him at Eleveses for further information.

The Adullam Project

Adullam is an organisation based in Hope Church in Lancaster. Its vision is to be a valued, sustainable and effective organisation serving the city of Lancaster and its region, by providing ongoing support, friendship, advice and training for those who find themselves on the margins of our communities, whether through mental health challenges, addiction, relationship trauma, loneliness or imprisonment. The Adullam Programme offers people within the community an

opportunity to build new friendships, learn new skills and receive help and advice for life's challenges, such as mental health problems, isolation and low self-esteem.

Some of our trustees have been liaising with the coordinators of the Adullam Project. In many ways, their work and that of LMH overlap – we too are trying to provide support, friendship and opportunities to connect and come out of isolation. So, we are looking at ways we can work together more closely, and also exploring entrepreneurial opportunities that may emerge now we have a workshop. Nothing concrete yet but lots of very exciting ideas!

Don't forget Eleveses, a free coffee and lunch drop-in at the Cornerstone every Friday at 11 am. Come along to enjoy good company and make new friends.

Member of the Month Tony Consadine

Tony has been attending the Hub for 12 months and lives in Wesley House, next to the Cornerstone, which is very handy for a member. His father was a trawler man in Fleetwood and, when he retired, he said he wished to live as far away from the sea as possible; the family then moved to Coventry, where Tony lived until coming to Lancaster. Before Tony retired, he worked in tools, buying and selling for various large engineering firms, including Coventry Climax, the forklift manufacturers. Moving to Lancashire, Tony then ran a market stall for a number of years, selling hand-made soap in North Lancashire and Cumbria. Tony has a range of varied and interesting hobbies. When he was a child, he visited the site of the Battle of Bosworth and was bought a Ladybird Book of Heraldry. The interest it evoked has stayed with him and now Tony has a collection of over a thousand books on heraldry. He has a related interest in history, particularly historical fiction, and has a large collection on Bernard Cornwell's novels. Perhaps more surprisingly, Tony still has an abiding interest in Speedway. He was an active supporter of his local Speedway team (the Coventry Bees) and once went on a holiday to watch Speedway in East Germany when it was still a communist state. Tony's background is typical of the range of interest and experience in the Hub, where you can meet and relax with a wide range of interesting and friendly members

