

LANCASTER MEN'S HUB NEWSLETTER



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An amazing effort

On 23 October Arthur Jones, the President of Carnforth Rotary Club, jumped out of a plane to support Lancaster Men's Hub.

Carnforth Rotary Club have designated the Hub as one of their annual charity efforts, and there have been several



collaborative activities between the organisations, but Arthur's contribution went well above and beyond the call of duty! On Friday 15 December Arthur attended the regular Eleveses drop-in and presented Lancaster Men's Hub with a cheque for £1830, which he had raised from his sponsors. In a short speech, Arthur said that his goal had been £1000 but that he was grateful and delighted that he had been able to raise substantially more than his target. Lancaster Men's Hub would like to express their thanks to Arthur, the Rotarians of Carnforth and their generous sponsors for this truly amazing effort on our behalf.

Workshop Update

Things are getting busy in the workshop. The team of John Wood, Ken Jones and David Smith have reorganised the workshop and built much-needed storage space. Machines have been installed and



renovated, including a Planer/Thicknesser and a radial arm saw, and a moveable bench with lockable castors has been created out of a large worktop kindly provided by Howdens of

Lancaster. The refurbished workshop has enabled the Hub to start the contract work that is going to be so vital to provide opportunities for members to work together and finance the workshop. The current project aims to provide a variety of bird boxes for the RSPB and a local farmer. The boxes range from small boxes for birds such as Redstarts and Pied Wagtails to larger specialised boxes for Barn Owls, Tawny Owls and Kestrels. Increasing numbers of members are now using the workshop, which has toilets, kitchen facilities and access to a local fish and chip shop (!), and John Wood's Google Calendar lets people know when the workshop is open. Plans are in place to ensure that safety equipment is readily available and members who wish to help with the contracts or pursue their own projects should see John Wood at Eleveses or come down to the workshop when it is open.



Come and meet Lancaster Men's Hub.
Every Friday the men (and women) of Lancaster Men's Hub meet for Eleveses, a free coffee and lunch drop-in at the Cornerstone in Sulyard Street. We meet from 11.00 am to 1.00 pm, and you can find out everything you need to know about us. Come along to enjoy good company and make new friends, you'll be welcome.



Festive Lunch

On the Friday before Christmas Lancaster Men's Hub celebrated with a festive lunch for 48 members and helpers. The menu was Brussel Sprout and Bacon soup (surprisingly delicious even for non-sprout lovers), Turkey Stuffing sandwiches with Pigs in Blankets and Mince Pie with cream. The lunch was



part funded by the Coop, and we are grateful to Maria Thornton, the Coop Member Volunteer for this area, and Paul Wiggins, the manager of the Quernmore Road Coop for their help. The usual



kitchen team of Clive Nodder, John Ferguson and Gareth Broad worked tirelessly to ensure that the lunch ran smoothly, and thanks are also due to

David and Gail Smith, Chris Englefield, Simon Stewart, Aftab and Hari Gujral and Alan Nowell for their help in cooking and setting up the room. The food that was not used was taken to the local Homeless Centre on Edward Street.

Music Group

There have been some changes in the way the Music Group operates from January. We have two new members, Mark Reynolds (guitar) and Eamonn Hamilton (clarinet) and we are now aiming to rehearse every Monday afternoon in the Cornerstone between 1.00 pm and 3.00 pm and then take some of our music out to places like residential homes and care institutions. The music will be a mixture of folk and early pop, with one or two surprises thrown in and anyone is welcome to come along on Mondays and join in, or just listen. If there are any people out there who would like to join in (we especially need a lead singer!) contact John Strivens at the Cornerstone on Friday's Elevenses, or on 07842 826482.

Knitting Group Launch

Alan Nowell has booked **Kate Makin** of **Northern Yarns** to give a presentation to launch a Knitting

Group on **Friday 26th Jan at 10.00 am in the Quiet Room**. There will be a short presentation followed by hands-on practical experience with volunteer mentors. The session will last about an hour and could spill over into Elevenses. The training will use locally produced wool and you will receive the necessary tuition from experts to enable you to start a new hobby. There may be a small charge for materials and needles, but you are welcome to bring your own and the event is being generously sponsored by two of our members. If you are interested in this unique opportunity, or simply wish to come along and observe, see Alan at Elevenses or contact him on 07981895529.

Member of the Month Dave Sherrington

Dave is a regular both at Elevenses in the Cornerstone and at the workshop, where he is a vital member of the team working on our bird box contract. Dave is always accompanied by his black Labrador,



Rex; he is very friendly and loves to lie on his back having his tummy tickled (Rex that is not Dave). Dave has established himself quickly as an important member of Lancaster Men's Hub. He retired eleven years ago after a career as a

Mechanical Engineer. He worked for a variety of firms, including 31 years with Tradebe UK where he was the Maintenance Foreman, responsible for the plant recycling solvents, cosmetics and perfumes for clients like Boots. As well as his interest in woodwork, Dave devotes much of his time to his dogs. Before Rex, Dave had a Great Dane/Doberman cross which passed away when 12 years old, and he is now fully involved in training and exercising Rex around his home in Middleton. Dave makes full use of the Hub and is a great exemplar of what Lancaster Men's Hub can do in providing companionship and opportunities to make a contribution for everyone.

