

LANCASTER MEN'S HUB NEWSLETTER



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An Appeal from Lancaster Men's Hub

Lancaster Men's Hub has been in existence for a year and, as readers of this newsletter will know, has made steady progress towards its prime objectives in that time. However, one area still needs to be addressed. It was always our intention that we should provide men with both social **and** practical opportunities to meet together for mutual support and companionship. The social opportunities have progressed well but there have been real difficulties around the practical work, owing to our lack of a dedicated workshop space. The Cornerstone has generously allowed us to undertake some assembly work, and a number of significant construction projects have been completed in individual members' workshops, but they have mainly relied on solo work and required a high degree of external coordination in addition to the practical work. If we are to get groups of men together to work on individual or Hub projects and gain the additional social and support benefits that are the main purpose of these projects, we need a suitable workshop space. We have published a list of essential and desirable attributes for such a space (which I attach below) and would appeal to any of the organisations that receive this newsletter, and who know of any premises that might help us to extend our activities in this important area, to please contact David Mace on 07985 044283 or John Strivens on 07842 826482, or email our website – thelmh.org.uk. We look forward to hearing from you.



Aftab Singh is our new Walking Football supremo. We play at the University of Cumbria, and if you wish to join us on a Sunday afternoon at 3.00 pm you can contact him on a Friday at the regular Elevenses, or through the website - thelmh.org.uk

ESSENTIAL	DESIRABLE
The premises have basic utilities: water, electricity, toilet facilities, some kitchen facility and, preferably, disabled access.	The premises are in, or easily accessible from, the town centre. This would not rule out premises that were away from the town centre but were on a bus route or had reasonable parking facilities.
The premises have an area that could be used as a workshop space ie. adequate room and a suitable floor for the storage and use of larger workshop tools like lathes and table saws.	The premises have at least one room suitable for social activities, meetings, one-to-one discussions and quiet activities eg. Reading Groups.
The premises have lockable access.	The premises have some security of tenure, given the amount and nature of the equipment they might contain. This is obviously negotiable.
The premises must fall within the budgetary constraints of the Lancaster Men's Hub organisation.	The use of the premises is free or can be paid for with renovations carried out by Lancaster Men's Hub.





John Wood (centre) and Ken Jones (right) complete the handover of the Birdbox Project to Phillip Miller of Hole House Farm, Claughton-on-Brock.

Christmas comes but once a year!

It is almost exactly a year since the Lancaster Men's Hub began its activities and we wanted to mark the occasion with a celebration lunch for members and guests, including our friends in the Band of Brothers. Having had to cancel the Christmas lunch owing to Covid, we decided to hold it in March(!) and make it our celebratory event. 42 guests were entertained at the Cornerstone to a traditional Christmas dinner including turkey with all the trimmings, Christmas pudding, crackers and, of course, brussel sprouts. Vegetarian options were provided, and the meal



was a tremendous success. There were some minor problems associated with the size of the kitchen at the Cornerstone and the space needed to seat 42 guests, but it was all made to work on the day and special thanks are due to David Smith (our Treasurer) and Murray Cuthbert (the chef who volunteers for Band of Brothers) for their hard

work and organisation of the many volunteers who helped make the event possible. The food was provided by the Hub, and both Sainsbury, Booths and Asda, who were generous in their support for the original Christmas meal, continued that support for this rather unusual 'Christmas' dinner.

Get reading and get walking!

Lancaster Men's Hub is launching two new initiatives to bring guests of the Hub together for the purpose of improving social contacts and finding new friends. The first is a Book Club, where members will be given a month to read a book provided by Lancashire Libraries and will then be invited to a discussion on the book with other members who have read it. The books will be suggested by members and will be accessible to all readers but will contain sufficient themes and characters of interest to make a worthwhile discussion.



The second new venture is a series of social walks. The walks will be in the local area initially and will not be overly taxing. They are designed to provide a



way of getting together with members and guests to enjoy the fresh air, take some moderate exercise and talk together. Now the better weather has arrived (hopefully) we mean to run these immediately after Easter.

If any of the organisations that receive these newsletters have clients whom they feel might benefit from either of these activities (or indeed, the regular events and Elevenses organised by Lancaster Men's Hub) they should contact John Strivens in the first instance on 07842 826482 or contact David Smith or David Mace through the website – thelmh.org.uk.

Don't forget that we have Elevenses every Friday from 11.00 pm at the Cornerstone on Sulyard Street. Free coffee social drop-in. Everyone is welcome.