

LANCASTER MEN'S HUB NEWSLETTER



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What's coming up at the Hub?

Lancaster Men's Hub has recently planned its programme for the summer. There is the possibility of workshop in the offing, but until we receive more information about that, the regular Friday social drop-in with coffee, cakes and a light lunch, along with Walking Football on a Sunday afternoon, remain the centrepiece of our efforts to reach out to vulnerable and isolated men in the Lancaster district. The drop-in, which has grown hugely in popularity recently, is often followed by a talk on a subject that is of interest or importance to our members. The subjects of the planned talks, and events involving LMH for the summer are as follows.



- **24 June** **Alheimers Society**
- **26 June** **Pride Festival**
- **29 July** **Hepatitis C**
- **30 September** **The Samaritans**
- **28 October** **Mindfulness**

In addition to these talks we plan to run a series of social walks for members and (hopefully) a Book Club to meet monthly to discuss books chosen by members and provided by Lancashire Libraries; John has further details on 07842 826482.

Answers to last month's brainteaser.

They all have the suffix ...lock.

Sherlock Holmes is Conan Doyle's famous creation. The first olympics of the modern era were held in Much Wenlock in 1850. Major-General Sir Henry Havelock recaptured Cawnpore in 1857 during the Indian Mutiny and a flintlock is an antique firearm.

With a little help from out friends

Lancaster Men's Hub has been fortunate recently to receive a number of donations of tools and equipment to add to the collection that is kindly being stored by **Water Sculptures** on White Lund. The tools are in store because we still have no suitable workshop premises in which to install and use them, but we are grateful for the donations and would like to thank **Bob Geldart** for a large number of tools including a wood turning lathe and its associated specialist chisels and **Mrs Linda Lambson**. Peter, Linda's late husband, was an exceptionally talented craftsman and teacher, and we are delighted that this generosity will benefit men within our community.

Whilst on the subject of donations, we should also mention **Navtrek**. Navtrek are an organisation that runs training courses for walk leaders and also raises money for charities by organising well-being walks and eliciting fees and donations from the participants. These funds are then distributed to charities that meet their funding objectives and we are happy to announce that Navtrek have recently made a substantial donation to the Lancaster Men's Hub, for which we are extremely grateful.

Finally, **ASDA** and the **Coop** have included Lancaster Men's Hub in their local charities scheme whereby customers vote, either by email or using tokens, for the local charities that will be supported. When we receive full notification of the scheme and the timescale we will publish details about how you can help Lancaster Men's Hub to benefit from the generosity of these two stores. At present the Hub is almost completely dependent on donations and small sales to finance its growing list of activities, and any further donations or ideas about how we can raise money would be most welcome.

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.

A busy weekend for Lancaster Men's Hub

The weekend of 13 May turned out to be a busy one for Lancaster Men's Hub. In addition to the normal Friday Elevenses, whose attendance have been swelled by the recent arrival of more asylum seekers in Lancaster, we attended two events simultaneously on Saturday 14 May.

In the Cornerstone, Lancaster Men's Hub had a stall at the Well-being Fair organised by Phil McGrath and Lancaster Methodist Church. The stall was popular, and a number of items made by members of the Hub were sold. In addition, the catering for the event was handled by the Men's Hub and we are extremely grateful to Gail Smith (our Treasurer's wife) for cooking the Chicken and Chickpea Shawarma wraps that were so popular. The whole event was a great success and marks the importance of promoting mental health and well-being in the district.

Simultaneously, two of our members (John Wood and Ken Jones), whose speciality is organising



John Wood and Ken Jones from Lancaster Men's Hub perform the prize draw at the Moorland Community Fair

and producing woodwork projects for Lancaster Men's Hub, attended the Moorland Community Fair with a stall showing projects the Hub has undertaken. This very successful event saw a good deal of interest in the work of Lancaster Men's Hub, and a number of orders and ideas for new projects that could be undertaken to promote and enhance the community were received. Thanks are due to everyone who worked so hard on behalf of Lancaster Methodist Church, Moorland Community Group and the Hub, for organising and promoting these important community events.

Volunteers needed

On Friday 27 May Lancaster Men's Hub hosted a talk from Simon Gershon after the regular Friday social drop-in. Simon runs two projects in Lancaster, both concerned with housing. He is

currently in the process of renovating an nineteenth century building on Westbourne Road to accommodate refugees. The building is owned by a charitable trust and volunteers are sought to work alongside Simon, and three professional builders, to complete jobs like painting, guttering and patio building. Tools and PPE are provided and expenses are available; Simon and his builders are



on site Monday to Thursday. The building is expected to open in about 3 months.

Simon's second project is a scheme to help and advise people on energy efficiency in their homes. The scheme, which is run by Green Rose CIC, is called the Home Energy Action Team (HEAT) and is open to anyone who wants an assessment of their energy efficiency and specialist advice on how to improve it. Volunteers are sought to undertake straightforward DIY tasks like draft-proofing, changing light bulbs and adjusting heating controls. The scheme is especially aimed at people who live in rented accommodation and may find it difficult to install money-saving measures.

Volunteers will learn new skills, help refugees, improve people's health and finances and work as part of a team. If you are interested in these opportunities Simon can be contacted on 01524 542742 or sg14@greendoorlets.co.uk and Georgina Sommerville of Green Rose CIC can be contacted on 0800 702 2528 or info@greenrosecic.org.uk.

Since the newsletter is now going out to all members, here's a short brainteaser; feel free to use whatever sources you need to work out the answer. The first correct answer randomly selected will have the privilege of setting next month's brainteaser.

What links the following historical characters?

The Holy Roman Emperor Frederick 1 (1152 - 1190)

The French serial killer Gilles de Rais

The father of King Canute

The pirate Edward Teach

Answers, with reasons, to John on johnstrivens@hotmail.com by 17 June.