

SHOULDER SHOULDER



UK
Men's
Sheds

ISSUE 60 | APRIL 2020

TOOLBOXES, TEA, TELLY, TOILET ROLL

It has been an interesting challenge putting together this issue of Shoulder to Shoulder. Firstly many of the stories kept going out of date, with things evolving so quickly from day to day.

We wanted to address the 'current situation' without being overly repetitive or morbid.

You have probably heard all you could wish to on 'the virus that shall not be named', but it seems irresponsible not to address the resulting social isolation.

After all, it's what Sheds do best; our mission is to wage a righteous war on isolation.

In this issue of Shoulder to Shoulder we aim to keep you informed and lift your spirits during this difficult time.

- Enjoy the magazine and stay safe.

STAYING INFORMED ?

STAYING POSITIVE +

STAYING CONNECTED G

BUSTING MYTHS X



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UK MEN'S SHEDS ON FROME RADIO

'Shed Happens'
Even when you're self-isolating

[HTTP://FROME.FM/ LISTENNOW/](http://frome.fm/listennow/)
FROME RADIO 96.6FM

The UK Men's Sheds Association have been working with the Frome Shed, and Frome FM to broadcast a two-hour radio show to help Sheds to stay connected with the country on lockdown. You can listen to the show on <http://frome.fm/listennow/> on Wednesdays at 10am and Saturdays at 2pm.

The emphasis of the show is not COVID-19. The show is led by Men's and Women's Sheds, the content has a broad appeal to all who are staying at home and self-isolating.

Shed Happens consists of telephone interviews with people country-wide about their Sheds, and what they get up to in them. Music, light-heartedness, humour and opportunities for listeners to send messages to other Sheddors.

Recent episodes have had voices from islands around the UK.

We heard from Men's Sheds in Guernsey, the Isle of Wight and the Shetlands. The show has also seen interviews with Sheddors from Honolulu, Iceland, Australia and Canada. Patrick Abrahams from Frome Men's Shed is organiser of the show.

The show has enjoyed music features, including a shed "rap" from Dunoon, and music from Shedditt in Cambridge.

Catch up with previous episodes of *Shed Happens* on demand at <https://www.mixcloud.com/FromeFM/playlists/uk-shed-show/> 



Your fundraising doesn't have to stop



It's a challenging time right now, but it doesn't mean your Shed has to stop fundraising. Using our partner, easyfundraising - your supporters can help your Shed financially from home when shopping online with retailers like Amazon, eBay, Argos, Wickes and many more. It only takes two minutes to sign up here <https://bit.ly/2Uh2Ofn> and your Shed can start raising money. Tag your fellow Sheddors to let them know. #easyfundraising #fundraisingonline #onlineshopping #creativefundraising ?

STAYING BUSY DURING LOCKDOWN +



Paul Egerton thought ahead about what he could do during the shutdown, and decided that pyrography was something that he could do at home. Paul borrowed the Shed's pyrography burner and tips and took home some pre-sanded rough wood blanks that were cut to size and bevelled ready to design. To find suitable illustrations, Paul downloaded pictures from the Internet that were not copyrighted and traced these onto the wood using old fashioned blue carbon paper. It was then a simple matter of carefully burning the image around the tracing. The finished pictures were then given a light sanding before the application of a couple of coats of yacht varnish and a hook for wall mounting. These will eventually appear on the Shed's sales stand.

Paul's Shed, Men in Sheds West Bletchley, purchased the equipment - an ST171 - Brennstation Burny Star L from Axminster Tools taking advantage of the discount negotiated by UK Men's Sheds for member Sheds. Paul notes: this model has inter-changeable tips which add definition to your picture and has adjustable heat settings. Experimentation is key in obtaining varying shades."

KEY TO WELLNESS:

We've added special content to help you stay informed, connected and entertained during lockdown find it quickly by using this key!

STAYING INFORMED ?

STAYING POSITIVE +

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BUSTING MYTHS X

STAY UP DURING LOCK DOWN

A toolkit of resources to help keep you informed, entertained, connected!



UK Men's Shed Men's Sheds playlist on youtube - For you if you're new to Sheds or are just curious about the world of Sheds <https://www.youtube.com/playlist?list=PLh5nOin91y7bj2o8HG3RvHjSDVjsuamlr> +

Chris Fisher RPT - Excellent content on woodturning <https://bit.ly/2UNhlcs> +

I like to make stuff - Coverage of woodworking, metalworking, electronics, 3D printing, prop-making and more! <https://bit.ly/2UNJXlc> +

Paul Sellers - Woodwork tutorials <https://www.youtube.com/user/PaulSellersWoodwork> +

Frome 96.6 FM - Engaging chat with UK Men's Sheds Association <http://frome.fm/listennow/> + ?

The Shed Online - From the Australian Mens Shed Association for Shedders everywhere www.mensshed.org/theshedonline/ + ?

Victorian Men's Shed Association - VMSA Radio Show First Saturday of every month at 9 am ((ACT). <http://3wbc.org.au/streaming/> + ?

SHEDcast - Men's Sheds Guernsey Wednesdays at 3pm <https://www.sheds.gg/shedcast> + ?

Household Hacker - Make useful items from things already in your house. <https://bit.ly/2yirVWC> + ?

Colin Furze - For entertaining wacky homemade inventions <https://www.youtube.com/user/colinfurze> +

Josephs Machines - Contraptions <https://www.youtube.com/watch?v=XwaH-qT4Rm0> +

Axminster - #SkillCentreAtHome www.youtube.com/watch?v=-lBINHOqmZM +

Mr Maker - For those with young children at home <https://www.youtube.com/user/mistermaker> + ?

Pask Makes - Woodwork/metalwork to photography/drawing https://www.youtube.com/watch?v=xGye_2c4xug + ?

Chatterpack - a treasure trove of boredom-busters when you've run out of ideas! <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home> ? + -

The mental health foundation - good advice to help you stay mentally healthy during lockdown! <https://mentalhealth.org.uk/coronavirus/staying-at-home?bblinkid=211114370&bbemailid=20085817&bbejrid=1415970181> + ?

UK COVID tracker - Find out effort against coronavirus is going in your city and in the UK. <https://www.gov.uk/government/publications/covid-19-track-coronavirus-cases> ?

Global COVID tracker - Find out how the global effort against coronavirus is going <https://www.bing.com/covid> ?

COVID symptom tracker - Do your bit from home to help in the national fight against coronavirus <https://covid.joinzoe.com> ? -

World Health Organisation (WHO) Myths busted - Separate fact from fiction here. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters> -

GOODBYE LAURA



Some Shedders may know that my husband and I have been in the adoption process over the last 18 months searching for our forever family. For others this may be the first time you're hearing about it. After what's felt like a long time of waiting, I have the exciting news to share that we've finally found our first little one to join our family! Due to things being a little topsy-turvy in the world at the moment, the last bit has happened even quicker than expected. I am now on leave earlier than planned and getting to know our new little one, who is a bundle of fun! I'd like to say a massive thank you to all of you who have been supportive through the rollercoaster that it's been so far. One of the most lovely things about the Shed movement is how sharing and caring it is, along with the UKMSA team who've been a great support which has made this a lot easier.

I'm currently due to be off for several months, however you'll be left in the safe hands of our new cover Membership & Support Officer – John Petrie. John is based in Plymouth (keeping the Devon



HELLO JOHN



link alive!) and has previously worked in a start-up business incubator, an MP's office and with disabled students. In his spare time, John is immersed in the world of local politics and Plymouth Argyle FC, both of which he says go badly more often than they go well. He once set up a Supporters' Trust and is currently working on a new craft brewery when he is not entertaining a rather energetic toddler. I'm John will appreciate your support when the more unusual requests come in, as I do! You can email John at john.petrie@ukmsa.org.uk, and he's also taking over the admin inbox and phone for us.

While I'm away I'll be keeping up with Shed news through the team and *Shoulder to Shoulder*, and look forward to hearing about your projects and adventures when I return later, hopefully with some entertaining tales of parenthood!

Laura Winkley



OPEN



THE AMSA
SHED
online

CONNECT. EXCHANGE. SUPPORT.

SHED ONLINE

The Australian Men's Shed Association (AMSA) has developed a programme to allow men who participate in Men's Sheds from all over the world to engage with each other through these difficult times. <http://mensshed.org/theshedonline/>

MEET THE ESSEX AMBASSADOR NETWORK

The Essex Shed Network came into being after two Community Voluntary Services (CVS) organisations joined forces.

Sarah Troop Laskar and Clive Emmett (Director of Maldon & District CVS and CEO of Uttlesford CVS respectively) had both started separate Shed projects in their corners of the county and then, following a chance conversation at an unrelated meeting, realised their shared passion for Men's Sheds projects. This conversation culminated in a joining of forces and the subsequent sharing of communication, knowledge and resources meant more Shed projects could begin to be kick-started across the county.

This steady beginning—between 2014 (when the first Men's Shed in Essex opened at Maldon) and 2018 was so successful it led to the project receiving funding from the National Lottery's Community Fund and the official Essex Shed Network (ESN) was born in 2019, employing three staff to provide support and advice to all the new and existing Men's Sheds in the county.

To date there are 13 Sheds open across the county with almost as many again in development. Some of these are projects directly supported by ESN, whilst others have been funded by other organisations but will still receive as much support and advice as they need. Every Shed which becomes part of the Network grows the support available between Sheds, strengthening the sustainability of individual

Sheds.

A small example of this was ESN's investment in Portable Appliance Testing (PAT) equipment and training for Sheds. Following a course in 2019, Sheds with trained members were helping other Sheds carry out PAT at no cost. Incidentally, ESN will be organising another course for 2020 for new Sheds who missed out last time.

One of ESN's other projects is the *Shed Inside* 'offshoot' of Men's Sheds: these are group sessions held in locations (community hubs such as libraries or parish halls) suitable for men who are unable to attend workshop-style Sheds owing to reduced mobility or other health and safety reasons. Of course, projects of a practical nature are available, but most importantly it provides the *Shed Inside* members with the company and camaraderie so familiar to all Sheddors. Best of all is that *Shed Inside* sessions are supported by their local Men's Shed – the key word in ESN is Network!

This is also why we are proud to be ambassadors for the UKMSA; we see our role as ambassadors of the UKMSA as an opportunity to share what we have learned with other Sheds or regional Networks across the UK. Hopefully we can help support the growth and sustainability of Men's Sheds nationally whilst learning from others along the way too.

The ESN staff team is made up of: Matt Hume, Shed Development; Tracey Hall, Outreach and Shed Inside; Gary Nicholas, Communications Coordinator, supported by Sarah Troop Laskar and Clive Emmett. Having all witnessed first-hand the difference Sheds have made to the lives of the men who attend them, the team is motivated to get a Shed or *Shed Inside* into every community in Essex. If you live in Essex, or would simply like to know more please get in contact via info@essexshednetwork.co.uk or call Gary on 07714 740642.



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MEET A TRUSTEE JOHN RUSHFORTH

I told my wife I had to write a piece to introduce myself to UK Men's Shed members. I wondered, as she knew me better than anybody else, perhaps she might like to write it – I was told, "here are two words towards the piece..."

So to me? 67 years old, born in Yorkshire, left school at 14 or perhaps school left me years earlier. I then had a list of jobs longer than my arm. In 1973 I applied for a post as a trainee social worker in Wiltshire and I never looked back. I found my niche! I loved working with people especially young people. I met my wife through work but fortunately we never worked together. My working life continued its normal pattern of moving around for promotion e.g. I worked in London with some pretty difficult youngsters, and ended up as a Manager of a service in Surrey for about seven years. It was a great time.

Trudy and I were married in 1976, we feel very fortunate that we are the proud parents of four children and now have four grandchildren. Family life has always been a tad hectic but fun.

In 1991 I moved to Scotland to be an Inspector of Care Services with the Highland Council. One advantage was working in the Highlands of Scotland. My patch covered places like the Isle of Skye and the West Coast, I was paid to visit these places!

I was offered retirement in November 2015 and chopped their hands off. I personally have never missed work. I get to the end of the week and think how did I ever fit work in? I've had the opportunity to indulge in walking the Caminos in Spain for months on end and spend time on hobbies.

A friend told me about a 'new thing' starting in Nairn called a Men's Shed. What I knew about Men's Shed you could have written on a postage stamp. The first meeting I went to was great as we had no idea what we wanted to do, but we dreamt about a place where we could meet and perhaps make a workshop. The banter was brilliant and we supported each other to make things happen. From those dreams we found the building at Nairn Station and we became the first community group to have a building on a live railway station.

I enjoy the whole project management of the Shed and trying to make things happen for the guys. Raising finance and explaining to other community groups or funders is also a task I enjoy. I am quite proud of the fact that I haven't made anything in the workshop but have been very involved in helping others make things and have fun doing so.

I am trying to get the guys into my hobbies, but table top games, off road biking currently does not interest them. I live in hope. <https://www.facebook.com/NairnMensShed>



Me at the end of the Camino Frances only a walk of around 550 miles



Nairn Men's Shed

VIRTUAL COFFEE BREAKS WITH CLEVEDON SHED



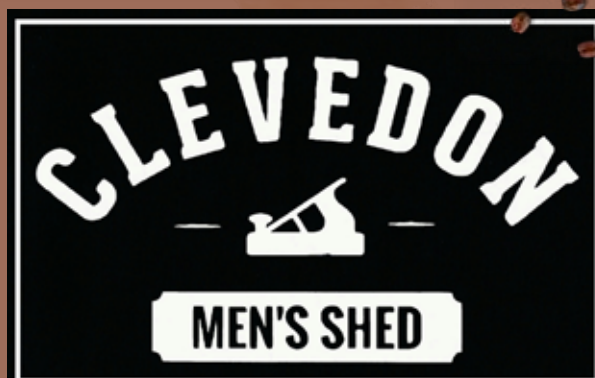
Clevedon Men's Shed (CMS) formed three years ago and is now a registered charity No.1184904. We share an under-used building, rent-free, with a couple of amateur dramatic clubs. Only used in the evening. In exchange we help make props and scenery for their pantomimes and performances. Since forming we have grown to 23 Sheddors and together, we have built a woodworking shed with plumbed in chip and dust extraction. We have built an outside covered workbench area and a large decked seating area and are planning some raised gardening beds. We do an outreach project in the local community and disassemble prosthetic limbs to be sent abroad via Legs4Africa.

Like most of the other Sheds in the UK, CMS has reluctantly shut its door until further notice. That doesn't mean we aren't in contact, far from it! The first thing we did was to get a couple of younger and fitter Sheddors to carry out basic care and maintenance duties as, after all tools and equipment must not seize up and go rusty. Next, our Trustees set up a weekly ring around all our Sheddors, so we can stay in contact, offer advice and assistance where needed. We didn't feel this was enough. As a registered charity we have a responsibility to do all we can to continue to fulfil our stated purpose: To promote social inclusion and relieve the needs of those affected by social isolation or loneliness.

We decided it was the hustle and bustle of a crowded coffee break when our Shed came alive, we all had the chance to speak, we took the mickey out of each other and we often cracked very poor jokes, but there was much laughter and that was what we were all missing now. It was obvious we should start a virtual coffee break meeting on the same days and at the same time, which we did with the Zoom video conferencing App. It was easy to use being available on all platforms and devices.

The first few virtual meetings have shown it's a good substitute for the real thing and well worth doing. We have some ground rules, just the same as our normal meetings, everybody has the right to speak and be heard, respect and be kind to each other, etc. We started with just six of us then nine and that number is growing quickly. A couple of our more technically able members are helping the technophobes amongst us to master their devices and join in. I commend it to all Men's Sheds.

David Young -CMS Secretary & Trustee





A NEW SHED FOR BITTERNE SHED CLUB

After over a year of planning, Monday 23rd March was a special day for the men of Bitterne Shed Club. Since our formation two years ago we have met on the old bowling green behind the Mazda Showrooms, with our 'Shed' only big enough for storage, and really not big enough for that either. We soon recognised that we would need larger, more secure, premises, and so the search began. Having considered various container conversions and portable buildings, we decided to purchase a refurbished anti-vandal unit. These are like a container in construction, but are 10ft wide (rather than 8ft) by 32ft, have side doors (instead of large end doors), and have shuttered windows.



We were keen to view the unit before purchase and during refurbishment, so concentrated on local suppliers, eventually finding a unit at JCPSA at Chichester. They painted the exterior dark green for us, and widened the door to provide wheelchair access. As the unit's prime function will be as a workshop, we also had the inside of the walls lined with plywood.

The unit was delivered by DMR Haulage, but was a low-key event because of the coronavirus, with those members who attended keeping the requisite 2m apart for social distancing. So now the work begins: fitting lighting, heating and electrics, plumbing, installing worktops and cupboards, and generally making the workshop serviceable. But unfortunately coronavirus has to be defeated first. Within 24 hours the unit was 'tagged': a sign of the times.

<https://sites.google.com/view/bitterneshedclub/home>

Keith Marsh - Chairman



some of the Sheds members social-distancing outside Bitterne Shed?

IN THE NEWS

Coronavirus forces men's sheds to shut down, but online platform set to launch

<https://www.abc.net.au/news/2020-03-26/coronavirus-prompts-launch-of-virtual-mens-shed/12089686?fbclid=IwAR3oatD9OBnUL4PJnoRDu-tpIGLeLEX58Ye0Ew7I2k276wh-c9sxYOk2o64>

Coronavirus: Tracking app aims for one million downloads

<https://www.bbc.co.uk/news/technology-52033210>

A Kinross men's shed is making hundreds of face masks for NHS staff

<https://www.bigissue.com/community-partnerships/a-kinross-mens-shed-is-making-hundreds-of-face-masks-for-nhs-staff/>

Men's shed is taking shape in Bradford on Avon

<https://www.wiltshiretimes.co.uk/news/18286239.mens-shed-taking-shape-bradford-avon/>

Men's Shed comes to Tonbridge in bid to prevent male isolation

<https://www.timeslocalnews.co.uk/tonbridge-news/mens-shed-comes-to-tonbridge-in-bid-to-prevent-male-isolation>

IN THE NEWS 🧡?

As doors close due to the Covid-19 pandemic, Men's Sheds opens up to technology

<https://www.irishtimes.com/advertising-feature/as-doors-close-due-to-the-covid-19-pandemic-men-s-sheds-opens-up-to-technology-1.4218854>

Men's Shed goes online to combat social isolation during COVID-19 crisis

<https://www.themandarin.com.au/129753-mens-shed-goes-online-to-combat-social-isolation-during-covid-19-crisis/>

FROME Standard

6 THURSDAY, APRIL 2, 2020

Radio to help 'shedders' to stay in touch

The Frome Men's Shed charity, which offers companionship and a community workshop to those who might otherwise be isolated, are taking to the airwaves in light of the coronavirus crisis.

With the country on lockdown, "shedders" cannot meet to repair small items of furniture for Frome residents as they normally would.

Because a considerable number of members are over 70 or have potentially serious health conditions, a decision was made to close the shed, initially until April 16.

To support the UK Men's Sheds Association, Frome FM and the Frome Shed have now launched a weekly two-hour radio show to help shedders, and others, in self-isolation. The show will cover subjects such as fake news and how to avoid online scams and more.

Last week, it featured sheds from islands around the UK.

Presenter Patrick Abrahams said: "Island-based sheds are probably better at dealing with isolation than the rest of us. We heard from sheds from Guernsey, the Isle of Wight and Shetland."

The show also had some music features, including a shed "rap" from Dunoon, and music from Shedditi in Cambridge.

Frome FM broadcasts on 96.6FM and the next weekly Men's Shed UK show is at 10am on Wednesday, April 8. Mr Abrahams said: "The issue is that people are dealing with isolation. Next week [April 1] we have a guide to video conferencing. We use WhatsApp and the video communications app Zoom, but we also telephone and do round robins."

THE MEN IN SHEDS TAUNTON, WAS ASKED TO CLEAR THE YOUNG OFFENDERS WORKSHOP, WHICH WAS MOVING FROM TAUNTON TO BRIDGWATER.

When clearing we found the metal work for two, 8ft long benches, and we found a plaque

Every member of the Shed worked on the benches, and raised money to replace the wood. We had great honour in being able to replace the benches the Saturday before Remembrance Sunday 2019. - *John Thwaites*



MY SECRET PLEASURE

a poem by Charlie Bethel UK Men's Sheds Chief Officer



*It's 4am and I can not sleep;
The wife's not awake, I'll go for a peep.*

*For nine days now I've been isolating;
Life's passing us by, so much waiting.*

*I sneak downstairs, nobody hears;
Past the dog and my stockpile of beers.*

*I turn on the TV and start pressing the remote;
Past Bullseye, Waking the Dead and Murder She Wrote.*

*My heart is a flutter, I can not wait;
But if my wife finds out, I know my fate.*

*I snook a glimpse late last night;
Then my dog walked in and gave me a fright.*

*She'd say it's not healthy, not normal, a worry;
I'd have to repent and say that I'm sorry.*

*I've found it now, channel one hundred and one;
Good, it's working, and now for some fun.*

*I get myself comfy with a cushion and tea;
I relax whilst watching my Shed's CCTV.*

This poem was inspired by a conversation I had with a Shedder. The Shedder has been spending a lot of his time watching his local Shed on CCTV. It has been a source of a lot of laughter. The good news is that the Shed is safe and coping with it's isolation..... personally I was focussing on the lone bottle of wine in the centre of the barrel

Inspired? write your own poem, send it in... It can't be any worse than mine!!!
- CHARLIE BETHEL 🍷

newsletter@ukmsa.org.uk



STAY HOME SHED ACTIVITY: TOILET ROLL HOLDER 🧻🔧



The world has changed beyond recognition as we've all taken measures to keep ourselves and each other safe... But did we ever think we would see a day where supermarkets put restrictions on toilet paper?! In light of this strange phenomenon, and assuming you're well stocked – we've decided to run a competition for creating the best toilet roll holder!

Feel free to use any materials and tools you have available, for one roll or many!
Here are a few examples to get your ideas flowing... Email your pics to newsletter@ukmsa.org.uk



Ian brown



Ramsey Shed, Cambridgeshire



Kate Gordon - recycled wood



Unknown

Some more ideas here...

<http://cooldiyideas.com/15-diy-toilet-paper-holder-ideas/2/>

If you haven't already heard this ridiculously funny Aussie parody played on the first *Shed Happens* Radio show give it a listen

www.youtube.com/watch?time_continue=1&v=ia0bfWbOLjY&feature=emb_logo

SPOT THE EIGHT DIFFERENCES...



SHEKOKU APRIL

	9			6				7
3	5		2			8	1	
	4	7						3
			8					
4	8	2	5	1	9	7	3	6
					6			
9						3	5	
	6	3			1		2	4
8				9			7	



COVID-19 SYMPTOM TRACKER APP ?E

join millions supporting scientists at King's College London in helping our health services. Download the app and take 1 minute to report your health daily even if you're well. The information you provide helps to understand COVID-19. Rigorous steps are in place to ensure your information is secure. Public Health England and other authorities are involved in this great non-profit initiative <https://covid.joinzoe.com>

SHEDOKU ANSWERS MARCH

2	5	1	4	6	8	3	7	9
8	7	6	2	9	3	1	4	5
9	3	4	5	7	1	2	8	6
3	9	5	1	4	7	8	6	2
7	1	2	8	3	6	9	5	4
4	6	8	9	5	2	7	3	1
6	8	9	7	2	5	4	1	3
5	2	7	3	1	4	6	9	8
1	4	3	6	8	9	5	2	7



SPOT THE
BALL™

ANSWER

COMFORT COOKING WITH CHRIS LEE

FLAPJACKS AND FISHFINGERS 🍴



Cooking is over-egging the pudding (if you'll forgive the bad metaphor) for what I got up to at the weekend, but I have to say I was ridiculously pleased with myself after making some flapjacks. The recipe couldn't be easier, the result is very tasty (if you have a sweet tooth) and the ingredients are cheap and easy to get. You can make it healthier by cutting down on the sugar content and adding fruit and nuts; I just added some sultanas to the basic mix.

- Mix 250gms of porridge oats with 125gms melted butter or baking spread (what we used to call margarine), 125 gms light brown sugar, and 2 – 3 tbsp golden syrup.
- Spoon the mix into a lightly greased baking tin and press down and into the corners with the back of the spoon. I used a 6 inch x 10 inch tin, the mixture was around half an inch deep, making 8 – 10 portions.
- Bake in the middle of a pre-heated (200c/gas 6) oven for 15 – 20 minutes. Score (part-cut) the flapjacks before leaving them (if you can resist it) to cool. Cut, eat and enjoy.

For an equally easy main course – assuming you like fish fingers and tomato soup – my favourite comfort food is a dish I call 'Fingers in the Soup'. It's quick, reasonably healthy, and my daughter and I often enjoy a bowlful when my wife's away...

- Line the bottom of an open-proof dish with 10 fish fingers
- Pour a tin of tomato soup evenly over the fish fingers
- Cook in the middle of a hot oven (220c/gas 6) for around 45 minutes
- Mash-up the mixture a little with a fork and sprinkle the cheese on top
- Put back in the oven for another 15 minutes or so
- Serve with peas and mash (or crusty bread) – makes two good portions

Deluxe flapjacks: www.bbcgoodfood.com/recipes/fruity-figgy-flapjacks

Fish Finger Pie <https://youngsseafood.co.uk/recipes/fish-finger-pie>

Meal preparation tips for fridge-freezer owners www.hubbub.org.uk/10-easy-meal-prep-tips

Chris Lee, UKMSA Trustee



ALONE TOGETHER CONNECTING ONLINE

Advances in online communication makes 'staying connected' in the current crisis easier than at any other time – so long as people have access to the technology of course. You can't beat one-to-one, face-to-face contact, and a phone call is almost unbeatable, but when it comes to connecting groups of people at arm's length, with video and for free, there are lots of relatively new possibilities to add to the more familiar Skype option.

WhatsApp (<https://www.whatsapp.com>) is increasingly used by families and friends for free calls worldwide with one-to-one and group chat using mobile phones. Group calling allows up to four participants to call or video chat. You can use WhatsApp Web to link phones to computers.

A new kid on the block (although it's actually been around for 8 years) is **Zoom** (<https://zoom.us>). It's a video conferencing facility that's free for up to 40 minutes at a time - you can call back - for up to 100 people. You pay for longer meetings and additional features. Lots of Sheds are now using Zoom because it's pretty easy to set up. Once you've downloaded the software to your computer, the meeting host invites whoever they want to join and, if that's you, you simply click on the link they'll send you (with meeting ID and password) at the appointed time.

Give it a go - there's lots of support online - but if you want/need to contact a human being, three Sheddies are on hand to give you advice and encouragement.

Graham Storer from Whitby Men's Shed, a UKMSA Ambassador, is one of them. He says "*Be patient. If, at first, you don't succeed – persist. It does work, honest!*" Another Graham – Stiles – from Whale Firth Men's Shed in the Shetlands says he found it easy to set up, but advises you check that your video and audio set-up is compatible with Zoom before connecting up. 680 miles to the south on the Isle of Wight, Rob Webb from Nettlestone and Seaview Shed recommends that beginners look at some of the many tutorials on YouTube, including this one <https://youtu.be/bTSJOYDoF7o>. Many thanks to the two Grahams and Rob for offering their support.

Graham Storer: graham_storer@btinternet.com 07763 656627

Graham Stiles: graham.stiles@btinternet.com 07875 843 976 and 01957 722 261

Rob Webb: netaseashed@gmail.com 01983 613693

MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Colm Sweeney & Meenaneary Shed connecting online, as you do!



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LAPSED?

HAVE YOU NEVER
BEEN A MEMBER
OF UKMSA?



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what we're
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offers on
products from
Triton Tools,
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ShedStore and
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Free Entry to National ShedFest!

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collection of resources
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a Shed to Income
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to the our Tool Sharing
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Networks with Sheds across the
United Kingdom with support
from staff and the well-trained
team of Ambassadors.

ALL FOR JUST £24 A YEAR!

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Shed Movement to grow.



PATRON'S CORNER

As I write this contribution for the April newsletter, my first since being named as Patron for UK Men's Sheds Association, the Midlands Woodworking Show at Newark and Makers Central, as well as several other events, have been postponed until later in the year, due to coronavirus. It is a wise precaution and at least the weather might have warmed up by the time the events are rescheduled!

My calendar for this year was pretty full - my engagements up to June have also been postponed.

I shall look forward to meeting new people from all around the country again later in the year. I find being on stage a lot of fun and the energy you feel with an engaging audience can be intoxicating.

I can speak with complete honesty as to the importance of getting into a shed, garage or workshop as therapy. My four year battle with anxiety, after going blind, was hell. I suffered with panic attacks, muscle spasms, nausea and hallucinations. I suppose I am trying to say that I didn't give up and, as I began to come through the other side, I was chomping at the bit to take on a new challenge. This, as you probably know, was woodturning! My life has been changed for the better, forever, because of it.

The work of the UK Men's Sheds Association cannot be underestimated. We have the ability to

change, even save lives within our communities. Having access to workshops and sheds within our towns and cities is a game-changer. We have the opportunity to meet new friends, learn new skills or even rekindle a passion for something we may not have been able to do for many years.

We all have to deal with change - it is one of life's constants - but we needn't go down without a

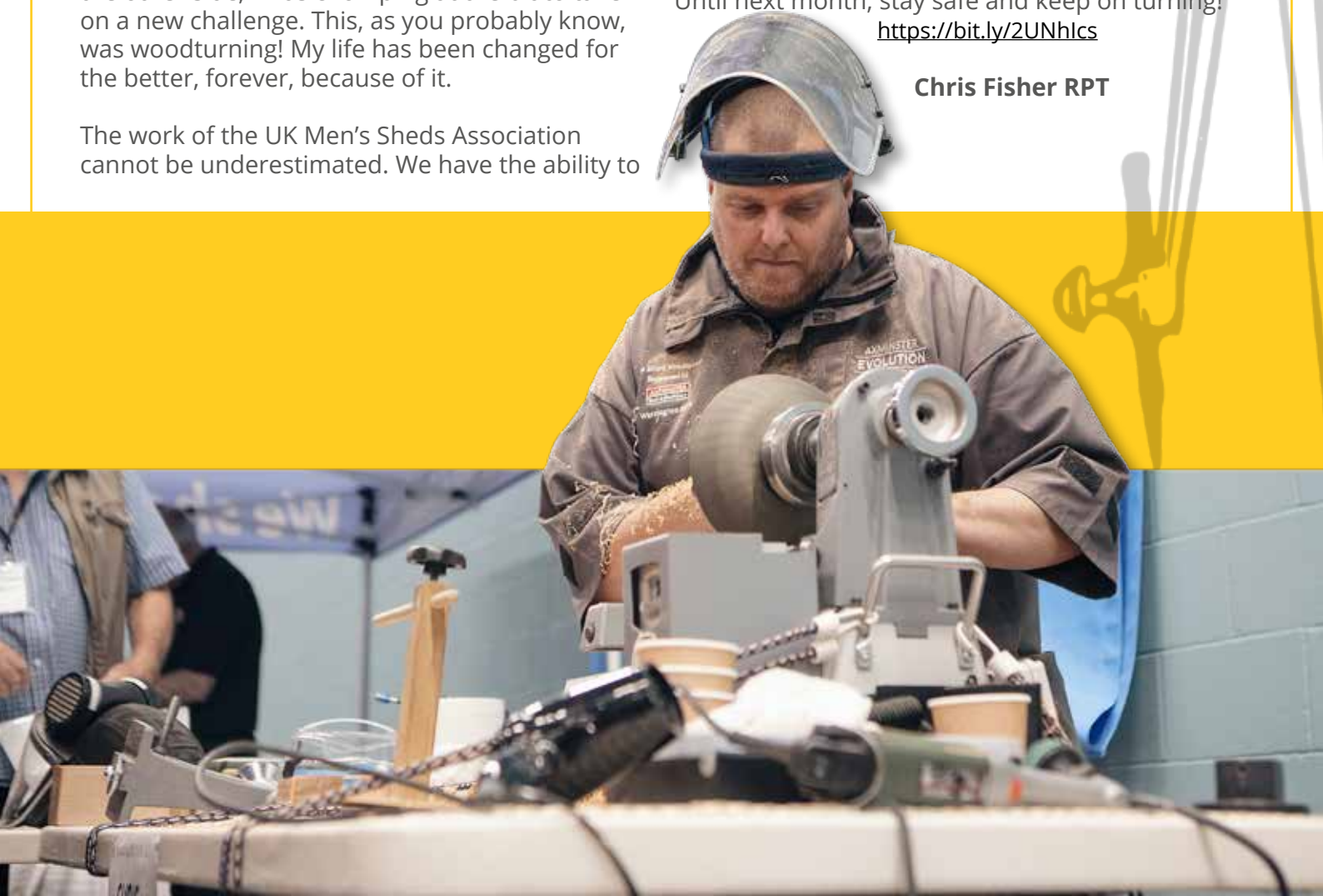
MY FOUR YEAR BATTLE WITH ANXIETY, AFTER GOING BLIND, WAS HELL. I SUFFERED WITH PANIC ATTACKS, MUSCLE SPASMS, NAUSEA AND HALLUCINATIONS

fight! Making things allows us to engage our minds and bodies. We can escape for a few hours and focus on our projects. I can testify that when I am turning or working through plans in my mind, nothing else matters.

Being a 'Maker', 'Tinkerer' and all things Shed-related, can give our lives real purpose. We can all achieve truly amazing things regardless of age or even disability. With tenacity, confidence, self-belief and a huge dollop of passion, we can all take our lives to places we thought were impossible to reach.

Until next month, stay safe and keep on turning!
<https://bit.ly/2UNhlcs>

Chris Fisher RPT



PRESIDENT'S CHIPS

GOOD NEWS AND NEW VIEWS

The UK Mens's Sheds Association's role is to promote, support and represent the Shed movement. Here's a great example. In December an article about the Shed movement appeared in *The Big Issue* which was read by Andy Savage, Executive Director of the Railway Heritage Trust. One of its key roles is to find new uses for redundant railway buildings and Andy is very keen on Men's Sheds. He got in touch with UK Men's Sheds and Charlie and I met him at his offices. Many properties have now been identified and potentially made available on very good terms. This could be a huge boost for the movement.

This underlines two points. You never know who might read an article and where it might lead so it's important to keep the journalists in touch and the press releases going. The other is the importance of looking for mutual gains when approaching landlords.

Meanwhile we are all dealing with the effects of



the virus, the 'lockdown', the national grief and the heroics of the front line. It's different now and a time to reflect and re-evaluate. **Mike Jenn**



MAKERS CENTRAL NEC SHOW POSTPONED.

The Makers Central Show which was scheduled to be held this May at the Birmingham NEC has now postponed and will be taking place during 8th & 9th August 2020 at the NEC. If you are a ticket-holder there are a few different options for you to look at. For more details visit www.makerscentral.co.uk/ ?