

# SHOULDER 2 SHOULDER



UK  
Men's  
Sheds

ISSUE 59 | MARCH 2020

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## WHAT'S ON?

New date! 19&20 June 2020 - Midlands Woodworking Show (Newark)

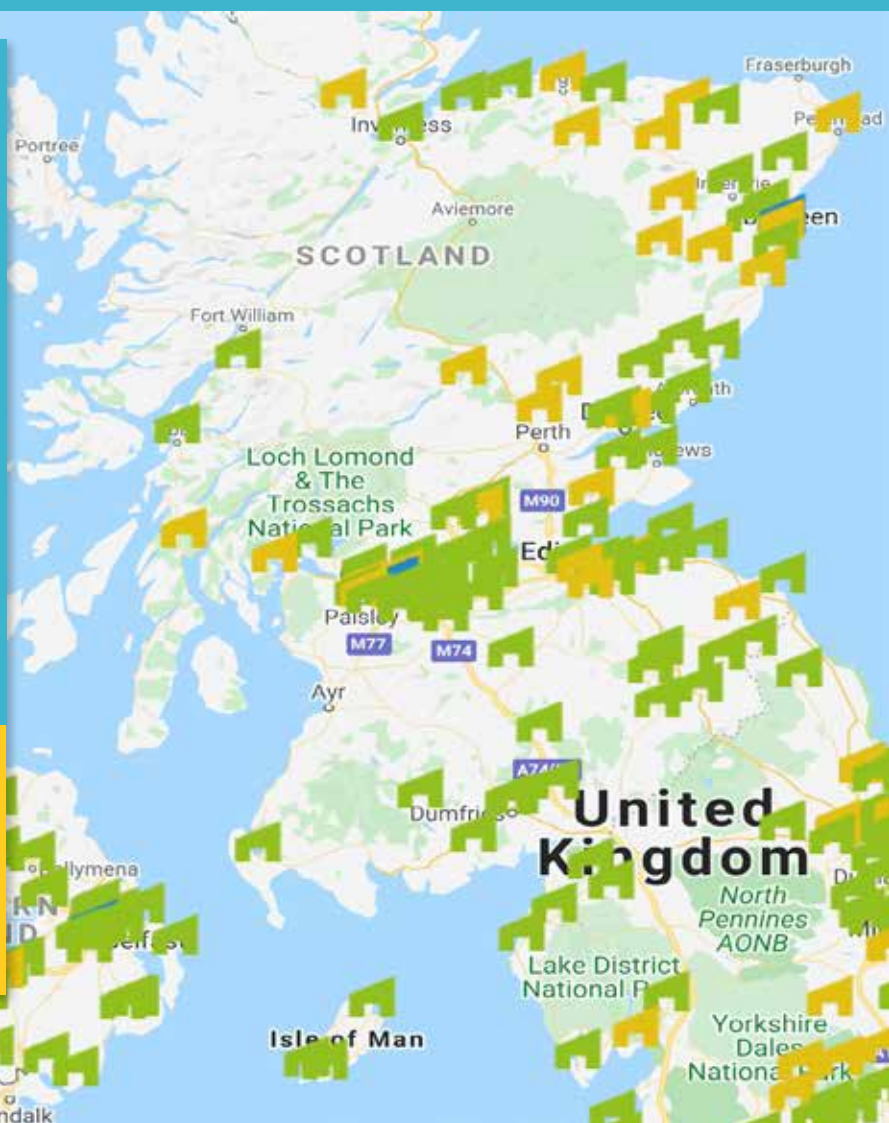
6 July 2020 - National ShedFest 2020 (Worcester)

September 2020 - Screwfix Live (Farnborough)

IS YOUR  
SHED EASY  
TO FIND?



A great way for folks to find your Shed across the UK is through our 'Find a Shed' Page. If your Shed is not already signed up, or needs to update its details please send them over to [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk). See if your Shed is on our map here <https://menssheds.org.uk/find-a-shed/>



# SHORTLISTED FOR UK'S MENTAL HEALTH AND WELLBEING AWARDS

UK Men's Sheds are proud to be shortlisted for the UK's Mental Health and Wellbeing Awards on 11th September 2020. For tickets to the event and more information visit:

[www.mentalhealthandwellbeingawards.com](http://www.mentalhealthandwellbeingawards.com)

MENTAL



HEALTH

## CORONA VIRUS AND MEN'S SHEDS



We have been asked what advice we can give with regard to Coronavirus. Without doubt it is clear the situation is evolving and the NHS are providing more and more updates each day.

We suggest that you stay up to date with news and information either by reliable sources on the internet such as official [www.NHS.uk](http://www.NHS.uk) and if you do not have access to the internet then there is always the BBC red button.

We understand some Sheddors may choose to self-isolate and we know how caring the Shedder community is, so please remember to stay in touch with your fellow Sheddors by

phone or email to check they are okay. As BT used to say, 'it's good to talk'. It may also be prudent to keep your attendance registers up to date in case a member contracts the disease and you need to contact fellow members who came in to contact with them.

In the press you may hear the phrase 'social distancing'. This is a term used to reduce the spread of disease, particularly those where infection is transferred via droplet contact – as is the case with Coronavirus. If social distancing were to be the advice of government then we will provide additional information to Sheds via our channels of communication.

Through social media there will be a number of suggestions from Sheds on how to manage the potential health crisis and we encourage you again to follow advice you receive from your local doctors and the NHS. Remember to call the NHS on 111. Remember – **do not be a hero, if you feel ill – even if the Shed depends on you, stay home, stay safe and seek health advice immediately.**

## PROFESSOR BARRY GOLDING AM

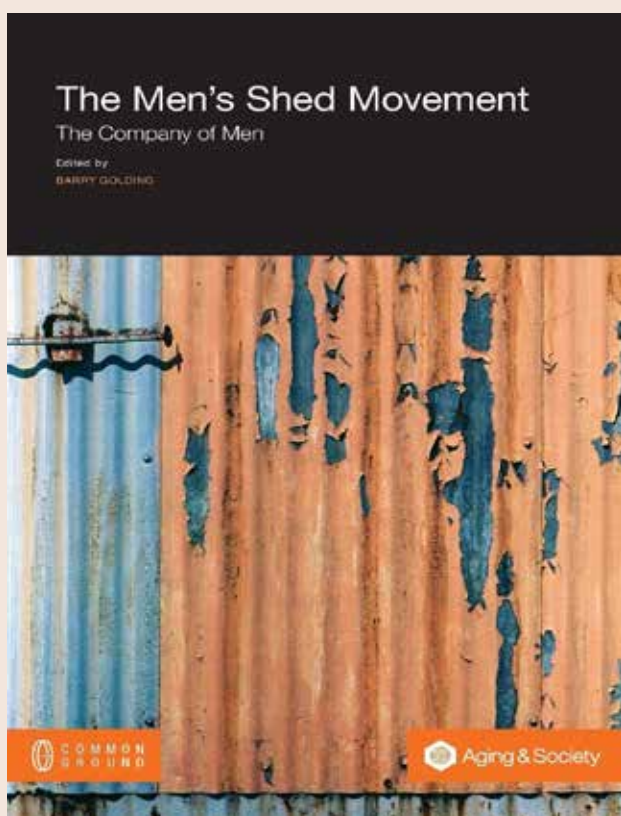
I recently read UK Men's Sheds Association *Shoulder to Shoulder 057*, that includes a welcome to Chris Fisher as the first official Patron of the UKMSA / UK Men's Sheds movement. I am heartened as a proud Australian Men's Shed Association (AMSA) Patron for over a decade to see the Men's Shed movement in the UK going ahead in leaps and bounds. The 'Shoulder to Shoulder' words used by me in my keynote address to the AMSA's first national Conference in Manly, New South Wales were soon after adopted by the Australian Movement. I actually said, "*Men don't talk face to face, they talk shoulder to shoulder*". The US Men's Sheds Association has recently adopted the full saying in their motto.

I recently penned some words under the heading *Reflections on two decades of Men's Sheds* for the forthcoming AMSA Biennial Report. Some of it draws on my 2015 book *The Men's Shed Movement: The Company of Men*, published by Common Ground in the US and available for purchase on line. My book includes a foreword contributed by Mike Jenn, then UKMSA Chair.



*Professor (Adjunct) Barry Golding, AM,  
Patron, Australian Men's Shed Association  
[b.golding@federation.edu.au](mailto:b.golding@federation.edu.au)*

In 2020 it's important and useful to briefly reflect on where and when it all started and how far the now international Men's Shed movement has come. The Australian Men's Shed Association can rightly and proudly acknowledge Men's Sheds as a 1990s Australian grassroots invention, and during the most recent decade, a valuable and precious gift to the world, including to the UK just a decade ago.



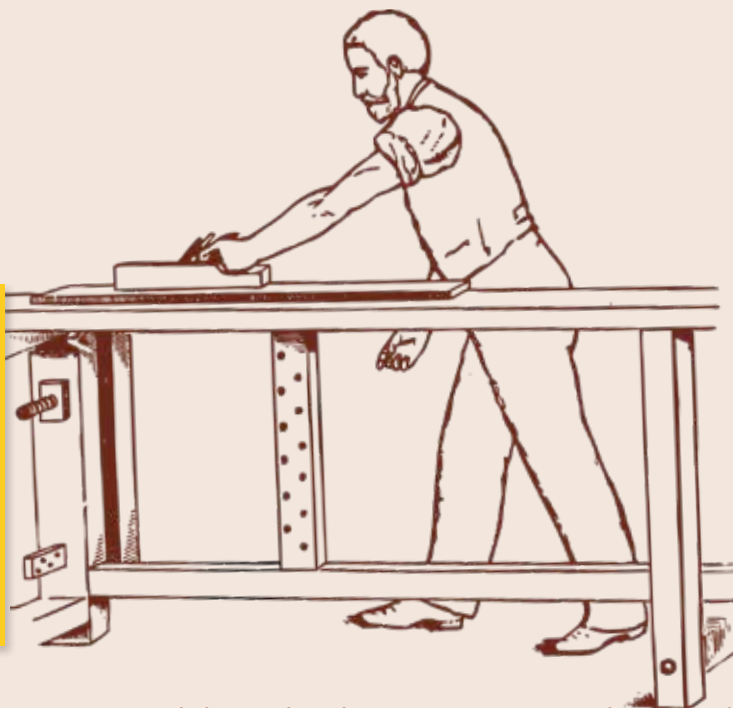
- ***The first 'Shed' in the world developed mainly for men in a community setting was opened as 'The Shed' in Goolwa, South Australia 27 years ago on 24 February 1993.***

- ***The first 'Men's Shed' known by that name in the world was opened five years later in Tongala, Victoria on July 26 1998, just 22 years ago.***

- ***It's only 12 years since the first Men's Sheds opened beyond Australia in New Zealand in 2008.***

- ***It's around 11 years since the first Men's Shed opened in the UK (in Hartford, England in January 2009) and Ireland (in Tipperary Town in August 2009).***

**MEN WHO FEEL AT HOME, POSITIVELY ENGAGED AND SOCIALLY CONNECTED, ARE MORE LIKELY TO LOOK AFTER THEMSELVES, THE COMMUNITY AND OTHER MEN, AND IN THE PROCESS ARE MORE LIKELY TO STAY HEALTHY AND WELL.**



Things have moved so fast internationally in the past decade, particularly in Ireland and the UK, and most recently also in Canada and the US, that there are now more Men's Sheds open beyond Australia than within Australia.

Incredibly, while there are now over 1,000 Men's Sheds registered with AMSA in most towns and cities right across Australia, there are now more Men's Sheds open per head of population in Ireland than there are in Australia.

In all these countries the national associations including UKMSA across the UK, IMSA across Ireland, and SMSA in Scotland have looked to AMSA in Australia for leadership and guidance.

AMSA has played a critically important role in steering the national and international movement, and also assisting individual Sheds towards maximum impact and inclusion, greater sustainability and better organisational succession. David Helmers as Executive Officer has been there since AMSA formed and much of what has been achieved to 2020 is a result of the dedication of David and the AMSA team.

AMSA has regularly and critically reviewed its operations and collected evidence of impact. The AMSA 'Members Handbook' (2nd Edition, 2018) is a sign of a robust and effective national organisation. It has become a valuable and accessible guide to how it all works in Australia and where to go for more information.

It has not been easy. Some of the early pioneer Sheddies have died and some Men's Sheds that once shone brightly under their guidance are no longer operating. Negotiating the appropriate balance between organisational and financial

responsibility at local, state/territory and national levels has never been simple. Having bipartisan national support through men's health funding has greatly assisted AMSA in delivering on its objectives. In some states, extra support from state governments has been a huge bonus. As a proud AMSA Patron since 2009, I acknowledge the valuable work of fellow Patrons, and congratulate everyone involved for what has been achieved. Despite the apparent complexity it's still very simple, as our groundbreaking national Australian national research for National Centre for Vocational Education Research (NCVER) showed in 2007.

Men who feel at home, positively engaged and socially connected, are more likely to look after themselves, the community and other men, and in the process are more likely to stay healthy and well.

As Dick McGowan anticipated in August 1998 when he invented the very first Men's Shed, they have over two decades, provided copious evidence across the world of the powerful capacity to provide men with a "feeling of worth, a feeling of familiarity with every-day life, and a feeling of mate-ship", by simply creating "somewhere to go, something to do and someone to talk to". **14 Feb 2020**



**THERE ARE NOW MORE MEN'S SHEDS OPEN BEYOND AUSTRALIA THAN WITHIN AUSTRALIA**

## MEET AN AMBASSADOR ALLAN CLARK

Hello there, I'm Allan Clark, a retiree from The Lion's Den Shed, Cliffe Castle, Keighley West Yorkshire.

My Shed journey began through being a member of Keighley Lions (Lions Clubs International). We needed more members to keep going, so it was agreed to do more work in the community. Myself and our Club President attended a two-hour a week 'pop up' Shed in Oakworth where we met Andy Ryland (Community First Yorkshire) whose remit is to assist in the start-up of Men's Sheds. Long story short, He pointed us towards our premises and introduced us, from where we started the Shed.

Having taught woodwork in schools and colleges I love teaching and passing on skills to others. I've also managed small voluntary sector colleges so the idea of establishing and running a Shed felt like a good fit with my interest and skills.

I think the Shed movement is really marvellous and am as passionate about it now as I was on day one. I just love the fellowship and camaraderie – we've created a unique space for sharing and learning new skills and seeing the improvement in members' health and wellbeing from when they joined. I particularly enjoy the freedom we have to make our decisions. Being a social enterprise means we are a proactive group of 'Self Help' not being led by Councillors or health practitioners, but by the members themselves. We are involved in all sorts of community projects, from spoon carving and bandsaw box making to transforming an

un-loved fish pond in to a beautiful feature with a Japanese theme. The diversity of people, skills and activities brings a smile to my face every time I head down to the Shed.

I joined UKMSA as an Ambassador in November last year, following supporting the UKMSA stand at The Harrogate Woodworking Show. I really enjoyed meeting with, helping and advising so many men who are members, or who are interested in starting Sheds. Since joining UKMSA as a volunteer I have visited and been visited by lots of local Sheddors. Attending public meetings to talk about the Association and my own experiences, sharing information and passing on tooling etc to new Sheds.

I really enjoy the Shed Ambassador role because I like meeting new people with different skills and backgrounds, but who all have a common interest (Sheds) and a willingness to give it a go.

I am currently setting up a programme of visits to all the Sheds in my area, and have already visited some, and get a buzz every time I meet new 'Sheddors'.





## MEET A TRUSTEE BRIAN E. COOK

Born in 1947 usual education and left school at 15 years old, joined the Royal Air Force at the age of 20 and served as a Radar Technician for 22 years including two tours Northern Ireland and one in Germany. Whilst in Germany I started Scouting with the First Wildernrath Scout group and I am still helping with scouting to this day.

In 2015 I was invited to attend a public meeting for the Andover Men's Shed, there was about 40 of us present plus free coffee and biscuits and a dozen of us arranged to meet again, this led to us all putting £5 into the kitty and we were up and running.

Thanks to a local housing association and the Borough Council we were offered a disused workshop by a nearby charity, a lease was arranged and we had

our workshop. Sweeping, dusting, painting, these tasks were soon being undertaken, Sam and I shared the chair and thanks to a lot of help we were soon receiving offers of money, community tasks, and equipment. The Shed has gone from strength to strength and old equipment has been replaced with new and we've training in First Aid and PAT testing which we plan to roll out to local charities.

Whilst I was chair of the Andover Men's Shed, three of the Sheddies decided to attend the first Annual General Meeting in London. Around twenty five Sheds attended and my friends nominated me to join the team led by Mike Jenn with Patrick Abrahams as the administrator. During the general discussion about how to move the Association forward the idea of Ambassadors was discussed and it was a programme that soon took off, growing from one Ambassador to nearly fifty Ambassadors today led by Kate Gordon, our Shed Development Officer. As ambassadors we now speak to a wide range of councillors, MP's and businesses across the country.

In some ways I have three hats. Firstly, I'm an Andover Shedder, second I am an Ambassador, and as such I've been privileged to attend breakfast meetings to talk to lots of groups looking to start Sheds. To date I think I've helped pave the way for about forty Sheds to start across West Sussex, Hampshire, Dorset, Wiltshire, Cornwall, Norfolk, Yorkshire and Northumberland. Thankfully I have friends or family in most of these places so my hotel bills are very small.

Thirdly, I'm a Trustee of the UK Men's Sheds Association. As one of the longest serving members of the Board I intend to retire at the next AGM, otherwise Sheddies will be named as co-respondents in my divorce!



# WESTWARD HO SPONSORED WALK

## Bideford to Plymouth

It was one December day in 2019 when Richard James and I sat in a warm café in Bideford discussing a store room we had been gifted in our local community Kingsley Hall. A fabulous offer of space, however it came with its own problems, no useable windows or ventilation.

After many hours of deliberation it was decided to knock a hole through the wall bordering a courtyard of this very old building, install a door and window. All sounded feasible until we did some test drilling. The wall was thick and made with stone, flint and mortar. A builder was called in as this was outside our expertise.

Question was, how do we fund the building work—doing a sponsored 84 mile walk in January seemed a good idea at the time, so the crazy idea was born.

January 27th 2020: We start our epic journey from Bideford Men's Shed location on the Tarka Trail with good weather for January.

We handed out 'What is a Men's Shed?' cards to anyone and everyone en route to Dolton advertising and spreading the word of what we Shedders achieve in our community.

Tuesday saw us leaving Dolton en route to Okehampton. Well, we encountered every possible weather you could imagine walking over muddy fields was a challenge in itself. Phil from Okehampton Shed picked us up and took us to stay with him and his wife. We were nine at the table for a fabulous meal. It was great to meet other Shedders and swap ideas.

Wednesday saw us arriving in Tavistock to meet a newly formed Men in Sheds. Thursday we finally arrived in Plymouth at the end of our journey.

We handed out UK Men's Sheds promotional material and raised over £500, which was brilliant. Thanks go to Phil and Nancy for looking after us so well and the guys in Tavistock for our beers - *by David Deburton Westward Ho Shed*



# **FUNDING OPPORTUNITIES**

## **Funding Central**

Search for funding for your charity, voluntary organisation or social enterprise. Search our database has thousands of grants and loan finance opportunities worth £billions. Keep up to date with personalised funding updates. Learn about funding with our advice and online tools, [www.fundingcentral.org.uk/wizard.aspx](http://www.fundingcentral.org.uk/wizard.aspx)

**FUNDING CENTRAL**

## **Yapp Charitable Trust**

The Yapp Charitable Trust makes grants of up to £9,000 for ongoing core costs.

Priority will be given to work that is unpopular with other funders and services that help to improve the lives of marginalised, disadvantaged or isolated people. [www.yappcharitabletrust.org.uk/what-we-fund/](http://www.yappcharitabletrust.org.uk/what-we-fund/)

THE  
**Yapp** CHARITABLE  
TRUST

## **Calor rural community Fund**

Now in the fourth year of running Calor has an £85,000 funding pot. Dishing out 11 x £5,000 grants, 6 x £2,500 grants and 5 x £1,000 grants to winning rural projects. To see if your Men's Shed is eligible visit <https://communityfund.calor.co.uk/>

 **CALOR**

## **Local Community Fund**

Our Local Community Projects Fund awards grants of up to £2,000 to enable not for profit organisations to do something they otherwise couldn't afford to. We have six local charity committees which meet regularly throughout England, Scotland <https://www.greggsfoundation.org.uk/grants/local-community-projects-fund>

 **GREGGS**  
FOUNDATION



# COME & JOIN US

AT THE NEC BIRMINGHAM FOR THE BIGGEST MAKERS EVENT OF THE YEAR  
**SATURDAY 2<sup>ND</sup> - SUNDAY 3<sup>RD</sup> MAY 2020**

MAKERS CENTRAL IS BACK FOR ITS THIRD YEAR AND IS SET TO BE THE BIGGEST AND BEST YET! THERE WILL BE HUNDREDS OF EXHIBITORS OFFERING A WIDE RANGE OF DEMONSTRATIONS & WORKSHOPS INCLUDING: 3D PRINTING, WOODTURNING, CNC DEMOS, RESIN DEMONSTRATIONS, ROBOTICS, METAL WORKING, FORGING, PYROGRAPHY, ICE SCULPTING, WOOD CARVING AND MUCH MORE!



JIMMY DIRESTA



BOBBY DUKE ARTS



CHARIS WILLIAMS



ILIKETOMAKESTUFF

DON'T MISS THE CHANCE TO MEET THE STARS OF  
 TV'S ROBOT WARS INCLUDING THE CHAMPION 'APOLLO'  
 AS THEY BATTLE IT OUT IN AN IMPRESSIVE  
 LIVE ACTION ARENA!



LIMITED TICKETS AVAILABLE. GET YOURS TODAY AT [WWW.MAKERSCENTRAL.CO.UK](http://WWW.MAKERSCENTRAL.CO.UK)

IF YOU ARE INTERESTED IN EXHIBITING AT THIS EVENT PLEASE VISIT THE WEBSITE  
 FOR MORE DETAILS ON HOW TO BOOK OR CALL US ON 01794 339 899

SPONSORED BY:

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 Tools & Machinery



**triton**

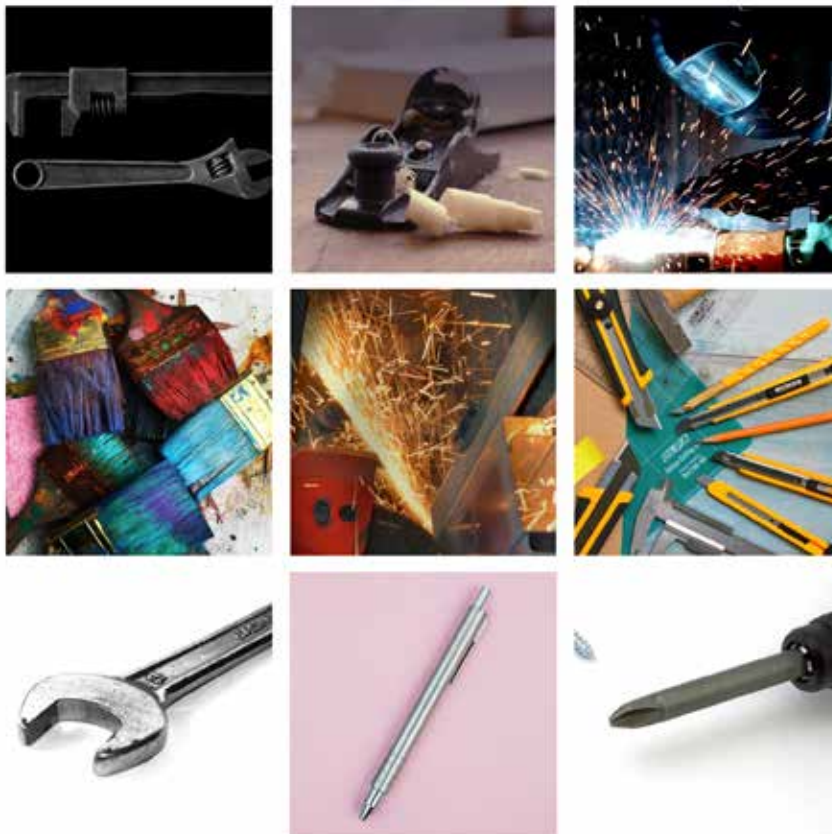
MASTERS OF WOOD

# ANSWERS TO PREVIOUS PUZZLES



**DID YOU  
GUESS  
CORRECTLY?**

**HERE ARE THE ANSWERS TO  
LAST MONTH'S "GUESS THAT  
SHED-RELATED ITEM"**



**HERE ARE THE ANSWERS TO  
LAST MONTH'S SHEDOKU**

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

# SHEDOKU

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



**SPOT THE BALLER**

# LETTER FROM THE CHAIR

## NATHAN SAREA

This month UK Men's Sheds attended the Third National Conference delivered by the Zero Suicide Alliance at the London Museum in the Docklands.

The Zero Suicide Alliance is a collaborative of NHS trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The Alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. This training aims to enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.

We are very proud to be a member of the Zero Suicide Alliance and they are one of UK Men's Sheds Third Sector partners.

We had the opportunity to speak at the conference to a variety of professionals and we were joined by Ambassadors John Latchford, Mike Jenn and Tony Smith-Crallan who did a sterling job imparting their experiences of Sheds to the attendees. Axminster Tools joined us at this event to show both support to the cause and to encourage people to come and find out more about Sheds. From this we have had many positive opportunities present themselves to support the development of new Sheds whilst also providing some insight and managing expectations on social prescribing from a Shed perspective.

The conference was very well attended and included a key note address from the Minister for Suicide, Rt Hon. Nadine Dorries together with speakers from the Mental Health Foundation, Mersey Care and Kings College. It is incredible and depressing in itself that suicide

is the biggest single killer of men under the age of 45 and, of all suicides, three quarters of people who die through suicide are men. Whilst Sheds are by no means the solution to male suicide, we are part of the solution and we hear so many stories where Sheds are transforming lives and helping people find a path to a new outlook in life. There are unfortunately and probably inevitably some sad stories too where we have lost some Shedders.

**IT IS INCREDIBLE AND DEPRESSING IN ITSELF THAT THE BIGGEST SINGLE KILLER OF MEN UNDER THE AGE OF 45 IS SUICIDE AND OF ALL SUICIDES IN THE UK, THREE QUARTERS OF PEOPLE WHO DIE THROUGH SUICIDE ARE MEN**

At UKMSA we're not experts in the field, but we're looking at how we develop resources and support to remove the stigma and stimulate conversations for those Sheds and people who want to. People contemplating suicide exhibit different characteristics, they may come across as happy and jolly as much as they exhibit depression or anxiety. There are a variety of organisations and materials available including mental health first aid and resources on the Zero Suicide Alliance website - [www.zerosuicidealliance.com/get-involved/](http://www.zerosuicidealliance.com/get-involved/) and there is the Samaritans [www.samaritans.org](http://www.samaritans.org) who are always at the end of the telephone on 116 123

Fellow presenters in the Innovation Zone, where we presented, were the Lions Barbers Collective [www.thelionsbarbercollective.com](http://www.thelionsbarbercollective.com) and [www.hubofhope.co.uk](http://www.hubofhope.co.uk) who also do tremendous work.

Sheds are caring environments, Shedders look after each other and in the coming months we are looking to develop resources that can give support in this area in discussions and signpost Shedders to professionals if they wish.

Once again thanks to our staff, Ambassadors and Axminster who attended the conference promoting Men's Sheds. Part of our role, and something we are committed to, is providing support and signposting across the Shed movement to promote positive wellbeing and mental health.

**"SHEDS ARE CARING ENVIRONMENTS  
SHEDDERS LOOK AFTER EACH OTHER"**



HAS YOUR  
MEMBERSHIP  
LAPSED?

HAVE YOU NEVER  
BEEN A MEMBER  
OF UKMSA?



# HERE'S WHY YOU SHOULD JOIN!

Now that's  
what we're  
banging  
on about!

## DISCOUNTS!

With  
membership you  
get discounts  
and special  
offers on  
products from  
Triton Tools,  
Axminster Tools,  
ShedStore and  
many more

Free Entry to National ShedFest!

Access to a huge  
collection of resources  
for Sheds from Managing  
a Shed to Income  
Generation and access  
to the our Tool Sharing  
Forum.

Networks with Sheds across the  
United Kingdom with support  
from staff and the well-trained  
team of Ambassadors.

ALL FOR JUST £24 A YEAR!

And supporting the wider  
Shed Movement to grow.



# PRESIDENT'S CHIPS

## RE-PURPOSING PEOPLE AND PLACES

The unsung community benefit of Sheds is the buildings we recover, refurbish and revive. A grassroots organisation 'comes from nowhere', with no track record, funds or the cohesiveness to be able to take on the responsibilities of a tenancy. Even if it did feel confident a private landlord would need convincing the rent would continue to flow and the premises be restored at the tenancy's end. Its not impossible but it's for these reasons that often new Sheds have to find unlettable, unwanted premises for their future home.

At Waterlooville the dilapidated old cricket pavilion was giving rise to residents' complaints, costing the Council money to insure and secure yet was too expensive to demolish. Only Chris Davage saw its potential but despite having everything to gain the Council only offered a short licence on a peppercorn rent and no grants, so Chris had to blag a skip just to clear the internal walls and rubbish.

With a plan drawn up they installed plumbing, renewed the wiring and sockets, mended the roof, made and installed new windows and doors and finished with paint. Some funds came from a local Councillor and further help came from the local Asda. In 2017 the 50 member Shed upgraded its constitution and now has a 10-year lease.

In Norwich a three-story privately-owned building was all but abandoned by its owner and was in a very poor state. He still had rates and insurance to pay though so when a local charity asked for a peppercorn lease for



Norwich Shed to do the renovations he was relieved of all costs and got a better building to boot. Being bigger than the Shed needed, the building soon also hosted a blacksmiths, a farmers' market, offices, meeting rooms and community events. (Charities get 80% mandatory rate relief).

**LET'S CELEBRATE THE TENACITY AND  
INGENUITY OF SHEDDERS WHO TURN  
OTHER'S LIABILITIES INTO COMMUNITY  
ASSETS WITH THE MINIMUM OF RESOURCES**

In 2018 the Netherfield and Woughton Shed were offered a Council Landscape Depot that had been disused for 15 years and was full of debris. There were no electrics to speak of, no toilets, no heating and a large storage tank to move. Now it has panelling with reclaimed wood, heat and power, a disability toilet, new doors, double-glazed windows of salvaged materials and an extension that took eight months to build. Their lease is for six years.

Let's celebrate the tenacity and ingenuity of Sheddors who turn other's liabilities into community assets with the minimum of resources.

*Mike Jenn, Camden Town Men's Shed*



## SHED 17

We started the Shed late 2013 and progressed from meeting in a room at the back of a pub in the Anglo Saxon town of Winchcombe in the Cotswolds. Today we have two sheds; Cheltenham and Gloucester. Although we love bird boxes, we prefer and enjoy large projects that involve the team working together.

The Sopwith Camel was a British First World War, single-seat biplane fighter aircraft that was introduced on the Western Front. In 1917 The Camel had a mostly conventional design for its era, featuring a wooden box-like fuselage structure, an aluminium engine cowling, plywood panels around the cockpit, and a linen-covered fuselage, wings and tail. Over 5490 have been built and the first deliveries were June 1917 to the Royal Naval Air Squadrons and soon after became operational with the Royal Flying Corps.

The RAF was founded on 1 April 1918, towards the end of the First World War by merging the Royal Flying Corps and the Royal Naval Air Service. In 2018 we wanted a project to celebrate 100 years of the formation of the RAF and the most appropriate project was to build a replica aircraft, but more than that, only out of recycled materials.

Pallet wood is the most common supply of wood to Sheddors and we set about salvaging wood for the project, then we needed a scale technical drawing which we found and downloaded from the internet. We were limited in workshop and storage space so we limited it to half scale. We constructed it modular form to get it out of the workshop and reassemble at various venues for the public to see it. The wingspan is 14 feet and the fuselage is 10 feet.



### BUILD DESCRIPTION

**Wings and fuselage:** Pallet wood

**Fuselage:** Scrap aluminium and wood panel from the back of a wardrobe

**Wheels:** From a baby buggy out of a skip

**Linen rudder:** Old white shirt doped and painted in RFC colours

**Tail skid:** Wooden spoon from the kitchen

**Propeller:** Plywood from a building site and formed and sandwiched

**Engine:** 60 cm plastic flower pot and baked bean can cylinders.

We have displayed it at:

- Royal International Air Tattoo at RAF Fairford
- Invitation from the Mayor to display on Remembrance Day Cheltenham.
- Cheltenham Racecourse conference centre for the 100 year celebration of the RAF where The Princess Royal stopped at our stand for a chat.
- At our shed the High Sheriff Countess Bathurst of Cirencester stopped for a chat.
- Display for The Provincial Grand Lodge of Gloucestershire Charity Family Day

by Phil Johns



## HAPPY 5<sup>TH</sup> BIRTHDAY CARNOUSTIE SHED!

The Carnoustie and Monifieth Men's Shed started its life in 2015 in a small leaky garage at the Panmure Centre in Carnoustie. Subsequently, as with many Sheds, we have moved around. For the last 2½ years we have had a base in the annex of an old school, in which we have felt settled, apart from the fact that we are on a month to month lease with Angus Council who want us out so that they can build houses on the site. We are of course, not at all opposed to the building of 'affordable houses'; we just think there can be room for them and us!

We are a modest Shed of 28 members, a few of whom have been involved from the beginning. We think we have demonstrated the effectiveness of the Shed model in its fusion of the social and the practical, and its relevance to the building and sustaining of individual and community health and well-being.

However, having reached the advanced age of five, much still has to be done. Various Community Asset Transfer requests have been submitted, always with the challenge of proving that the value of the Shed is worth as much, if not more, than the value that Councils and other bodies put on their buildings.

In a world in which economics rules, we in the small corner of our Shed, are pleased to be part of a movement that places a different set of values at the top of the agenda - *by George Gammack*



# Ingleton Wood

Ingleton Wood is a multi-disciplinary Property & Construction Consultancy passionate about engaging not only in staff health & wellbeing but extending that support to our local communities. We are proud to be a multi-generational company and have chosen to support Men's Shed Association as we understand that people of all ages can experience mental health issues. We look to build on local ties and social value supporting isolated individuals to build stronger, united communities across the UK.

If you would like to donate click on the Just Giving hyperlink <https://bit.ly/2IKAYBS>

**FREE  
WELL MAN  
APP**

[wellman.org.au](http://wellman.org.au)



**Well Man app provides preventative physical, mental and social wellbeing strategies, information, practical tips and skills to all men globally for a better life.**

**#doesyourmanhavethefreeWellManapp**  
**[www.wellman.org.au](http://www.wellman.org.au)**

## **WOULD YOU LIKE YOUR PHOTO TO BE CONSIDERED FOR THE COVER OF SHOULDER TO SHOULDER?**

Send us your best shot of a piece of work from your Shed!  
Make sure the photo meets the following criteria:

- Portrait orientation
- High resolution
- Good lighting
- Clear subject matter
- Sharp focus
- Make sure you have permission to use the photo
- Make sure to credit the photographer

Send your images to [newsletter@ukmsa.org.uk](mailto:newsletter@ukmsa.org.uk)  
**HAPPY SNAPPING!**

# IN THE NEWS

## 'Men's Sheds' initiative launches in Lancaster to help men get more out of life

An exciting new project is being launched in Lancaster aimed at men who are looking to get more out of their lives –especially if they are semi-retired, retired or unemployed or simply wanting to get out of the house.

<https://www.lancasterguardian.co.uk/health/mens-sheds-initiative-launches-lancaster-help-men-get-more-out-life-2046485>

## 'Tremendous' response to plans for town's new Men's Shed

By Jon Waller - 20 February, 2020

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<https://www.advertiserandtimes.co.uk/ringwood-mens-shed-plans>

The group's had planning permission granted for the facility at Castle Meadow and say they're 'delighted'.

The Men's Shed, behind the Pavilion there, aims to bring males together in Wilton to tackle social isolation, boost mental health, improve skills.

<https://www.spirefm.co.uk/news/local-news/3059634/full-steam-ahead-for-wiltons-men-shed/>

## District councillor trying to bring Men's Sheds to Clearwater

Men's Shed program gives members the opportunity to socialize and take on community projects

<https://www.clearwatertimes.com/news/district-councillor-trying-to-bring-mens-sheds-to-clearwater/>