

SHOULDER to SHOULDER

Newsletter 032 | July 2017

The New UKMSA



The UKMSA has gone through a period of transition in recent months; almost all of our Board members are new, having joined us within the last year, and all three members of our operations team have joined us since October.

We're thankful for the groundwork of those before us whom have done a brilliant job of spreading the word about the Men's Shed movement and supporting many Sheds in getting where they are today.

That said, we realise there's so much more work to do and we're preparing to launch some big

improvements to what we offer to Sheds across the UK come winter.

Much of what we're planning has been born out of talking to Sheds and Shedders, understanding what is needed and what would be helpful to the development of this invaluable social movement.

We're always thankful for feedback and suggestions; it's how we know we're getting things right, and sometimes not so right! Most importantly, it helps us to understand where our time is most valuably spent for the benefit of Shedders now and into the future.

SHARE YOUR STORIES

One of the most common requests that drops into our mailbox, pops up on Facebook or is commented on our website is "what are other Sheds up to?".

Shedders love to hear good news stories from other Sheds and like to help when Sheds are in need, and so do we!

Whether you're looking for like-minded men to open a Shed, found your first premises, have a launch event or have made something brilliant - we want to hear about it!

Send your stories with high resolution photos to admin@ukmsa.org.uk and we'll share them in here or on social media.

MESSAGE FROM OUR CHAIR

Remaining Shoulder to Shoulder

In the last edition, I asked readers to suggest a new name for this newsletter. Thanks to the two contributors, but "Bagpuss" (the cat that mends things) and "Sheddy McShedface" didn't appeal as much as leaving the name as is. So, welcome to the new look "Shoulder to Shoulder". We hope you enjoy.

We include a number of articles exclusive to this edition as well as some themes that we'll include in each newsletter.

Our Plans

To succeed in our mission we have to get more Sheds open and keep existing Sheds going and growing. To do this we will focus on four areas:

Promoting Men's Sheds more widely across a number of local and national platforms so that more people know about the movement and are inspired to join or start a Shed.

Supporting new and existing Sheds by providing more information through our website, guides and in talking to and visiting Sheds.

Developing our membership and services to offer truly great benefits to the Shed community.

Strengthening our resources and building more partnerships with organisations who support our aims, including other charities, councils and other Men's Sheds Associations.

There's a lot to do but we're well underway. Our Director of Services, Victoria Little, is on the way to producing the three-year plan to deliver this and it will go to the trustees in the next couple of weeks. If you have any comments or suggestions or want to get involved to help (you don't have to become a trustee to do this), let me know.

Happy Shedding, Mike
chair@ukmsa.org.uk



Mike spent his career in the computer industry, working as a Programmer and Manager in both a multinational computer corporation and running his own web development company.

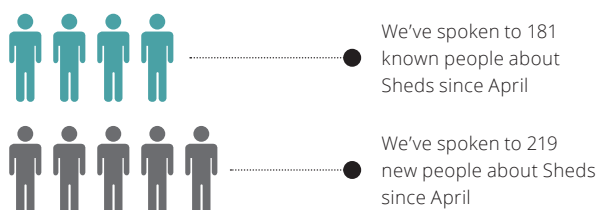
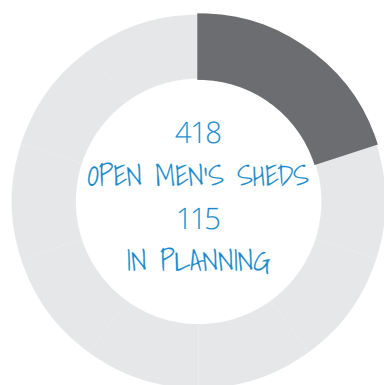
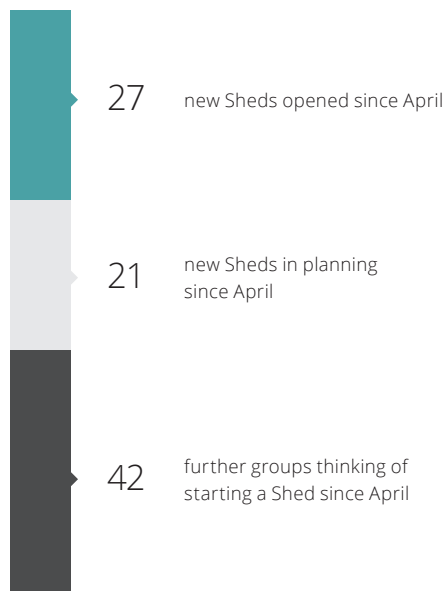
Mike's Shed life started when he joined The Silvers' Workshop (Reading's Shed). He joined the committee and spent time helping to organise the formal opening by the Mayor. On April Fool's Day 2016 he met with Brian Cooke and decided to start Basingstoke Shed – the total cost to get the Shed open was £8.66 and it has opened on Mondays and Wednesdays ever since.

At the UKMSA AGM in October 2016, Mike put himself forward as a trustee and was elected to the board. In February, Mike took over as Chair and, along with the other trustees, staff and volunteers, is now working at making the UKMSA deliver more to its membership and inspire more Men's Sheds to open – our mission remains to "enable access to a Shed for every man who wants it".

Mike and his wife will celebrate 44 years of marriage this summer. They have three daughters and one grandson who Mike has introduced to his Shed; he showed great interest for a four-month old.



SHEDS ARE GROWING



The current growth rate of Men's Sheds in the UK is, on average, 9 Sheds a month. Back in 2013 there were 32 Sheds shining a light on the many benefits of Shedding. Fast forward to today and there are around 418 Sheds in the UK, with a further 115 that have let us know they're in planning.

If the current rate of growth continues and those in planning get up and running there would be over 800 Sheds in the UK, benefiting a predicted 20,000 men within the next three years. That's amazing, but we won't stop there.

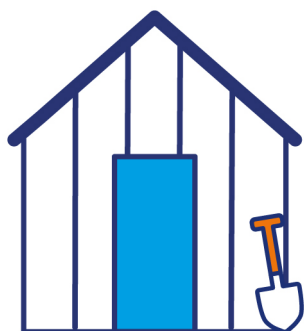
At the last count by the Office for National Statistics there were over 11million men aged 50 and over in the UK. That number is set to rise by millions as the population ages which means we have some serious work to do to combat isolation and improve Men's well-being. Of course not every man will want to join a Shed, but we think it's a pretty good place to start.

Through our self-help resources, telephone, email and in person support, we hope to inspire every man who wants to, to join or start a Shed.



For feet's sake, check your feet!

If you've got diabetes, good footcare is really important. Did you know that there are more than 20 amputations a day because of diabetes? Having diabetes puts you at greater risk of foot problems and if left untreated these can lead to amputation.



The great news is there are shedloads of really easy steps you can take to prevent foot problems. Diabetes UK is spreading the message of the importance of footcare and simple steps, such as:

- Making sure your shoes and socks fit. If your shoes are too tight, too loose, or rub, don't wear them, change them.
- Whether it's when you're putting on your shoes for work, or just before bed, have a quick check of your feet every day. If you notice any changes, no matter how small, tell your doctor.
- Make sure you get your foot MOT every year. If you have diabetes, having an annual review of your feet will help make sure any foot

problems are picked up and treated quickly.

Visit the Diabetes UK's footcare webpage to find out lots more info, order free footcare leaflets for you and your shed, or to take the Big Foot Quiz of the Year.

www.diabetes.org.uk/foot-month

For feet's sake, make sure you're taking care of your feet!



**For feet's sake
check your feet**

For feet's sake, make sure you're taking care of your feet!

HOMEBASE NEED YOU

Special request for DIY lovers to join the Homebase team

Have you ever considered putting your making and mending skills to use in the workplace?

Would you be interested in using your specialist knowledge to help Homebase customers with their DIY projects?

If you have a can do attitude, enjoy working as part of a team or are passionate about home improvement and gardening then a job with Homebase could be ideal for you.

Homebase have a wide range of flexible part and full time opportunities available to suit any situation.

In return, they're promising a competitive salary, support to develop, team member discount and flexible benefits.

Sound good?



For more information on the jobs they have available please visit <http://homebase.careers/> and if you would like to apply, email Peter Routledge at peter.routledge@homebase.co.uk quoting which Homebase store you would be interested in.



TIP OF THE MONTH

This month's tip from a fellow
Shed or Shedder

This month's tip comes from the guys at the brilliant Milton Keynes Shed who have a simple, but effective name badge system. Each Shedder wears a badge with their emergency contact details and any vital medical information on the back, in case of emergency. On top of that, they use coloured stickers on the face of the badge showing the years each Shedder has been a member.

If you want to provide a future tip of the month, simply send us an email at admin@ukmsa.org.uk.



FUNDING ROUND-UP

The latest grant or funding stream that may help your Shed.

Relying entirely on grant funding is rarely the best approach to sustaining your Shed, but sometimes it can serve as a little boost. You might have your eye on tools, need to add a toilet or want to hold an event to attract members. We take a look at the latest fund that you may just be eligible for.

FUNDING JUST FOR SHEDS

RVS and Asda Foundation launch their next round of funding for Sheds

The **RVS and Asda Foundation Sheds Grant Fund** reopens for applications on Monday 17th July to help support the set-up of community based, member-run Shed spaces.

Older people's charity Royal Voluntary Service, with funding from the Asda Foundation, run the Sheds Grant Fund to provide small grants to Sheds who are looking for help with either set up or next stage development costs.

The Fund runs in conjunction with the four national Shed Associations representing and supporting Sheds in England, Wales, Scotland and Northern Ireland – and as members, we encourage you to have a look at the fund, if you have not already done so.

Jo Phillips, Sheds Project Manager

at Royal Voluntary Service said: "We know that each Shed is unique due to its location and the activities that the members want to undertake in the space. Whether it is for woodworking, gardening, model making, weaving or electronics, we are delighted to be able to give a helping hand to local communities who want to get a community based Shed up and running."

Julie Ward, Manager of the Asda Foundation said: "The Asda Foundation is one of the many ways we can give something back to our local communities. That's why we lend a hand to a wide range of good causes with which our colleagues are involved with, sharing their passion and helping to make a difference through a variety of projects across the UK. We see the

Sheds programme as making a real difference at a grassroots level and are proud to support this initiative."

Since 2016, 45 Sheds across the country have been awarded funding to kick start or grow their ambitions.

Grants of between £250 and £1,000 are available from the Sheds Grant Fund. All applications need to come from constituted, volunteer led community groups and must be submitted by the deadline of 5pm Sunday 24th September to be considered.

To find out more about Royal Voluntary Service and Asda Foundation Sheds Grant Fund and to download the Application Form and Guidance Notes, please visit:

royalvoluntaryservice.org.uk/sheds

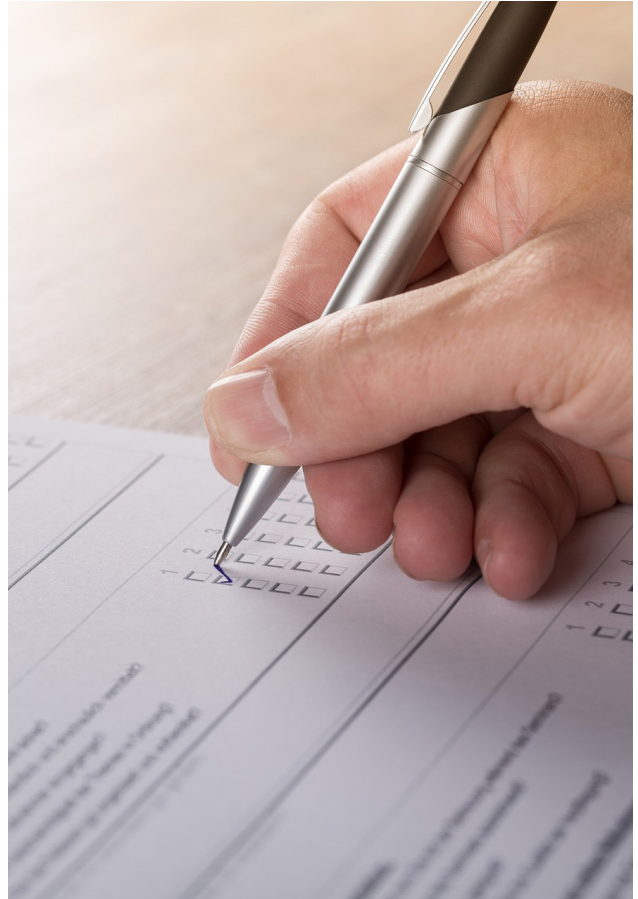


DON'T FORGET TO VOTE

Extraordinary General Meeting on Wednesday 12th July.

We need to make some changes to our constitution that will better enable us to continuously improve the support we provide to Sheds. We want to change our charitable objective to make what we do clearer to the people we're supporting, funders and supporters of us, as well as the legislative bodies that regulate charities. We also want to make the process of bringing on board new Trustees simpler and put ourselves in a position to spread our representation across the whole of the UK with Trustees that have a range of skills to reflect the needs of the Shed movement.

All members should have received details of the event, with instructions of how to vote if you can't make it.



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