

SHOULDER to SHOULDER

Newsletter 035 | October 2017



MEN IN SHEDS HULL GETS A BOOST

Thanks to employees from Hull-based companies working together



Seventeen Hull businesses, large and small, came together in a new charity initiative called More Together to raise more than £74,000 for Hull-based charities, and our very own Men in Sheds Hull will receive a quarter of it.

The initiative is led by Hull-based global medical company, Smith & Nephew, who came up with the idea after raising a large sum of money through employee fundraising activities for three local charities.

More than 1,000 employees from a range of Hull

companies were involved in raising the £74,000.

Baz Wharf, Chairman of Men in Sheds Hull said "We're delighted to have been chosen as the main charity for the More Together project. The donation will be used towards the expansion of Men in Sheds Hull and will help to support our members in combatting loneliness and isolation by providing support and activities."

We're absolutely thrilled for the members of Men in Sheds Hull and on speaking

with them on the morning of writing this article, they told us the money would go towards another Shed in Hull for use by some of their ever-growing membership.

The fundraising efforts included various sponsored adventure events including walking the Yorkshire Three Peaks and a challenging obstacle course.

Smith & Nephew matched the amount raised by their employees to contribute to the total. Katie McGory from Smith & Nephew said "The camaraderie between companies has been a real highlight".

This is a brilliant example of how Men's Sheds inspire and empower communities to come together and do good. It is fantastic what can be achieved when individuals and organisations work together with a shared purpose. It's what Sheds are all about and we are absolutely delighted to see another Men's Shed rewarded for the wonderful things they do for their communities.

IT'S BEEN A BUSY SEPTEMBER

We've been super busy over the last month talking to more Shedders and potential Shedders than ever. The volume of enquiries we get about starting, managing and attending Sheds across the UK is increasing at quite some speed. We spoke to thousands of people about Men's Sheds at Festival of Thrift too. It was a brilliant weekend. Huge thank you to the Shedders from Recar, Whitby and Burnley who helped.

We'll be welcoming a brand new member to our team next week. You can 'meet' Laura on the right. She will provide dedicated member support and give advice and guidance to help lots of new Sheds get off the ground and help existing ones be more sustainable.

We've been developing better support materials for Sheds and having listened to Shedders for a while now, we're building a new website that will better serve the needs of the growing Shed movement, and create a better sense of community. This will all be launched on Thursday 23rd November at our exciting national ShedderFair.

ShedderFair will take place after our AGM on Thursday 23rd November. We'll send formal notice of the AGM to member Sheds along with papers at least two weeks before hand, but for now, save the date! It will be at 10am and ShedderFair will follow with a buffet reception at 12pm. See page 3 for more details. It's set to be a big event this year. There's more of you than ever now and we've hit some big milestones recently, having broken the 400 Sheds mark and benefiting an estimated 10,000 men. We hope you'll join us for a fun-packed and informative day. The event is free to attend and is exclusively for Shedders from across the UK. Your Shed doesn't have to be a member of UKMSA, but we're sure that by the end you will be!

As well as our new website, the event will mark the launch of our new membership packages and our exciting new Ambassador Programme, which hopefully lots of you will want to get involved with.

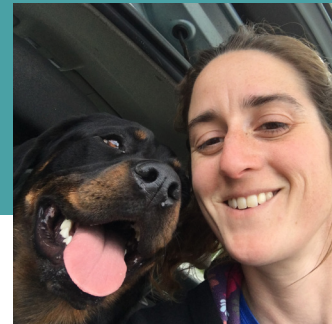
We've had a lot of enquiries about UKMSA polo shirts. We've listened, and we'll be selling them at ShedderFair in an exclusive UKMSA colour with our brand new logo. If you want one, pre-order by email at admin@ukmsa.org.uk. Your Shed must be a UKMSA member Shed to buy them.

Just one more thing... Since we're all about the betterment of men's health and wellbeing, I hope to see lots of you showing off your moustaches for Movember. You can visit <https://uk.movember.com/> to see what it's all about. Get involved, fundraise for a great cause, and we'll give a prize for the best one. I'll try and grow mine too!

I look forward to meeting you at the event. Until then, happy Shedding!

Victoria

Meet LAURA WINKLEY MEMBERSHIP & SUPPORT OFFICER



I'm coming to UKMSA from a background working in youth and community work, and working in care homes for 15 years. It's given me all kinds of stories and experiences throughout that time which I've learnt from. What I've always enjoyed most has been working with individuals and groups, supporting them to see their dreams realised. Although lots of my experience has been with children and young people, I find most people all need the same things, someone to listen to us and treat us like we're a human being.

I'm looking forward to finding out about the wide variety of Men's Sheds, talking to Shedders and hearing your stories. I am very excited by the creativity and wide range of projects that are happening and being started up. I look forward to offering support to make them the unique places their resident Shedders want them to be and keeping them alive and active in their communities.

When I'm not at work, I love being outdoors (I live on the edge of Exmoor, it's just a way of life for us in this part of the world!) - walking my dog, mountain biking, surfing and climbing. At home I enjoy being creative, from big DIY projects and upcycling, to crochet and baking. I love having a good project on the go to get stuck into.

'S' IS FOR SHEDDERFAIR

Will we see you there?



THURSDAY 23RD NOVEMBER

We're taking over the Northampton Guildhall for a jam-packed day of all things Men's Sheds. Our AGM will be held in the morning at 10am (save the date, members) and our event will follow in the Great Hall and Court Room from 12pm.

The free event will take place to celebrate a fantastic year of Shedding and to launch some exciting new products and services from UK Men's Sheds Association, including our new Ambassador Programme.

You will be welcomed with a buffet lunch and will be able to meet and mingle with Shedders from across the UK.

There will be demonstrations, talks on useful subjects to help run a successful Men's Shed, fun (and possibly silly) activities, a presentation for the 2017 Shed of the Year and plenty of laughs to go round.

We'll also be hosting SHEDtalks (like TED talks, but about Sheds!). We have 4 spaces left to do a 6 minute SHEDtalk. Contact admin@ukmsa.org.uk if interested.

Shed contacts will be sent more details of the event in the run up, but tickets are limited, so book fast - they will sell out!

DON'T FORGET TO
GROW YOUR MO
FOR NOVEMBER



BOOK YOUR SPACE NOW AT

<https://shedderfair.eventbrite.co.uk>

Or email us to book. Tickets are for Shedders only.

SHED OF THE YEAR

Is it your Shed's year to claim the glory?

As of 6th October 2017 we are taking nominations for 2017's Shed of the Year. Last year, the Shedders from Bourton on the Water took the prize and ever since, they've been thriving. You might have seen them hit the bigtime with a star appearance on BBC's Countryfile Diaries and they've been the local heroes of Bourton, helping out with projects for community groups, charities and local residents in need.

This year, it's your chance! We'll be collecting nominations from Shedders across the UK until the day before ShedderFair which will take place at the Northampton Guildhall on Thursday 23rd November.

Nominations should come from individual Shedders who want to nominate their Shed. Individuals and Shedders from other UK Sheds can also nominate a Shed that is not their own.

This year, the theme is 'contribution to the local community', inspired by last year's winners, the Bourton Shedders, who go above and beyond for their community, as many Sheds do.

We want to hear about Men's Sheds that have worked together as a team and gone out of their Shed to help individuals or groups in their local community. There's no set description for the type of community contribution you need to have done. We want to hear it all!

To nominate a Shed, **send us an email or letter with the name of the Shed and a summary of no more than 400 words telling us why they should win** by Wednesday 22nd November.

The Shed must be a member of UK Men's Sheds Association.



SHED HEALTHY

This month's ill-health prevention message is from



Bowel cancer is the UK's second biggest cancer killer and the fourth most common cancer. Over 41,000 people are diagnosed every year and almost 16,000 people die from it. However it doesn't have to be this way – bowel cancer is treatable and curable, especially if diagnosed early.

A key part of Bowel Cancer UK's work is educating patients, the public and healthcare professionals about bowel cancer by providing expert information and training. One of the ways the charity does this is through their award-winning health promotion volunteer programme.

The volunteers, all with personal experience of bowel cancer, give talks week in week out across the UK spreading the word about symptoms, risk factors and screening. They reach many different audiences including us

here at UK Men Sheds, care homes, construction sites, garages, and a whole range of community groups.

Men are a key audience – they are more likely to develop bowel cancer, die earlier from it than women and less likely to complete and return the bowel cancer screening test when they receive it in the post. That's why their volunteers deliver talks to our local Men's Sheds groups.

Derek Johnson, from Bolton Men in Sheds, said: "Following my own bowel cancer scare six years ago, I discussed with my wife about talking to others affected by the disease knowing that it was less common for younger people to be diagnosed. I did nothing about it and it fell by the wayside. Then Jeff, a volunteer from Bowel Cancer UK, came along with his presentation and it reignited the flame and I said 'I can do that' and asked for my details to be passed

on. Since then I've given six Bowel Cancer UK talks in my local area!"

Spotting the signs

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit lasting three weeks or more
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your GP.

Book a talk today

The free 30 minute talk is delivered by a trained health promotion volunteer and will promote good bowel health, highlight the symptoms and risks, and stress the importance of those who are of screening age to take the bowel cancer screening test when they receive it in the post.

Visit:
www.bowelcanceruk.org.uk

email:
volunteer@bowelcanceruk.org.uk

or call:
020 7940 1760

Bowel cancer: the facts



4th

Bowel cancer is the **fourth most common cancer** in the UK

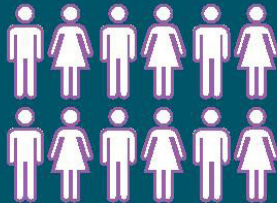


Every **15 minutes** in the UK someone is diagnosed.

That's over **41,200** people every year

It is treatable and curable especially if diagnosed early. Nearly everyone diagnosed at the earliest stage will survive bowel cancer. This drops significantly as the disease develops

It is more common in the **over 50s** but it **can affect any age**



More than **2,500** people under 50 are diagnosed with bowel cancer in the UK every year

Around **268,000** people living in the UK today have been diagnosed with bowel cancer



Visit bowelcanceruk.org.uk



@Bowel_Cancer_UK



/charitybcuk

SHEDDER TO SHEDDER

Northampton Men's Shed's Chair, **Martin Price** writes of his observations of Tasmanian Men's Sheds from travels around the Australian Island.

Local Heroes of Tasmania

As a Shedder in the UK, I learnt a lot from Tasmanian Men's Sheds. For those who have yet to visit, I report some of the thinking and practises that have emerged in recent years. In this small Australian island state, Sheds are more prolific (56 Sheds in a population of 500,000) than anywhere else in the world. Through a short series of articles I will be sharing some of the ideas, innovation and social enterprise to be found in this pioneering community.

As most readers of 'Shoulder to Shoulder' will know, the Men's Shed movement began in Australia. There in the 1990's, the government recognised that the population of men living after a life of paid employment was large and growing. It was recognised that social isolation and loneliness among older men was a

significant and growing issue. Many older men needed fresh places to find companionship, useful occupation, community involvement and purpose. Sheds are now growing beyond this by, in various ways, welcoming all adults into membership. It has led to the growing popularity of 'Community Sheds' throughout Australia.

Local Goodwill

Much of the success of Tasmanian Men's Sheds arises from the goodwill from every aspect of society.

1. All Tasmanians are well disposed to Men's Sheds
2. Social enterprise is openly expressed and developing
3. Support is available as funding and much is provided 'in kind'
4. Sheds participate closely in their local communities
5. In any Shed, Shedders are expected to share in decision-

making and to collaborate in what they do and how it is to be done

The future

Sheds are very conscious of their path of continuous development. They are aware that all Sheds need to be made more sustainable; dependent as they are on the dedication of local heroes and their reliance on the succession of Shed leaders.

Projects in Tasmanian Men's Sheds (TMSA) are now embarked on the development of programmes to develop capable Shed Leaders for the future. While the commitment and energy of leaders is vital, able leaders in this particular role also need access to learning opportunities such as team leading, study-sets and the learning available through joint action between Sheds.



SUSTAINABLE SHEDDING

Mike Jenn from the Camden Shed shares another tip on income generation in part two

One of the most important things for Sheds, right from day one, is ensuring they have enough money to continue. One side of that coin is keeping costs as low as necessary and the other is to get in more than your costs.

The most sustainable Sheds will have kept their costs low by having a voluntary leadership and by waiting until an affordable property was found whose costs did not cripple it from the outset. Some Sheds have even achieved peppercorn rents but these options are rare. In our case we had not raised funds in advance so hired a room by the hour, quickly increasing the hours afterwards. Six years later we are still there, fifteen hours pw.

Last year it cost us £6700 to operate including £3640 in hire charges and £340 of insurance excluding costs relating to our training courses. The surplus was mainly spent on materials and tools.

The biggest contributor to that cost was the members, despite the Shed being free to use. We have no set fees for membership or daily use because one of the first persons to join us was penniless and desperate. Some weeks later he told one of us that he had been suicidal at that time. Since then all our member contributions have been donations.

The way this works is that new people are told there is no charge but that we ask everyone to contribute in cash if they can or else in some other way. When they ask 'how much is a donation?' they are told that we do have people who put in no cash but who have taken on roles to compensate for that and that we also have a retired dentist who puts in £100 a month. We also have a Shedder who has agreed with Social Services a payment of £10 per day from his Personal Allowance, the fund that allows him to buy in services of his choice.

We tell them what it costs to run the Shed and then leave it to the person to decide how much they feel able to contribute. There are risks with this donations method but it does encourage a responsible attitude and it releases people to choose their own amount which can be much more than an agreed sum. Last year our average donation was £6.50 per person, per day.

Getting people to pay directly by standing order or electronically has been better than by cash which tends to stick to people's fingers more. Not only is the amount higher but it is regular, safer, can be directed through Local Giving for matching sums and provides evidence for a Gift Aid claim. Cash donations can also count for Gift Aid. See <https://www.gov.uk/claim-gift-aid/small-donations-scheme>.

Product sales last year were a few pounds under £2000. A third of this were commissions (pre-agreed product and price) and £110 was through the website folksy.com. The rest was from selling at stalls, by far the best being a Charity Fair just before Christmas (3 x any summer fair). This year we hope to follow Milton Keynes Shed in doing a 'sausage sizzle' at Bunnings as well as offering a knife-sharpening service as Frome Shed have done.

Any Shed can apply to Bunnings for a stall from which to sell sausages as prescribed by the company. Someone from the selling group has to attend a Bunnings food hygiene session beforehand and the Shed has to buy all the materials in advance (£150-£200). The Milton Keynes crew made nearly £400 profit on the day and had a very fulfilling time in addition to good publicity. No product sales are allowed unless you make home-made cakes.

Whilst there is nothing in this article about applying for grants and funding, one thing funders love to see is applicants doing as much for themselves as they can and not solely relying on funding to survive.



TIP OF THE MONTH

Is your Shed digital?

For those Sheds that are digitally minded and manage some of their processes electronically, it may be worth checking around for free software available to non-profit and community groups.

There are a few large software corporations that have community donation programmes and will donate a number of licences or give large discounts to charities that fit their eligibility criteria.

Sage, the well-known accountancy software company do just that through the Sage Foundation, and some Sheds might be eligible to apply for their software to manage their books.

One of the software packages in their programme is a preferred package for submitting VAT returns to HM Revenue and Customs. A useful tool for those VAT registered (you don't have to be).

Find out more about Sage Foundation products at www.sage.com/company/sage_foundation

Thank you to Paul from Men in Sheds West Bletchly for letting us know about their successful bid to the Sage Foundation.

If you have any questions about this month's tip or you want to provide a future tip of the month, send us an email to admin@ukmsa.org.uk.



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