

Dumfries & Galloway Festival of Sheds 9th May 2018

Claire Shelton, our Volunteer Ambassador Programme Manager, was invited to Dumfries & Galloway's Festival of Sheds last month, organised by UKMSA's Shed of the Year, Dalbeattie Men's Shed. Claire shares her fond memories of her time with the Scottish Sheddors and another opportunity to celebrate all things Shed related.



The day started early with a trip to our Shed of the Year – Dalbeattie Men's Shed.

Dalbeattie Sheddors have an impressive workshop gifted to them by local businessman Alan Mazza, MD, KCB Investments. There is a wealth of different activities on offer for members, from woodwork to 3D printing to dye sublimation printing.

Talking with Alan, it was clear that he 'got' what Men's Sheds are all about and valued the Sheddors being there as much as they valued his generosity. He was quick to point out that the benefits are two way - in terms of profile-raising, business rate relief and being able to draw on years and years of experience from the Sheddors.

It was a great start to a great day.

Back in Dalbeattie and all hands on deck for the last touches to Craignair Church Hall. Hosted in partnership with D&G Third Sector, Christine and her team had done a sterling job setting up and ensuring that the Shedder event ran smoothly.

The event was opened by Cllr Rob Davidson who was clearly very pleased to be there and totally captivated by the Shed movement.

With lots of time for tea and cake and, of course, networking the morning session went quickly and we settled down for the Shed presentations. Thanks to the Sheddors from Dumfries Men's Shed, Dalbeattie Men's Shed, Glenkens Men's Shed, Lockerbie Men's Shed, Moffat Men's Shed and Annan Men's Shed for their heartfelt accounts of their Shed journeys.

Continued on Page 2...

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Continued from Page 1...

All different but all with a common theme of support, friendship, awe at the generosity of spirit encountered and lots of tea, the individual Shed stories left everyone inspired and enthusiastic about being part of something that makes a difference.

After lunch (and more tea and cake) there were presentations from Age Scotland, British Legion Scotland and Poppy Scotland, all of whom were incredibly knowledgeable and supportive of the Sheds movement.

Thanks for the day also go to generous suppliers Toolstream, Metalcraft, Identity Leathercraft and Dye Sublimation Supplies who donated gifts, catalogues and discounts

and to Dalbeattie Men's Shed for the lovely mugs and festival goody bags.

The day finished with a visit to Dalbeattie Men's Shed and the train back south for me. It was a pleasure to meet so many Scottish Shedders and to be made so very welcome by Geoff and all at the Dalbeattie Shed.



HELP WAITROSE HELP SHEDS

This summer, the UK Men's Sheds Association is one of three good causes to benefit from the Waitrose online Community Matters awards scheme. During June, July and August, online shoppers will be invited to vote for one of three national charities at the checkout, and we're hoping it will be UKMSA! A £25,000 donation will be shared between the charities in proportion to votes cast over the 3 months.

You can help support Men's Sheds, by shopping online at Waitrose and voting for UKMSA. Please encourage, friends, family and neighbours to do so as well, and talk to your nearest Waitrose store about local publicity. If you use social media or contribute to a newsletter, we'd be grateful if you could share this short piece:

Waitrose online shoppers invited to support Men's Sheds

When faced by life-changing experiences - retirement, unemployment, bereavement - men can feel disconnected and disoriented, particularly when their identity has been tied up with their working lives. Men's Sheds are communal workspaces bringing older men together to stay healthier and happier for longer through making, mending and learning.

The UK Men's Sheds Association (UKMSA) exists to inspire and support the development of Men's Sheds. As a membership organisation, we represent the interests of more than 500 Men's Sheds and over 10,000 Shedders. Our mission is to enable access to a Shed for every man that wants it. If you shop online with Waitrose in June, July or August, please vote for UKMSA for a share of a national £25,000 donation to help match men with Sheds.

For further details go to http://www.waitrose.com/home/inspiration/community_matters/community_matters_results.html

UKMSA Board of Trustees

Over the next few months we will continue meeting different UKMSA Trustees. Last month we met Jo Phillips. This month we're meeting Chris Lee...



I first discovered Men's Sheds through Twitter five years ago. 18 months later, when I couldn't persuade anyone else to set up The Repair Shed (a combination of Men's Shed and Repair Café) I did it myself in Hemel Hempstead. To get started I sent random

e-mails to members of the UK Men's Sheds Association (UKMSA) asking for their advice. I was amazed and delighted with the response, including an hour-long phone call from Martin Gamester up north who also sent me his business plan.

I've been a UKMSA Trustee for more than three years to put something back into the network that helped me so much. I believe Shed-to-Shed support is the way forward – for saving time and money and sustainability – to keep older men happier and healthier for longer through connecting, creating and learning.

My life has been a cause rather than a career – with marketing being a thread running through it. When I'm not involved with Sheds and my day job (helping young people set up businesses through the Prince's Trust Enterprise Programme) I run, sing and freecycle in Royston, 13 miles from Cambridge.

The UKMSA Board are:
Margaret Walker (Chair)
Mark Lindsey (Treasurer)
Chris Lee
Nathan Sarea
Brian Cooke
Jo Phillips

The Silvers Workshop help UKMSA search for new Chief Officer

A big thank you from UKMSA goes to The Silvers Workshop in Reading for hosting the first round of interviews for UKMSA Chief Officer. The Silvers Workshop were incredibly welcoming and friendly to both candidates and UKMSA staff, and provided us with copious amounts of tea! The Shedders gave us a tour of their workshop on a busy day when they were inducting and re-inducting all their Shedders into Health and Safety for the workshop.



We will update all members as to an appointment as soon as possible, via our website and newsletter.

Shedders who Never Give Up!

I was married on the 4th November 1978 and became ill on New Years Day 1979. I was diagnosed with Multiple Sclerosis on 3rd March 1979.

I was told that there was nothing that could be done and the only thing I could do was to go home and sit in my armchair. This meant I would have to use a wheelchair.

After many years of sitting at home I managed to get myself walking, but only short distances.

After searching for something of interest to do and talking to friends I found out about the 'Mens Shed' organisation and contacted my local branch, Shed Oxford. I visited Shed Oxford, based at The Abbey Sutton Courtenay and when I joined up they asked me what I was interested in doing. I said I was interested in wood carving, which I had never done before.

I have now made wooden coat hooks for the back door of the Shed and a wooden frame for our new notice board.

After six weeks I feel that I am now one of the gang. They have gone to so much trouble to modify and give me a bench and also a very comfy chair. I now go to the Shed 3 days a week.

At last I have found something to do, working with a very friendly bunch of guys who are all very helpful.

Mike Moon,
Shed Oxford



NEW SHEDS ON THE BLOCK



www.findashed.org.uk

Make sure you're on the map and your contact details are up to date so people can find you to join your Shed or give support.

The Find-a-Shed tool on our website is the most popular page and requests to add Sheds to the map is one of the most common we receive. The map is a great way to get your Shed noticed, to get new members and attract support from individuals, companies and organisations in the community. It is also a vital tool for men across the UK to easily find and join their local Shed

We're wishing the following Sheds the best of luck in their development:

Harlow Men's Shed

Cambridge Men's Shed

and welcoming the following Sheds, now open on the map:

Boiler House Men's Shed

Cut Maple Men's Shed

Waterlooville get creative expanding their Shed

UKMSA are always excited to hear when Men's Sheds are supported to grow and develop.

Waterlooville Men's Shed have been donated twelve PVC corrugated roofing sheets and fixings to enable the men to build a new outside work area by Roofing Superstore, an online roofing supplies merchant. The new roofing sheets have enabled them to create an outdoor sheltered space.

Bob Porter, Secretary of the Waterlooville Men's Shed said: "The much-appreciated donation allowed us to undertake this project which will be a great improvement to our facilities for members.

"Today, in the lovely sunshine, the project was completed. We created a canopy at the rear of our building. As workshop space is at a premium, we wanted to create a dry work area, as well as a cover for the boardwalk between the workshops and our tearoom.

"This afternoon, the new workbench under the canopy was utilised for the construction of a project for a local school. On behalf of the Board of Trustees of the Waterlooville Men's Shed Charity and the membership, we want to thank Roofing Superstore and Construction Materials Online."

Liz Orgill, Marketing Director at [Construction Materials Online](#) said, "We're pleased to support Waterlooville Men's Shed and see members enjoying the finished results of their hard work. We actively support initiatives which help develop better communities and at Roofing Superstore, we love a good work shed!"



Annual Makers Central Event

Trustee Brian Cooke represented UKMSA at the recent Makers Central Event in Birmingham. 'On Friday 4th May I set off from Andover Men's Shed for the National Exhibition Centre for the Creator Maker Exhibition. After checking in I was shown our stand and 3 hours later everything was ready for the next day.

On the Saturday Ron Caddy, a wood Turner and a member of the Andover Shed, and Bongo, a member of the Denbigh Shed, came with me to support. At 10 o'clock the doors opened and the rush began! We had a full day of people keen to learn more about UKMSA, we were constantly busy until late afternoon when we were able to have a look around.



There was a lot to see, the British land speed car, ice sculptures, Axminster Tools, a blind wood turner, a variety of Craft stalls as well as a number of stalls selling a wide range of tools. Especially interesting were two stalls who specialise in buying or auctioning old tools.

If your Shed is looking for premises, then check with your local makerspace groups who may want to work with you and your Shed.'

Are you at risk of diabetes?

The truth is that nearly everyone is

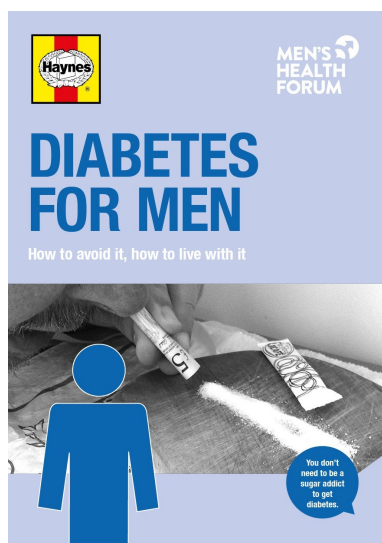
In the UK today, there are at least 12 million people at increased risk of the condition. Recent research by the Men's Health Forum suggests that diabetes is decimating men: one man in 10 now has Type 1 or Type 2 diabetes and a tripling in the incidence of diabetes in middle-aged men has been predicted for the next 30 years.

Men are more likely to get diabetes than women. More likely to experience complications. More likely to face amputation of limbs as a result. And more likely to die from diabetes. That's why diabetes is the theme for this year's Men's Health Week (11-17 June).

The idea that because sportsmen like Gary Mabbutt or Steve Redgrave, and other people with high-profile jobs like actor James Norton, or even the Prime Minister have the condition, then diabetes must be trivial is a myth. Neither type of diabetes is trivial.

You're at increased risk if you:

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes – such as a parent, brother or sister
- are overweight or obese (especially if you have a lot of fat round your middle)
- have high blood pressure and/or high cholesterol
- have a lifestyle which involves a lot of sitting down
- smoke
- are of south Asian, Chinese, Afro-Caribbean or black African origin (even if born in the UK)



Watch out for the symptoms of diabetes and if you're concerned, see your GP:

- feeling very thirsty
- peeing more than usual, especially at night
- feeling very tired
- weight loss and loss of muscle
- frequent itching around the penis or even thrush
- cuts or wounds healing more slowly
- blurred vision
- unexplained weight-loss

It is estimated that there about 850,000 cases of undiagnosed cases of Type 2 diabetes in the UK. Are you one of them? If you have diabetes, the sooner you know, the more you can do about it.

Find out more at menshealthforum.org.uk/mhw



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 for which you may just be eligible.

GRASSROOTS GIVING 2018



Skipton Building Society's Grassroots Giving Fund is now open for applications. The idea behind the Grassroots Giving campaign is to help community organisations, or groups, who only have access to limited funding from elsewhere. For this reason, registered charities are not able to apply.

Applications are invited from:

- Any community group based in the UK;
- Where people involved in the group are all volunteers;
- Where groups can show how a Grassroots Giving donation would benefit their community;
- Where the donation would benefit vulnerable people e.g. homeless, elderly, deprived areas, etc



The Fund won't contribute to running costs, but if there is something which would enhance your Shed, such as tools, or the funding. For more details, see their web page dedicated to the Fund, including examples of previous projects [here](#).

Groups don't need to be Skipton Building Society Customers to apply.

Not eligible?

Even if you're not eligible for the Fund, Skipton have a series of Fundraising Fact sheets [here](#), which Sheds can all access to support their fundraising efforts. Don't forget, UKMSA also has advice and tips for Member Sheds in the resources area on the [website](#).

Upcoming deadline—

The RVS Asda Sheds Grant fund closes 24th June 2018 at 5pm

This is the last round of applications for the Fund. To apply through the scheme, see the dedicated website [here](#). We positively encourage eligible Sheds to consider an application, and are happy to help with applications. Please contact Laura on 0300 772 9626, or email admin@ukmsa.org.uk.

New Community Well-being Shed in North Wales

Denbigh Men's Shed has recently completed the build on its new Community Well-being Shed project, which was built thanks to a donation of £1,000 from the North Wales Masonic Benevolent Association.

Officially opened on Saturday 28th April, the Well-being Shed is the culmination of 4 months solid work to prepare the base and build the 20' x 10' timber framed structure.

Made almost entirely from reclaimed, recycled and donated materials - the Shed now provides a much-needed extra space on the site.

Nathan Sarea, Project Director for Denbigh Men's Shed and UKMSA Board Member, commented "We are extremely grateful to the members of the North Wales Masonic Lodges for choosing to support this project and helping us get it off the ground.

People who are more vulnerable and socially shy can easily be put off from attending a busy Men's Shed project like ours - so it became clear that we needed a new, quieter space in the grounds to meet the needs of the harder-to-reach people in our community.



Due to our recent collaborative work with members of the autistic community, like the AWE Projects Willow Holloway we began to develop the idea of a 'Community Well-being' Shed, that was built with their specific 'sensory' needs in mind."

The opening ceremony was attended by David Thomas, Chairman for the NWMBA, who said "I am delighted to attend today's opening ceremony and meet the members of Denbigh Men's Shed. North Wales Freemasons are proud to support this wonderful

local community initiative"

With the weather turning warmer - the Well-being Shed is now being used on a daily basis for 1-to-1

counselling & coaching sessions, lunches and presentations - and is a wonderful testament to the skill and determination of all the vulnerable and disabled people who actually built it.

The long-term aim is to use the Shed as a central feature for the first adult autism-friendly 'Shed' provision in North Wales.



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