

Welcome to Charlie Bethel, UKMSA's new Chief Officer



Charlie comes to UKMSA with a wealth of experience from the third sector including over 20 years working in Paralympic Sport. He is a member of the Executive Committee of the International Wheelchair Basketball Federation where he has a portfolio that includes the Summer Paralympic Games and Commonwealth Games.

Charlie is the former Chief Executive of British Wheelchair Basketball where he led the sport through tremendous growth in both participation and the structure of the organisation.

On joining us Charlie said, "I'm tremendously excited about the opportunity of working with the Trustees and everyone involved in

Men's Sheds across the UK.

UK Men's Sheds Association offers life transforming opportunities and I am proud to be part of this movement.

UKMSA has incredible potential at a local and national level and I want to see every Shed realise its potential. We should provide the services and every opportunity to those who attend Sheds."

Nathan Sarea, Chairman of UKMSA welcomed Charlie saying, "We are very pleased to welcome Charlie to our ranks and are very excited about taking Men's Sheds to a new level. We are committed to provided a fantastic service to our members and developing more opportunities and more Sheds across the country."

UKMSA Board of Trustees

Over the next few months are continuing to profile different UKMSA Trustees. Last month we met Chris Lee. This month we hear from Nathan Sarea, Chair of the Board.

Hello everyone,

I have stepped in as Chair of UKMSA at what I feel is a very exciting point in the journey of the Men's Sheds movement.

For those of you who don't know me I am passionate about all things Shed - by day being the Project Director for a busy Shed in the heart of North Wales - and the original creator of Shed-Fest.

As everyone is aware, there has been an undeniably long period of introspection for all the team here at the UKMSA, but now that tide is finally turning and the focus for the rest of this year will be all about our Sheds and the people that lead them.

A key pillar to delivering on that has been the recruitment of our new Chief Officer, Charlie Bethel, who I am truly pleased to welcome to the UKMSA team. Charlie brings a swathe of skills and experience to the Chief Officer role - and has definitely hit the ground running - having already written up a long list of things he is looking to achieve.

High on my *own* list of priorities is to help form the first National Sheds Council this year, which will finally give a voice to the UK Sheds and be the central forum for sharing ideas, innovation and best practice for sustaining a Shed.

If this is something you are interested in then please do get in touch - because it won't happen without *you*!

Along with this and with *your* input we will be developing and delivering a UK-wide Shed Leaders Support programme - and working to roll out an enhanced national training provision to support the needs of our existing Sheds.

This is going to form a big part of the job for our new National Sheds Development Manager - a role which we are currently advertising.

The other element of this role will be continuing to support the growth of our network of Shed Ambassadors - assisting them and other Sheddors to organise and run your own regional Shed-Fests.

I hope that my time as Chair will see a greater focus on meeting the needs of the Sheds, as we move forward. Myself and the team are looking forward to getting out and visiting a lot more of you in the coming months.

Watch this space - as we are already looking for venues for the 2018 National Conference and will be making every effort to bring greater transparency in what UKMSA are doing as a Board and as an organisation.

Keep up the great work you are already doing, out there - and in closing all I'd like to say is best wishes and 'Long live the Shed!'



NEW SHEDS ON THE BLOCK

MAP

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.

Interested in starting a Men's Shed?

UKMSA have had contact from people in these areas this month about starting a Shed. If you're interested, [contact Laura](#) to be connected.

Alloway	Henlow
Blackpool	Leicester
Dalston, London	Atherstone
Grange over Sands	Lincoln
Hythe and New Milton	

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

Cheltenham & Gloucester's second Shed

Tynedale Men's Shed

Paisley Men's Shed

The Sawdust Lads (Harrogate)

Saffron Walden Community Shed

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

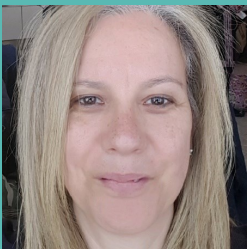
Midsomer Norton Men's Shed

Broadland's Men's Shed

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.

Thank you to Margaret Walker and Claire Shelton



This last month we have said a fond farewell to both Margaret Walker, our Chair of the Board and Claire Shelton, our Volunteer Ambassador Programme Manager.



The organisation has positively moved forward thanks to Margaret's leadership and Claire's hard work and enthusiasm. We truly thank them both and wish them every success in the future.

Frome Men's Shed goes international



Frome Men's Shed have built new links with the Swedish Shed Movement and been visited by Swedish national public TV broadcaster, SVT. Frome Shedder Patrick Abrahams shares his recollections of their visit, and how it came about.

TV Correspondents Lena Sherman & Bengt Norborg from SVT, the Swedish national public TV broadcaster read the recent "[Compassionate Communities](#)" article about Frome in the Guardian, and visited the town in April 2018. They came to the Frome Shed to film, and we gave the details of all the Men's Sheds we knew about in Denmark & Sweden. We also recorded an interview with them for the Frome Shed Frome FM radio show "[Shed Happens](#)."



Lena Sherman (SVT) interviewing Tony Hopkins in the Frome Shed

In the May "Shed Happens" we had a theme of Sweden running through the show, and we did a telephone interview with the Shed in Malmo – speaking with Will English and Sean Furlong.

This theme of Sweden was also a tribute to a young man, the Swedish DJ Avicii, one of the world's biggest electronic dance music stars, who died

at the ridiculous age of 28 in April this year. Whatever the cause of his death, he died too young and way too early. We explained that if you are a man in this country the most likely thing to kill you before the age of 50 isn't a heart attack, or a car crash, or cancer, or terrorism. It's yourself. It's suicide.

People often blame the problem of male suicide on men not talking. But research suggests that men are more likely to seek help with a problem when it is socially acceptable to do so. This



Frome Men's Shed



Sean Furlong being interviewed on SVT News (Frome Shed film running in background)

means that the more people talk about helping suicidal men to get help, the more socially acceptable it becomes and the more likely men are to get help. So let's talk about suicide, you might just save someone's life! The Australians have a programme called RU OK? – Have a look at [RU OK online](#) – it's a great step forward.

When Lena & Bengt got back to Sweden they contacted the Shed in Malmo, and invited Sen Furlong to take part in a SVT TV Show – Aktuellt, where he has able to talk about the health and wellbeing benefits of the Shed in Malmo.

A great result for both Sheds! [You can watch the video here](#) (It's in English after the intro).

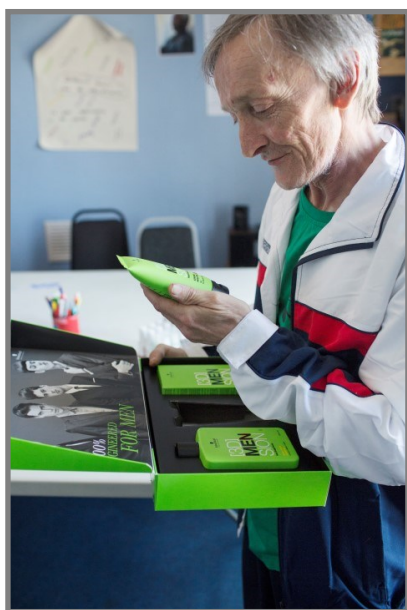
Look out next month for more on the benefits of joining a Shed...

In August's Shoulder to Shoulder we will be looking at Sheds 'on prescription' and see how Sheds are having a positive impact on Shedders lives. If you would like to share your story of how your local Shed has benefitted you, please [contact Laura](#).

In Kind Direct



In Kind Direct was founded by HRH Prince of Wales in 1996 to help ensure that everyone has access to life's essentials and that no usable product goes to waste. The charity works with over 1,000 manufacturers and retailers to ensure new and usable surplus products go to good causes up and down the country, instead of ending up in landfill or incineration. Over



9,000 non-profit organisations now benefit from their service, saving up to £6,000 a year on the everyday essentials they need to maintain and strengthen their services.

Many companies donate to In Kind Direct, meaning they're able to offer a huge range of goods. You can find everything from toiletries, toys, cleaning products, sports equipment, IT equipment and lots more on their online catalogue. Once a non-profit has joined In Kind Direct's network, they can order goods to:

- Give to people you support free of charge
- Run your projects and activities
- Clean and maintain your facilities

Measuring impact

In Kind Direct track every product they receive and distribute to other charities, so they can report back to donors on where it ends up and how it is used. Over the last 22 years, they've seen demand for their service increase month on month, with an average of 100 new charities signing up to their service. [Watch their video](#) to see the impact their service has on charities and their beneficiaries across the country.



What does it cost?

[Registration](#) is free. You pay a small charge for the provision of goods (approximately 80% discount from what you'd pay in shops), which contributes to their running costs and includes delivery of goods.

For more information about In Kind Direct, visit www.inkinddirect.org.

Are there any goods your Shed needs? If you have any questions, please contact Jessica Richards on 0300 30 20 200 or jessica@inkinddirect.org

WHAT DO YOU KNOW ABOUT PROSTATE CANCER?



Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland



1 in 8

In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.

What is the prostate?

- Only men have a prostate gland.
- It is about the size of a walnut and may get larger as men get older.
- Its main function is to help make semen.
- The prostate is underneath the bladder and surrounds the urethra (the tube that men pass urine through).

Symptoms

Many men with prostate cancer have no symptoms at all. When symptoms do occur, they can be similar to non-cancerous prostate problems such as an enlarged prostate (also called benign prostatic hyperplasia or enlargement).

Symptoms to look out for include:

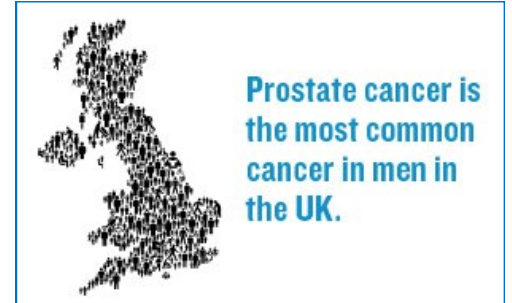
- Needing to urinate more often, especially at night – for example if you often need to go again after two hours
- Difficulty starting to pass urine
- Straining or taking a long time to finish urinating
- A weak flow of urine
- A feeling that your bladder has not emptied properly
- Needing to rush to the toilet – you may occasionally leak urine before you get there
- Dribbling urine
- Getting up in the night more often

Less common symptoms of a prostate problem include:

- Pain when passing urine
- Pain when ejaculating
- Problems getting or keeping an erection – this is not a common symptom of a prostate problem and is more often caused by other health conditions
- Blood in the urine or semen

All of these can be due to non cancerous conditions but if you have any of the symptoms above don't ignore them and have a chat with your GP who can investigate further.

Anyone with concerns about prostate cancer may contact Prostate Cancer UK's Specialist Nurses in confidence on 0800 074 8383 or online via the Live Chat instant messaging service: prostatecanceruk.org



Risk

Only men can get prostate cancer and the risk factors associated with it are:

- Age - Men over the age of 50 are at higher risk of developing prostate cancer.
- Family - you are 2.5 times more likely to develop prostate cancer if your father or brother has had it.
- Ethnicity - Black men are more likely to get prostate cancer than men of other ethnic backgrounds. In the UK, about 1 in 4 Black men will get prostate cancer at some point in their lives. The reasons for this are not yet clear but might be linked to genetics.
- Body weight - Research shows that being overweight or obese increases your risk of getting cancer that's more likely to spread (called aggressive) or advanced prostate cancer (cancer that has spread outside the prostate).

Anyone with concerns about their risk of prostate cancer should discuss them with their GP.



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.

Apply for a Bags of Help grant

Bags of Help is Tesco's local community grant scheme where money raised by the carrier bag charge in Tesco stores is being used to fund thousands of community projects across England, Scotland and Wales. The projects must meet the criteria of bringing benefits to the community.

Bags of Help is administered by Groundwork who are working with greenspace scotland to support successful projects in Scotland.



How does Bags of Help work?

Bags of Help is always open for applications from both charities and community organisations.

Applications are assessed by Groundwork to ensure they are eligible. In areas where application numbers are high, Tesco colleagues will shortlist the projects to determine which go forward to the customer vote.

Three community projects in each local area will be voted on by customers in Tesco stores throughout the UK, with projects changing every other month. Following the vote, the project that received the most votes in its area will receive a grant of up to £4,000, second place receiving up to £2,000 and third place up to £1,000.

What types of projects will Bags of Help fund?

The types of projects funded are very broad and will cover direct costs needed to fund a project.

Bags of Help can fund 100% of your project costs so there's no need to secure match funding. Any funding awarded by Bags of Help can also form part of your wider project costs.

Your project can be a stand-alone project or as a self-contained part of a larger scheme or part of a phased project. You will need to complete your project within 12 months of receipt of the grant. For any projects making a physical improvement to an outdoor space, you will need to evidence the relevant permissions. For more details about the scheme follow this link—<https://bit.ly/2tCw6Y6>

DON'T FORGET TO HELP WAITROSE HELP SHEDS!

Waitrose Community Matters

You can still 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. Don't forget to promote us on social media too!



Next month we'll have more information about [UK Community Foundations](#), follow the link if you want more information now.

Shedder joins record breaking attempt

On 9th June, 2018, Tony Upton, a Shedder from Men in Sheds Bedford joined an attempt to break a Guinness World Record, along with 126 other survivors of Cardiac Arrests.

Survivors aged 11 to 80, and their families attended the record breaking event, which was organised by Sudden Cardiac Arrest UK in conjunction with The Essex Cardiothoracic Centre and SADS UK.

Cardiac arrest can happen to anyone regardless of age, fitness or general health. It is not the same as a heart attack. A cardiac arrest occurs when the heart suddenly stops pumping blood around the body. The person will suddenly lose consciousness and stop breathing or stop breathing normally. It needs immediate treatment with Cardio Pulmonary Resuscitation (CPR) or the person will die within minutes. A heart attack is sudden interruption to the blood supply to part of the heart muscle, causing chest pain and permanent damage to the heart. But the person remains conscious and breathing.

Tony shared the memory of his own cardiac arrest - "When I was 51 I had a heart attack on 4 April 2015 and, on my way to Papworth, in the ambulance suffered a cardiac arrest. My heart stopped for 3 minutes, and I was



defibrillated in the ambulance.

One paramedic commented that the last time she had someone come back was 19 years ago and the other said he'd not yet seen anyone come back from a Cardiac Arrest."

Tony has since organised a [HEARTSTART session run by the BHF](#) for members at the Bedford Shed, which he suggests all groups do.

SADS UK have launched a petition to encourage the use of signs and digital displays to direct people to nearby defibrillators, saving precious minutes that could, in turn, save lives. The Guinness World Record attempt was organised to help raise awareness about the petition and you can [click here to sign the petition](#).

A surprise guest for Dalbeattie Men's Shed



Dalbeattie Men's Shed had a surprise guest Shedder last month - Sir Billy Connolly visited Dalbeattie Sheddars with a film crew to spend the day in the Shed as part of his newest TV series touring around Scotland.

Secretary Geoff Allison said: "He was fantastic. He seemed to be genuinely interested in the Shed and nothing was too much trouble. There were a few flashes of humour, he was happy to pose for selfies and he stayed for a few hours."

Shedders were sworn to secrecy about Sir Billy's visit, only being told the day before he stopped by.

Join Blaydon Shed in a new project supporting men in the UK

The Blaydon Shed in Gateshead are thrilled to announce a new scheme—Clean Start—and they need help from other Sheds to develop it.

All around the UK men are in need of basic toiletries due to either being homeless or having had to flee violent and abusive situations. Many of these men arrive in different towns not knowing anyone or having anything other than the clothes on their back. There are currently many schemes to provide women with basic toiletries, but none for men.



The Blaydon Shed are launching a nationwide scheme in conjunction with other Men's Sheds around the UK to act as both a drop-off point for donations of toiletries and basic hygiene products for men and as a collection point for these products for men in need.

Blaydon Sheddors are appealing to people in Gateshead for any donations of the following items:

- | | |
|---------------------------------|---------------------|
| - face cloths/small hand towels | - combs |
| - deodorant | - shampoo |
| - shaving foam | - soap |
| - toothbrushes & toothpaste | - disposable razors |
| - nail clippers/beard trimmers | - mouthwash |
| - wet wipes | - socks/underwear |
| - shower gel | |



If you can donate any of these items to the Clean Start scheme, they would be very grateful and you can take them to the Blaydon Shed (St Cuthbert's Community Hall (Basement rooms), Shibdon Road, Blaydon On Tyne, NE21 5PT) on a Tuesday or Friday between 11am and 4pm.

Please share this appeal with others and think about setting up a Clean Start scheme with your local Shed – every item donated will help a man in need.

If anyone is interested in becoming a collection point for donations, getting involved, or setting up their own scheme, please email Fiona Teasdale on infoblaydonshed@gmail.com

July 2018 | N. 041

admin@ukmsa.org.uk | 0300 772 9626 | www.menssheds.org.uk

 @UKMensSheds |  UK Men's Sheds Association |  ukmenssheds