

SHOULDER to SHOULDER

Newsletter 043 | September 2018

Shedloads of fun at Festival of Thrift!

Over 45,000 people descended on Kirkleatham near Redcar last September for the two-day annual Festival of Thrift. The Festival is a free, family celebration of 'living lightly' – with fun ways to be more green, reduce waste and save money. In 2017 Sheddors and UKMSA Trustees were on hand to share the magic that is the Men's Sheds movement through demonstrations, sales, and a lot of laughter and chat.



Festival Director Stella Hall gave a warm welcome saying "The Festival is all about building creative communities together – and it's great that Men's Sheds are doing just that! We hope you'll inspire a new generation to get involved."



We're back in Redcar this month – come and say hello!

Look out for the UKMSA stand at Festival of Thrift 2018 September 22nd-23rd
<https://www.festivalofthrift.co.uk>. Email admin@ukmsa.org.uk for more information, or to see where to find us!

UKMSA Board of Trustees

Over the last few months we have met different UKMSA Trustees. In August we introduced Brian Cooke. This month we meet our final board member, Mark Lindsey, Treasurer for UKMSA.



Before becoming a Trustee I'd never heard of 'Men's Sheds'. All that changed in February 2017 when I responded to a request on Freecycle for an old workbench. "Saves me a trip to the tip" I thought. The lady who turned up to collect it told me she wanted it for a Men's

Shed (a what?) "they're all over the country" she said "national charity."

That evening, whilst hiding from my wife and daughters' TV choices, curiosity got the better of me. I googled Men's Sheds and was immediately struck by the concept. When I saw the appeal for a Treasurer, I couldn't walk away - despite my wife's howls of protest and eldest daughter falling off her chair laughing "Dad and his Sheds!" 35 years ago I was Treasurer of Leeds University Student's Union where I was studying Engineering. After graduating I went on to become a Chartered Accountant and over the years since then I have been either the Statutory Auditor or Independent Examiner of a few charities.

I have fond memories of my grampa's Shed with its heady smell of oil and creosote. Away from work I'm never happier than when I'm making or fixing things, pottering between my five Sheds (and several unfinished projects) dreaming about the workshop, like grampa's that I'm going to build. There's a corner of my garden like Steptoe's yard where I have quietly accumulated the necessary materials. It's going to happen, one day.

Since joining the UKMSA Board, and apart from doing the Treasurer stuff (which I know you have no desire to know anything about), I have sat on the last three RVS/ASDA panels for Sheds grants (see page 7).

Whilst I'm not actively involved in a Shed myself, I do occasionally visit the one in Calne, North Wiltshire. I attended their inaugural meeting last year and over several visits have seen them develop a great community Shed. On one visit I arrived just after they had successfully tested the Shed's smoke alarms and rapid response rate of the local fire brigade.

These are exciting times to be involved with the UKMSA, we have a great team of Trustees and staff and many supporters. I'm very optimistic about the future of this movement and proud to be a part of it.

ShedFest 2018—save the date!



ShedFest has been confirmed for this year. The all-things-Shed-related event, including UKMSA's AGM, is taking place on **Saturday 17th November 2018** at the University of Worcester Arena.

The event will start at 9am and end at 5.30pm. We are still completing the programme, but tickets will be available online and by contacting our Membership and Support Officer, Laura, at admin@ukmsa.org.uk from mid-September. Look out for details on our website as they become available.



Meet our new National Shed Development Manager Kate Gordon

Hello everyone! I am really delighted to become part of the UKMSA team and looking forward to supporting this brilliant community shed movement across the UK....

Bit of background on where I've come from - For seven years from 2011 to 2017 I worked for a national conservation charity – the Woodland Trust, aka professional tree hugging! From planting six million trees across the UK to organising large scale community events for over 2,000 people - I was responsible for fundraising and delivering large scale national projects for the wellbeing of local communities and supporting our natural landscape.

For the last year I have been developing my own community project on a piece of land my Nana left to me in her will. Along with three other Directors – the Ruby's Yard vision is turning an old boatyard (along Coventry Canal) into a community venue for local people to socialise, learn new skills and improve both physical and mental health and wellbeing. I discovered the National Shed Development Manager role because I am keen to see the creation of Men's Shed within the Ruby's Yard site - this is still work in progress....

For more information about Ruby's Yard, visit <https://rubysyard.org/>
Here is our latest promotion video which tells the story of Ruby's Yard so far:
<https://m.youtube.com/watch?v=nuBOWDi39ms>

The thing I most enjoy about working for a community-focussed organisation like UKMSA is the diversity of people I get to meet along the way. I have already discovered some of the really interesting and inspiring individuals from the UKMSA shed network and am really looking forward to meeting many more!

Outside of work I love to spend time in the great outdoors – I really enjoy exploring new places and trying my hand at new skills and activities, all accompanied with good music, cups of tea and chatting to as many people as I can along the way....

I look forward to my adventure with you all!



September in Sheds...

Here's a round up of Shed-related events this month—

5th—Stonehouse Men's Shed open meeting at Stonehouse Lifestyles Centre, ML9 3JL from 6.30pm to 8pm. Contact Paul.Creechan@southlanarkshire.gov.uk.

The Repair Shed in Hemel Hempstead are taking their hand-crafted items out and about this month to Hemel Food Garden Festival (**8th**), Redbourn Classic Car Show

(**15th**), Redbourn Senior Forum (**17th**), for more information see their Facebook page, www.facebook.com/TheRepairShed

15th—2pm to 5pm, Desborough Men's Shed are involved in Desborough's 40's event on Station Road, Desborough, NN14 2RL. For more details, contact NN14shed2@gmail.com.

20th—New Milton steering group for new Shed are meeting at New Milton Memorial Hall, BH25 6DE at 7pm.

22nd—23rd—Festival of Thrift, Redcar—come and visit UKMSA, visit www.festivalofthrift.co.uk for more details, or email admin@ukmsa.org.uk.



Full Steam Ahead for Chandler's Ford Men's Shed

Chandler's Ford Men's Shed in Hampshire share with us their experiences of their triumphant first community Shed project.

This was our first real project. A friend of one of our members is involved with The Bracken Place Nursery and Preschool playgroup and she wondered if we could make a steam engine for them. The reply was obvious. Bear in mind at this point we had nothing except a workshop kindly supplied by The Hexagon Centre at Chandlers Ford, a few tools that required a bit of refurbishment and our own DIY tools.

The Shed ethos, which lies dormant in all of us, came to life. The internet was a great source of information for the design. Doug Woodhouse, our Secretary-elect, disappeared to his computer and came back with a great mixture of designs and came up with his own version of a steam engine design.



Materials were no problem. Several pallets were obtained and demolished. One or two domestic sanders paid the price of over enthusiastic use — the odour of burned out motors started to become familiar to us. Gradually an indistinct pile of rough timber took the shape of a steam engine complete with turned funnel and a steering wheel. There were no guidelines as far as health and safety were concerned! We all have grandchildren – what a source of inspiration!

Unfortunately one of our founding members passed away during the construction so it was agreed that the engine should be dedicated to him and so ALAN was created. Through all this we were ably supplied with cups of tea by our Tea-maker-in-chief Peter Miguel.

Reports filtered back to us as to how much it was appreciated. The staff cannot not keep the children off it; girls as well as boys.

A request has come through for a pirate ship. Luckily we have some members with marine experience. Some of us can remember back to those piratical days on the beach! Fortunately we have been offered a Shed of our own by The Hexagon Centre and the generosity of The CO-OP and Waitrose has ensured that the bank balance is a bit better than it was when we built ALAN. At least our treasurer Ernie Hiscock will not be having quite so many nightmares as to what

those clowns are spending money on now! So we should be in a position to provide a good replica of the Black Pig.



THANK
you
We Love it

Have you got a story of a community project you're involved in you'd like to share? Email your experiences to us at admin@ukmsa.org.uk.

Sheds on prescription?

Last month Graham Stephens, founder of Men's Shed Saltney, shared some of his thoughts on Sheds getting involved with 'Social Prescribing.' This month, Graham explains how Saltney Shed incorporate wellness into their programme of activity...

After careful consideration of developing a Wellness Programme in a Men's Shed, Woodwork to Wellness was born in 2015. So how was this project designed and why?

Size—A project in excess of 2,500 sq. ft. It needed to be substantial for two reasons. The first is to be able to safely accommodate up to 40 members per day from differing backgrounds. These include all ages and skill levels, male and female, and those with a disability or who are disaffected in some way to accommodate the various types of members. The second reason was to enable development of three different clearly defined zones to accommodate successfully the various member types. They are;

Green Zone. Easy access area for those who maybe unsteady on their feet or indeed be in a wheelchair. Two work benches are specifically for wheelchair users and each bench can accommodate up to four wheelchair users giving us a daily capacity of eight wheelchair users in any one day. It is also a beginner's zone for those with no or very low skill level.

Yellow Zone. This is similar in size to the green zone and is for those with intermediate skill levels.

Red Zone. The more dangerous machinery can be found here along with those who have advanced skills.

Financial stability—We identified ten provisional income generating streams which would be put in place progressively, with perhaps the most significant one overall being our own Café. This is not necessarily for generating an income but for continuing or expanding the overall health and wellbeing message for members. The café would also strengthen the community aspect for those members using the project and to give work experience for those with a disability or other health issue by being able to volunteer in the café under appropriate supervision.

Promoting health and wellbeing in the widest sense—This aspect is in light of the ever-diminishing health service and in particular preventative health around what has currently come to be known as the chronic disease medicine model, mentioned earlier. For example, most hospitals had a workshop environment but these are almost extinct these days and this is undoubtedly a step backwards with regard to health and being well. Each day has a different focus, such as a lady's day, affectionately known as 'Hens in the Hutch', a young people's day, as well as two days for men only.

Physical activity interventions using the workshop primarily but we also have a walk program including one mile walk fitness assessment and Dr Kevin Sykes Chester Step Test. One to One Lifestyle Advice is also available for those who request this and is popular right across the membership base.

Nutrition and diet interventions using the café when it opens. The café will also subtly reinforce the health message through 'healthy eating' and dispelling some diet myths. Several free taster sessions have already been trialled during lunch breaks including 'Whoopsie Smoothies' using discounted fruit snacks from the local supermarket. Fresh Thai Green Veggie Curry has also been sampled during the lunch break. Everyone thoroughly enjoyed the food as a vegetarian meal and was totally surprised to find out it was vegan!

In conclusion, Men's sheds have a unique opportunity to deliver wellbeing at every level, from small to large scale, and as such have great potential to become part of the new "social prescribing" mechanism, along with shared medical appointment systems or group consultations as these become more common. These initiatives are likely to become a part of the future of NHS beyond its 70th birthday.



What are your experiences and thoughts on Sheds being a focus for social prescribing?

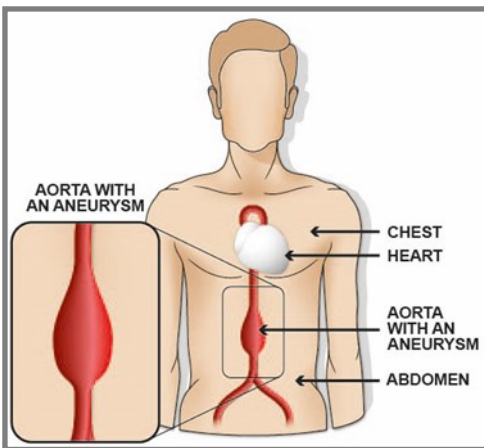
Have you any experience with getting involved in services, or maybe you have reservations about it? UKMSA's website has a forum for Sheds signed up as UKMSA members to share stories and ask questions of other Sheds experiences. If you'd like to get involved in the conversation about Men's Shed and health services, please [follow this link to chat with other Sheds](#).

What is AAA screening?

You'll have heard of the AA, but AAA stands for Abdominal Aortic Aneurysm. The AAA Screening Team and Bridgwater Men's Shed recently joined forces to promote their services, including a BBC Radio Somerset interview with a Shedder who had recently had aneurysm surgery, aired on 18th July 2018.

About AAA screening

The aorta is a big blood vessel that takes blood from the heart around the body. When some people get older, the aorta can get weak and swell up. This is an abdominal aortic aneurysm.



Men are six times more likely to have an AAA than women, which is why only men are invited for screening. A person usually can't tell if they have an AAA – they won't usually feel pain or notice anything different.

Screening finds aneurysms early so that health professionals can keep checking them or treat them if need be. The test is a very good way to find out early if someone has an aneurysm – it could save a life.

AAA screening is a free optional NHS test for men aged 65 and above. It's simple with results the same day. Results could be:

- The test is normal and no action is needed
- If the test shows a small or medium aneurysm it won't need treatment but the patient will be asked to come back for more regular check-ups
- If a large aneurysm is found it means the aorta is much wider than normal, but very few men have a large aneurysm. In this case, more tests will be arranged and the patient will consult a hospital doctor about treatment. Treatment for a large aneurysm usually stops the problem. There are some risks that the doctor will explain.



The AAA test uses an ultrasound scan. It usually takes less than ten minutes and is painless. For the test the patient needs to lie on a couch with shirt raised or open. Using some cool jelly, the scanner moves over the stomach. Results will be available immediately for patient and doctor.

For more information go to <https://www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening> To book an appointment with your local AAA Screening Team, search <https://www.nhs.uk/Service-Search/Abdominal-aortic-aneurysm-screening/LocationSearch/1910>

Celebration as 23 Sheds receive funding from Royal Voluntary Service / Asda Sheds Grant

Community Sheds across the UK are celebrating receiving awards from Royal Voluntary Service (RVS) and the Asda Foundation's Sheds Grant Fund.

More than £21,000 has been awarded to 23 Shed projects where people come together to take part in practical activities. With funding from the Asda Foundation, RVS established the Sheds Grant Fund in 2015 to provide small scale funding to Sheds looking for support with set-up or early stage development costs. Grants of up to £1,000 have been awarded to help projects buy tools and equipment, or for ongoing costs like rent or insurance. Over £84,000 of funding has been awarded to 100 Shed projects since the Fund was launched three years ago.



Charlie Bethel, CEO of the UK Men's Sheds Association said: "We are delighted that 23 Sheds have been awarded funding by RVS and Asda Foundation Grant Fund. The grants awarded will help fledgling Sheds get off the ground and, for established Sheds, will ensure a sustainable future. With RVS and the Asda Foundation we are transforming lives and impacting positively on local communities."

Abigail Hurrell, Sheds Project Manager at Royal Voluntary Service, said: "Typically, Sheds are community projects started by groups of people with a shared interest, for instance, traditional crafts like woodturning or creative skills like digital photography. We meet some wonderful teams behind successful Sheds across the UK and can see the positive difference they make to people's lives and to local communities. We congratulate the latest round of Sheds Grant Fund winners and look forward to seeing their projects flourish."

RVS and Asda Foundation Sheds Grant Fund has been supported by the UK Men's Sheds Association, the Scottish Men's Sheds Association, Men's Sheds Cymru and Men's Sheds Northern Ireland. The Sheds Grant fund is now closed but RVS will continue to work with the national Shed associations to support the growth and development of new Sheds across the UK.

Grant funding was awarded to:

England:

Bridport Community Shed, Dorset; Downham Market Men's Shed, Norfolk; King's Lynn Men's Shed, Norfolk; Scarborough Men's Shed, North Yorkshire; Southdown Men in Sheds, East Sussex; South Molton Mens Shed, Devon; Wareham Area Men's Shed, Dorset; Woking Men's Shed, Surrey; Worthys Community Shed, Hampshire and Woughton Men in Sheds, Buckinghamshire.

Wales:

Cwm Ogwr Men's Shed, Bridgend; The Den Crynant and Neath, Port Talbot.

Scotland:

Black Isle Mens Shed, The Highlands; Brechin Men's Shed, Angus; Garnock Valley Men's Shed, North Ayrshire and Keith and District Men's Shed, Moray.

Northern Ireland:

Carrickfergus Men's Shed, Co Antrim; Cliftonville Men's Shed, Belfast; Crumlin Men's Shed, Co Antrim; Gortin Men's Shed, Omagh; Newtownabbey Men's Shed, Co Antrim; Portaferry Men's Shed, Newtownards and Rostrevor Men's Shed, Co Down.



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.

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.

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

Fawley Men's Shed

Maybole & District Men's Shed

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

Somerdale Shed, Keynsham

Age Concern Men's Shed, Preston

Selsey Men in Sheds

Bridport Community 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.

Corby, Northamptonshire

Grassington, Yorkshire

Wakefield, Yorkshire

Wigston, Leicestershire

Liskeard, Cornwall

Stonehouse, South Lanarkshire

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Nuisance calls—and how to deal with them

At worst nuisance calls can be inconvenient and annoying. At worst they can cause stress and anxiety.

How should you deal with nuisance calls?

One of the best ways to stop nuisance calls is to register your number with the Telephone Preference Service (TPS) here—https://www.tpsonline.org.uk/tps/number_type.

You can call TPS on 0345 070 0707 to register for the service, to be added to the list of numbers that don't want to receive sales and marketing calls.

It is illegal for a company to call numbers registered with the TPS, so registering should stop companies from contacting you.

If you think it's a scam, report it!



[Action Fraud](#) is the UK's national reporting centre for fraud and cyber crime, where you should report fraud if you have been scammed, defrauded or experienced cyber crime in England, Wales and Northern Ireland.

You can also sign up to a free information service to advise you of local scams in your area at <https://www.actionfraudalert.co.uk/>

[Ofcom](#) regulate communication services including phone call and messaging services. They have information and advice on managing nuisance calls and messages, including an informative video here—<https://bit.ly/2wngpXd>



If you have any stories or tips to share with Shedders, please send them to our Membership and Support Officer, Laura, at admin@ukmsa.org.uk.

September 2018 | N. 043

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