

Fairy Penguins receive a special delivery of nest boxes



Weymouth SEA LIFE Adventure Park's newest residents, a colony of 20 Fairy Penguins, have received 10 nest boxes from the recently formed Wareham Area Men's Shed in Dorset.

The colony of Europe's only Fairy Penguins moved into their new state-of-the-art enclosure in May and required some more nest boxes for the penguins to call home. Weymouth SEA LIFE commissioned the Wareham Shed to build 10 nest boxes and work began in July.

"This has been such a brilliant project to be part of and we are really proud to have worked together with Weymouth SEA LIFE to provide the Fairy Penguins with their new nest boxes. This was an unusual project for us to be part of, so we researched and used a similar design from New Zealand, which is where the penguin breed originates from. We hope the penguins will be happy in their new home.

"We are so happy to have been asked to create something which will be seen by hundreds of thousands of visitors, for years to come." said Chris Hockley, member of Wareham Shed.

Sarah Lambert, marketing manager of Weymouth SEA LIFE added: "We were delighted that Wareham Area Men's Shed were able to help by building nest boxes for our new colony of Fairy Penguins. It is important to us to support members of the community, especially an association such as Men's Shed that raises awareness of men's health and wellbeing.

"It was fascinating to see the penguins already enjoying their nest boxes and it bodes well for our breeding programme which we are hoping to establish in the coming months, as well as raising awareness of the conservation threats for the penguins."

The park has invested in excess of £100,000 into the new Fairy Penguins enclosure, which gives visitors the opportunity to get closer than ever before and interact with them in a whole new way. A boardwalk allows visitors to take a stroll through Fairy Penguin Island and feel like part of the colony.

[See how the penguins are getting on here.](#)



The logo for National ShedFest 2018 features a stylized graphic of vertical bars in yellow, green, and blue on the left, followed by the text "National" in blue, "ShedFest" in large blue letters, and "2018" in large green letters.

National ShedFest 2018

Shedders from across the UK will descend on the University of Worcester Arena on Saturday 17th November for ShedFest 2018—the annual conversation about all things Shed-related

Shedfest 2018 is a celebration of Sheds and Shedders, join us to find out this year's Shed of the Year - it could be yours! (see below). For further details, including online booking, visit menssheds.org.uk/shedfest2018

The programme includes results from our Shedder Survey, an exhibition area including stands from traders, skilled craftsmen and workshops to support Shedders. Planned workshops this year include:

- Is your Shed safe?
- What is Social prescription and can they work for us?
- How can your Shed be futureproofed?
- What's your story?
- Should fundraising be the last option for Sheds?
- How do you manage referrals and differentiate in the workshop?
- What do you want UKMSA to be?

Tickets are FREE for UKMSA member Shedders and Supporters. UKMSA membership is just £24 a year, and individual Supporters can join for £12 a year. For more information about members go to menssheds.org.uk/join.

Discount codes will be emailed to our member Shed and Supporter contact emails. To check we have your correct details, email Laura, Membership and Support Officer, at admin@ukmsa.org.uk.

UKMSA are pleased to open nominations for Shed of the Year



Tell us your story

- Are you changing your community?
- Do your Shedders innovate?
- Do you transform lives?
- Are you up-cycling or repurposing materials and products?
- How does your Shed make a difference?

If you can answer questions like these, and your Shed is a paid member of UKMSA, you can enter the Shed of the Year 2018 Competition. For a nomination form and more information, visit menssheds.org.uk/2018/09/28/shedoftheyear/.

For more information, please contact Laura Winkley, admin@ukmsa.org.uk.

Nominations must be received by 5pm on Monday 29th October 2018.

Thames Ditton Shed 'I Can' Build for the RHS

What do you do when you get a request for wooden planters from the Royal Horticultural Society (RHS) a week before one of their major flower shows? The members of Thames Ditton Shed eyed their stack of pallets and reached for the pallet breaker.

The RHS run a campaign for school gardening called 'I Can Grow', aimed at primary school children to get them interested in gardening, growing and finding out where their food comes from. This year just before the Hampton Court Flower Show, they needed more wooden planters for their stand, at which many children were going to be introduced to growing, so they went on www.findashed.org.uk and found Elmbridge Men in Sheds at Thames Ditton.



Stuart Baldwin, Shed Leader, takes up the story of how Elmbridge Men in Sheds saved the day. "We got an email just a week before the show started asking if we could provide planters to go on the stand and help the children plant them up at the show. We don't usually give delivery dates for things we make, but this was different."

It was quite an ask for the Elmbridge Sheddors as there were only two shed days before the planters needed to be transported to the showground. Luckily, there were one or two unused ones already made outside the shed and plenty of pallets. After an e-mail mobilising the troops all the

members got involved working longer than usual and coming up with different sizes and designs based on the wood that was available.

As a result 25 planters of various sizes from over a metre square to less than half a metre plus two little wooden wheelbarrows were completed and painted ready for collection by the RHS on the Thursday before the show. "You are all wonderful! Thank you so much, it's hugely appreciated!" exclaimed Alana Cama, manager of the I Can Grow campaign, when she saw them all lined up for the van.



Five members decided to go along to the preview day and help with the planting. The planters gave some useful structure to the stand and two were even passed on to the adjoining Community Show Garden which was filmed for BBC's Countryfile. Many children came along to plant peas in small pots and also flowers in the remaining planters. All of the planters including the flowers they contained were donated to local schools at the end of the show so hopefully the children will continue growing things.



This is the second year running that the Thames Ditton Shed has been part of the flower show as last year we made a large bug house, called "Bug Towers", which was the centre piece of a stand put together by a local charity we support. It was one of the talking points of the show and we have since been commissioned to make four more for differing locations in our area.

Has your Shed got a community project to shout about? Let us know so we can share it with others. Email Laura at admin@ukmsa.org.uk.



Grow that mo' for Movember!

Movember is all about men's health – a month for raising awareness and funds for fighting testicular and prostate cancer, suicide and mental ill-health. It's also about having some serious fun and it all starts with a bit of toplip topiary – growing a moustache from 1st November.

The idea is that every moustache starts a conversation – when asked why you're growing one (or trying to) you explain – it gets men talking with each other and those around them. Shedders, families and friends can get on board by growing a mo if they can – you could have an award for the most unusual or set up a fundraising team. You could make some moustache shaped items to give away or fundraise – door wedges, or what about some biscuits - and of course, you can spread the word.

For more about Movember go to <http://uk.movember.com> and tell us what you're planning in time for next month's *Shoulder to Shoulder* by e-mailing admin@ukmsa.org.uk.



Don't despair – repair



Many Shedders are born fixers – people who like tinkering, with skills passed down one generation to the next, growing up with a 'make do and mend' approach to consumption. But there's a whole generation growing up for whom a broken item is simply thrown away, regardless of the cost to them and the planet. That has to change and Men's Sheds can do their part. October is a great month to get started!

Repair Cafés are free community events where people bring along broken items of all kinds (if you can carry it, it probably qualifies) including, bikes, clothes and electrical items. Well-oiled with tea and chat, owners are taken through the trouble-shooting process by volunteer repairers and, where possible, the item is fixed and stays in use and out of landfill.

The Repair Café concept was launched in the Netherlands nine years ago and there are now 1600 in 33 countries around the world. England and Scotland can boast more than 70. This 13th to 21st October is **International Repair Café Week** – a great opportunity to find your nearest Repair Café – they're always looking for volunteer repairers – and if there isn't one near you, you could set one up – see below for further information.



Further information:

Visit your nearest Repair Café <https://repaircafe.org/en/visit>

International Repair Cafe Week details are at <https://repaircafe.org/en/international-repair-cafe-week-2018>

How to run a Repair Café <http://circularcambridge.org/wp-content/uploads/2016/12/How-to-run-a-Repair-Cafe-updated-Dec-16.pdf>

How to Help a Mate

Every year, one in four of us faces a mental health challenge. That means the odds are 3/1 that on every five-a-side football team at least one player is wrestling with mental ill health right now. Or someone in every bus queue. Or in every Shed.

Mental health challenges can:

- reduce life-expectancy
- increase your chance of serious physical health problems
- damage your relationships and sex life.

But how do you know if you or someone you know has a mental health challenge? You can't easily tell by looking but you can try to spot the warning signs.

These include:

- always feeling tired or having problems sleeping
- thinking people are trying to harm you or are laughing at you
- losing interest in work, relationships, eating or anything you normally enjoy
- self-harm or addiction



Photo credit: Dave McCairley/MHF

Watch out for extremes compared to typical behaviour. This includes mood swings or being unusually angry or aggressive, having no energy or way too much energy, wanting to be alone more and more or wanting to go out more and more or refuelling too much with drink or drugs.

So if a mate has a problem, what do you do? We can't kick mental health challenges into touch just by ignoring them.

Firstly, don't judge. If we don't really understand mental health challenges, we may shy away from people who are unwell, but being there is important in itself. We pretend we're different, that these things won't affect us. But they do. One person in four means that mental health challenges are very common. They hit people just like us. In fact, they can hit you or me. By being around for someone who is facing a challenge, you're being a mate when they need you most. If you think a mate is bottling something up, there's a simple way to make a difference: do something together.

The Shed is a perfect environment for this. Get together on a shared project or help each other out with whatever you're doing. Away from the Shed, you could tinker about on the car, computer or garden - even housework. Or just go for a walk or other exercise.

It doesn't have to be you offering to help him. In fact it might be better if it's the other way round. Feeling wanted makes us all feel better. Ask him to give you a hand. That's a start. You don't have to talk but if you want to, doing something together makes it easier.

Keep it real: take it seriously but don't make it a big deal. Ask him how it's going. Simple. You don't need to be an expert, you just need ears.

Feeling down can affect anyone, and it's important to talk. If you're worried that you're missing out on life because you're feeling down, talk about it. Talk to family, friends, a helpline or other professionals. It doesn't have to be someone you know.

This piece written by Jim Pollard, Editor of menshealthforum.org.uk

Funding for Sheds

Help fellow Sheds gain funding

Back in June 2018 we featured Skipton Grassroots Fund. Two Sheds have successfully made it through to the voting round, and need your help. **Voting closes 12th October 2018.** Each Shed is in the running for a £500 grant from Skipton Grassroots giving. They need supporting votes to help them be successful! Sadly you can only vote for one - but follow these links to support either of them -
Elmbridge Men's Shed - <https://bit.ly/2MRYnFS>
Bridlington Men in Sheds - <https://bit.ly/2Nssnri>.



The Aviva Community Fund

The Aviva Community Fund offers you the chance to get funding for causes important to your community.

It's open to everyone, whether you have a connection with Aviva or not. Aviva want you to enter a project for your community and tell them what a difference these funds could make to your area.

Get enough votes from friends, family and supporters and your project could make it to the finals, where a judging panel will award the funds.



Your project is right for the Aviva Community Fund if it:

- Will make a positive difference in your community
- Is associated with a community organisation or charity, and will take place in the UK (your Shed doesn't need to be a registered charity to apply)
- Will be completed or well underway before 31 December 2019
- Can ideally be completed with the requested funding alone

Funding can be applied for in three different categories—Health and Wellbeing, Skills for Life, or Environment. To suit projects of different sizes, the funding levels you can apply for are: Up to £1,000, Up to £5,000, up to £10,000 and up to £25,000.

The deadline for the next round of funding is 9th October—so get in quick!

For more information, visit <http://aviva.co.uk/community-fund> or email communityfund@aviva.com

Looking for tips on writing funding bids?



Don't forget that UKMSA members can access our information guides through the online resource library, including our '[Guide to writing funding applications](#)'. We also have a guide to '[Sustainable income generation](#)' to give you ideas for other ways to bring money into your Shed. For more details about UKMSA Shed Membership, contact Laura Winkley, our Membership and Support Officer at admin@ukmsa.org.uk.

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:

Winton Community Shed, near Bournemouth

South Wigston Shedders, near Leicester

Tadcaster Volunteer Cars & Services Association (TVCSA) Men's Shed

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

The Woodhouse Centre, Oxted

Bishop's Stortford Men's Shed

Rutland Shed

Cotswold Community Men's Shed

Rutherglen & Cambuslang Shed

Salisbury Men's Shed

Fawley Men's Shed, Southampton

Yateley Men's Shed

What's on in October?

1st—14th October: England wide **Arts and Creativity Festival** aimed at the over 50s runs from 1 – 14 October this year. If you have any events during those dates you can add them to their website. It's free to upload. If you'd like to add your festival go to www.voluntaryarts.org/age-of-creativity

2nd October: Chris Lee, founding member of The Repair Shed in Hemel Hempstead and the Royston Repair Café contributes to **BBC World Service 'Worldhacks' radio programme** about Repair Cafés in the run-up to International Repair Café Week (13th - 21st October) <https://www.bbc.co.uk/programmes/p04d42vf> Available after broadcast on iPlayer Radio and as a 'People Fixing the World' podcast.

7th October: Silver Sunday aims to celebrate older people, with lots of activities. TO find an activity, or get information to plan your own celebration, visit <https://silversunday.org.uk/>

13th—21st October: International Repair Week—see page 4 for more details.

15th October: Cowes Men's Shed Bacon Butty Day



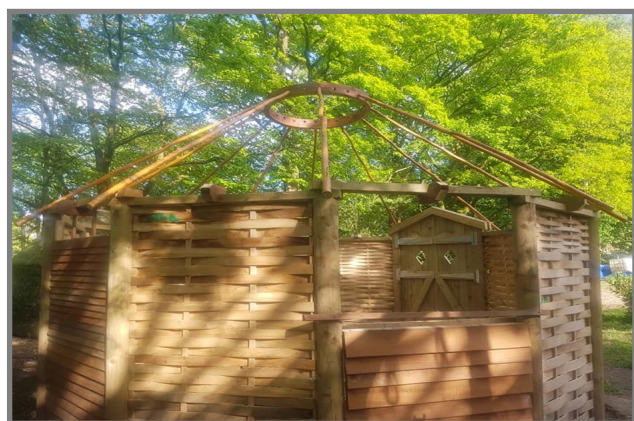
Willow Hey is good for your health

Willow Hey Community Project, based in Bolton, are celebrating their successes in promoting wellbeing economically, socially and environmentally, and are planning to start an ambitious five year plan to take the Shed and project forward.

The Willow Hey project is set on a disused allotment site in Farnworth, Bolton. The project was initially set up to tackle food poverty, by supporting local residents to grow healthy organic food on the site and in their own gardens at home.

Building on the initial successes the project diversified three years ago and established a hugely successful Men in Sheds project alongside growing food.

The group undertake weekly sessions including carpentry, green woodworking, yurt building, landscaping, gardening and more recently have constructed an amazing roundhouse on the project with the support of master carpenter/bodger Glen Roberts.



Glen has taken participating Shedders on a journey of historical, traditional and modern building techniques over the duration of the roundhouse build, which is now an amazing space due to the communality and circular seating for team meetings, meditation groups, guitar clubs etc.

It really is an amazing space which is healing people in the local community. Some of the men attending have come off antidepressant medication and overcome mental health conditions. We are looking to make in roads into the Clinical Commissioning Group (CCG) and have been having positive discussions around social prescribing from GPs going forward.

One of the Shedders, Phil says the project is his "*Shangri-La*" where he leaves all his troubles going on in his life at the gate.

Another Shedder, Bill, who has overcome mental illness with the support of the project said "The Willow Hey project / Shed has helped me to function better with life and not feel alone, it has given me a support network in my local community which goes on outside the project now which helps me cope better with issues affecting my life." Bill said the project is "...brilliant, it's smiles all round at Men in Sheds and the camaraderie and laughter with the lads, is what it's all about."

The project has reduced social isolation, established social support networks in the local community, and become a vibrant community hub which is supporting community cohesion in the local area.

Project co-ordinator Chris Wood said he feels "privileged to be part of this amazing project and would welcome a visit if you get the chance."



To see a short video from Willow Hey Men's Shed, sharing how many of the Shedders have benefitted from being a part of the Shed, follow this link—<https://bit.ly/2QVdbC9>

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