

SHOULDER to SHOULDER

Newsletter 045 | November 2018



National ShedFest 2018

See you there!

Our annual Shed celebrations kick-off at **University of Worcester Arena** at 9am on **Saturday 17th November**, with last orders at 5.30pm.

Join us to hear Tim Cooper, Professor at Nottingham Trent University, talk about our influence on sustainability as users of products and services, ranging from consumer durables to clothing and buildings, sharing UKMSA 2020 Vision, presentation of the Shed of the Year award, stands from exhibitors and traders and workshops to support the management of Sheds.

We already have confirmed exhibitions from Axminster, Export & General Insurance, The Restart Project, Ladbroke Insurance, Men's Health Forum, Prostate Cancer UK, Restart, Royal Voluntary Service, Toolstream, MyTimeMedia, and Volunteer It Yourself.

Choose from a range of workshops tailored to your Shed's needs:

- Is your Shed safe?
- How can your Shed be future proofed?
- What's your story?
- Should fundraising be the last option for Sheds?
- How do you manage referrals & differentiation in the workshop?
- What do you want UKMSA to be?
- Men's Sheds, social prescribing & lifestyle medicine



If you haven't already booked your ShedFest tickets, go to our Eventbrite page- <https://bit.ly/2JfCgnP>. Tickets are £5 + booking fee, but UKMSA Member Sheds and Supporters can sign up for FREE, [follow this link to see the code](#) in our members' area on our website by Friday 16th November.

If you'd like to join, you can either go to www.menssheds.org.uk/join, or contact our Membership and Support Officer Laura Winkley on 0300 772 9626 or admin@ukmsa.org.uk. It's only £24 as a Member Shed or £12 as a Supporter,

Introducing Mike Jenn – Honorary UKMSA Life President



We are very pleased to announce that Mike Jenn has accepted the position of Honorary Life President with the UK Men's Sheds Association in recognition of his major contribution to the movement that we see today.

Nathan Sarea welcomed Mike's appointment. *"He has made such an impact in the UK; his work in establishing the UK Association in the UK has brought many more opportunities in Men's Sheds and a support mechanism that helps facilitate the growth and sustainability of the network. I have no doubt that the movement in the UK is saving people's lives and improving the wellbeing of men of all ages. Mike brings a freshness of ideas and provides invaluable insight to our work."*

Still active in his own Shed in Camden, Mike says he's delighted to accept the position, which also allows him to attend Board meetings. *"Seven years ago it was my dream that in time there would be hundreds of independent Sheds all over the country. The network is now established and recognised and is currently meeting the needs of thousands of men. I'm looking forward to thousands more joining Sheds in the future, and to playing my part in further developing the movement, in particular by sharing experience between Sheds. I feel honoured to be appointed to this new role."*

ShedFest and beyond



ShedFest is nearly upon us. This will be my first ShedFest and I hope that you will enjoy the mixture of workshops, exhibitors and two keynote speakers.

The programme has been designed around areas that you, as Sheds, have asked us to help; we are aiming to provide something for everyone at this year's gathering. The main theme of discussion is 'sustainability' in its many forms. We will be looking at income generation, how to manage change and how Sheds can better tell their story. We will also be looking at managing growth, and aspects of health and safety in Sheds – particularly around dust extraction.

Professor Tim Cooper, the first of two keynote speakers will talk about 'Shedder consumerism'. He is an expert in upcycling and will inspire and enthuse you, bringing a different perspective to what many Sheds are doing. Graham Stephens, regional Director of the British Society for Lifestyle Medicine and a Shed Leader in Wales, will present on Social Prescribing. This is an area where the Government recognises the power of Men's Sheds. It will not be something that every Shed will want to pursue, but it will certainly make us all more informed about a subject that will be talked about more and more in the governments approach to supporting wellbeing.

ShedFest also provides me with the opportunity to outline our UKMSA Strategy for the next 18 months. Vision 2020 is based on the feedback you have provided either through conversations with Trustees, Staff, Ambassadors and through the Shedder Survey. It responds to the needs you have expressed and will, hopefully, underpin, facilitate and help meet them.

With such a diverse collection of Sheds, UKMSA cannot be all things to all Sheds, but it can be at least something positive for everyone. Our strategy will evolve and develop and I am looking forward to ShedFest to see how we can respond better to the needs of Sheds across the United Kingdom.

Charlie Bethel, Chief Officer

On, out, up and down

Mike Jenn goes out and about in Norfolk...

Poringland is a village of some 4000 souls five miles south of Norwich. With Norwich Shed as a nearby example, the Men's Shed got traction initially via an arrangement over the Scout hut and then the use of the village's old forge. As the owner's circumstances changed it moved to a barn behind the Dove public house, a 20 x 8 metres clear space which needed a lot of renovation. I asked the chairman Henry Gowman what they have been doing. *"Recently we have enjoyed making silhouettes to commemorate the 11 village men who were killed in World War 1, making a crazy golf course for a care home, making planters needed for disabled residents and creating a 40 foot float for a children's hospice for the Norwich mayor's parade."* So they could take on different work, they had a guy come and teach them mig welding.



As their membership is continuing to grow (now over 50) they have acquired two newly-created allotments. (Note: If six or more local residents write to the Local Authority it must assess whether there is a demand for allotments in their area. If the council decides that there is a demand for allotments, they have a statutory duty to provide a sufficient number



of plots. Further details from <https://www.nsalg.org.uk>)

They have also just acquired a 125 year lease on land in the village with a view to building a workshop about twice their size of their current space for around £100,000 incorporating, they hope, to include a ground-sourced heat pump.

Contact the Poringland and District Men's Shed via the [UKMSA website](https://www.ukmsa.org.uk).

First Aid Opportunity for London Sheds

St John Ambulance are running short workshops which offer advice and information on the five basic ways to save a life. These workshops run between 1-2 hours and will equip you with important skills to use yourselves and to share with your friends and families in your local areas.



The pilot project is looking to link up with Sheds in the London area. For more information you can either visit www.sja.org.uk/advocate, or contact our National Shed Development Manager Kate Gordon—kate.gordon@ukmsa.org.uk.

Andover Men's Shed at CarFest

Andover Men's Shed have been supporting Chris Evans' BBC Children in Need fundraiser—Carfest—for the past three years.

The first year Andover Shed put up 15 garden Shed's for teams to modify and decorate as part of a competition. We even managed to give a home to the "Chris Evans" shed at the end of Carfest which we now use to store some of our woodpile!



Last year, we were part of the Carnival Parade. For the carnival we built a paper and cardboard tree and decorated it with green and brown fence paint. We invited Axminster Tools to share our stand and they helped us convert part of the Andover Arts Foundation Bus, putting up plywood panels on the inside walls of the bus. In their spare time, they built a wooden car with offcuts from the bus project and put this on the back of our float for the parade.

This year at CarFest we built a Crazy Golf course for children and, with our wooden stocks, helped entertain young people. We setup our stand on the Thursday and at 12noon on Friday, the 1000's were let in to enjoy the show. Friday night saw us Sheddors enjoying the live music on the huge stages.

On Saturday morning we were ready from 10am and were busy all day. By 5.30pm we were exhausted; we'd not had a minute's peace all day. It was then time for more live music on the big stages.

As Sunday's weather forecast was wet,wet,wet we dismantled our stand and parcelled the whole lot up under a tarpaulin. We felt that our golf sets would be damaged with the heavy rain expected all day. We were right—Sunday was wet all day. The silver lining in the grey clouds was being able to enjoy Carfest ourselves, albeit under umbrellas and ponchos. Then in the evening it was time for more live music on the big stages!

In all, we collected an amazing £175 for BBC Children in Need in nine hours.

On return to Andover Shed we have built a smaller set of stocks as it seemed children loved the big ones.

Thanks go to Sheddors, Brian Cooke, Roger Evans, John Clark, and our families who supported and helped us on the day. We wonder what next year will bring!

Roger Evans Vice Chairman, Andover Men's Shed



Happy 1st Birthday Black Park Shed



I'd heard of Men's Sheds whilst I was still working although not in any great detail, but it was enough of an idea to be stored away in the memory for another day. I took up full time retirement in May 2017. That autumn a short article/advert in the *Hiya Bucks* Magazine about Sheds starting up in Black Park caught my attention and awoke a slumbering memory.

After a couple of phone calls, I learned enough to entice me to take a visit to Black Park, where I met with the founding members (first inmates) of the Shed. As they were drinking tea at the time it was quite easy to fit right in. The half dozen or so I met that first week were all very welcoming and proved to come from a wide range of backgrounds and experiences, making them the individual characters they are.

One of our first tasks at the Shed was to get our house (SHED) in order, a building allocated to us by Buckinghamshire County

Council (Bucks CC). There was an office with lighting, heating and somewhere to plug in a kettle. The rest of the Shed comprised an open-fronted barn-like structure, the three sections of which were filled with an assortment of equipment, materials and other detritus accumulated by the Park Rangers. These had to be cleared out before our real work could begin, providing us our first earned income clearing the several hundredweight of split logs, which were bagged and sold off as firewood. This coincided with our first paying commission, the refurbishment of the tables and benches from San Remo Café that overlooks the adjoining lake, a great place to visit for those who forget to make lunch. With about three dozen sets of benches and tables to deal with, a routine was soon established, drying the furniture, sanding it and staining it, all the while fighting the damp weather.

(contd on page 6)

Happy 1st Birthday Black Park Shed (contd.)

We are grateful to Bucks CC for the start-up they gave us, the buildings allocated to us and the supply of building materials for us to make the Shed our home. We also received some very generous gifts and grants, most notably from Iver and Wexham Local Area Forum, Heart of Bucks, RVS/Asda Foundation and Ryobi Tools for the gift of power tools, all of which have been put to good use.

In early Spring we discovered the original building allocated to us was structurally inadequate for our needs. Bucks CC quickly reassigned what was part of the old Sawmill, part of the Rangers Compound, for our use. Whilst structurally sound it has required quite a lot of work to adapt to our needs. In addition to the grants we have received, we have also been gifted various collections of hand tools and machines no longer required by their owners. These range from simple hand tools like hammers, screwdrivers, and chisels to sophisticated band saws and wood turning lathes. Some of the old wooden smoothing planes require some degree of restoration. Some of our

members have this talent and have proved that, once restored, the old are just as good as their modern counterparts.

We have nearly finished the benches and the fabric of our Shed is now almost ready and as we want it. With our first AGM looming, we have a proper Shed in a wonderful location, our finances seem reasonably secure and our growing membership of ladies and gentlemen are providing an expanding source of talent and inspirations; not forgetting the other reason for going to the Shed – a cup of tea and a chat!

Ron Churn, Black Park Shedder



You and your Urological health

One in two Brits will have a urological condition and one in four of us knows someone with a urological cancer.



UKMSA have recently worked with Mediaplanet UK on the 2018 Urological Health Campaign. A printed publication was enclosed in every copy of The Guardian newspaper and the content available online also at www.healthawareness.co.uk/urology.

The website has a number of articles about a variety of urological conditions which affect millions of people, including prostate cancer, incontinence and erectile dysfunction.

Beyond the face-to-face

It is often said in a Shed that “men don’t talk face to face, but Shoulder to Shoulder”. We know that Men’s Sheds are incredibly valued places for the friendships they have helped form, and camaraderie which is shared in them. But what about when it’s time to go home at the end of the day, days when you can’t get there, or you want to talk to Sheddors who are further away or when your Shed is closed?

This month we are sharing three different ways in which you can connect with other Sheddors to carry on the chat, banter and sharing which makes Sheds such special places.

Join an online interest group...

We’ve been contacted by a Sheddor who has set up a Flickr group to share photos and tips between Sheddors. You’ll need to sign up for a Flickr account if you don’t already have one.

Once a member of the group, you can also enter competitions by submitting photos and voting to choose winners. Flickr recognises when photos are copies, so they must be your originals.

To join the group, follow this link—

<https://www.flickr.com/groups/plums>

You can also email photolifeukmenssheds@gmail.com for more details.



UK Men's Sheds Forum

This category contains 40 topics and 52 replies, and was last updated by jll loliamenges 2 days, 10 hours ago.

Forum	Topics	Posts	Freshness
About Me	20	38	2 days, 10 hours ago jll loliamenges
Introduce yourself, make friends and share your stories			
Getting Creative	4	7	1 month, 1 week ago jll loliamenges
Share tips and tricks and show off your creative side			
Health and Wellbeing	3	4	2 months, 2 weeks ago jll Men in Sheds West Brecon
Lifestyle, exercise and ways to keep healthy			
Improving the Online Community	6	14	5 days, 7 hours ago

UKMSA Forums...

Visit <https://menssheds.org.uk/forums/> to connect to Sheddors through UKMSA online. We have a variety of topics for Sheddors to talk about yourselves, your Sheds, share information and experiences and starting Sheds.

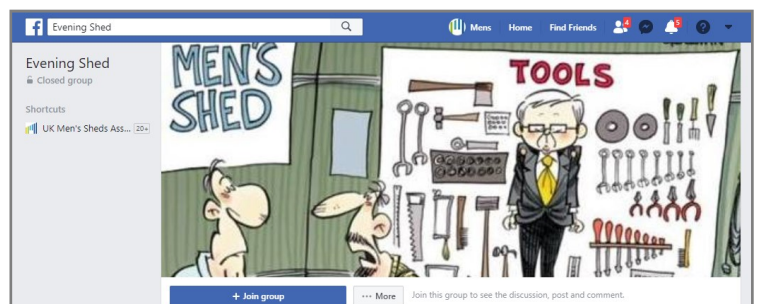
If you want a new thread (conversation topic) added—just get in touch!

The Evening Shed...

Evening Shed has been created by members of Somerset Levels and Moors Shed in Bridgwater, Somerset with the intention to foster discussion between fellow 'sheddors' in the UK and beyond. To join the group and chat with others, follow this link—

<https://www.facebook.com/groups/2163187857277610/>

Another Sheds Facebook group is <https://www.facebook.com/groups/769676796480730>



Back to school for West Bletchley Shedders

The chaps from Men in Sheds West Bletchley have forged a partnership with Redway School for children between the ages of 2 - 19. The young students have a wide range of learning difficulties including complex medical conditions, profound and multiple learning difficulties, severe learning difficulties and those with an autistic spectrum condition.

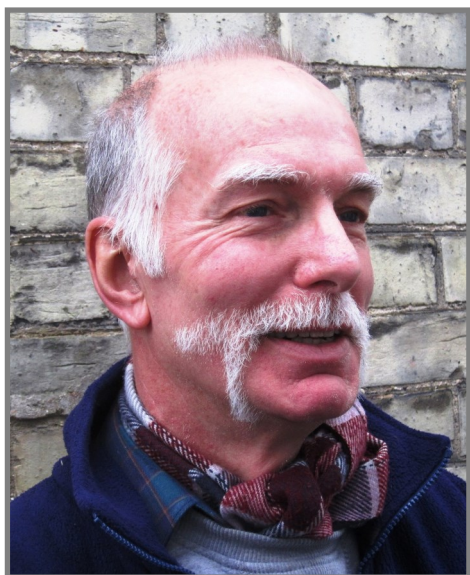
The Shed was approached earlier this year to see if it could undertake the repair of a number of the schools teaching aids. The Shedders also made some brand new sensory toys and two mud kitchens at no cost to the school.

To support the project, the Shed received a donation from the Tudor Rosewings Bike Club to buy materials to refurbish the broken teaching aids.

The photo was taken outside the school of the Shedders who participated in the project and attended the presentation.



Competition - Grow that Mo!



It's Movember – a month to make a difference to men's health, in particular prostate cancer, testicular cancer, mental health and suicide prevention <https://uk.movember.com>

Shedders can help stop men dying too young by growing a moustache. Every growing mo is an opportunity to start a conversation about men's health... **and you could win one of four great prizes!**

First prize: 'Welcome to our Shed' moustache-shaped doormat

Three runner-up prizes: 'Make them for your mates' cookie cutter



To enter:

1. Start growing your moustache now!
2. Share photos of your mid-month mo on Facebook and Twitter using #GrowAMo @UKMensSheds
3. E-mail a photo of your 30 November moustache with your name, contact details, and (where applicable) your Shed to admin@menssheds.org.uk **by 5pm on Friday 7th December.**

Winning moustaches to feature in the January edition of *Shoulder to Shoulder*.

Funding for Sheds

How to raise money, while others spend theirs (especially as Christmas is coming...)

As well as applying for funding, there are other ways to raise funds for your Shed.

easyfundraising is the UK's biggest charity shopping fundraising site.



By registering your Shed as a cause here—<https://www.easyfundraising.org.uk/register-your-good-cause/> - you can register to receive donations, when people shop.

easyfundraising is a website that turns everyday online shopping into free donations for your cause. How? By working in partnership with over 3,300 well-known online retailers who are happy (and proud) to make small donations to charitable groups to say 'thank you' whenever your supporters shop with them. They started back in 2005 and so far have raised over £23 million for good causes!

The site partners with over 3,300 retailers including Amazon, John Lewis, eBay, Argos, NEXT, Direct Line and lots more.

Confirmed donations totalling £15 or more will be paid every three months, either by bank transfer or cheque to your Shed.

easyfundraising is free to use for both registered groups and shoppers.

Sheds need YOUR support to increase their chances for funding

The Aviva Communities Fund is currently open for votes, with 8 Sheds needing votes to make it through to the next round.

<https://community-fund.aviva.co.uk/voting/campaign/getinvolved>

Once you register, you are given 10 votes which you can choose to give up to 10 groups. The following Sheds are needing votes to make it through to the next round of decisions—

[Andover Men's Shed](#)

[Banchory Men's Shed](#)

[Church Crookham and Fleet Men's Shed](#)

[Elgin and District Men's Shed](#)

[Renew Shed, Swindon](#)

[Ryedale Mobile Shed](#)

[Wee County Men's Shed](#)

[Yate Men's Shed](#)



Don't forget to share with friends and families to help more Sheds get funding to support more Shedders.

Voting ends 20th November.

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:

Menston Men's Shed, West Yorkshire; Christ Church Higher Bebington, Merseyside; Chorley Shed, Lancashire and Wells-next-the-Sea Men's Shed, Norfolk

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

Whitworth Men's Shed, Greater Manchester

North Walsham Men's Shed, Norfolk and The Sawdust Lads, Harrogate

A new Shed for Barnes community

A man's safe space is often his Shed, so **Wildfowl & Wetlands Trust (WWT) London Wetland Centre**, in partnership with the **Barnes Community Association**, will soon be hosting a Men's Shed for the benefit of men across Barnes, South West London.

The aim is to tackle the isolation men can feel at stages in their life, including the loss of a partner, when children move out, or retiring or losing a job.

The Men's Shed will help men get together to create woodwork and metalwork for the Wetland Centre and the local community, like building benches and bird houses.

The idea is that the activities will help them to bond and provide support for each other. Matthew Thorley, Visitor Experience Manager at London Wetland Centre, said, *"The Wetland Centre already provides a peaceful haven to visit. The Men's Shed will give men in Barnes greater opportunity to connect with nature, to help maintain the wetland centre for the local community, and to gain mutual friends and support within the Barnes community"*.

The inspiration for the Shed in Barnes came after a visit to Australia by Steven Mindel, Chairman of the Barnes Community Association (BCA) and one to New Zealand by Anthony Miller, a Barnes Resident and WWT volunteer, where the Men's Shed movement originated and is well established. Working with two local charities FiSH and the Castlenau Community Centre, they applied for and were awarded £10,000 funding from a London Borough of Richmond-upon-Thames Village Planning Fund grant, as well as the donation of a site at WWT London Wetland Centre.

Steven Mindel said, *"I am delighted to be working with WWT on this important project to bring a Men's Shed to Barnes. The issues of mental health are so important and reducing loneliness and isolation, are steps toward combating these concerns"*.



One year on—Shed of the Year 2017

As we look ahead to ShedFest this month, which will include the 'Shed of the Year 2018' award, we catch up with last year's winners, Dalbeattie Men's Shed, to see how their last year has been. Our Membership and Support Officer, Laura, chatted with Geoff Allison, Secretary of Dalbeattie Men's Shed.

How long has Dalbeattie Shed been open for, and how many members do you have?

The Shed was formed in Q4 / 2014, opening our premises in March 2015. We originally had four members, and we now have 62 signed up members, 45 of whom are active in the Shed.

You were awarded the title of 'Shed of the Year 2017', what were you nominated for?

We won the award for our community engagement in and around Dalbeattie. Writing our application prompted us to reflect on the purpose of the Shed, and helped clear our thoughts on a number of things around community and clarity to project ourselves further. It also helped us realise how much support we gain from the community. We are very included within our community, and 84% of our 2017/18 funding has come from the local community through donations, membership, earnings for community projects, and coffee mornings. The support from the community has helped us to become sustainable here in Dalbeattie, a town with approx. 4,300 residents!



What's happened in the last year for Dalbeattie Shed?

We have had a lot of exciting projects over the last year. We've built a working Trebuchet for Wiston Lodge to support their project working with children on the autistic spectrum. Winning the Shed of the Year award probably helped us to pitch with more confidence in our ability to complete the project. One of the most exciting contacts this last year was being approached to restore an original Skeoch car, which was a design originally manufactured in Dalbeattie, but only 10 were ever made before the factory burned down.

We've hosted and helped organise our own ShedFest event, enabling us to engage with a variety of health and other charitable organisations to help them understand why we set up our Sheds in this area and what we're trying to do. We've had a visit from Billy Connolly, due to air next year, and we've earned a number of other awards, from Age Scotland and Third Sector, for our contributions to the local community and Sheds in the local area. We've also still continued doing community projects for Dalbeattie residents, such as maintaining the town Christmas lights, repairing furniture and notice boards and refurbishing bicycles.



One year on with Shed of the Year 2017

...contd

Has being awarded 'Shed of the Year 2017' had any impact for Dalbeattie Shed?

We had a lot of things planned for the year, so it would have been a good year for our Shed, but the award added another layer, and turbo boosted the year. It made a lot of difference to what we have been able to achieve.

We've also had more Sheds come from further afield visit and talk about setting up Men's Sheds in their communities. It's great being able to also influence the wider Sheds network and support and encourage it to continue growing from a grassroots level.



Dalbeattie Men's Shed delivering the Trebuchet to Wiston Lodge

Is there any advice you'd like to Share?

Make the most of the publicity! We managed to get TV, radio and news articles covering our receiving the award, which is how the Skeoch car project came about, as the advisor to the Skeoch family saw Dalbeattie Shed on the BBC news, and realised we were capable of such a project. It also triggered a step change in commissions, members and donations.

Celebrate it, and use it to broadcast the praises of your Shed, as you never know whose interest you may capture.



A CD shelf made for a community member



Dalbeattie Sheddors celebrating their award



Billy Connolly visiting Dalbeattie Men's Shed

Nominations for Shed of the Year are now closed. Join us at ShedFest on Saturday 17th November to see who is awarded Shed of the Year 2018! Thank you to all of you who have submitted your nominations. For those of you who can't join us in Worcester next month, we'll announce the winners in December's Shoulder to Shoulder.

November 2018 | N. 045

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