

SHOULDER to SHOULDER

Newsletter 047 | January 2019



Happy New Year from UKMSA!

We are excited for what 2019 has in store, with more Sheds opening, more lathes turning, and plenty more cups of tea being made while Shedders talk about the creative and technical, the personal and everyday things in Shedders' lives.

Last year was a busy one for the Men's Shed movement in the UK, with 57 new Sheds opening, and an additional 72 Sheds we have contact with that are in development.

Thank you to all who shared some very moving and inspiring stories about overcoming hurdles to establishing your Sheds, and providing lifelines to Shedders who have bravely shared how important having a Shed is for them.

We're looking forward to inspiring more Sheds and Shedders this year, so please do keep sending us your stories to encourage others.



UKMSA partner with Axminster Tools & Machinery

AXMINSTER

Tools & Machinery

UKMSA are excited to announce our new partnership with Axminster Tools & Machinery, giving member Sheds the benefit of 5% off orders.

UKMSA Chief Officer, Charlie Bethel, said "We are absolutely delighted to be working closely with Axminster Tools and Machinery. Axminster have a great reputation in the development, production and sale of quality tools. This partnership makes it easier for Sheds to purchase quality tools. Axminster were very supportive with ShedFest last year and we hope that our relationship will continue to grow and develop for the benefit of Sheds across the United Kingdom."

Charlie Cross, Axminster's Business Development Manager adds "Axminster Tools & Machinery are proud to support the UKMSA and the ever growing number of sheds in the UK. The shed movement provides a forum for men to connect and create, in doing so having a positive impact on their mental health. We're excited about the future of Sheds in the UK and our partnership confirms our commitment to supporting the UKMSA"

Not a member Shed? Why not consider joining? —it's only £24 a year. For more information either visit menssheds.org.uk/join, or contact our Membership and Support Officer, Laura Winkley, at admin@ukmsa.org.uk, or call on 0300 772 9626.

How big is your bucket list?

Congratulations to Patrick Abrahams from Frome Men's Shed, winner of our ShedFest photo caption competition (see photo right) with 'This is how big my bucket list is...'



Below is Frome Men's Shed recreation of the caption competition photo from ShedFest 2019 in Worcester in November. The picture features the muggi mug holder - the prize for the winning caption.

The Shedder in the middle of the photo below, with arms outstretched, is Frome Shedder Tony Hopkins – who was the inspiration behind the caption. He's running with a bucket list right now which is scarily impressive!

Already completed from his bucket list is building a coracle (he's actually built two). Tony had never been in a plane, but last year took a microlight flight over Frome. Since then he's flown in a Spitfire over the white cliffs of Dover he's learning to swim (at 78 years young). And coming up soon is his ambition to drive a steam train, scheduled for March this year. Still on his list is a skydive, flying down a zip wire, and wing walking (for which he must lose some weight, so he's currently attending a *Weight Watchers* class.)

Other Frome Sheddars are helping Tony with his bucket list, including suggestions like - *"Have you thought of volunteering to be an astronaut for the next trip to Mars?"*

Have you got anything on your bucket list? Why not ask your fellow Sheddars, when you next stop for a cup of tea, what they'd like to achieve this year, and see how you can support each other to experience new things.

Best wishes to Tony for his bucket list, and thanks from the Frome Men's Shed to UKMSA for our muggi!



muggi



Send your bucket list to admin@ukmsa.org.uk by Friday 25th January for sharing in the February edition of *Shoulder to Shoulder*.

Who's who at UKMSA?

The work of UKMSA is supported by three staff members, who provide information, advice and support to Sheds and the movement across the UK. With over 500 Sheds on our map, it keeps us busy!

Charlie Bethel, Chief Officer

Charlie joined UKMSA in July 2018, after 15 years working with British Wheelchair Basketball. Charlie has responsibility for overseeing UKMSA business development and partnerships, governance, development of campaigns and Initiatives to support Sheds, along with the job of managing Kate and Laura!

In his spare time Charlie enjoys designing and crafting in his Shed. See our projects area for his [boot tray design](#) he recently shared on our projects page.



Kate Gordon, National Shed Development Manager

Kate leads the development of national programmes to support the sustainability of the Shed network and growth of the wider Shed movement. Her role includes the management of the Ambassador Programme and development of national partnerships.

In her spare time Kate is developing a Men's Shed as part of a family-inspired community project, Ruby's Yard (www.rubysyard.org)

Laura Winkley, Membership and Support Officer

Laura joined UKMSA in October 2017 after 15 years working with children and young people in communities. Laura's role is to support the development of individual Sheds, giving information and advice on starting, running and managing Sheds, whilst helping new Shedders find their nearest Shed and responding to all general enquiries. In her spare time Laura enjoys getting out onto Exmoor, whether by foot or mountain bike, with her husband and dog.



How to contact UKMSA...

T: 0300 772 9626

E: admin@ukmsa.org.uk

W: www.menssheds.org.uk/contact

Post: Henleaze House, 13 Harbury Road, Henleaze, Bristol, BS9 4PN
(This is a 'virtual' office, where post forwarded to staff or trustees in batch, so sometimes there's a little delay).

Once upon a time, before Men's Sheds...

In the 1950s, most men in industrial areas worked in factories. The older members of the workforce would have started work at the age of 13 and spent most of their life working at least a 40-hour, five day week, often plus Saturday mornings. The retirement age was set at 65 for men in 1948.

According to an article in the History Website 'Most industrial towns had a Sons of Rest, where retired male workers could socialise, and pass time away. Each had its own small community who met for a cup of tea and a chat, or to play a game of cards, dominoes, or darts, and occasionally go out on day trips to places of interest.'

At Rubery, Owen and Co, a large engineering company in Darlaston, South Staffordshire the owner, Sir Alfred Owen, felt that the Sons of Rest were not really meeting the needs of the elderly and 'came up with a novel idea, a Sons of Rest workshop, where members could work at a slower pace than in the factory, carrying out light work, which would give them a sense of purpose, and the satisfaction of a job well done. They would also receive a small wage which would supplement their pension. The new workshop was expected to pay its way by obtaining outside orders for short runs of metal objects, and by supplying the company with much needed small and awkward parts.'

'The Sons were all skilled men, with vast experience and expertise', who 'greatly enjoyed the challenge of producing a prototype and ironing out any problems. They were extremely conscientious, and ensured that anything produced in the workshop would be made to the highest standards'.

The article also asserts that the workshop generated a strong sense of belonging, an inclusive close-knit community of people who 'couldn't wait to start work at the beginning of each day.' They were enthusiastic and content in contrast to those in the factory. The Sons of Rest Workshop was a great success and attracted a lot of attention from both here and abroad.

For the full article and photos go to

<http://www.historywebsite.co.uk/articles/Darlaston/sons.htm>

Sound familiar? Men's Sheds offer the same great opportunities for men to socialise and find purpose. To find your nearest Shed, visit www.findashed.org.uk.



Guess the Tool winners

Congratulations to Sheddies Colin James and Robert Jones from Cotswold Community Men's Shed, who won a copy of *The Workshop: Celebrating the Place where Craftsmanship Begins*, by Scott Gibson for the most correct answers at the Guess the Tool stand at ShedFest.

Robert emailed us to say "*Sharing our prize, a joint effort. Thank you to those who donated a very interesting and inspiring book. I've been enjoying the read, Colin's enjoying the pictures. (It's that sort of fun that makes Mens Shed work.)*"

We hope Colin, Robert and fellow Sheddies enjoy the book (both the words and pictures).



Cosyfeet backs Men's Shed

Thank you to Cosyfeet who are supporting Street Men's Shed, near Glastonbury, with a £750 cash injection to purchase a new lathe as well as other tools and materials.

The funding has been made available from Cosyfeet's £750 Community Project Award, which is given annually to a non-profit initiative, geared towards enriching the lives of older people. Street Men's Shed provides a meeting place for 54 members, most of whom are men aged over 65, although membership is open to all.

Shedders have been involved in creating a diverse range of projects including making furniture and fencing as well as restoring objects such as grandfather clocks, vintage radios and fishing rods. Through meeting together and socialising with other members, it brings Shedders a shared sense of community and purpose.

"We have a great deal of local support and a strong future ahead of us," says Club Secretary,} Brian Bastable. "This award will enable us to invest in much-needed equipment for the benefit of our members."

Cosyfeet makes extra roomy footwear for people with swollen feet and has an active policy of giving back to the communities it serves. Launched in 2014, the Cosyfeet Community Project Award offers a one-off donation of £750 to two registered charities or not-for-profit organisations each year. For more information on the Cosyfeet Community Project Award visit www.cosyfeet.com/communityprojectaward

For more information on Street Men's Shed, visit streetmensshed.btck.co.uk/



Funding boost for Essex Shed Network

Congratulations to the Essex Shed Network (ESN), who have been awarded funding from the Reaching Communities, Big Lottery Fund. This will allow the Network (a partnership of Maldon & District CVS and Uttlesford CVS) to continue to provide Sheds with support and advice as well as facilitating development of new sheds across the county.



Sarah Troop-Laskar, Director of Maldon CVS agreed *"Without a doubt this exciting news means our partnership can now focus on growing the network of Sheds across the county. We are looking to take on more staff, offer more training to Shedders, organise more events to give Sheds a chance to network, share knowledge and skills... just really fulfil the potential that the Essex Shed Network has shown over the last three years."*



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:

Oxgangs Men's Shed, Edinburgh; Woodland Cruck Barn, Checkendon; Shedditi! near Cambridge; Crewkerne Men's Shed, Somerset; Welwyn Garden City Men's Shed, Hertfordshire.

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

Cheltenham & Gloucester Shed; Dereham Men's Shed; Norfolk and Selkirk Community Shed, Scottish Borders.

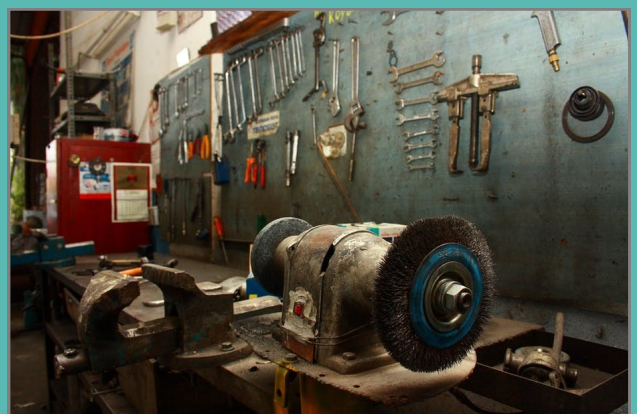
Looking for some extra tools for your Shed? Try Toolcycle!

Looking for a drill? Trying to find a bandsaw? Need a computer? Browse Toolcycle. Have something you don't need anymore? Post an advert.

Toolcycle enables you to give, get and swap tools, equipment and materials. Sheds and companies alike will list things every now and again so make sure you check back often. Please note that Toolcycle purposefully has no payment function. We encourage all items to be donated to Sheds for free and you'll need to arrange delivery or collection using the contact details listed on each item.

Currently there is an Oscilloscope (West Bletchley), Two DIY Table Saw's (Southend-on-Sea), a collection of woodwork and metal tools (Burgess), an original Record 15" woodworking vice (Desborough) and a pair of Bosch cordless secateurs (Frome) on the website looking for a new home.

Member Sheds and Supporters can visit Toolcycle at menssheds.org.uk/Toolcycle.



Fun and fundraising!

Cabinz and Woodwork to Wellness have completed a successful screw and bolt sorting pilot, with plans to expand the project as therapy work for the charity, Autism Together.

Over the last year, Cabinz, a reuse based social enterprise near Chester have been sorting over 10 tonnes of new high quality mixed screws, bolts, nuts and nails from manufacturers. These came from broken boxes, over stocks or cancelled orders. The fixings were sold at low cost or donated to groups like DIYers, Men's Sheds and small businesses.

Last Summer Paul Ridley, the founder of Cabinz, had the idea that sorting the screws and fixings was relaxing and perhaps good therapy. Paul contacted Graham Stephens, coordinator of Woodwork to Wellness (www.woodworktowellness.org.uk) in Saltney, and completed a successful pilot with their autistic members.

This pilot is now being expanded by Autism Together, a large charity in the Wirral, joining the partnership to have their users sort the smaller fixings, bag them up, and offer them for sale at low cost via an online shop. These fixings will also be used to make Autism Together and Woodwork to Wellness garden furniture and other wooden items. The funds raised from the project will be shared between the three groups.

If Men's Sheds are interested in purchasing low cost screws and fixings from Cabinz, contact Paul Ridley at cabinznet@gmail.com. Cabinz have an extensive range of most type of fixings and plan to be fully operational for mail order by the end of January 2019.

For more information about Autism Together, visit www.autismtogether.co.uk



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