

Shedder-networking



On Wednesday 20th March, six Sheds from Bedfordshire, Buckinghamshire, Oxfordshire and Milton Keynes met at the Milton Keynes Shed to form a new regional network. For want of a better name, the network is going to be called the "*Northern Home Counties Area Shed Network*". The network will meet quarterly to support new, emerging and established Sheds. The main aims are to achieve Shed sustainability across all member Sheds, hear what is going on from a national UKMSA perspective, and to facilitate networking with each other.

Membership will be open to all Sheds based in Hertfordshire, Bedfordshire, Buckinghamshire, Northamptonshire, Oxfordshire and the Milton Keynes Unitary Authority.

Sheds will inform future meeting agendas, so if a Shed wishes to raise anything for discussion, please contact Paul Egerton on email to men.in.sheds.west.bletchley@gmail.com. The next meeting will be held on 19th June 2019.

Are you already part of a network of Sheds in your area? If not, we're keen to support Sheds in development or already open to find their nearest network.

If you're not part of a local network, but would like to make contact with other Sheds in your area, you can also contact our Membership and Support Officer, Laura, for details of other Sheds nearby.

If you'd like UKMSA to include your networking group on our map, please email admin@ukmsa.org.uk with the details.

Could you be the UKMSA Trustee we're looking for?

We're looking for Trustees who can make a significant contribution to the Board of the UK Men's Sheds Association (UKMSA).

The Men's Sheds movement and UKMSA are altruistic in their approach to enable the growth of Sheds; we support Sheds and act as a voice for Sheds in the United Kingdom.

Our Board of Trustees have the overall responsibility for setting the vision and strategic direction of this membership organisation, with a shared passion for continuous improvement and drive to make a positive impact on Shedders across the UK.



We're seeking individuals who will contribute by being able to share and implement their knowledge, expertise and experience. Trustees are responsible for the overall governance and strategic direction of the UKMSA, its financial health and the probity of its activities in accordance with our constitution, legal and regulatory guidelines.

To maintain the balance of skills and experience on the Board in 2019 and beyond, we're particularly keen to hear from people with experience in any of the following areas:

- Business development and fundraising
- Insight and research
- Human Resources
- Public Relations, digital and social marketing
- Legal

Successful applicants must be able to attend a minimum of four face-to-face Board meetings, the organisation's AGM and one strategic planning day per year.

We encourage trustees to represent the charity at public events and take an active part in promotional activities as well.

Trustees are ambassadors for UK Men's Sheds and champion its vision, mission, members and volunteers.

UKMSA is an equal opportunities employer and welcomes applications from all.

Please note this is an unpaid position although reasonable expenses will be reimbursed.

All applications must be received by 9am on 1st May 2019.

For further information and an application pack, including an application form, please visit menssheds.org.uk/about/work-with-us/.

Inside your Sheds...

...a little bit about what goes on in your Sheds

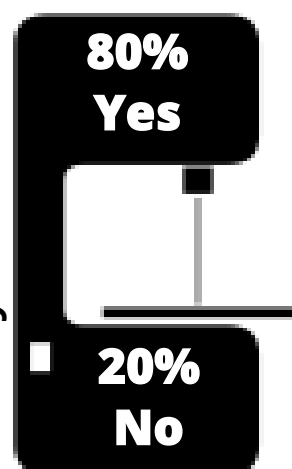
Last month we asked you a little more about inside your Sheds. Thanks to the 49 Sheddors and supporters who took their time to share their thoughts with us. This month we'd like to ask you about things *outside* your Shed.—www.smartsurvey.co.uk/s/2minShedderApril19/.

Here's what we discovered about the Sheds who answered our March survey —

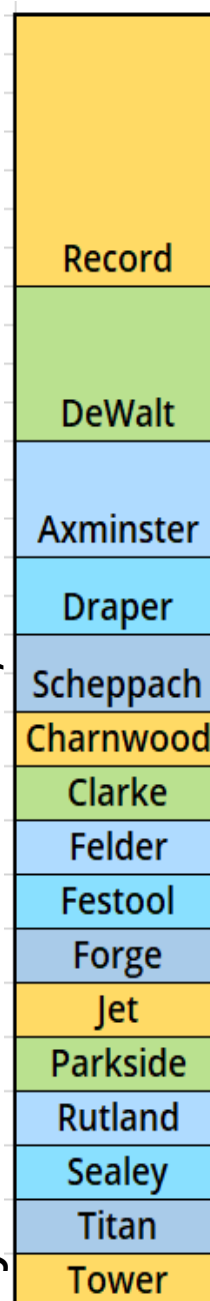
Sheddors have learnt many skills since joining their local Sheds—



Do you have a band saw in your Shed?



If your Shed has a band saw, what brand is it?



Next on Sheddors shopping lists:

- 8% - Band saws and dust extraction systems
- 6% - 3D printers, laser cutters and pillar drills
- 4% - Belt sanders, bench saws, thickenessers, jig saws, lathes and table saws

We're not surprised to learn that the kettle is the Sheddors most favourite piece of equipment in the Shed!

Followed by band saws, chop saws, table saws and lathes.

If you enter this month's survey you could have the chance to win a 'muggi' to carry multiple mugs for your fellow Sheddors in your Shed, or just carry more cups of tea around the house!



Roving Mike... *Lifetime honorary president of the UK Men's Sheds Association, Mike Jenn, goes out and about to meet Sheds and Shedders...*

Rewards for All!

In a brief conversation last week with another Shed leader we shared our surprise at how few Sheds apply to the National Lottery. The National Lottery Community Fund (what was known as Big Lottery Fund) gave out over £600m last year and it has the staffing and the intention to reach even the small organisations. Not all funding pots will be so easily shared between the growing number of Sheds in the UK, however this size of funding pot is accessible to all Sheds, and something I'd recommend Sheds consider applying.



The Community Fund's 'Awards for All' programme mainly gives grants of between £300 and £10,000 to voluntary or community organisations, constituted groups, not-for-profit companies, charities and CIC's (Community Interest Companies).

Sheds easily fit the first of their priorities which is 'bringing people together and building strong relationships in and across communities'.

Examples of what they fund include utilities/running costs, volunteer expenses, equipment, small capital projects, one-off events, staff costs, training costs and transport. Grants normally have to be spent within 12 months.

When looking at applications they particularly value groups or organisations that can tell them how they have involved the community they aim to serve in the design, development and delivery of the activities they're planning. By 'community' they mean 'people living in your local area, people who share a common interest, or people who experience similar barriers and issues.' Men-only Sheds will need to show they are inclusive within the framework of their aims.

The Fund requires that you have a bank account in your Shed's name, public liability insurance, a set of financial procedures explaining how you use and manage money and be able to show how any leadership is qualified for specific tasks like instructing. You need to provide annual accounts, or other records if your organisation is less than 15 months old.

Applications can be made online at any time but apply at least three months before you need to commit or spend the money. For further information see their website. They have an accessible advice line and further advice can be had from your local CVS (Community Voluntary Services) if you have one or from other Sheds via UKMSA. And finally, once your grant has run its course you can apply again *straight away*!

You can find out more information by visiting tnlcommunityfund.org.uk/funding/under10k

Don't forget!

Member Sheds can read our advice on writing grant funding bids in the Income Generation and Fundraising are of our Resource Library—<http://bit.ly/2TJqMfQ>.

Not a UKMSA member Shed? Visit menssheds.org.uk/join to see the benefits, including access to over 50 guides and templates for member Sheds to use, discounts with tool retailers and priority support from our Membership and Support Officer, Laura, for only £24 a year.

Do you have any useful information about funding sources to share with other Sheds? If you have any funding pots, experiences or learning you'd like to share, please email admin@ukmsa.org.uk for inclusion in a future edition of S2S.

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month. Mike Powell, a volunteer with Bowel Cancer UK, shares his story and information about bowel cancer.

Mike Powell, Cheltenham, 65, diagnosed with bowel cancer in 2017

The thing about bowel cancer is nobody thinks it will happen to them. I know that I didn't. But bowel cancer is actually the UK's fourth most common cancer with someone diagnosed every 30 minutes. It's also the UK's second biggest cancer killer. However it shouldn't be because it's treatable and curable especially if diagnosed early.

This April is Bowel Cancer Awareness Month and with people over 60 considered at a high risk of being diagnosed with bowel cancer, there's never been a better time to start speaking about the disease.

Knowing the symptoms of bowel cancer could save your life, these include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy



Mike Powell with his wife and two grandchildren.

Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, [go to see your GP](#). **Take part in bowel cancer screening** Though many people diagnosed with bowel cancer had symptoms, some don't. I didn't have any symptoms, which is why I'm so thankful I took advantage of the free bowel cancer screening test when I received it in the post.

The NHS bowel cancer screening test can detect bowel cancer at an early stage in people with no symptoms when it is easier to treat and a greater chance of survival. If you're registered with a GP and aged 60-74 (aged 50-74 in Scotland), you will receive a test in the post every two years. You carry out the simple test at home in private and it comes with step-by-step instructions. The test looks for hidden blood in your poo, which could be an early sign of bowel cancer.

For more information about bowel cancer, please visit Bowel Cancer UK's website at bowelcanceruk.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:

Beer Men's Shed, Devon.

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

The Hangar, Ely; Bognor Regis Men's Shed; Western Wolds Men in Sheds, Holme-upon-Spalding Moor; Sheddit!, Cambridge; Nursling & Rownams Men's Shed, Southampton; Wharfedale Men's Shed, Otley.



Veterans Woodcraft
*Rebuilding lives
with wood*

#WOODCRAFT
WARRIORS

Set up by a group of veterans in 2018, **Veterans Woodcraft** delivers woodcraft courses to help people who are battling against suicide, PTSD, mental health issues and physical disability, mainly caused by their military service.

By working with wood and learning new skills, veterans and civilians can rebuild their lives, grow in confidence and develop resilience to help them recover and lead active, fulfilling lives.

Please go to:-
www.thepeoplesprojects.org.uk
and vote for #WoodcraftWarriors
between 1st and 15th April 2019 to help more people rebuild their lives with wood.

Veterans Woodcraft, 14 Firby Road, Gallowfields Industrial Estate, Richmond, North Yorkshire DL10 4ST
veteranswoodcraft.co.uk

VETERANS WOODCRAFT



**NEEDS
YOUR
VOTE**

Please go to www.thepeoplesprojects.org.uk
and vote for #WoodcraftWarriors

Veterans Woodcraft
*Rebuilding lives
with wood*

#WOODCRAFT
WARRIORS

Sailing Sheddars come ashore to support local School

This winter the Boat Buoys Sheddars stayed on dry land to lend a helping hand to their local community. The Boat Buoys Shed, based in Gravesend, were approached by Riverview Junior School, to see if they could provide a mud kitchen for use in the 'Forest School' run by former classroom teacher Lynn Lewis. Before the Boat Buoy Sheddars stepped in, the children were using an 18" high 4ft long bench for their kitchen, which didn't lend much to their imaginations.

The Boat Buoys Shed was set up with Gravesend Regatta Committee. Their primary focus is maintaining the boats used for racing on the Thames at Gravesend. Ian Stevenson, lead Shedder for the Boat Buoys, said *"When Lynn approached us with the request for a mud kitchen we were happy to have the opportunity to give something back to the community which had helped get our Shed established. We are only a small group having limited space to work, and this gave us a project when the weather was against us working on the boats."*

Using wood from the store with disassembled pallets for the top, the kitchen was delivered to the school on a cold February day with snow on the ground. The children using the Forest School at the time helped choose where to put the kitchen. The class started using it as soon as it was positioned and showed their thanks by preparing some food for the Sheddars—pancakes made with mud and sticks—very tasty!



April 2019 | N. 050

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

 @UKMensSheds |  UK Men's Sheds Association |  ukmenssheds