

SHOULDER to SHOULDER

Newsletter 051 | May 2019

Shedders do what it says on the tin!

Since November, UK Men's Sheds have been working with an agency to develop a partnership with a well known DIY brand. Those of you who follow our social media will know that we have now announced our new partners are Ronseal.

So what is involved?

A key part of that support is the use of Shedders and actors to provide advice in short online clips. These clips can be viewed on the Ronseal website, through an app, and through a media campaign. Click here for the full Guardian article used to launch Ronseal's campaign — bit.ly/2PFhPnx

We hope this campaign will raise awareness of the Shed movement and help Sheds to become household names with a new local audience of DIY'ers.

As the partnership with Ronseal grows, we hope to develop courses for Sheds and local communities—sharing skills and generating income for Sheds. Ronseal will also be at our annual ShedFest gathering providing helpful tips, advice and support.

Our thanks go to those involved in the initial set of the videos—Frome Men's Shed, Camden Town Shed, Moss Side Men's Shed, Dalbeattie Men's Shed and Stretford Shedders.

To watch some of the videos Shedders have made with Ronseal by following this link to the YouTube playlist—bit.ly/2vvHaXP

There will be opportunities to tell more stories of Sheds and Shedders, and show how the movement is transforming lives, as we work more closely with Ronseal in the coming months.



Shed Security

Most of the news which we have to share is good news. Sadly, we have heard from Men in Sheds Bedford who recently who experienced a break in.

Members of Men In Sheds Bedford were devastated when they arrived on Monday morning (1st April) to find that their Shed had been broken into over the weekend and a considerable number of hand power tools and a dust extractor had been stolen. Altogether the charity estimates that it will cost around £2,000 to replace what was stolen. Many of the tools had been donated by individuals, bought with grants from supporting businesses or the council, and from money raised by the charity through sales of items made by their members.

One of the trustees, Steve Conway, said *"This a bit of set back for us, but we are determined to overcome this and carry on helping people. The police have been very helpful and spent a lot of time investigating the scene of the break in and providing detailed advice to help us. We have also had a number of messages of support and offers of help, including from our MP, Mohammed Yasin."*



Tips for keeping your Shed safe:

- Get to know your local Police team—you can identify their contact details at [police.uk](https://www.police.uk) using the 'Find your neighbourhood' search function. Invite them to visit your Shed and find out more about issues of security locally.
- Stay in the news and be involved in the community—encourage those around your Shed to help keep an eye on it if possible. Consider getting in touch with your local Neighbourhood Watch Scheme—you can find yours at [ourwatch.org.uk/](https://www.ourwatch.org.uk/)
- There are some useful tips about building security on the Met Police website—bit.ly/2ZWX9w6.
- Consider marking and registering your tools and equipment. If they're stolen and recovered they can be traced back to you. Two systems to consider are Immobilise—[immobilise.com/](https://www.immobilise.com/) and Smartwater—[smartwater.com/](https://www.smartwater.com/). There is an initial cost for the kits to mark equipment, but they include registration for items for at least five years (Smartwater) or for longer (lifetime registration with Immobilise).
- Keep an audit of the tools in your Shed—so that if the worst happens, you'll easily be able to list what has gone for the insurance company.

If you have any other tips for keeping your Sheds safe, please send them into us at admin@ukmsa.org.uk, for inclusion in a future *Shoulder to Shoulder*.

“Using the Men’s Shed has brought me back to the person I used to be”

A Northamptonshire charity has been helping to improve the health and wellbeing of men through its Men’s Shed.

Teamwork Trust – which supports adults with mental health needs, learning and physical disabilities – set up the workshop space at its Wellingborough centre in May 2018, with funding from the Co-op’s Local Community Fund.



The charity’s Men’s Shed is part of the rapidly-growing UK-wide Shed movement, creating more community spaces where men – who typically find it more difficult to build social connections than women – can come together to pursue practical interests.

Trained carpentry teacher, Chris Watts heads up the workshop with a team of volunteers. He says *“The project is making a real difference to lives. Providing a place for guys to deal with and share their issues is a beautiful thing. It’s brought people from different backgrounds together and they learn how to deal with their feelings and emotions from each other.”*

The workshop can take up to five people at a time, who are usually referred by local agencies, counselling providers, or have heard about the project from others.

Making practical items, such as bird boxes, chests, planters, bird feeders and tables enables participants to learn project design, joining techniques, finishing and other valuable skills – while gaining important social interaction along the way.

Dan started attending at the beginning of the project, ten months ago. He said: *“When I first started I was nervous and quiet, but having other people around to support and share things with was nice. Using the Men’s Shed has brought me back to the person I used to be.”*

Steve, another participant, said: *“Doing this has led me to volunteering, and that could lead me to paid work.”*

Teamwork plans to start Men’s Sheds at its other two centres in Kettering and Corby.



Men's Sheds help needed

This year the government is going to enact its National Loneliness Campaign. The campaign was borne out of recommendations from the Jo Cox Commission on Loneliness - a cross-party group Jo set up herself before she was killed - to tackle what has become a serious issue across all areas of society.

Campaign to
End Loneliness

CONNECTIONS IN OLDER AGE

What the campaign is trying to do is essentially quite simple; it's to break down the stigma that surrounds loneliness. Many reasons including shame and embarrassment, a desire not to burden others and an inability to express feelings can prevent people saying that they don't have the social connections they need and so these people become more isolated and it becomes a vicious circle.

As many of you already know, the transition points in people's lives - moving to a new area, retiring from work, recovering from illness, losing a loved one - can be incredibly lonely periods. Even people in families and with partners can be lonely, and without the depth or quality of connection they really want.

The campaign wants to tackle loneliness as it has been proven to cause ill health, both physical and mental, from doubling the risk of dementia to increasing the risk of heart disease and stroke. Loneliness is dangerous; it attacks the fabric of our society and communities; it puts our health service under undue stress. And yet it can be curbed if we start talking about it and treating it as what it is; as normal a human reaction as joy, anger, frustration or excitement. This campaign wants to normalise and neutralise it.

The team working on the campaign has come to Men's Sheds to ask for your help if you have experienced loneliness and have a story to share. Anyone who is willing to stand up and say, "Yes I am/was lonely. This is how it feels. This is why/how it happened to me." Your stories could help form a library of case studies to build the national understanding of loneliness. These could also be used as an offer to media outlets to feature in their digital, print and broadcast stories.

If you are prepared and willing to share your experience of loneliness, are happy to divulge your name and age and are aware you may need to be filmed/photographed if your particular story is picked up by the media, then please answer the questions below in an email to lucy.foster1@culture.gov.uk.

Thank you - the team really appreciate your help.

Name:

Age:

Occupation (Or former occupation if retired):

Where do you live?

Who do you live with?

In no more than 200 words, tell us about your experience of loneliness (please try to include the following details)

- *How did you first start feeling lonely? What were the circumstances that brought on the feeling?*
- *What did you find yourself doing that made it clear that you were lonely?*
- *When was it at its worst? - Can you remember a specific incident?*
- *How do you try to combat the feeling of loneliness? What actions did you take?*
- *How successful were those actions?*

How would you like to be contacted?

Email:

Phone:

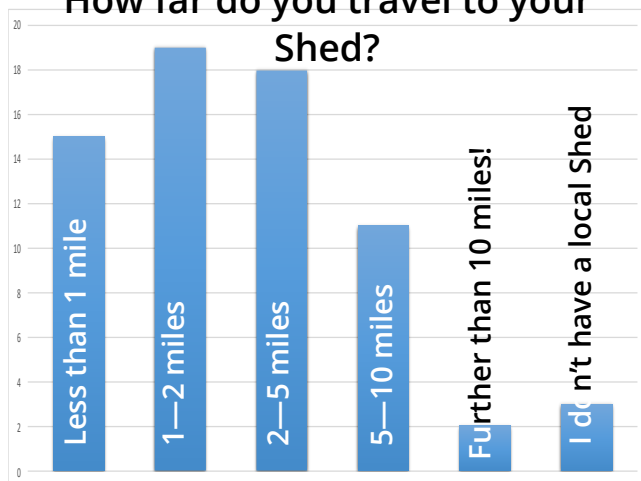
Inside your Sheds...

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

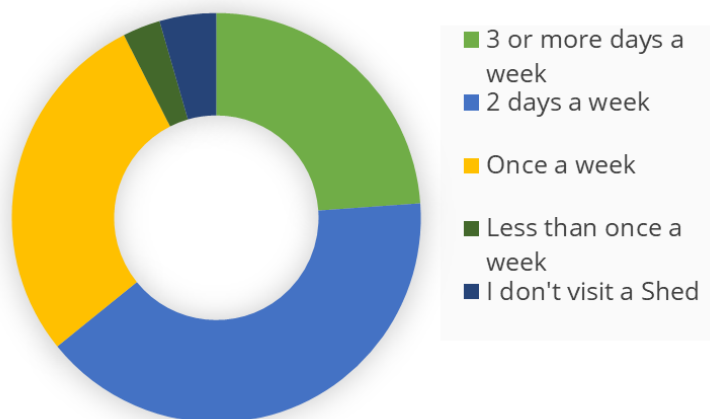
In April we asked Shedders how they travelled to their Shed, and how they first heard about their local Shed. Thank you to the 68 Shedders from 54 different Sheds who shared their experiences with us.

Here's what we learned last month from the Sheds who answered...

How far do you travel to your Shed?

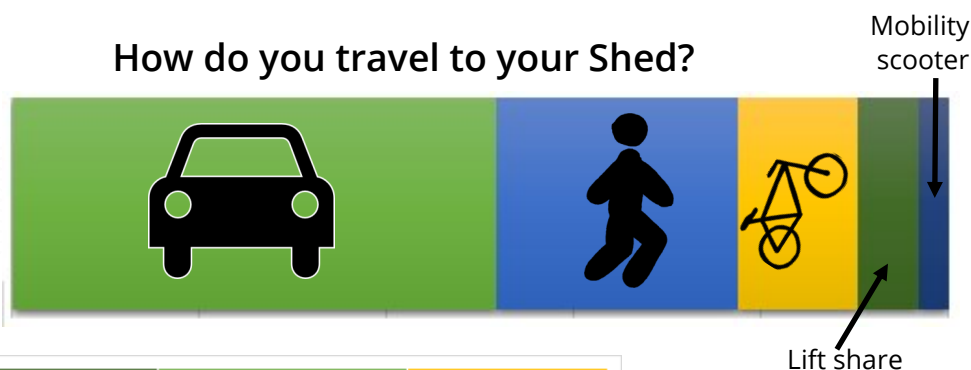


How often do you visit your Shed?

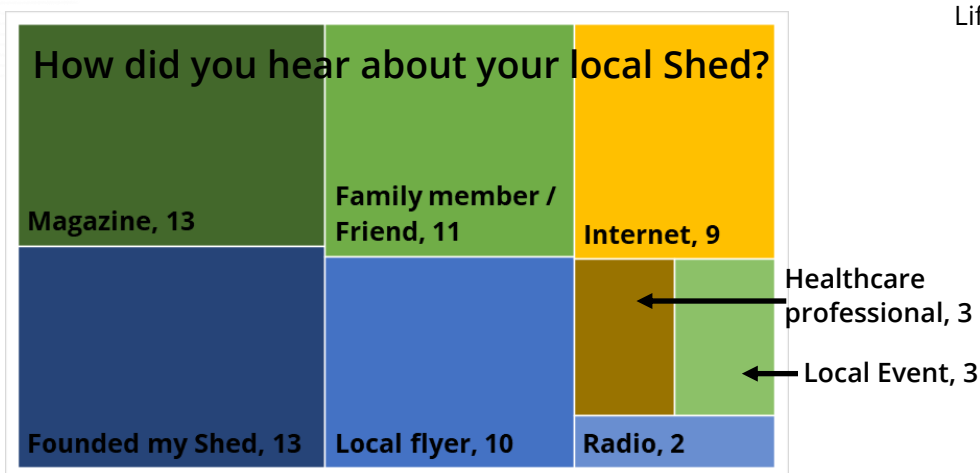


Shedders travel an average of 14.5 minutes to journey to their Shed

How do you travel to your Shed?



How did you hear about your local Shed?



This month we're asking about a hot topic—insurance! To help us get a better picture about insurance in Men's Sheds, and to be in with a chance of winning a Muggi, visit—

smartsurvey.co.uk/s/2minShedderSurveyMay19/

Congratulations to last month's winner of a Muggi—
Trefor Hughes from Kingsway & Quedgley Men's Shed



Camden Shed's training experience

Sometimes more money can be made from selling training places than can be made from selling products. A skilled person might be able to make a product in a few hours but if he had spent the same time teaching a small group the fees would add up to more.

At Camden Town Shed, we run an 'Introduction to Wood-turning' course from 10.30am until 4pm and use five lathes to teach ten people. Our income is £500—£600 a day net, even though we pay the tutor. After safety training, the tutor explains and then demonstrates each step before setting off half the participants on making a small bowl. The non-active participant observes and can be helpful reminding the active one of what the trainer said before beginning their own product.

We have been running this course for several years and used to charge £45 per person—but now we charge £70 per person, even though we know of another organisation charging double that – but then we are in London. We regard these as 'fundraising events' which the Charity Commission permits up to 15 a year. The 6" x 1.5" oak blanks cost £2.50 each and produce a brilliant finish very quickly. We get frequent 5* reviews.

On the downside we have had to purchase five second-hand lathes for £70 - £130, 15 tools, sanding abrasives and oils—and we provide refreshments too. We pay an agency ([Funzing](#)) to find us the participants. Advertising is too expensive and uncertain whereas our agency has thousands of people looking for similar experiences and charges 15% of the fee, or nothing if the customer comes through us. Our courses are nearly always at least 95% full.

The outlay and tutor fee may not suit you or be justified without evidence of a positive return but it is also not necessary. If you were to offer a course that made a product, but used most of your existing tools, it would be like being paid for running an induction for new members. The Blackhorse Workshop started training as we did (we shared the idea and the trainer) but now runs other courses including one that makes a breadboard. See their Creative Induction course at blackhorseworkshop.co.uk/courses/woodwork. There is even unmet demand for DIY courses such as putting up a shelf! They can be easy to set up and run - but first you might need to find a commission-only agency.



Want to discuss more about the possibility of running a course in your Shed?

Join Mike Jenn, from Camden Town Shed, on the discussion forum on our website to share your thoughts with others about running courses. You can join the forum as a free user, or as a Shed or Supporter member here— bit.ly/2vuPMOi

Do you have any experiences of offering courses to share with other Sheds? If you'd like to share, please email admin@ukmsa.org.uk for inclusion in a future edition of S2S.

How's your hearing?

Do you find yourself saying 'Pardon?' a lot in the Shed? Is it just because of all the noisy tools, or that your fellow Shedders mumble?

At Action on Hearing Loss, they're committed to the idea that everyone who needs support with their hearing loss and deafness gets the support they need. There are **11 million people across the UK living with hearing loss**, many of whom are over 50, and many of which live in rural communities. While people in these areas do have access to GPs, specific information about hearing loss, and how and when to get support, is often lacking.



The support Action on Hearing Loss offers varies from providing basic hearing checks, giving talks to care homes and local community groups, providing demonstrations and products to help them and signposting people to complementary local services. Having done some evaluation of their work, Action on Hearing loss have been thrilled with its levels of success. Since the project began, almost 25,000 people have received information and more than 5,000 hearing checks have been provided.

Informing yourself about hearing loss, and what help is out there, can be truly transformational. Unaddressed hearing loss can leave people feeling isolated, and affect their mental health. Speaking to people who understand what you're going through, and can tell you what support is available makes all the difference. Many who have used their services have now gone on to take action and get the treatment they need.

Signs of hearing loss to look out for—

- Finding it difficult to follow conversations in noisy places or in a group
- Having the TV or radio on very loudly
- Reporting that other people are mumbling

96% of people accessing the information outreach service feel that they are better informed about hearing loss and/or tinnitus



93% of people feel better informed about what action to take to address their hearing loss and / or tinnitus



- Struggling to hear on the phone
- Asking others to repeat themselves
- Watching your lips when talking to you
- Appearing withdrawn or taking part less often
- Not responding when spoken to

As we get older, it becomes more and more important to spend quality time with the people we love, and for many of us at this age our hearing naturally deteriorates. We urge anyone who's beginning to wonder if they need help to get in touch with Action on Hearing at actiononhearingloss.org.uk/ to find out what support they can provide.

Take action today

Book a free information talk for your group today. If you're based in London or the South East contact Sinead.Armitage@hearingloss.org.uk. If you're based in Scotland contact Malaika.rose@hearingloss.org.uk and if you're based in Northern Ireland contact Mariette.Mulvenna@hearingloss.org.uk

Alternatively you can contact Action for Hearing Loss' information service and find out where the nearest information event is located. Email: information@hearingloss.org.uk

Telephone: 0808 808 0123 Textphone: 0808 808 9000

Older men at the Margins



This week the University of Bristol and Age UK launched guidance for practitioners and services providing support for older men. The research was conducted over three years and many Sheddors from the South West were involved in this project.

The project looked at older men who are single or living alone from rural areas and urban areas, older men who are gay and single or living alone, older men with hearing loss and older men who are carers for significant others.



Charlie Bethel, UKMSA Chief Officer, attended the event, commenting *"The launch event was fascinating and I highly recommend visiting www.ageuk.org.uk/men-and-loneliness to read the findings"*.

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:

Corby Shed; Attleborough Men's Shed, Norfolk; Skipton Men's Shed, Yorkshire; GL11 Community Shed, Gloucestershire; and Grassington Men's Shed, Yorkshire

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

Portadown Men's Shed, County Armagh; Janners Men's Shed, Plymouth; Debenham Shed, Suffolk; Men's Shed Hatfield, Hertfordshire and Oakwood Shed, Staffordshire

Nearly there...

We are currently at 499 Sheds open on our map. Keep an eye out for our next round of updates to the map as we expect the UK to reach 500 Open Sheds soon.

Shoulder to Shoulder

Would you like to find out a little more about other Shedd's experiences? Have some exciting news to share, or an invite for other Shedd's? Please send your questions or information to share with others to admin@ukmsa.org.uk for inclusion in next month's *Shoulder to Shoulder*.

Summer invite for Sheds and Shedd's in the South

The **Southern Men's Shed Network** are holding their next Regional Shed meeting at the Sandown Aviation Museum on the Isle of Wight, **Tuesday 9th July**.

We will be starting about 10.30am, and finishing late afternoon with a BBQ— ALL welcome especially Shedd's on holiday that week who would like to meet other Shedd's.

We have discount codes for both of the ferry companies serving the Island.

For further details contact Brian Cooke brian.cooke@hotmail.co.uk or 07776 216516.

A future Shed in Warrington?

We've been contacted by a care home in **Warrington** who **have a woodwork shop which they're interested in being used as a Men's Shed**. If you're in the Warrington area and would like to be involved, please message Laura at admin@ukmsa.org.uk for more details.

Good luck to Megan—running an ultra marathon to raise money for UK Men's Sheds!



We previously shared the story of **Megan Godber**, who is **running 100km** (65.1 miles in old money) on 25th and 26th May **to raise money for UK Men's Sheds**.

Megan explains, *"This May 2019, I thought it would be a great idea to take on an Ultra Marathon and run 60 miles continuously. I will be starting in London and hopefully finishing in Brighton, whether I'm walking crawling or limping, I'm too stubborn to stop!"*

My Dad suffered a stroke 2 years ago now, and this is where the Men's Shed stepped in. The Shed is a safe, social place for my dad to go to - he loves it. He now goes twice a week, it takes the pressure off my mum and has been so beneficial to his health and wellbeing. As a family it has been so nice to know he is with people, doing great activities such as building, making and crafting. It's keeping him busy and healthy and this is why I want to raise as much money as possible."

You can read more of Megan's story, and donate, via JustGiving at bit.ly/2We8c1r



May 2019 | N. 051

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

 @UKMensSheds |  UK Men's Sheds Association |  ukmenssheds