

SHOULDER SHOULDER



UK
Men's
Sheds

ISSUE 61 MAY 2020



a short documentary about a shed

Sunnyside

A 3ANGRYMEN PRODUCTION

Director **Danny Baldwin** | *Editor* **Jon Beagley** | *Producer* **Kezia Clark**
Director of Photography **Charles Mori** | *Composer* **Daniel Sonabend**



Welcome to another month! We hope we find you in fine fettle albeit a little stir-crazy!

In the last newsletter, we explored ways to keep ourselves physically and mentally healthy during quarantine. In this issue we hope to inspire you to go one better.

It goes without saying we should all strive to stay safe and healthy. This month we asked the question, is there anything Sheds and Shedders can do to help not only themselves but their communities?

We were pleasantly surprised and inspired by the response. Perhaps there is some small thing you too can do without putting yourself or others in harms way.

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inside

Name: Charlie Bethel

Role: Chief Officer

Age: 45-ish

I have been invited to write something about myself, so this is probably the shortest document I ever produced!

A proud Brummy, on leaving school I was fortunate enough to go to Loughborough University where I allegedly 'read' Industrial Design and Technology with a year teacher training. Whilst at University I was heavily involved in the student Rag (fundraising initiative) and this led me to a career in disability sport. Following a stint as a fundraiser in London, I went to work at Stoke Mandeville at the birthplace of the Paralympic Games. Then I worked at British Wheelchair Basketball as CEO for fifteen years before taking some time out to build a house and then join UK Men's Sheds. I am still on the board of the International Wheelchair Basketball Federation where my portfolio includes the delivery of wheelchair basketball at world, commonwealth and Paralympic Games.

FAVOURITE QUOTE: Whilst there are a number of quotes I like and use, probably the most appropriate one, is the quote I used in every examination paper I had whilst studying Industrial Design at Loughborough University. That quote was from the first page of *Pioneers of modern design* by Nikolaus Pevsner (I am not sure I read much more of the book) and he was quoting John Ruskin who said "Ornamentation is the principal part of architecture". Other quotes I often relate to work are "All that glistens is not gold/God"—apparently by some guy called Shakespeare lastly, "Dream in light years, challenge miles, but walk step by step" by Morihei Ueshiba [on Google the second quote is actually also accredited to Shakespeare not MU]; something that has helped shape my approach when developing and supporting growth in organisations.

Meet the CO.



FAVOURITE BOOK: One of my many failings is that I do not read enough, but if I was to choose my favourite from what I have read, I'd have to go with *Letters of Note*, compiled by Shaun Usher. It is a collection of letters from or two people of note in the world. It includes letters on a number of topics such as Ghandi's letter to Adolf Hitler, and the tragic last letter written by Virginia Woolf. It is a book that can inspire and one that makes me reflect. I also enjoy thrillers and loved *Angels and Demons* by Dan Brown before he became the massive celebrity he is today; it's a wonderful rollercoaster of a thriller and I do enjoy thrillers on a similar line.

“DREAM IN LIGHT YEARS, CHALLENGE MILES, BUT WALK STEP BY STEP”

One of the great things about my job is the ability to make positive change and to create. My role is basically one big design project. You take all the information and insight you have (The Situation / Problem) and create a strategy (The Brief and Specifications) you then work to these plans to create programmes, events and projects that hopefully support 'healthy and happy men' (Product). The outcomes and impact of what you make in Men's Sheds is so much more than the enjoyment you might get from making a bowl... well certainly any bowl I have turned. This isn't a perfect analogy, but it works for me. There is a lot of administration, income and partnership development in my role, but it is important, as with any project, to get the measurements and marking out right in the first place. Even the most organic looking sculptures are planned.



The future of Men's Shed is certainly positive and the movement's ethos of acceptance and support to each Shed and Shedder is inspirational.

Outside of my many vices I am fortunate to have a wonderful wife and three beautiful young children. When I finish my day's work, I seem to be forever fixing whatever they have broken each day and working to lists. To relax I have an eclectic collection of music and enjoy tinkering in my workshop. It is an honour to work for Men's Sheds and I would like to thank every Shed I have been fortunate to visit as they are an inspiration and a highlight – I only wish I had more opportunities to visit Sheds. I hope that UK Men's Sheds Association can provide a positive experience and benefit to each and every Shed.



With His Royal Highness, prince Edward
The Earl of Wessex



Conducting the draw for
the Rio summer paralympic
games - Wheelchair
WKIDS on VE Day



With the Queen in Latvia as part of her 80th birthday

We find ourselves in unprecedented times. This is hopefully a period in our lives that will not be repeated and lessons will be learnt in terms of managing outbreaks and how we stay in contact when we have to physically isolate from family, friends, Sheds and neighbours.

UK Men's Sheds Association are trying to keep people connected through the newsletter, social media, calls to Sheds (that will start to roll out shortly) and the radio show Shed Happens. These routes of communication are all fantastic and it is humbling to see how many people are

rallying around to help to keep people in touch. I would like to especially thank Patrick Abrahams and Frome FM for their tremendous support in stepping up and meeting our challenge to them to deliver a weekly radio show to keep people together.

In a conference call I joined as one of eighty participants this week there was a stark reminder that we cannot reach everyone with electronic means. The statistics from

Age UK suggest that 30% of people over the age of 70 do not have access to the internet at home. I am heartened by all the stories I hear from Sheds staying in touch with Zoom and hope that Sheds can keep everyone engaged. We will continue to seek out new ways of keeping people occupied and we welcome any ideas or suggestions of how you think we might be able to help.

NEW PARTNERSHIPS

Before lockdown, Mike Jenn and I met with the Railway Heritage Trust to build upon a programme they have been delivering for a number of years.

One of the challenges we are all aware of is finding a suitable property for starting a Shed. The Railway Heritage Trust's objectives are to assist the operational railway companies in the preservation and upkeep of listed buildings and structures, and in the transfer of non-operational premises and structures to outside bodies willing to undertake their preservation. With this in mind, Nairn Shed east of Inverness benefitted greatly with support to develop a site at Nairn Railway Station, and there is also another station also in Scotland where work is hopefully about to begin.

The Nairn Shed were supported financially by the Railway Heritage Trust to restore and develop the site and, as a result, the Shed have a lengthy lease and a very favourable rental arrangement with the network operator. John Rushforth, UK Men's Sheds Association Trustee and member of Nairn Men's Shed, is a massive supporter of the Railway Heritage Trust and their support. John said, "Nairn Men's Shed have been really pleased to work with the Railway Heritage Trust. They have been very supportive partners with the work we have completed and have shown a commitment to support our next ventures on the Station. With luck, this will include the two signal boxes one of which will be for our model railway enthusiasts.

We were asked by the Trust to put forward the building for their national awards and the Shed were runners up to a project that cost 1.5 million as opposed to the 10K Nairn Shed spent on the whole project

Charlie Bethel

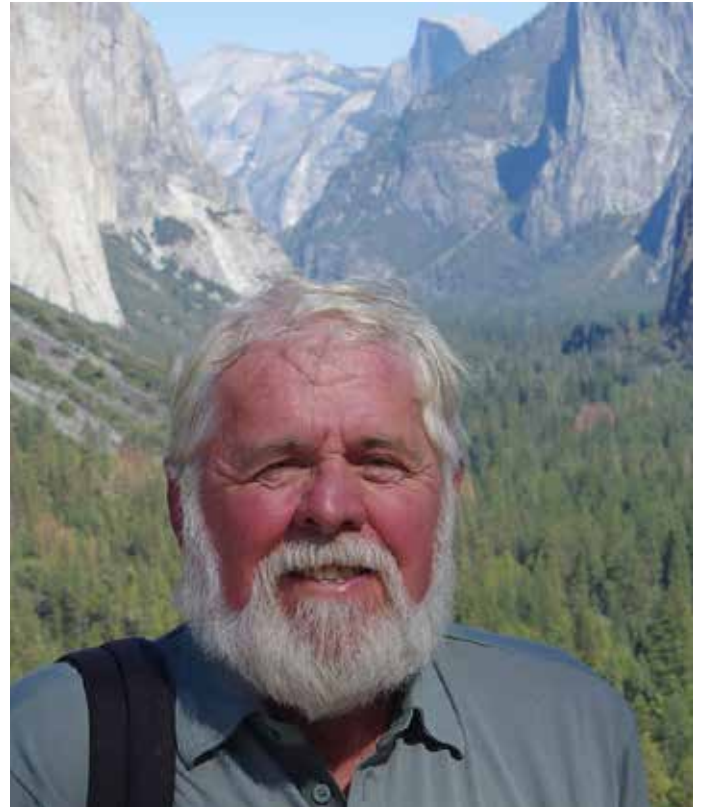


Meet an Ambassador.

Hi, I'm Geoff – founder member and Secretary of Dalbeattie Men's Shed, a UKMSA Ambassador, and a huge fan of Men's Sheds. My interest in Men's Sheds was first aroused in 2014 when I saw a poster in Dalbeattie inviting anyone interested in starting a Men's Shed to a public meeting. At the time I was five years retired from a hectic, peripatetic career with international chemical companies, and living alone, my children married and moved on, and my late wife living in residential care after I had cared for her 24/7 at home since retirement, until I could no longer manage her advancing Alzheimer's.

From that public meeting four of us, out of the seven attendees, set out to establish a working Shed. In March 2015 we had found temporary premises, received a small start-up grant from the NHS, visited the only established Shed within fifty miles, and another near Edinburgh. We had a draft constitution, a community commission to restore the town's christmas lighting, and seven members. By the time COVID19 lockdown hit the Shed, we had over forty regular members, five workshops, many strong community links (over one hundred commissions/yr, several Shedders becoming volunteers), financial sustainability, and national recognition (awards 2017, 2018, & 2019, plus cameo spot in the Billy Connolly 'Made in Scotland' travelogue).

Helping Dalbeattie Shed thrive has been fulfilling, but what has enthused me about the Shed movement are the beneficial, even therapeutic, impacts it has on it's members, their families and communities. When I was first involved, I did not appreciate how socially isolated I had become, and I did not anticipate shedding's restorative effects on



my physical and mental wellbeing – and I know that I am not alone. I regularly hear Shedders claim the Shed has turned their life around often as an unexpected bonus on top of being able to exercise the skills and interests which prompted them to join a Shed in the first instance.

In retrospect, Dalbeattie Shed found responsive support early on, support which helped us achieve what we needed without imposing pre-conceived models of what we wanted. The shape and sustainability of our Shed is based on the interests of our members and our many links to the local community which sees us as the go-to place for build/repair commissions from simple fix-its to re-creating a 1920s Cycle car <https://dalbeattiemensshed.co.uk/skeoch>

Our local Third Sector Interface guided us through setting up a community group, becoming a charity, and governance essentials. I worked with the local TSI [Third Sector Interface] Development Officer to set up the first regional Men's Sheds Network meeting and later we organised our first regional ShedFest. The network meetings have been central to the exchange of ideas and surpluses between Sheds; the ShedFest to let Sheds and their supporters/suppliers understand what they do (and do not do) for each other. Early on we relied on fund givers to help the Shed develop, some like Age Scotland and RVS [Royal Voluntary Service] had development workers who taught how to apply for grants, and how to measure success.

I volunteered to become a UK Men's Sheds Ambassador at the 2017 ShedFest to hopefully use my experience to put something back into the fantastic Men's Shed movement. In the 5 years Dalbeattie Shed has been a member, the UK Men's Sheds Association has been a solid support – encouragement and information are there for the asking – from the 2015 Shed Survey, substantial discounts available on tools/equipment, and giving us their second Men's Shed of the Year award. The Ambassador scheme is the vehicle for harnessing the accumulated know-how, and sometimes wisdom, of some very experienced Shedders to develop and sustain a very worthy movement.

Geoff Allison

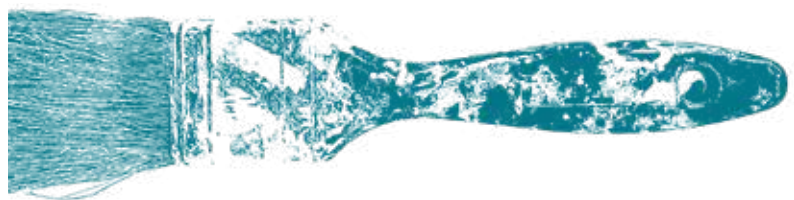
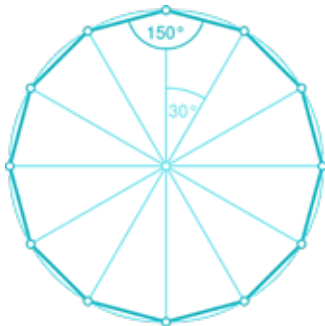


Shed Challenge.

Here's a challenge for your Shed... Make a dodecagon shaped clock of 12 identical wooden sub-units, for mounting on a backing board (see illustration). This can be made by up to thirteen different Sheddors as an opportunity to showcase what they can do individually and as a team.

- Sheddors can use woodcarving, metalwork, art, collage, calligraphy, pyrography, glassware or other skills to “decorate” each unit with the relevant clock number.
- Numbers could be sewn fabric, embroidered or knitted if you prefer. The units can be painted or just left bare, depending on the plan for your Shed.
- The units could be 12 pictures of people (Sheddors?) places or buildings, with the numbers over them.
- Costs should be minimal – wood may be reclaimed, and the cost of the clock mechanism can be as low as £1.50. We're not happy using MDF for health and safety reasons, but this may be ideal as it maintains its shape, and can be glued, varnished or painted easily.
- Sheddors with basic skills should be able to manage, with more advanced types using jointing, routing, and other woodworking or metalworking skills.
- An ideal size would probably be approx 40cms diameter.

How to get started



Decide as a Shed how to make the clock and agree Sheddors to make the individual units and the back. Give a unit to each Shedder to decorate ‘their section’ and to add ‘their number’. Make sure the clock hands are clear of all the numbers.

You could also decorate the central clock face with your Shed Logo, a different design, or you could just leave it blank.

This challenge is based on an idea from Frome Shedder Peter Gulliver

Send a photo of your finished clock by the end of June to newsletter@ukmsa.org.uk for display in a future issue of Shoulder to Shoulder

President's Chips

Time to reflect

To re-evaluate the goals we have pursued

To ask why the hurry

To see what is otherwise missed

To reinforce our friendships

To acknowledge we are our brother's keeper

As they are of you

Maybe there's time

To do those things you promised you would

To put your relationships in order

To support those with more need

To learn new skills

To dream of possibilities and

To celebrate again

this side of Covid

Your consciousness.

.....

This is a small but useful tip from a guy who used to make air filters for the space shuttle. It tells us that good quality paper towels can work just as well and cost pence instead of many pounds. https://www.youtube.com/watch?v=NMTT_4Kac-w – **Mike Jenn**

This passage from Fahrenheit 451 by Ray Bradbury was read at a funeral I attended recently. It seemed very relevant to the type of people I meet in Men's Sheds.

*“Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built, or a pair of shoes made. Or a garden planted. Something your hand touched some way, so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you're there. It doesn't matter what you do, he said, so long as you change something from the way it was before you touched it into something that's like you after you take your hands away.” – **John Latchford***

Patron's Corner.

Hello everybody! As this strange period continues, and the lockdown looks likely to be extended for a further three weeks, something has occurred to me. I, like so many members of the UK Men's Sheds fraternity, am no stranger to isolation, doubt and loneliness. It will be amazing to have access to the Community Sheds again and I know that you must all be eagerly anticipating an end to the tight restrictions due to the Coronavirus.

As you start to think about being able to get into your sheds and groups again, I would like to talk about the joys of working with our hands. For me, as a blind maker and creator, the touch and smell of a workshop is very profound and evocative. You all know what I mean. The pungent and satisfying aromas of wood (cedar springs to mind), steel and swarf. The addictive smell of waxes, oils and finishes, to name but a few.

Currently, in the workshop here, I spend my days, not only practising but also filming videos for our YouTube channel, the Blind Woodturner, and for Instagram. To complement these shorter projects, I am in the middle of turning a cake stand in three parts for Nicola, my wife, who loves to bake. It wouldn't be a Blind Woodturner



project if it didn't incorporate a tactile and sensory element. As I am a huge fan of the Viking period, and also mediaeval history and mythology, the cake stand has a style reminiscent of these periods. Recently, I have been creating a series inspired by the Arthurian legends, and have developed a range of turned pieces called 'Merlin'.

These include magic wands, goblets and medium sized bowls. I love this style and these items have received positive feedback from all my friends, subscribers and supporters.

Magical places come in many shapes and sizes, and even small buildings and outhouses can be left dripping with memories and nostalgia. It is all very real and tangible. Who doesn't remember spending time with relatives when they were younger and being totally mesmerised by the masterful artistry unfolding right before their eyes. For a lot of us, these early encounters were the spark that lit the fires of curiosity and head scratching that we still cling to today.

There is a new beginning just around the corner for all of us and we will find a renewed vigour and passion for making things. Everything has its place, even the tough times so, until the next time, stay strong, be happy and always remember to 'keep on turning'.

Chris Fisher RPT

Sheds making a difference.

Tony's NHS Tribute Sign

Following the many tributes being paid to the NHS staff in these difficult times, and with several NHS staff living in the road, I decided to go a little further on the hursday nights and build an illuminated NHS sign to show appreciation for all their dedication. With lockdown in full swing I had to make do with what was to hand. Only suitable plywood was a left over 6mm 2x4 piece. Lighting from a Christmas LED rope light and some plastic cable ties. Blue paint for the background.

Setting Out Design and Construction: Using a page of grid paper I drew a plan of the sign making sure the letters were evenly spaced and of the same height. Getting the S shape required a little practice but the grid of the graph paper helped enormously. Planning just how the rope light would be displayed was easy once the letters were on the plan. I transferred the grid onto the plywood as a guide to make the sign in proportion. Large holes were made at the strategic locations and small holes to hold the plastic ties. Starting with the bottom left hole the rope was fed through the various holes, ending up with the top right of the S being secured with the first plastic tie. It actually worked.

Display was on a wooden potting bench fitted with castors from B&Q. Easily mounted with screws and a supporting wooden brace from the top of the sign to the other side of the potting bench.

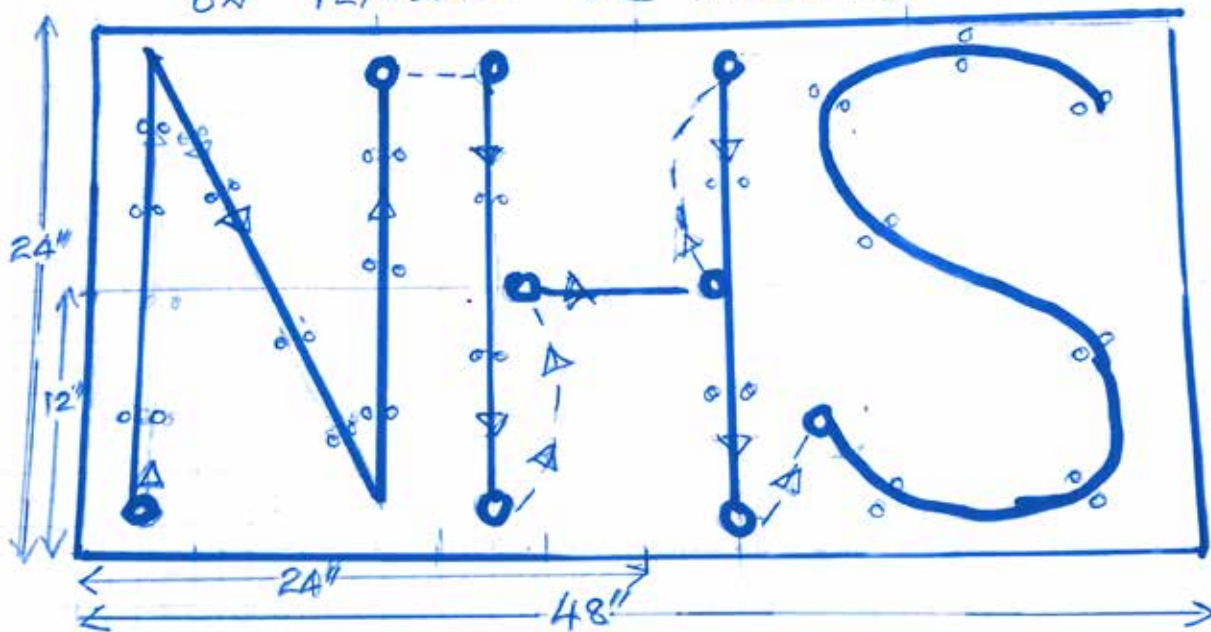
It was well worth the effort with neighbours cheering and joining in "You'll Never Walk Alone" being played on the CD player last Thursday night. I left the sign on until 10.00pm and heard plenty of toots from passing motorists.

Alternatives: You don't have use a rope light, I think stiff cardboard with backing, and christmas tree lights secured with string or twine, can be used to make a simple display to pass on our appreciation to all the hard-working and dedicated NHS staff.

Tony Allen, Chairman, Felixstowe Men's Shed



MAKING NHS SIGN
 ROPE LIGHT OR CHRISTMAS LIGHTS
 ON PLYWOOD OR HARDBOARD



● LARGE HOLE - ENTER LIGHTS BOTTOM LEFT.
 ○○ SMALL HOLES FOR PLASTIC TIE OR STRING
 --- LIGHTS FED AT BACK OF SIGN
 TONY ALLEN 15TH APRIL 2020

FELIXSTOW MENS SHED



John's bird shelters

It all started in March 2019 when one of our members came in with a picture and asked if we could make one. So I had a go and made one, since then I have made around fifteen. They vary in size and shape, mainly hexagonal, four octagonal, one square and an oblong one based on a pentagon.

I do not work from plans as I get my inspiration from pictures; construction has evolved over time. Just before lockdown I had two requests and one inquiry plus one for myself (which happens to be the worst I've ever made) followed by two more orders.

If it was not for the lockdown I do not think I would have been so productive because of the shutdown of my other commitments. – *John Tuttle, Kirkby in Ashfield Shed*





I do not work from plans as I get my inspiration from pictures ... If it was not for the lockdown I do not think I would have been so productive



West Wight Men in Sheds are delivering shopping and hot meals daily in support of West Wight Sports & Community Centre, and volunteering where we can – Ian Wright





This is to confirm that
WEST WIGHT MEN IN SHEDS

was entered on the Register of Charities on

27 April 2020

West Wight Men in Sheds have been busy during lockdown and have also become a registered charity.

Rt Hon Baroness Stowell of Beeston MBE
Chair

Dr Helen Stephenson CBE
Chief Executive Officer



Andover Men's Shed have made a mud kitchen as a commission from our local council. Only cost is for the accessories! It was made at home from recycled wood and without the use of our machinery in the Shed!

Not all of us are forced to sit at home, our Shed is a double portacabin so we can maintain safe working conditions. We shut down on March 12th, then quickly realised we had the tools, we had the manpower and we could do this safely and within Government guidelines. So we did, and 1000 visors later we are still producing. We don't want to be doing this, we shouldn't have to be doing this, however if it helps to save one life then it has been worth it. Stay safe my friends - **Ross Hall, Men's Shed Galashiels**



***Thank you so much
to the wonderful
team at The Men's
Shed for keeping us
safe here at Farren
Pharmacy we really
appreciate it!
THANK YOU***

***Farrah Aziz, Galashiels
Community Resilience Group***

Nairn Men's Shed has a Virtual Shed as we regularly meet on Zoom for a cuppa and a chat, reminisce, and plan world dominance :) Last Thursday we offered the opportunity for all across UK to join us for a chat. It was great to hear from other Sheds what they doing, and we got a couple of ideas to aid world dominance. Do join us this Thursday at 10:00 as we need more ideas and chat. Zooming is fun.
<https://us02web.zoom.us/j/4015682513...>



NHS
VOLUNTEER
RESPONDERS

DELIVERED BY
ROYAL
VOLUNTARY
SERVICE

NHS

Need volunteer
support to self-isolate
due to a health
condition?

Call 0808 1963646

Millions of vulnerable people are now able to directly call on the army of NHS Volunteer Responders. People who are clinically at risk or who meet the criteria (see link below) can now refer themselves, or ask a family member or friend to refer them. They are able to access help with a) collecting shopping, medication and essential supplies. b) Telephone check-in and chat calls. See: <https://bit.ly/3cEOPIX>

What can you do?

If you are a civic-minded sort and have wondered what you can do to make a difference, why not try some of these easy-to-do ideas! All of which make a real difference and can be done from the safety of your own home!

BUDDY SYSTEM

Check up on someone from your Shed by phone every week, no need to go online, a quick telephone call will do the trick,

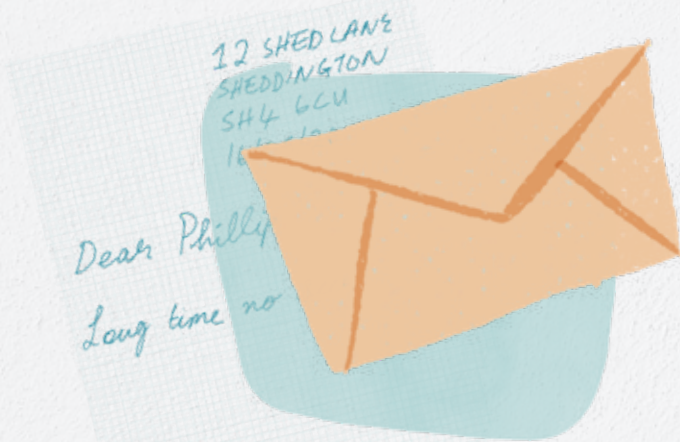


FUNDRAISE,

Raise money for your favourite charity through Just Giving, <https://bit.ly/2T6rOgg>

SNAIL MAIL

Write a letter to someone you have not spoken to for a while, One of the more delightful forms of communication known to man,



MAKE SOME ARTWORK

lift the morale in your neighbourhood and encourage keyworkers by creating art to put in the window,





GIVE PLANTS AWAY
 Make a ,help yourself,
 sign and pop some free
 plants outside your
 house, Do not forget to
 label your flora



SHARE BOOKS
 Give away old books
 you could even make
 a Little Library to
 go outside your house,



Put on some virtual
 events for Mental
 Health awareness
 week, in mid May for
 ideas see <https://bit.ly/2Ax3PZz>

Dear Diary

We would like to hear from you about what you are doing to cope during the lockdown in a series we are calling 'dear diary'. The idea is to create a daily journal you are happy to share with the Shed Community and which can become something of historical document of what it was like during the Coronavirus Pandemic of 2020. We will collate all diaries and share them after the lockdown.

Using no more than 50 words a day take us through your week and submit the article to us at newsletter@ukmsa.org.uk by the end of May.

Chatterpack

This remains our favourite go-to resource for all things lockdown - check it out!
<https://bit.ly/2y4lWoI>

Covid Symptom Tracker App

Join millions supporting scientists at King's College London in helping our health services. Download the app and take 1 minute to report your health daily even if you're well. The information you provide helps to understand COVID-19. Rigorous steps are in place to ensure your information is secure. Public Health England and other authorities are involved in this great non-profit initiative <https://covid.joinzoe.com>

Have a go at the activities we've suggested in this magazine. Ie. Make a daily diary, write a poem for the magazine, make part of a clock with your Shed, Write a song/ poem/ submit a topic for discussion to shedhappens@ukmsa.org.uk who run our weekly Radio Show every Wednesday 10am at <http://frome.fm/listennow/>

The Shed Wireless

The Australian Men's Shed Association is thrilled to bring you The Shed Wireless – a weekly podcast detailing and discovering all things Men's Sheds, and other interesting stuff.

The first five episodes will see host Aaron Kearney and special guests take us on a journey of Men's Sheds from their very beginnings to today. Obviously this journey has been a long and winding road, so these first five episodes will see a highlights reel of Men's Shed development in Australia (and beyond) followed by a deeper dive into anything and everything Men's Sheds.

Featuring interviews with Men's Shed historian and AMSA Patron Adjunct Professor Barry Golding AM, men's health expert and AMSA Patron Professor John Macdonald, international guest Barry Sheridan (CEO, Irish Men's Shed Association) and His Excellency General the Honourable David John Hurley AC DSC (Retd) – as well as shedders from around the country – the podcast will be delivered weekly to your lounge room, kitchen table or even the backyard shed. The destination is up to you.

New episodes will be available every Thursday Simply visit mensshed.org/theshedwireless to listen each week. The best bit is you can actually listen whenever you like – the podcast episodes will stick around on the website for your auditory pleasure.

– *David Helmers, Executive Officer, Australian Men's Shed Association*



The Shed Wireless
PODCAST

WITH **AARON KEARNEY**
RIP WOODCHIP
AND SPECIAL GUESTS
NEW EPISODES
EVERY THURSDAY
2P.M.



CASH GRANT FOR SHEDS



Your Shed May be eligible to get £10000

Under the new Retail, Hospitality and Leisure Grant (RHLG) businesses in England in receipt of the Expanded Retail Discount business rates relief (which covers retail, hospitality and leisure) with a rateable value of less than £51,000 will be eligible for the following cash grants per property. To be clear, eligible charities can benefit from both the rates relief and the grants if all the eligibility criteria are met. Detailed guidance from BEIS can be read here and a Technical FAQ for Local Authorities has also been published. <https://menssheds.org.uk/2020/05/06/your-shed-may-be-eligible-to-get-10000/>



easyfundraising
feel good shopping

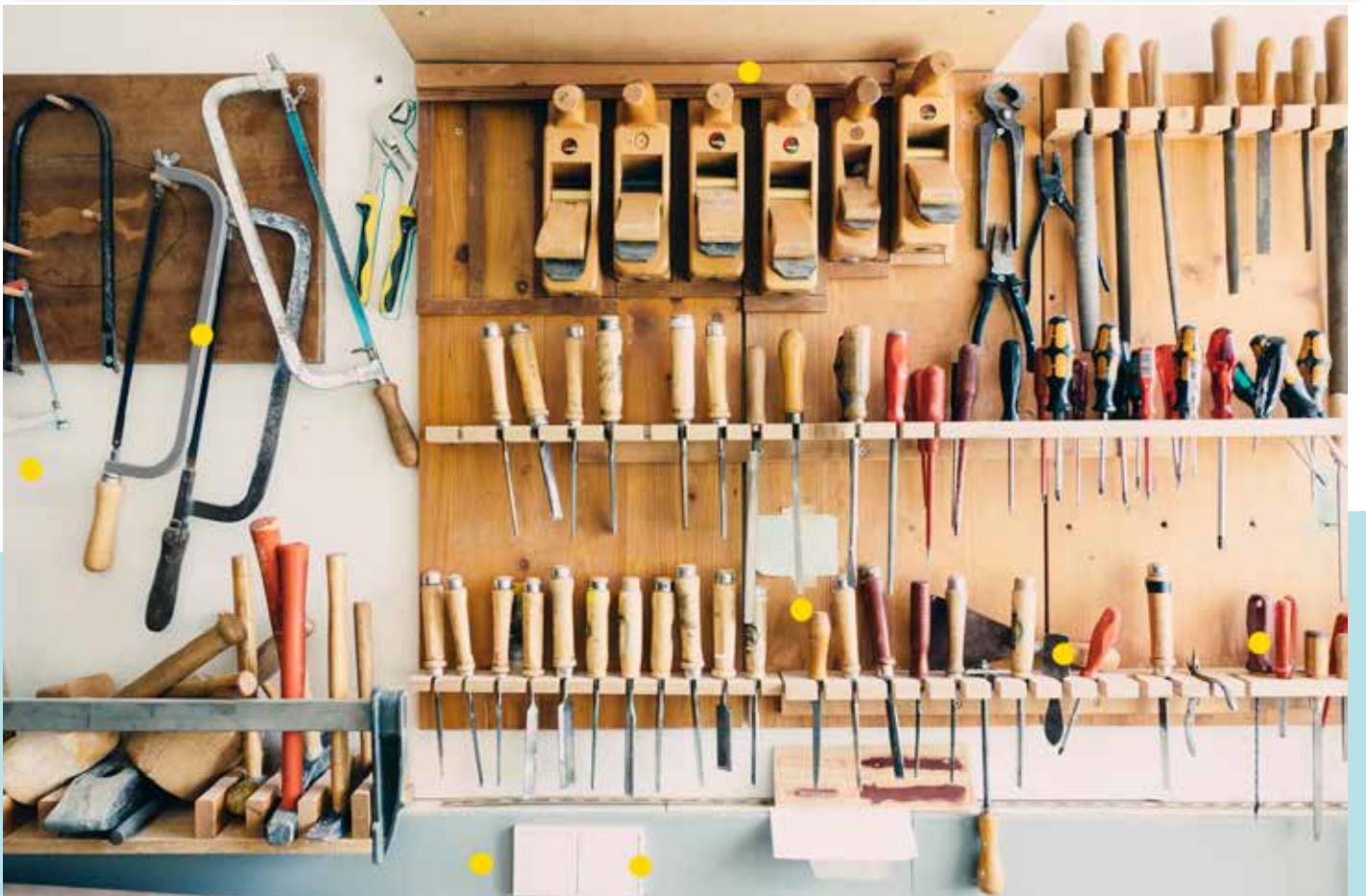
£31M
Raised

Make the most of online shopping!



We've been so impressed with how you're all coming up with creative online ways to keep your Sheds running, like making the most of easyfundraising to fundraise. It's an easy way to keep funds coming in during this difficult time, plus it lets Shedders and members of the community stay involved too by raising free donations when they shop online (we're all doing more of that!). If your Shed isn't using easyfundraising yet, why not join the community here – it's free! <https://bit.ly/2zxQ38p>

SPOT THE DIFFERENCE ANSWERS



APRIL SHEKOKU ANSWERS

2	9	8	1	6	3	5	4	7
3	5	6	2	7	4	8	1	9
1	4	7	9	5	8	2	6	3
6	1	5	8	3	7	4	9	2
4	8	2	5	1	9	7	3	6
7	3	9	4	2	6	1	8	5
9	7	1	6	4	2	3	5	8
5	6	3	7	8	1	9	2	4
8	2	4	3	9	5	6	7	1

8	2			4			6	5
	1					4		
	9	3			6			8
			6	9	8			2
9		2	3		7	8		1
7			2	1	4			
2			8			6	1	
		6					3	
5	3			6			8	9

MAY SHEKOKU

The words below
all fit into the grid.
Think you've got
what it takes to
crack it?

3 LETTERS

*PPE
NHS*

4 letters

*Zoom
Shed
Poem*

5 LETTERS

*Phone
Money
Fruit*

6 LETTERS

Visors

7 LETTERS

Railway

8 LETTERS

*Wireless
Froomfm (sic)*

9 LETTERS

*Snailmail
Freebooks
Dodecagon
Deardiary*

10 LETTERS

*Vegetables
Keyworkers
Portacabin*

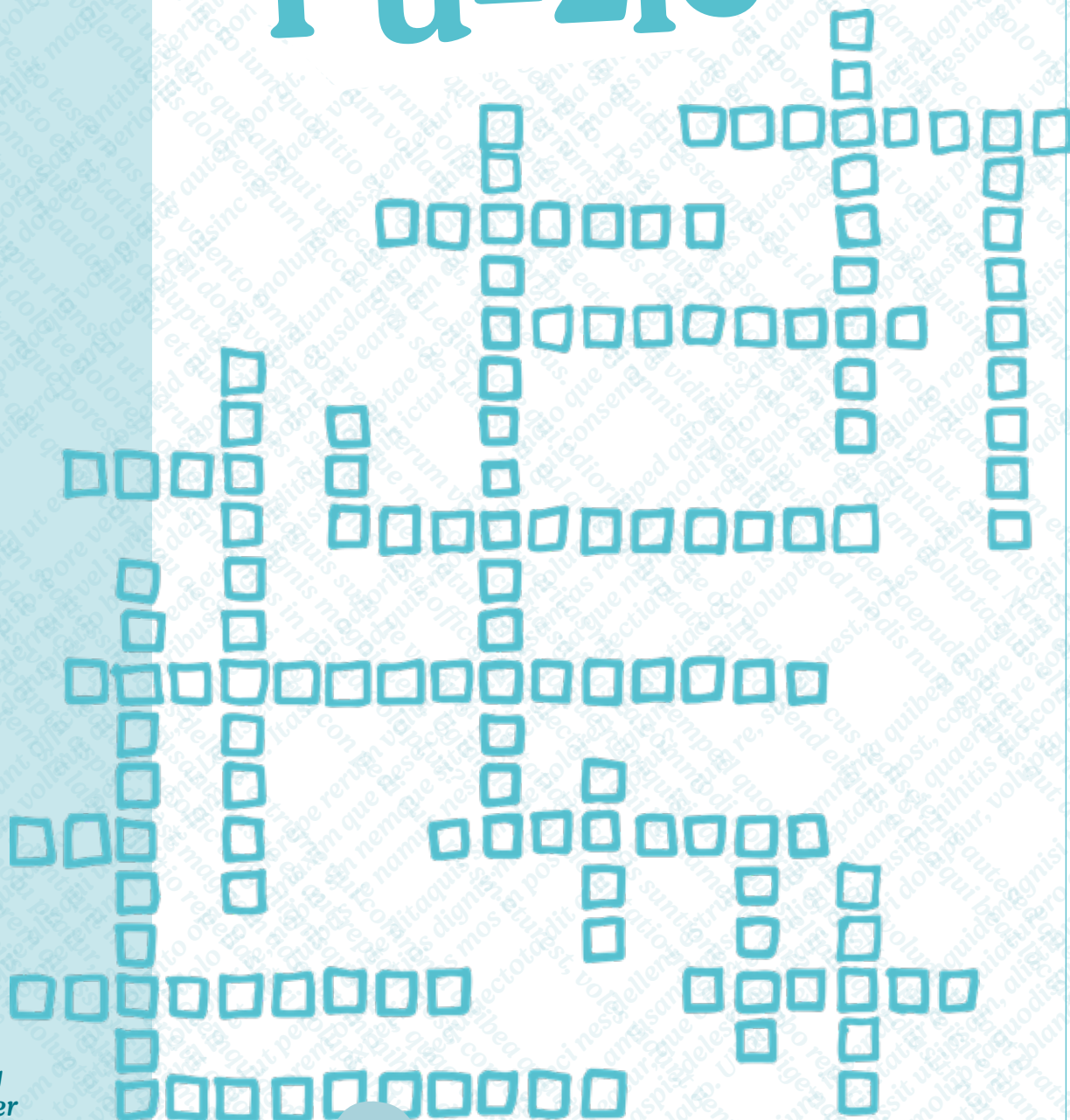
11 LETTERS

*Chatterpack
ShedHappens
Buddysystem*

15 LETTERS

*Easyfundraising
Blindwoodturner*

Word Puzzle



Key
es
e
s
u
o

In the News...

Men's Sheds Edmonton aims to tackle COVID-19 social isolation spike

<https://edmontonjournal.com/news/local-news/mens-sheds-edmonton-aims-to-tackle-covid-19-social-isolation-spike/>

St John and St Anne almshouses in Oakham receive help from the Rotary Club of Rutland and Men in Sheds

<https://www.stamfordmercury.co.uk/news/groups-renovate-charity-s-community-area-9109344/>

Bowling matches, Men's Shed, bridge nights and folk clubs... we miss our social life!

<https://www.belfasttelegraph.co.uk/life/features/bowling-matches-mens-shed-bridge-nights-and-folk-clubs-we-miss-our-social-life-39152461.html>

Hinkley cash helps Burnham and Highbridge Men's Shed grow facilities and members

<https://www.burnham-on-sea.com/news/hinkley-cash-helps-burnham-and-highbridge-mens-shed-grow-facilities-and-members/>

Members of Men's Shed make visors

www.eveningtelegraph.co.uk/fp/tayside-mens-shed-groups-on-hold-during-the-coronavirus-lockdown/

Cocooned Men's Shed looks forward to reopening

<https://www.mayonews.ie/features/35261-cocooned-men-s-shed-looks-forward-to-reopening>

Men's shed producing hundreds of face shields to protect front-line workers

<https://www.fifetoday.co.uk/news/people/mens-shed-producing-hundreds-face-shields-protect-front-line-workers-2540406>

NEWS / LOCAL / PERTSHIRE

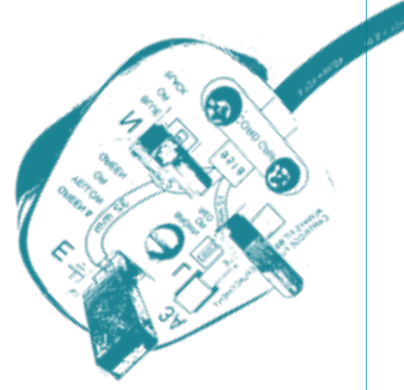
Tayside men's shed groups on hold during the coronavirus lockdown

<https://www.whitbygazette.co.uk/news/people/sheds-group-members-continuing-good-work-2604331>

Bromsgrove Men in Sheds go virtual to stay in touch during lockdown

<https://bromsgrovestandard.co.uk/news/bromsgrove-men-in-sheds-go-virtual-to-stay-in-touch-during-lockdown/>

Cooking with Chris.



CHOCOLATE MARS BAR CRISPIES

Ingredients (Makes 12 – you can halve the quantities if you're not sharing)

4 Mars Bars or similar
50 gms margarine / cooking spread
3 cups of corn flakes (approx 150 gms)

Directions:

Step 1

Start melting the margarine in saucepan on a low heat. Chop up the Mars Bars into small pieces and throw them into the pan to melt. Stir, if necessary and, if the mixture is too thick, add more margarine.

Step 2

Add the cornflakes to the melted mixture. Gently stir together making sure it's well mixed.

Step 3

Transfer chunks of the mixture into a baking tray or similar (or into small paper cake cups). Pop them into the fridge until they are firm and chilled (I can usually only wait 15 minutes). Take out and serve.

– *Chris Lee*





18 –24 May is Mental Health Awareness Week.

The campaign is one of the most important ones yet, exploring the potential of kindness to re-imagine a society where mental health is protected and prioritised. During the week the Mental Health Foundation will be sharing stories from people from all walks of life, new data on kindness in our daily lives, a report setting out the evidence of kindness and mental health and a range of policy ideas for applying kindness in public policy.

For now, check out their digital toolkit, with everything you need to participate in the week!
<https://bit.ly/3fTeIVK>

Sunnyside is a new short documentary set in an extraordinary shed in East London; a place where men can escape isolation to find solace, skills and community. The film is a moving exploration of loneliness, grief and the redemptive power of companionship, told through the stories of ‘Shedders’ Gerry, Steve and Howard.

The project was originally conceived as a passion project at 3angrymen, who work locally to the Tower Hamlets Men’s Shed.

Danny Baldwin, the Director of Sunnyside reflects on the first time he stepped into the shed: “I was blown away by the generous, open and kind atmosphere the first time I walked into Sunnyside Men’s Shed. Each member had an incredible story to tell, and I knew immediately I wanted to find a way to capture the feeling of community and companionship that oozes out of the place. They truly are a group I’ll never forget.”

The film’s release now coincides with Mental Health Awareness Week and will be available across 3angrymen’s social feeds on 21st May.

Coming Soon...



Sunnyside Film

*The entertaining tale
of an unusual
East London
Shed*

