

LANCASTER MEN'S HUB NEWSLETTER



Registered Charity No.1196670.
Issue 6 March 2022

Workshop Activities

Lancaster Men's Hub has still not managed to acquire suitable premises in which to run regular workshop sessions that would enable members to get together and work on individual projects or activities on behalf of the Hub. However, we have undertaken a large-scale project to provide a variety of bird boxes for a local farmer. This work has all had to be done in individual workshops in addition to the projects already in hand for organisations like Claver Hill Community Food Growing Project and Ambleside Allotments. For this reason, we are indebted to John Wood, who took on the onerous job of acquiring materials for the project and then coordinating the construction, from scratch, of 33 bird boxes, ranging from small boxes for robins, through 'sparrow terraces' comprising communal living quarters for sparrows to large boxes for owls and kestrels. The work took almost a month to complete but the bulk of the boxes have now been



handed over and the project has been a great success. Some of the boxes were on display at the recent Cornerstone Fairtrade Fair and all were built to the specifications of the RSPB and the Barn Owl Trust. The project has underlined our need for a suitable workshop space and the search continues.

Fairtrade Fair

Lancaster Men's Hub had a stall at the recent Fairtrade Fair, held at the Cornerstone and featuring

the produce of organisations in Lancaster who support the Fairtrade scheme. Our stall contained a number of handmade items as well as a selection of the bird boxes manufactured for a local farmer.

However, the main purpose of the stall was to further spread the message about the Lancaster



Men's Hub and encourage new members, helpers and guests to join us.

Wills and Power of Attorney

Lancaster Men's Hub has been running a series of talks on subjects that are of interest to members, after the Elevenes sessions on a Friday. We were fortunate to obtain the services of Nicola Combe and Andrea Bentham for our recent Friday talk on the importance of making a will and the crucial role of Power of Attorney in certain circumstances. The talk was well-attended and proved extremely informative, with speakers emphasising the ease with which these documents can be put in place and the vital importance of making the necessary arrangements before personal situations forced people into difficult situations. We are extremely grateful to Morecambe Bay Wills and Estates Ltd for their assistance in making the talk possible.

The website (thelmh.org.uk) has a section with simple recipes for the delicious and nutritionally balanced meals that are served each Friday at the Cornerstone.

Walking Football

In an attempt to expand our activities beyond the social and practical events at the Cornerstone, the Lancaster Men's Hub has started a series of Walking Football games in the Sports Hall and outside on the AstroTurf at the University of Cumbria. Walking Football is surprisingly energetic and competitive and has proved an entertaining way of meeting up with members and guests outside of the regular



drop-in series of Friday morning Elevenes. Several new members have come forward as a result of the Walking Football and it has proved popular both with the members of the Lancaster Men's Hub and the Band of Brothers, who meet at 3.00. pm every Sunday. Bearing in mind the age and level of fitness of some of our members we have introduced a 15-minute warm-up session before each game so that everyone can benefit from the full hour session without picking up niggling injuries to spoil their enjoyment! If you want to join in in a Sunday, come along to Elevenes on Friday and get in touch with Keith Carman, who is currently organising the sessions; you'll be very welcome.



Members of the committee and guests are with Nicola Combe and Andrea Bentham following their talk on Wills and the Power of Attorney on Friday 4 March

Don't forget that we have Elevenes every Friday from 11.00 pm at the Cornerstone on Sulyard Street. Free coffee social drop-in. Everyone is welcome.

Garden of Delights

Work finally began this week on the Lancaster Men's Hub plots in Ambleside Allotments. The Hub has obtained three adjacent plots and Nigel Appleton has volunteered to organise the usage of these plots by members who would like to spend some time each week working with other men on the preparation and cultivation of the plots. Anyone interested in taking part, or who has some expertise in growing plants and vegetables, would be most welcome and can contact Nigel through the website (thelmh.org.uk) or through the weekly Elevenes at the Cornerstone. The initial emphasis is going to be on getting two of the



three plots up and running and repairing the compost bins near the plot on behalf of the whole allotment community. There is physical and practical work to do but there will also be opportunities simply to meet with like-minded men and make new friends. If you know of men who would benefit from the support and companionship the Lancaster Men's Hub offers, and who might enjoy the physical and social aspects of working on an allotment, please encourage them to come along on a Friday at 11.00 am and meet the members; they can also contact John Strivens on 07842 826482 or Simon Stewart at the Cornerstone.

