



Southern Men's Shed Network

Wednesday 22nd March 2023

www.smsn.org.uk

Hosted by Shirley Men's Shed

(Venue: St James's Rd, Shirley, Southampton. SO15 5HE)

Present: (approx 24 from 9 sheds)

Apologies: Ron Caddy (Andover), Alan Walker (Church Crookham and Fleet), Chris Nixon (Fareham)

Steve Redrup (Portsea) chaired the meeting; Gerald Johnson (Hayling Island) took the meeting notes.

1. Welcome and Introduction

The chairman (Steve Redrup) opened the meeting and welcomed all members to the meeting with a special welcome to **Rob Lloyd**, Chairman of the UK Men's Shed Association. He also listed the apologies received.

He then thanked the Shirley Men's Shed (SMS) for hosting the meeting and for their hospitality.

2. Introduction to Shirley Men's Shed

Brian Hooper, Secretary of the Shirley Men's Shed, informed the meeting that the Shed, sort of, started in 2017 with a few men getting together for a chat. They got to be known as the 'Who let the dogs out' group but then decided to become a Men's Shed and in 2018 establish themselves as a registered charity. They now have a 7 year lease from St James Methodist Church for £10 pa for a piece of land at the side of their car park.

The Shed is open Mondays, Wednesday, and Thursdays.

Electricity was installed at a cost of £25,000 with funding from the National Lottery Communities Fund and the City Council helped to meet some of that cost. Lots of equipment has been donated, they now have about 40 members which has come from local advertising and leaflet drops and attending local events.

Some have come from social prescribing and they have a few wheelchair members.

3. Shed News / Updates

Portsea.

Used to be the Old Portsmouth Shed till having to vacate their premises 4 years ago. Re-opened in Portsea 2022, now have 40 members and are currently open 3 days a week and considering opening a further 2 days per week.

Nursling.

We have a number of musicians in our Shed, one of whom (Peter) wanted to start a Community Band.

This has since happened and they practice in our Hall on a Wednesday evening.

The Nursling & Rownams Community Band, which includes Ladies, played at the Christmas Carol Service and they will play at our open day on June 3rd.

Wilton.

Wilton Shed has now been open for 2 years and have 25 members, including a horologist and an electrician.

Awaiting a lease on a piece of land and are open Mondays, Thursdays, and Saturday mornings.

Andover.

Currently homeless but will be opening in an unused shop very soon (hopefully).

Just to keep you updated the new temporary address for Andover Men's Shed is:

Unit 9 Chantry Centre, Chantry St, Andover SP10 1RL.

Fareham.

Also Homeless at the moment. Temporally evicted from the Titchfield Festival Theatre where they are based, whilst the theatre is being extended but will be moving back eventually, hopefully in April.

In the meantime it was felt members should keep meeting and so SOGS (Social Organising Gentlemen Society) was formed which meets every Monday in a church hall in Park Gate and Thursday at the W.I. hall in Fareham.

Cliff Jones (Treasurer) also mentioned an open meeting talk what was given about Prostrate Cancer which proved very productive as several members had (and possibly were having) some experience of this.

Cliff has sent details of the presenter which may be of interest at a future Network Meeting.

Romsey.

Membership is up to 70 – Located on School land with whom they are in partnership with. Have now started a monthly repair Shed which brings in income and the main Shed completes projects for the local community.

4. Introduction and UKMSA update from Rob Lloyd

Rob informed us that he had been a government servant for 25 years, filling different roles within the service, but after a 16 month illness decided to leave. He decided to offer himself to volunteering and when he saw an advert for new Trustees of UKMSA late in 2021, he applied and was appointed.

He said he realised immediately that this was a charity with which he really wanted to be involved.

One of his first jobs was to write an advert for a new Chairman for UKMSA as the current Chair was standing down.

Two people applied but were not accepted and, although having only been a trustee for just over a year, he was encouraged to apply for the position himself.

Rob has been in the Chair for 2 months. He admits he is not a Shedder but wants to use his past experiences to create a strategy for the future of UKMSA. He wants to see a more wider public awareness of the Association and the expansion of Men's Sheds. He also wants to increase the partnerships with other companies like Ronseal, Tight Fix and Wickes etc. Expanding a wider coverage of the Ambassador role especially in northern England.

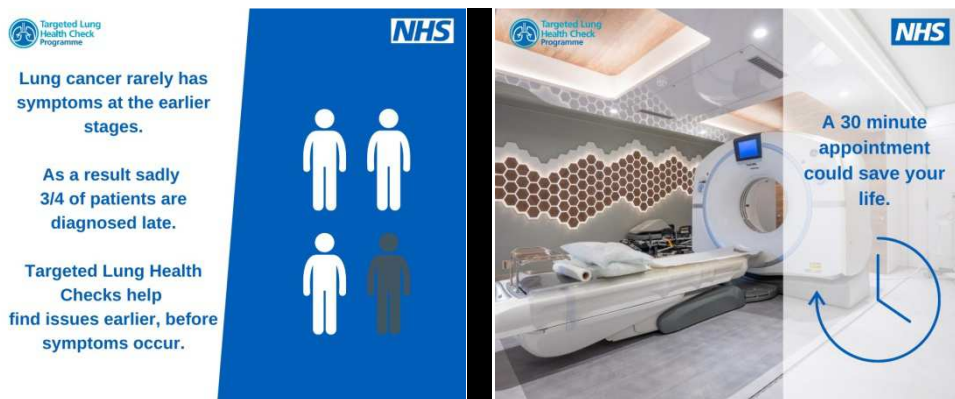
He will also be contacting the Scottish Men's Shed Association, Irish Men's Shed Association and Men's Shed Cymru to try and work more in unison.

Updates on UKMSA.

He said they will be launching a new website very soon. Continuing the work on Health and Wellbeing in getting the message and benefits from Shedding backed up with accredited facts and figures from the research work already done. He went on to remind us it was UKMSA's 10th anniversary year and encouraged Sheds to nominate themselves for all the categories of the Shed of the Year Awards which will be presented in May at the House of Commons. Finally he thanked SMSN for inviting him to the meeting and is open to any invitation from Sheds who would like him to visit them.

5. Brief introduction to Targeted Lung Health Check Programme (Steve Redrup)

Steve Redrup gave a brief talk about his experience with the new Targeted Lung Health Check programme.



The programme is a fairly new National initiative to provide Lung Health Checks to smokers and ex-smokers aged between 55 and 74. Although this is national, only several initial areas have started the rollout. Southampton and Portsmouth appear to be 2 of these areas.

There are often no signs or symptoms of lung cancer at an early stage.

As a result, sadly, around 7 in 10 cancer patients are currently being diagnosed too late to be cured.

Most lung cancers grow slowly enough for them to be found at an early stage by a lung scan. Hence the Programme.

The process starts with you receiving a letter followed by a phone call or meeting with a health advisor to evaluate your chances of developing lung cancer based upon your responses to specific questions.

If you are identified as someone who has a higher chance of developing lung cancer you'll be invited to have a nurses appointment and a quick scan.

The scan will take a detailed image of your lungs for review.

You and your doctor will receive a letter with your results. If a problem is found you'll be referred on for treatment.

The scan only takes 10 to 15 minutes, is totally painless and simply requires you to lie still while you are scanned.

You will be able to eat, drink and drive as normal before and after your scan.

Steve went on to say that his scan was performed locally at a mobile scanning unit. The scan was simple and quick (didn't even need to get undressed) and the results came through the post within 10 days.

Thankfully, his results showed no sign of lung cancer, but was able to pick up possible early stages of emphysema and coronary artery calcification which his GP Surgery will follow up within a few months. Showing that the scan can pick up the early signs of other conditions at the same time.

6. AOB

- Steve Redrup - Raised an issue for future network meetings, reminding us that these meetings belong to the sheds that attend. Since the pandemic there have been a lack of approaches from other organisations wishing to present and suggestions / offers for Agenda items by our sheds / attendees. This makes it difficult for us to justify a meeting without a suitable agenda. **SO PLEASE** think about our future meetings and send any suggestions to him. This could include items which sheds / attendees would like to present themselves or organisations that have approached them that you think would be suitable for one of our meetings or items of interest that you would like to see presented (and we will try to find someone suitable).

- Notification of meetings – Steve Redrup has been made aware that some people are not getting the meeting notices. These are sent out to 120 subscribers, but only two thirds are actually being opened. One possible reason could be the contact has changed or the email address has changed. He suggested sheds check for anyone NOT receiving notices and email smsn.coordinator@gmail.com of any. You could also try checking Spam folders or re-subscribing through the website.
- Fareham - Is there any guidance from UKMSA on gift aid? Answer Yes, on the website under 'Charities and Gift Aid. Is there a list of banks that do not make bank charges to charities? – RL to look into that. Social Prescribing, where do we stand.? Short discussion followed, information and advice can be found on UKMSA website, search Social Prescribing.
- Ian Bruce – (Mayfield Shed, East Sussex) Is there going to be a Southern ShedFEST? Gerry Johnson explained no there isn't. There was no response from any of the Sheds in West Sussex when it was put to them and only a limp response from the Hampshire Sheds with no offers of help to organise one. Brian Cooke mentioned that Car FEST would, again, be including sheds to contribute. Contact Cookie for further information (particularly sheds wanting to get involved). Cookie's email is brian.cooke@hotmail.co.uk

7. Q&A with Rob Lloyd

Publicity - Is there national information or press release on UKMSA – RL Basically No. Make use of the website in the Resource Library. Also use Ambassadors.

RL urged Shed leaders and those who subscribe to UKMSA to read the monthly newsletter Shoulder2Shoulder as it contains a lot of useful information as to what is going on in the Association. How many people receive it?

SR suggested that maybe the next Shoulder2Shoulder should contain a page showing how to subscribe to its email list which could then be printed and displayed by sheds for their members to subscribe to.

SR also picked upon RL's earlier mention of limited Ambassadors in some areas. It was suggested that maybe UKMSA could encourage (and support?) Ambassadors to create similar Networks which may reduce some of the workload experienced by Ambassadors. It may also be useful to incorporate a section within the UKMSA website for such Networks to have their own areas/forums to communicate through and make their activities available to other areas.

If any of your member Sheds do want to follow up with me on anything I said or to ask a question, please do feel free to pass on this email address (rob.lloyd@ukmsa.org.uk).

8. Next SMSN Meeting

Date of the Next Meeting is yet to be confirmed.

It is hoped that the meeting will be in around June/July.

Volunteer Hosting Sheds required. Please contact me if you can offer a venue.

9. (2:40pm) Meeting closed.

The meeting closed with Steve Redrup giving "Thanks" to Shirley Men's Shed for hosting, with a special Thank You to Rob Lloyd for attending and speaking to the meeting.

NOTE: Viewing the contents of the SMSN (www.smsn.org.uk) Forum does not require registration but to post new content, you must register on the forum to gain update rights. Also, any new posts will automatically be included in the weekly newsletter which is sent to all emailing list subscribers (currently over 120).

Anyone can subscribe (Newsletter, Meeting Notices & General Notices) through our website (www.smsn.org.uk)