

From: UK Men's Sheds Association [newsletter@ukmsa.org.uk]
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To:
Subject: Shoulder to Shoulder March 2023

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#92 March 2023

Celebrating Sheds



UK Men's Sheds Association (UKMSA) are excited to have already received nominations for Shed of the Year 2023, and are looking forward to reading more great things about Sheds. If you haven't nominated your Shed yet - there's still time. The deadline to nominate is **Sunday 23rd April 2023**.



We recognise Sheds and individuals that make a difference in their Sheds and local communities that exemplify the Shed movement. To qualify to be a Shed of the Year in one of the categories, you must be a current member of UKMSA.

This year we will celebrate the tenth year of the UK Men's Sheds Association, and in recognition of this achievement we will host the Shed of the Year Awards in the **House of Lords at the Palace of Westminster**. Sheds and Volunteers shortlisted for

an Award will be invited to the celebration.

The Shed of the Year Awards are being [sponsored by Tite-Fix](#) and will take place on 23rd May, 2023.

This year we have five categories and will celebrate the Shed's contribution to the community, health and wellbeing, partnerships and supporting each other.

[Read more, and download your nomination form, on our website here.](#)

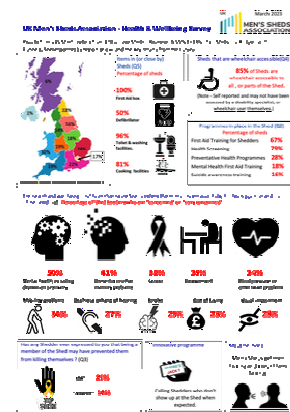
Health and Wellbeing Spotlight

Thank you for telling us about Health & Wellbeing in your Shed

Health and Wellbeing Survey Results

We were delighted that over 200 Shed leaders completed our recent Health and Wellbeing Survey – **Thanks so much to all those that took part.**

The objective of the survey was to gather information from UK Sheds to prioritise the work of the UKMSA's Health & Wellbeing Advisory Group (HAWAG) to concentrate on the matters that give most Sheds concerns.



We learnt lots; what health and wellbeing issues are of most concern to Shed Leaders, how many Sheds have items like defibrillators, kitchens or first aid boxes in their Sheds. We were surprised by the difference in response rates by region across the UK. We were delighted by the number of Sheds who reported that they ran first aid, mental health first aid and suicide awareness training for Shedders.

One of the most frequently mentioned health and wellbeing programmes that Sheds reported in the survey can be summarised simply:- “Men’s Sheds get men talking, and keep them talking!”

The Health & Wellbeing Advisory Group (HAWAG) will be using the survey results to prioritise the content of the health and wellbeing section of the new UKMSA website which is due to launch soon.

[If you want to see an overview of the HAWAG survey results, visit the one-page summary here.](#)

Where's Jack?

The Sheds who completed the Health & Wellbeing survey shared loads of very interesting programmes and suggestions.



One initiative, from the Men's Shed in Herne Bay, Kent runs a programme called "Where's Jack?"

If a Herne Bay Shedder misses a couple of sessions they would normally attend, then the Shed either calls or visits to check they are ok. This is so simple, but can help Shedders stay connected.

Many of the Sheds let us know in the survey that they had appointed a "Welfare Shedder" to manage health & wellbeing issues, to check in with members, or be a designated person to speak to. We were amazed by the range of names given to this role – variations included these - Welfare go-to guy, Health & Wellbeing Lead, Men's Health Champion, Pastoral Officer, Nominated Champion, Welfare Officer and Health Buddy.

We don't care how you name them, but we would love to hear some more detail from Sheds who have appointed a "Welfare Shedder" – Please email patrick.abrahams@ukmsa.org.uk with information about your "Welfare Shedder" and what activities they get up to.

UKMSA Tackle Prostate Cancer 2023



Ambassadors Ivor Anderson and Paul Egerton represented UKMSA at the Tackle Prostate Cancer conference in Birmingham on the 20th March. Tackle Prostate Cancer is the only patient-led, UK-wide charity representing people with Prostate Cancer and those who care for them.

Prostate Cancer is often a subject that men are reluctant to talk about, but often comes up when Shedders talk "Shoulder-to-Shoulder". Advice is always the same, if you have doubts or are peeing more often than you ought, get yourself to your GP and get checked out as a simple PSA blood test will measure the level of Prostate Specific

Antigen, a protein found mostly in the semen but with small amounts secreted naturally into the blood stream. A PSA test is not a direct test for the presence of Prostate Cancer but is an indicator which if the result comes back high, the patient is often referred for further investigation.

Prostate Cancer is the most common cancer but if caught early enough and confined to the prostate, it is generally curable, so early diagnosis may prevent death from prostate cancer.

Ivor and Paul were kept busy banging the drum for Sheds as there is a general lack of knowledge about the good work that Sheds do and how we in turn support our Shedders, especially at times when they are feeling down or under the weather.

UKMSA's Health and Wellbeing Advisory Group (HAWAG) have collected together a number of articles on the subject of prostate cancer which are available to all Sheds but are currently held offline pending the development of the new UKMSA website. If you have Shed members who would like to better understand the subject, we would be delighted to share what we have. Please contact us at either paul.egerton@ukmsa.org.uk or patrick.abrahams@ukmsa.org.uk for further details.



We recently held an online chat with Professor Mark Emberton OBE – Urologist and Prostate Cancer Research Specialist, who shared the latest information Men should know about prostate cancer. [You can rewatch online on our YouTube channel here.](#)

UKMSA Partner Spotlight

Wickes

The Wickes Community Programme

The programme aims to support local groups, like UKMSA, to help them with essential maintenance, renovation or improvement projects that benefit the community.

This could include the donation of product or packaging from Wickes that might be used in your activities.



Please note that budgets for projects to be issued free of charge, or donated as part of the community programme, are finite and held at a local store level - we therefore encourage you to build a relationship at the earliest opportunity with your nearest Wickes store manager.

www.wickes.co.uk/communityprogramme



Sponsored Content

The Priority Services Register (PSR) is a way that Cadent, and other energy companies, can help those who have extra communication, access or safety needs to gain equal access to the best possible service(s) at all times.

Cadent

Your Gas Network

The PSR is a completely free service, designed to make it easier for those who need a little extra help. Each energy supplier and electricity network operator maintain their own register, meaning that you can register with us and receive essential benefits that will make the management of your energy supply easier. These include:

- Providing you with alternative heating and cooking facilities should your gas be interrupted as part of our works.
- The use of a password facility to keep you safe on your doorstep. You can read more about how we strive to protect you from bogus callers by ensuring that our engineers follow a strict process and must allow you to check their credentials should you not be expecting their call.
- For the purposes of safety, if you are unable to reach your gas emergency control valve (ECV) due to poor mobility, we may be able to move this for you. To find out if you are eligible for this service, please call us on 0800 0745 788 to talk with one of our team members to discuss it further.
- Providing translation services should there be a need for it 24/7, 365 days of the year.

How do I know if I am eligible for the PSR?

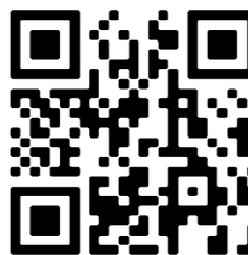
Eligibility is dependent on a variety of factors. You and others in your household can join the register if someone:

- has a chronic or serious illness
- is dependent on medical equipment including oxygen
- has poor mobility, reduced sight, hearing or sense of smell and/or speech difficulties
- is not able to communicate in English
- is of pensionable age or has living with them children under 5 years old who may benefit from additional support in the event of an interruption to their energy supply.

Join the Priority Services Register now

It's easy to join the PSR, and what's more, it is free.

Scan our QR code to [visit Cadent's website](#) to learn more and register, or contact Cadent on 0800 389 8000 and one of our team will assist you.



Funding for your Shed

As well as national funding pots which Men's Sheds can apply to, there are a number of smaller funds. They may not seem as large a pot of money, but often the smaller grants can really add up. Community grants are a great place to start.

Persimmon Homes - Community Champions 2023

Each of their 30 offices across the UK makes a donation of up to £6,000 every quarter to local organisations.

Applying for a donation is straightforward. Apply by completing the online form found on their website persimmonhomes.com/community-champions-2023.



Barratt & David Wilson Community Fund

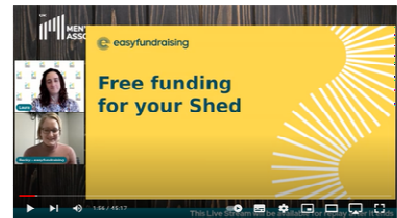


Barratt & David Wilson Community Fund allows each division to donate £1,000 each month. Applications can be made through each local division charity teams. When making an application, you need to be clear about where you're based and what the £1,000 will be used for if successful.

You can locate your local division to make contact here - barrattdevelopments.co.uk/contact-us/ (use the menu on the left to find your area)

easyfundraising webinar

Did you catch our online webinar with Becky from easyfundraising? Becky gave some helpful hints and demonstrations for Sheds who've signed up to earned funding through easyfundraising. If you were busy making something in your Shed, or something else, then [you can re-watch on our YouTube channel here](#).



Member Benefit Spotlight



It's that time of year...yes, British Summer Time but also the end of the financial year! Yikes, where does the time go?

Your Treasurer may be chasing you for receipts and they look a little more pre-occupied than usual, but here's a gentle reminder to be kind to your Treasurer. Maybe make them an extra cup of tea to say thanks for all they do in your Sheds, and to keep them going – we know it can be one of the hardest roles to fill on a committee.

UKMSA has developed a Cash Book to help Men's Sheds keep accounting records and prepare accounts for their members, funders and (if required) Charity Regulator. This Cash Book and Accounts template is a simple Receipts and Payments Excel spreadsheet and should be suitable for any Men's Shed in the UK not registered as a Limited Liability or Community Interest Company. The Cash Book and Accounts Template is **FREE** to all UKMSA Shed Members.

It may not be helpful for the 22/23 accounting year, which is almost over, but now would be a good time to look at it to see if it's a resource that fits with your Shed and would help in the coming financial year so you can start right at the beginning. [You can access the Cash Book in the resource library here.](#) (Don't forget to use your membership login first). Along with the resource to download, there's also a guide explaining how it works.

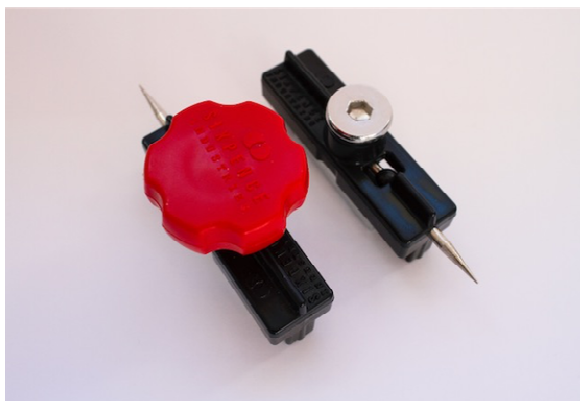
For Sheds who are registered charities, you can find more information about the Accounts you need to prepare as part of your full annual return required by the relevant body. [Follow this link for those who are in England and Wales](#) and make sure you submit in the next **ten** months (January 2024), and [follow this link for those who are in Scotland](#) to see what you are required to submit in the next **nine** months (December 2023).



The Rail Stay

Sixpence Industries Ltd is a small family-run business. Their newest product, the 'Rail Stay' is an innovative clamping system designed and manufactured in the UK. It is designed to be used in conjunction with guide rails which adds an extra dimension of utility to an already useful product.

The Rail Stay was developed as Harry Radford, a carpenter/builder of 20+ years, found himself short-handed and having difficulty holding the straight edge scoring some plasterboard stacked in a client's hallway.



[To find out more about this handy product, and how to get your UKMSA member Shed discount of 15% off, read more on our website here.](#)

Thank You to Ronseal



UKMSA are incredibly grateful to Ronseal's support for member Sheds. They are now busy preparing the 167 applications for product requests. Please bear with us while we get them all processed with Ronseal.

Look out for the next round later in the year.

Meet the Ambassador

Hi Folks,

I am Bob Adams, retired and from Cressing Temple Community Shed, Cressing, near Braintree, Essex. I am also a UKMSA Shed Ambassador.

My journey into Men's Sheds starts 12 years ago, when working as a Branch Buyer for Cromwell Tools, a works colleague had visited his son in Australia, and his son had taken him to a Men's Shed. My colleague was all fired up with enthusiasm and that in turn made me wanting to know more.



Initially I contacted the Australian Sheds Association to find out about Men's Sheds and they kindly sent reams of information. They also told me about a chap in North London that was running a Shed in a Community Centre. A quick phone call to this chap, a visit undertaken, and armed with a paintbrush, I painted Mike Jenn's Camden Men's Shed's bookshelves!

I then investigated whether a Men's Shed could be created in Maldon, Essex where I lived. After a few false starts, there was the opportunity of using a disused Victorian Mortuary building, which hadn't been used since 1963, and was completely overgrown with ivy and bramble.

But Maldon Men's Shed was eventually opened to members in 2013, and was the first Shed in Essex.



After I retired, I became a Volunteer Gardener at Cressing Temple Barns, which has 12 Tithe Barns and a large recreated Tudor Walled Garden. I became involved in helping to create a Community Garden. Near to the site, was a disused Victorian Milking Parlour, of wooden construction (50ft x 30ft). You can probably guess what happened next! Cressing Temple Community Shed, opened for members in 2018.

Over the years I have worked alongside Maldon & District CVS as a volunteer, helping

to establish new Sheds in Essex. I left this post after the creation of the Essex Shed Network which has paid staff and didn't need volunteers.

So when the opportunity arose in December last year to become an UKMSA Volunteer Ambassador covering Essex with my fellow Ambassador Ian Bysouth, I jumped at the chance.

I am really looking forward to spreading my wings in West and North Essex. Recently I spoke to Riverside Radio about some of my Shedding experiences and shared information about Men's Sheds and the UKMSA. I have also been connecting with fellow Ambassadors and have also been in touch with Network Rail to support discussions about possible Shed locations. I have always stayed in touch with local Sheds and have been involved in supporting the first Shed in a Railway station in England, Southminster Shed, to its completion and imminent opening.

Ian and myself are organising an UKMSA Sheddors Meet in September 2023, in Wickford, Essex. The hall is actually off Wickford Station platform, so we are encouraging Shed members attending to use the train (bar train strikes)!

Bob Adams, UKMSA Volunteer Ambassador / Essex



UKMSA Partner Spotlight

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UKMSA member Shed, Men in Sheds Lancing and Sompting, recently invested in a new Steel AV Single Toilet and Waste Tank from Portable Space to help finalise their community space.

“ Thank you to all those involved with the decision making and the wonderful players, this is the last big item needed for our group and it is great to see it installed on its new pad ”
- Lancing and Sompting Men in Sheds

01449 782123

Are your Men in Sheds in need of Accommodation and Storage?

Shop Now



Schoolreaders

improving literacy • increasing life chances



Why we need your help?

The ability to read and write is absolutely essential to a successful career and you might have thought that almost every child would leave primary school at the age of 11 able to do both. The truth however is that:

- 1 in 4 children are leaving primary school unable to read to the expected level which severely damages their secondary education and life chances
- Over 7 million people (1 in 9) in Britain are '*functionally illiterate*', that is lacking the literacy necessary for coping with most jobs and many everyday situations.
- As can be evidenced by the fact that 57% of our prison population has a reading age of eleven or under.

This situation has been made worse following the education disruption caused by Covid lockdowns, particularly to the most disadvantaged children.

How you can help?

Children's literacy charity **Schoolreaders** is looking for more volunteers who can help spread the joy of reading to children in primary schools. We are looking for volunteers of all ages – from students to retirees - who can listen to children read in a local primary school, especially at those schools where children require support the most.

Why Men in Sheds?

The vast majority, 86% of primary school teachers are female and, I know from personal experience as a school reader, that schools are really keen to have male role models involved, and helping the children to read on a one-to-one basis is a great way of doing this.

What's in it for you?

My retirement includes sport, hobbies, travel, and various volunteering roles, and I can say that, without doubt my visits to the school are the most satisfying and rewarding of all the activities in which I am involved, and the same could be true for you too.

Next step

If any of the above has struck a chord with you, then please go to our website www.schoolreaders.org to find out more and how you might join our growing band of readers who are helping to provide part of the solution to the serious problem of illiteracy.

Peter Henry - Schoolreader

Sponsored Content



Z ZURICH

Insurance for Men's Sheds

We insure over 14,000 not-for-profit groups in the UK.

[Visit our website](#)

Call us: 0800 917 9420
Email us: enquiries.team@uk.zurich.com

The advertisement features a circular inset image of an elderly man with a white beard, wearing a purple shirt and a light-colored apron, working with a large piece of wood in a workshop setting. The background is dark blue with white and light blue geometric shapes.



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

SUNDAY 1st OCTOBER 2023

Be part of Silver Sunday 2023!

Silver Sunday is a day dedicated to older people. Fun and free activities are held across the UK where older people can make new friends, visit new places, try new activities and connect with other generations in their local communities. Simply put, it is a day for older people to enjoy themselves and given the past couple of years, we believe this is now more important than ever.

It takes place annually on the first Sunday in October, which this year will be on Sunday 1 October. We also welcome events before and after Silver Sunday itself.

Men's Sheds have been a supporter of ours for many years including Salisbury, Middlesbrough, Reading and Ditchingham. We would like to invite all Shedders to participate in Silver Sunday this October, welcoming older people in your communities for a day of fun, friendship and activities. It could be a special lunch, a metal workshop or coffee morning – the possibilities are endless. What event could you offer at your Sheds?

How to get involved:

1. Visit silversunday.org.uk for ideas & inspiration
2. Get planning! Events are welcome in the weeks around 1st October
3. Download our Event Toolkit, Logo & Resources
4. Register your events on our online map
5. Help us spread the word & encourage everyone to get involved.

“It was a treat to see so many people enjoying themselves. It also showed how a group of guys who, in many cases, had not met each other before joining the Shed had become a team of friends enjoying each others company and that is what the Men's Shed is about.”



Ditchingham Men's Shed

For more information contact Lucinda Hurrey on 07890 380 238 or info@silversunday.org.uk

UKMSA links up with the Big Screen



UKMSA is partnering with *The Unlikely Pilgrimage of Harold Fry* to promote the benefits to supporting friends who may be going through a tough time. Make sure you're following our social media for details. in the coming weeks.

Jim Broadbent and Penelope Wilton star in director Hettie Macdonald's (*Beautiful Thing*, *White Girl*, TV's *Normal People*) adaptation of Rachel Joyce's best-selling, award-winning 2012 novel *The Unlikely Pilgrimage of Harold Fry*.

South Devon: A seemingly unremarkable man, Harold (Broadbent) has made mistakes with all the important things: being a husband, a father and a friend. Well into his 60s, he is now content to fade quietly into the background. But when he learns his old friend Queenie (Linda Bassett) is unwell, he walks to his local post office to send her a letter, and out of the blue, decides to keep walking – all the way to her hospice, 450 miles away in Berwick-upon-Tweed, and much to the despair of his wife Maureen (Wilton), who's left reeling at home.

Shot sequentially and entirely on location across the UK, from Devon to Northumberland, *The Unlikely Pilgrimage...* follows Harold as he reconsiders his troubled past, comes into life-changing contact with strangers and engages with the restorative natural world, and promises to be a poignant, philosophical film about the continued potential for redemption and renewal in later life.

[You can watch the trailer here.](#)

Get involved! Help the British Nutrition

Foundation to produce high-quality nutrition and health information.

The [British Nutrition Foundation](#) gives accurate, evidence-based and easy-to-understand information about nutrition. Healthy diets are important for everyone for both good physical and mental health. Yet we know that many men may be hesitant to seek help or advice for nutrition and health issues.



Get involved in how we create our information by becoming a nutrition and health information reviewer. Anybody can join - you don't have to be an expert, just have an interest in good quality nutrition information! The feedback we get from our volunteer reviewers is always helpful to us.

To find out more and sign-up visit www.nutrition.org.uk/our-work/why-trust-us/about-our-information/

MAKE IT AT MARKET

SERIES 2

Would you like to turn your passion and talent for craft into a career?

Would you like money can't buy advice from professionals who've done just that?

Flabbergast TV are looking for all types of amateur artisans and crafters, from potters, blacksmiths and woodworkers, to jewellers, upcyclers and artists who would like to be mentored through the practicalities and pitfalls of turning a hobby into a business for a TV series.

Whatever your passion and talent, if you want to turn it into a profession get in touch. For more information please email MIAM@flabbergast.tv

We welcome applications from all communities including people with disabilities, from black, Asian, or minority ethnic groups and disadvantaged backgrounds. You must be over 18 to apply. Flabbergast TV will process your personal data in accordance with its data protection policy. Please note that expressions of interest are not a guarantee of taking part. To view our privacy policy, visit flabbergast.tv/privacy

BBC ONE Flabbergast



Sheds in the News

Here are some of the latest stories about Sheds and Shedding from across the globe we've seen this month...

- [Westbury Shed member gets his sight back after 38-year fight](#)
- [What about making a motorbike? A Mid-life Men Podcast with Mike Jenn and Ambassador Colin Fleet](#)
- [Two national awards given to Corsham initiative](#)



Don't forget to share your news stories with us. Email the team at newsletter@ukmsa.org.uk so we can share your news.





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