

# SHOULDER & SHOULDER

#96 June 2023



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**THURSDAY 13<sup>TH</sup> JULY 2023**  
**UNIVERSITY OF WORCESTER**  
[www.menssheds.org.uk](http://www.menssheds.org.uk)

sponsored by:  
**RONSEAL**  
UK  
MEN'S  
SHEDS

Have you [booked your tickets](#) for **ShedFest 2023**, sponsored by **Ronseal**, yet? If not, don't panic there's still time to do it over drinking your tea!

Tickets for the Shedder gathering taking place on Thursday 13th July at Worcester University Area are **FREE** and include **lunch sponsored by Carveco**.

The exhibition will open from 9am, with a welcome at 10am and concluding at 4pm. UK Men's Sheds Association's AGM will be held in the afternoon as part of the day's programme.

ShedFest is a great chance to **meet up with Shedders from across the UK**, exchange banter,

advice about tools and running Sheds, and attend some **great talks** including ‘Finding funding for your Shed’, ‘The Role of Trustees’, ‘Cancer Awareness’ presented by Cancer Research UK and more. We’ll also have **live demonstrations** from Axminster Tools too for those looking for more practical creative advice.

It’s shaping up to be the **biggest ever exhibition hall** with over 25 partners, including Ronseal, Tite-Fix, Metalcraft, Lumberjack, Carveco, St John Ambulance, Tackle Prostate Cancer, Silvertime Legal, Cancer Research UK, Paul Burton Sculptures and more.

Again this year, there will be a space for Sheds to bring their creations, and there will be **prizes provided by Onduline** of £100 Wickes vouchers for the **best turned item, and the best utensil** (scroll down for more details).

To find out more, and to book your FREE ticket, visit our website - [menssheds.org.uk/shedfest2023/](https://menssheds.org.uk/shedfest2023/)

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## Charlbury’s New Community Workshop Opened by a special guest



Saturday 20th May 2023, marked the culmination of a major effort by the team who got together to organise a community workshop for Charlbury – a town of around 3,000 people that sits on the eastern edge of the Oxfordshire Cotswolds. As the chairman of the organising group, Chris Potts, explains, *“Once the project started to develop some momentum, it didn’t take long for things to get under way.”*

Charlbury Community Shed were really thrilled when TV personality, expert saddlemaker and repair enthusiast Suzie Fletcher agreed to come along and perform the actual ribbon-cutting for them. Suzie explained to the 130-strong crowd just how important she feels that Sheds are.

*“What I love about these community-based Sheds, is that they are open for everybody to come, everybody to share their levels of skills, and for everybody to come and learn something that perhaps they didn’t know.”*



While the Community Workshop is a member of the UK Men's Sheds Association – and we're grateful for all the help and advice that we've had from the Association and from the Sheds that we visited at Thame, Witney, Moreton-in-Marsh and Bourton-on-the-Water – it is, as Suzie said, for everyone. A 'clean' area for upholstery, sewing and other fabric-based activities will be partitioned off from the dust and noise of the woodworkers at the other end of the building. And the first woodwork task? – to restore the donated workbench with the decidedly wonky leg. After that, birdboxes, garden furniture, maybe a punt to pole on the River Evenlode? Why not? After all, one end of the workshop is equipped with a full-height roller door for getting big stuff in and out!

[Read the full article on the UKMSA website here.](#)

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## Health and Wellbeing Spotlight

# Would you know what to do if someone had a Stroke?

A stroke is a disruption in the blood supply to the brain. Most strokes are caused by blockages (usually blood clots) disrupting the brain's blood supply. These are called ischaemic strokes. Some strokes are caused by bleeds. These are called haemorrhagic strokes.

A transient ischaemic attack (also known as a TIA or mini-stroke) is the same as a stroke, but the blood supply is only disrupted for a short time, and usually not completely. Symptoms usually pass in less than 24 hours.

Whilst Stroke is a leading cause of death and disability, causing around 38,000 deaths each year in the UK, there are around 1.4 million people living in the UK that have survived a stroke or TIA.

The best way to help prevent a stroke is to eat a healthy diet, exercise regularly, and avoid smoking and drinking too much alcohol. These lifestyle changes can reduce your risk of problems like high blood pressure and high cholesterol levels.

The main stroke symptoms can be remembered with the word FAST:

**Face** – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have drooped.

**Arms** – the person may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.

**Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.

**Time** – it's time to dial 999 immediately if you notice any of these signs or symptoms.

**If you suspect you or someone else is having a stroke, phone 999 immediately and ask for an ambulance.**

# Act **FAST** and call 999.



**Facial**  
weakness



**Arm**  
weakness



**Speech**  
problems



**Time**  
to call 999

In the recent UKMSA survey on Health & Wellbeing 25% of Shed leaders reported that Strokes were a health and wellbeing condition that caused them concern.

[The Stroke Association](#) has three excellent booklets - How to reduce your risk of a stroke, Next steps after a stroke and Supporting a stroke survivor

Whilst many Stroke survivors may have long term impacts arising from their Strokes, many Men's Sheds have been successful in helping Stroke survivors rebuild their lives.

These Men's Sheds have publicised their stories about Stroke Survivors in their Shed: [Saintfield Men's Shed](#), Ballynahinch, Co Down, [Southdown Men in Sheds](#), Portslade, the [Montrose Shed](#), Men's Shed in Clacton, the [Oakworth Shed](#), Keighley, and the [Renew Shed in Swindon](#). The Renew Shed started a men's session specifically for stroke survivors in partnership with the Community Stroke team at the Great Western Hospital.

# ***HAS SOMEONE CLOSE TO YOU HAD A STROKE?***

We are doing research, as part of a doctorate thesis, to understand the experience of adults providing support or care for a friend or family member after their stroke

We would like to complete an interview with you to:

- learn from your experience of providing support
- hear your views about terminology used by professionals (e.g. carers, caregivers)
- understand how and when someone may come to identify themselves as providing care

We hope that this research will help improve future support for people who care for someone who has experienced a stroke

**If you are interested in taking part in this research project, or would like further information, please contact us**

**Contact details:**

Bethany Harcourt

✉ [bethany.harcourt@postgrad.manchester.ac.uk](mailto:bethany.harcourt@postgrad.manchester.ac.uk)

☎ 07907078901

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**SHED FEST 2024**

**THURSDAY 13<sup>TH</sup> JULY 2024**  
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**CALLING ALL SHEDS**

We are running a competition during ShedFest for Shedders! Bring along the best wares YOU have created.

**WIN PRIZES!**

We will have special guests judging your entries. There are special prizes to be won!

1. BEST TURNED ITEM
2. BEST UTENSIL

**BOOK NOW!**

In the exhibition hall there will be a table reserved for the competition. To gain FREE entry and lunch visit:  
[www.menssheds.org.uk/shedfest2023/](http://www.menssheds.org.uk/shedfest2023/)

TICKET 312267

TICKET 312298

## UKMSA has a blooming good time

This year UKMSA were invited along to attend the BBC Gardener's World Live event at the NEC, Birmingham. The show runs for four days over a weekend in June and usually has around 100,000 people attending over the course of the event. Plenty of people to talk to about Men's Sheds!

The show was opening up a new section this year called 'The Tool Shed' which, as it sounds,

hosted exhibitors with a more tool and gardening equipment focus, with the section containing its own stage for talks from the likes of Makita and Wilkinson Sword. We were also asked to do a series of eight talks over the weekend to tell people a little more about Sheds.



Allan Clark, one of our veteran volunteer Shed Ambassadors from The Lion's Den up in Keighley, Yorkshire, agreed to be our inspirational speaker for the weekend. Allan has a way with words and is very easy to listen to, filling the bench seats for many of his talks. He even spotted tv and radio presenter Nicki Chapman sat in the audience listening to him!

We were lucky to have some amazing support from some local Shedders over the weekend, helping on the stand and sharing information about the Shed movement and their own Sheds and experiences, with members of the public. Craig Davis from Acocks Green Men's Shed brought along a home-made trebuchet which can fire objects up to 100ft (unfortunately we didn't get to test this!) and a 24kg chainmail vest; as you can imagine, both drew a lot of attention. We were also supported by Jim and Liz Rose from Acocks Green Shed, Steff Williams from Moseley & Kings Heath Shed, Ambassador Arthur Dyas and Shedder Sally Baker from Redditch Shed. A big thank you to all our volunteers for giving your time and support to us over this event.

Attending events such as these can help us reach a new audience. We had many visitors to the stand that had heard a little bit about Men's Sheds and wanted to find out more, but for some people it was a totally new concept. In just a couple of minutes we could tell someone what a Shed was, and how to find one. Many people went away wanting to look up their nearest Shed, either for themselves, or for a family member or friend. We also had a few Shedders pop by and say hello, like the guys from Dereham Men's Shed, giving us a chance to connect and show that we are out there representing Sheds!





UKMSA will be attending a couple more events over the course of the year, including CarFest in Basingstoke (bank holiday weekend, August) and the North of England Woodworking and Power Tool Show in Harrogate (10-12th November). If you are from a Shed local to these areas and would like to help us out, drop me a line - [rachel.meadows@ukmsa.org.uk](mailto:rachel.meadows@ukmsa.org.uk)

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## How to enjoy gardening without a garden

At Thrive, we know the many ways that gardening can be good for your health. This ranges from physical benefits, like burning calories and maintaining dexterity to building confidence, boosting your mood or helping you to feel calm.



Gardening may be one of the UK's favourite hobbies, but one in eight households in the UK has no access to a private or shared garden.

Not having a garden shouldn't stop you enjoying the amazing benefits from gardens and nature. [You can download Thrive's guide for inspiration on how to get started on a host of gardening activities without a garden here.](#)

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Henry and Fuzz are back on the road in search of sheds full to the brim with trinketry and automotive wonder. If you think you have a shed that fits the bill and fancy the boys round for a haggle, **GET IN TOUCH** with the team to find out more...

[info@hcaentertainment.com](mailto:info@hcaentertainment.com)



UKMSA Partner Spotlight

# Looking for a new metalwork project for your Shed?

Event Cycle will be receiving about 700 metal tins (the dimentions are approximately 4” by 4” by 13”in old money) that need to have their branding removed so they can be reused in suitable ways. Ideas from Sheds we’ve spoken to already include, bat boxes, bird boxes, or a water feature.

Due to the embossing, they may need to be melted/painted in line with the clients wishes.




Any Sheds interested in taking delivery of some of these tins should contact Simon Benham at Event Cycle - [simon@eventcycle.org](mailto:simon@eventcycle.org) or 07876780564.

This is available to all UKMSA members as the boxes can be delivered anywhere in the UK.

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## New Men's Shed coming to Easingwold

The first face to face meeting of the new Men's Shed group in Easingwold took place at Morning Coffee, Afternoon Tea (formally the New Inn) Long Street, Easingwold, on Wednesday 24th May 2023.

There were examples of homemade wood work and metal work items, such as children's toys and chess pieces along with plans and photographs of various home and garden projects.

Details of the modular building being supplied by Britcab, with photographs and layout plans, were also on display.

Easingwold will join over 900 existing Men's Sheds in the UK, when the Shed opens later this year. Easingwold District Community Care Association (EDCCA) initiated the project to set up a Men's Shed, adding to their range of community support services. They continue to provide vital support as the project progresses.



During the meeting Mike Tranter and David Brown gave an overview of the Men's Shed, which is primarily aimed at, but not exclusively for, retired men who wish to re-build social connections. Its aim is to provide an opportunity to enjoy to company of others, talking, sharing, creating, and doing something practical. Many existing Men's Sheds focus on making and mending, and there will be facilities for that. In addition, there will be space for other activities or simply having a cuppa and chat with friends.

The Shed will initially be open two days a week, leaving the building as a community hub, available for other EDCCA activities. Sheds in other areas, for example, have been used by ladies to set up their own make and mend groups.

Anyone interested in finding out more about Easingwold Men's shed can contact Mike via the EDCCA office. Tel 01347 822875 or emailing [info@edcca.org.uk](mailto:info@edcca.org.uk)

## Member Benefit Spotlight



Looking for some inspiration of what you can make with cold metal work?

[MetalCraft](#) have a great quick video with several projects you can make using simple tools, all of which can be done cold using simple tools.

Cold metal work is a great edition for Sheds as it is significantly less risky than hot metal work, which means no hike in your insurance, and you can make some great things.

Don't forget to come and see the MetalCraft guys at ShedFest, they'll be there again doing demonstrations and able to answer your questions, and member Sheds get an exclusive 20% - login to our website and visit [bit.ly/UKMSAMetalcraftDiscount](http://bit.ly/UKMSAMetalcraftDiscount) to find out how to get your discount.



## Sponsored Content

### What to consider when buying insurance for small charities

Organising insurance can be an overwhelming task. Our article provides you with clear points to consider when it's time to start looking for insurance.

[Find out more](#)

To find out more about our insurance visit:  
[www.zurich.co.uk/charity](http://www.zurich.co.uk/charity)



## UKMSA Partner Spotlight



A special offer to provide private medical plans for members of UK Men's Sheds Association has been arranged with HMCA, including a £50 gift card or £100 off your first-year subscription upon joining a private medical plan.

If you already have a private medical plan, are you paying too much? You could save money by transferring to HMCA. Why not request a no obligation quote ahead of your renewal? You may transfer to HMCA at any age, without a medical examination and will receive guaranteed acceptance under our transfer facility.

This offer is also available to you if you do not currently have private medical cover. With hospital waiting lists at a record high, there has never been a better time to start a private medical plan.

HMCA offer four levels of private medical plans for individuals, family groups and companies as well as dental plans, hospital cash plans, travel plans and vehicle breakdown recovery. Our many years of experience ensures we have a plan to suit your needs at the best possible price.

### Who are HMCA

HMCA was established over 45 years ago and has grown to be one of the most successful membership benefit providers in the UK. HMCA membership is also one of the most exclusive as our plans are only available to the members of trade, professional and membership groups and subscribers of select publications. Therefore, HMCA is not on any comparison website. You will not see HMCA advertising to the general public and this means minimal marketing costs so we can arrange comprehensive and flexible medical plans that are great value for money.

For further information and quotations contact HMCA by telephone on 01423 799949 or visit the exclusive HMCA UK Men's Sheds Associations website here: [www.hmca.co.uk/ukmsa](http://www.hmca.co.uk/ukmsa)

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## UKMSA Partner Spotlight



Over  
**£1.2m**  
has been paid to  
good causes,  
including Sheds!



## Free Funding for Your Shed

Over £1.2million in free, unrestricted funding has just been paid to third-sector organisations via funding platform easyfundraising.

In times like these, when individual giving has reduced or even halted, easyfundraising provides an alternative funding option by turning online shopping into monetary donations for your Shed.

### **How does it work?**

Through easyfundraising, 7,500 online retailers will donate part of what your Shedders and their families spend with them back to your Shed. There is no cost as it's the retailer that makes the donation, not the shopper. It's their way of giving back to Sheds.

### **What can you spend it on?**

Monies raised through easyfundraising are helping Sheds maintain facilities, pay for day-to-day running costs, and more. As unrestricted funding, you have the ease and flexibility to spend your funds on whatever you need it for.

### **How to register**

The next payment round is August so get started now to be part of it.

Visit: <https://www.easyfundraising.org.uk/mens-shed/>

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## **Shed News around the Globe**

- [Cooma Men's Shed replicate spider holes to save dragons](#)
- [Minister Humphreys visit to Ballaghaderreen's Mens Shed](#)
- [Songs of Praise \(BBC TV\) Heatons Men in Sheds](#)
- [Friendships forged in former blacksmiths shed credited with saving lives](#)





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

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