

SHOULDER to SHOULDER

Newsletter 033 | August 2017

Sheds in the Community



We see many fantastic creations from Sheds. We are constantly in awe of the talent, creativity and sheer kindness of Sheddors as we see posts of things they've lovingly created for loved ones, themselves and their local communities.

This week, though, we saw something a little more unorthodox. The guys at Bootle Tool Shed were busy last week on a slightly unusual, but nonetheless brilliant, project. They teamed up with Strand Shopping Centre to create a dog agility set that they then donated to Merseyside Dogs Home.

The equipment, made entirely from reclaimed wood from the Tool Shed, will allow the dogs at the rescue centre to be exercised, happy and able to impress their prospective owners with a trick or two!

American Grrream, the very photogenic dog pictured above, had the first go. You can see more pictures of equipment on the guys' Twitter page @BootleToolshed

This creative project is one of many that Sheds do for people (and dogs!) in need in their local communities. We think it's one of the greatest things about Sheds.

SHARE YOUR STORIES

One of the most common requests that drops into our mailbox, pops up on Facebook or is commented on our website is "what are other Sheds up to?".

Sheddors love to hear good news stories from other Sheds and like to help when Sheds are in need, and so do we!

Whether you're looking for like-minded men to open a Shed, found your first premises, have a launch event or have made something brilliant - we want to hear about it!

Send your stories with high resolution photos to admin@ukmsa.org.uk and we'll share them in here or on social media.

HELLO FROM OUR DIRECTOR

Welcome to August's edition of Shoulder to Shoulder which I hope you'll enjoy. We've got some great stories and news from Sheds, this month's tip from the Frome Shedders, some funding suggestions and more.

I've been in post for about three months now and have met a good few Shedders, but meeting you all will take some time, so I wanted to say 'hello' in Shoulder to Shoulder in the meantime. You can read a bit about me on the right.

Sadly we said goodbye to our Chair, Mike Brading last month. After only a short time with us he decided the role wasn't for him and instead is dedicating more time to Shed life in Basingstoke and Reading. We know you'll all join us in wishing Mike the best for his future endeavours.

We're advertising for a new Chair and will share any news with you in due course. We're also recruiting to an exciting new role; Membership and Support Officer. You can find details of both of these positions under the 'Current Opportunities' tab on our website.

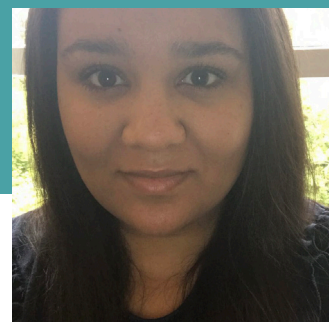
We're in a busy time at UKMSA, improving our resources and ways of supporting Sheds, gearing up to promote the many benefits of the Shed movement at national events in the coming weeks, and working hard to build great relationships with organisations who share our ambitions to enable as many men to access Sheds as possible. We're also planning some events of our own for later in the year, to celebrate Sheds, and you the Shedders, and I hope to meet lots of you there. Many exciting things are being worked on at the moment that we are excited for many of you to benefit from soon.

Until next time, happy Shedding!

Victoria



MEET VICTORIA LITTLE DIRECTOR OF SERVICES



I joined UKMSA almost three months ago now, having previously worked in the not-for-profit sector for almost five years, and before that, an enjoyable decade in the leisure industry. To date, my non-profit experience has mostly been in wildlife and natural places conservation; a really wonderful time that taught me a lot about being kinder to the environment and enjoying the wild places many of us take for granted.

My work centred around making sustainable many of the natural places that have such an important role to play in our mental and physical wellbeing, a lot like Men's Sheds do for those lucky enough to have one nearby.

I'm excited for my (fairly) new role as Director of Services for the UKMSA and even more excited to immerse myself in the world of Sheds and meet many of you.

Outside of work I enjoy spending as much of my time outdoors as possible, especially where there's a beach involved on a clear but cold day. I love to go into the hills on walking adventures with my partner, Alex and our dog, Bailey.

When I'm not outside (or at work!) I'm usually at home with my feet up reading a book.



www.findashed.org.uk

Make sure you're on the map and your contact details are up to date so people can find you to join your Shed or give support.

NEW SHEDS ON THE BLOCK MAP

The Find-a-Shed tool on our website is the most popular page and requests to add Sheds to the map is one of the most common we receive. The map is a great way to get your Shed noticed, to get new members and attract support from individuals, companies and organisations in the community. It is also a vital tool for men across the UK to easily find and join their local Shed.

We're welcoming the following Sheds, new to the map or upgraded to 'open' in the last month.

Burnham on Sea & Highbridge Men's Shed Society

Hayling Island Men's Shed

Long Sutton Men's Shed

Thornbury Men's Shed

Clevedon Men's Shed

Southdown Men's Shed

Hammersmith Community Gardens Association Men's Shed

Helmsdale Men's Shed

Men in Sheds @ Aspire Ryde

Portstewart Men's Shed

ShedOxford

Man Cave, Ripley

Tanhouse Sheddors

Swanick Men's Shed

Happy Shedding, guys!



Don't turn a blind eye to changes in your vision

Age-related macular degeneration (AMD) happens when the macula - part of the retina at the back of the eye which allows you to see fine detail - is damaged. Although AMD doesn't cause complete blindness, many people with advanced macular disease cannot read, drive or recognise faces.

There's a good chance you know someone who is affected since one in 200 people over the age of 60 have it, rising to one in five over 90.

Chris Hodge (not pictured) was diagnosed with AMD almost 30 years ago. He says, "I had a wife, two children and a mortgage to pay. In that situation, you do wonder how on earth you're going to cope."

Don't wait until it's too late

Spotting the signs early often means more of your sight could be saved. You should have an eye examination every two years (or as often as recommended by your optician), even if you don't have any problems with your sight. An eye exam could detect glaucoma, diabetes, or raised blood pressure or cholesterol levels even before you notice any symptoms. And if you notice anything unusual with your vision, see an optician as soon as possible.

You're not alone

The Macular Society exists to support people with central sight loss. As well as funding research into a cure, we share the information people need today - what to expect, making the most of your remaining sight, and

looking after your eyes - at www.macularsociety.org

We also help people with macular conditions feel less isolated - through 350 local groups, a telephone befriending scheme and a network of volunteer speakers. Chris says, "The most important thing, then as now, was being able to talk to other people with the same condition. Talking to someone who understands your situation really does make a difference."

Questions or worries?

Call the Macular Society Helpline (Mon-Fri, 9-5) on 0300 3030 111. And if you have a story or tip about staying active with sight loss, share it with Editor Helen Jefferies.

helen.jefferies@macularsociety.org

blume

BECOME A BLUMER

Let flexible work find you

Blume is a new enterprise which finds paid flexible work for older people. The work ranges from shed-friendly DIY tasks to dog walking and mystery shopping, and much more besides. There are also telephone and computer jobs that you can do from home. In

fact, if you have a skill that you think others will find useful then please tell Blume about it.

You decide what you want to do and when you want to do it. You also decide how much you want to charge as long as it is above the national living wage – and if you don't need the money the site allows you to donate what you earn to charities like the UK Men's Sheds Association.

To find out more visit <https://blume.life> and enter the code 'Shed' or if you have any questions contact alexander@blume.life



TIP OF THE MONTH

This month's tip from a fellow Shed or Shedder

This month's tip comes from the guys at Frome Shed who submitted a tip we often tell Shedders ourselves.

When buying tools or materials - once given the price - ask the supplier if they can better the price for your Men's Shed. Tell them what it's all about and you'll be surprised how often they can help.

If you want to provide a future tip of the month, simply send us an email at admin@ukmsa.org.uk.

FESTIVAL OF THRIFT

Get thrifty in Redcar



© Tracey Kidd Photography

In September 2016, over 35,000 people descended on Kirkleatham, south of Redcar, for the Festival of Thrift - a weekend celebration of 101 ways to live lightly and save the planet.

You can see some of the 2016 highlights by visiting <http://www.festivalofthrift.co.uk/videos>

We're delighted to say that UKMSA has been invited to have a stand at the Festival of Thrift this year on 23 & 24 September. It comes with a warm welcome from Festival Director, Stella Hall.



"The Festival of Thrift is about building creative community together – and it's great that Men's Sheds are doing just that!

The traditional image of a man and his shed is a solitary one, but I know Men's Sheds are serious about combating isolation and improving men's well-being by being together. We have our fair share of isolation in the Tees Valley for a whole host of reasons; lack of rural transport, unemployment and other factors.

We welcome the UK Men's Sheds Association to our event and hope they will inspire a new generation to get involved."

UKMSA will be located in the Festival Learning Zone.

You'll be able to find out what we'll be up to over the festival weekend in the September edition of Shoulder to Shoulder. We'll let you know who will be there and when. Before then, you can get further details from us by emailing claire.shelton@ukmsa.org.uk

We hope to see lots of you there!

MEN IN SHEDS PATCHWAY

Recognised as a beacon of community greatness

The Sheddners in Patchway, near Bristol were nominated for their contribution and service to their local community in the 2017 South Gloucestershire Chair's Community Awards back in March.

They were successful and received a Group Community Award from Erica Williams, the Chair of South Gloucestershire Council.

Erica said "I am in my second term of office as the Chair of the Council and I have been consistently amazed and inspired by the number of people from across our region who dedicate so much of their precious time in a voluntary capacity.

These awards are a small way of recognising the effort and tireless service which

volunteers provide for their local communities, and to say thank you to just some of them for continuing to make South Gloucestershire a great place to live and work."

Well done, guys! What a great achievement. We're looking forward to seeing more Sheds awarded for the amazing benefits they bring to so many men and their communities.



GRAND OPENING

Melksham Shed open their BRAND NEW purpose built Shed
Big congratulations to the Sheddners in Melksham who outgrew their original Shed and so built a new one!

They will host their grand opening on Wednesday 6th September.

We're wishing them a great turn out and a sunny day!





FUNDING ROUND-UP

The latest grant or funding stream that may help your Shed.

Relying entirely on grant funding is rarely the best approach to sustaining your Shed, but sometimes it can serve as a little boost. You might have your eye on tools, need to add a toilet or want to hold an event to attract members. We take a look at the latest funds each month that you **may** be eligible for.

FUNDING FOR COMMUNITIES

Two funding streams focussed on local communities

SANTANDER FOUNDATION

The Santander Foundation plays an important role in Santander UK's flagship community programme, The Discovery Project.

The aim of The Discovery Project is to help disadvantaged people have the confidence to make the most of their future. In this fast-paced world, Santander know some find it hard to navigate change and want to help everyone have equal access to the best society has to offer.

The Santander Foundation provides grants to support knowledge, skills and innovation to give disadvantaged people the confidence to discover and create a new world of opportunities.

Discovery Grants of up to £5,000 are available to UK Registered Charities, Community Interest Companies and Credit Unions to fund small, local projects helping disadvantaged people.

See <http://www.santanderfoundation.org.uk/>

CO-OP LOCAL CAUSES

Only five days left to apply to be a Co-op local cause.

To apply to be a Co-op cause you must have a project or event in mind that:

- takes place in the UK or Isle of Man
- doesn't have religious or political aims (although you can still apply if you're a religious organisation)
- meets the Co-op's values
- takes place or will still be running after October 2018
- benefits your local community

They'll give preference to projects run by small, local organisations.

HURRY

Applications for their latest round close on 8th August. If you don't make it in time, keep an eye on their website for future rounds.

Details can be found on their dedicated website <https://causes.coop.co.uk/>

COMMUNITY REPAINT

Bringing colour to communities in need.

Community RePaint is a non-profit distributing company that collects reusable, leftover paint and re-distributes it to individuals, families, communities and charities in need, improving the wellbeing of people and the appearance of places across the UK.

They can assist Shed projects by supplying low cost, good quality, recycled paint as and when you need it by using one of their 70 autonomous schemes across the UK. Their schemes have a variety of different types of paint from water based emulsions to

solvent based gloss paints in a multitude of different colours.

The paint could be ideal for smaller workshop projects such as restoring or upcycling furniture and for larger projects they can supply larger quantities of re-manufactured interior emulsion paint in a range of 19 colours plus Brilliant White.

You can find out more about Community Repaint and how they can help your Shed or community projects on their website at.

<http://www.communityrepaint.org.uk/>

If you'd like to discuss the scheme in more detail, please either ring me or e-mail Simon Edwards as on 07927 073275 and simon.edwards@resourcefutures.org.uk.

Get painting!



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UK Men's Sheds Association

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