It's time to make yourself a cuppa and read the latest news from UK Men's Sheds Association

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Although D-Day is well recognised, people may not be so familiar with the other key battles of 1944 (Battle of Monte Cassino, Battle of Kohima, Battle of Imphal, Operation Market Garden and the Battle of the Scheldt) so the Royal British Legion have developed exhibition stands highlighting these communities.  There are also [resources on the RBL website](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=4e70b09f91&e=41622f3364) to help with any planned events and encourage communities to honour local veterans, in the hope that there will be commemorative activities across the UK. [See this page for a full list of key dates](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=8823fd1417&e=41622f3364). | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/34c71829-fe40-ba02-f5ed-9c91291acc91.jpeg | | “By working with our community partners such as UKMSA we are hoping as many people can get involved with D-Day celebrations this year” says Matt Ford, RBL National Community Development Officer.  UKMSA Shed Ambassador Brian Bastable is a veteran who served in the Falklands in the 1980s. Brian’s Shed ([Street and Walton Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=2824413c78&e=41622f3364), Somerset) has seven ex-service Shed members from Naval, Air Force and Army backgrounds and understands why Sheds might like to take part in commemorating the D-Day anniversary.  “Most of our members are of course old enough to have had parents involved in WW2, so we are very aware of how important commemorating and remembering the events that led to the ending of the war are.  As a Shed we are making a full-size silhouette of a D-Day soldier for an event in Wells (the council wouldn't let them have a tank!) We also have two model WW2 tanks in the Shed which they may use as well. There may also be other local events happening that we can get involved in.”  If your Shed is planning to hold any events or participate in other community D-Day commemorations send us your plans or what you have been working on! Email us at [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk?subject=Shed%20D-Day%20Plans&body=) | | [https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/e0ef18b6-16c6-449d-d2aa-7b58d22d77a5.jpg](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=328765575a&e=41622f3364) | | |  | | --- | |  | | | **A Mayoral Visit to Calne Men’s Shed** | | written by Gus Gooch | | On the 4th of April [Calne Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d52cb325f3&e=41622f3364) had the pleasure of welcoming the Chairman, Ian Lawes, and Treasurer, Alan Smith, from [Amesbury Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=e00f3119f9&e=41622f3364) and their Mayor Monica Davindra to Calne Men’s Shed.  We were able to exchange ideas and views with our Chairperson, Polly Morrow, our Secretary, Jeff Rawlings and our Mayor, Robert MacNaugton over lunch, before moving on to our Shed where our visitors were able to meet a good few of our members.  I would judge the visit as an outstanding success, both parties getting a lot of useful information from each other. | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/38fb5447-cd65-dd32-7e65-bc943926869d.jpg | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/32b7adf8-0959-c96e-00a6-3aaf17854817.jpg | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/6b0e549c-6273-f974-4d99-d56972456a8a.jpg | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/ebe09ac3-044a-4b08-26be-6fb9004d0f60.jpg | | | | | | | | | | | Looking to exchange ideas with another of your fellow local Sheds? Don’t forget you can search who’s near you on our Shed map at [www.findashed.org.uk](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d05cb34f2a&e=41622f3364).  Looking for more than one Shed near you? You can also find a regional network near you, and information on setting one up if there isn’t one near you at [menssheds.org.uk/regional-shed-networks/](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=84010007c7&e=41622f3364) | | |  | | --- | |  | | | **An Award Winning Ambassador** | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | Congratulations to UKMSA Ambassador Simon Rouse!  Simon was awarded the Mayor’s Community Award by Shrewsbury Councillor Becky Ward for his contribution to the Men’s Shed.  Simon said “I was delighted and surprised on behalf of Shrewsbury Men’s Shed to get nominated for the Mayor’s Award, under the Community Category. | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/83bf5524-4a35-6c78-1f81-0fab18721276.jpg | | | | | | | | | | | To win it in such a large group of charities and community groups was pretty staggering. Thanks everyone.”  [You can read more the evenings celebratory awards events as reported by myShrewsbury here.](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=4fca78b639&e=41622f3364) | | |  | | --- | |  | | | **Ripon Shed’s Fundraiser** | | Ripon Men's Shed is on a mission to raise £45,000 to purchase a disused church building adjacent to their premises (owned by their landlord). They have set up a GoFund.Me page and are have asked if any other Sheds or Shedders wish to contribute to their campaign they’d welcome donations.  The “challenge” is to be able to raise £45,000 to meet the asking price and associated survey and legal fees before the closing date of 11th May 2024.  If you’d like to contribute, you can do so at [gofundme.com/f/to-purchase-our-own-premises-and-secure-our-future-for-ripon](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d580c390a2&e=41622f3364) | | a group of men sitting around in a workshop | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | **A museum in a Shed -  and it’s mobile!** | | Robert and Shedder Mike Oliver went to visit Seimon and Stephen Peigh Jones to find out more… | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/24385c05-bf84-a4d4-c3e4-cc9e27a25618.png | | | | | | | | | | | A west Wales artist, who worked on Hollywood blockbuster Saving Private Ryan and award-winning TV series Band of Brothers, has set up a mobile museum, in a tin shed, on the back of a vehicle trailer to showcase rare memorabilia and art from throughout his career. | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/46a3f436-5d51-a375-3c95-17828513f4ca.png | | Seimon Pugh Jones, who shot war scenes in the critically-acclaimed Steven Spielberg productions, will display a collection of World War Two artefacts which he inherited during his work with Tom Hanks and David Schwimmer.  A trial run on 9th May with an audience on Men’s Sheds from South Wales, will take place before the mobile museum in a shed will make its first appearance at Kidwelly’s Burns Centre in Parc y Bocs to commemorate the 80th anniversary of the D-Day landings in May.  One side of the trailer represents his great-grandmother's bakery shop as it appeared in the early 1900s, while the other displays his extensive collection of artefacts.  “We want to exhibit art, photography, artefacts, we want to put on theatre productions as well as music performances” said Seimon.  “We’ve made it a dual-purpose exhibition space; one side needs to be practical and the other side needed to tell a story in its own right.”  After Covid restrictions were lifted, Seimon says he struggled to find exhibition space to showcase his work as many galleries were full.  That’s what gave him the idea to create his mobile gallery, with the help of his father Steven. | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/ca5e2c3f-ca99-d900-afc0-e6d86d083ffb.png | | A peak inside the mobile shed museum | | Seimon admits, after his father suffered health complications and he struggled with his mental health, the creation of the mobile museum in a shed has been a help to both of them. "It’s meant so much to both so much. Now the magic starts, pushing it to people who will appreciate what we've done.”  Seimon and his father see parallels with Men’s Sheds and hope to do more work with the movement. Local Men’s Sheds Group [Gwendraeth Valley Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=08770b0c3d&e=41622f3364) and the soon to be re-launched [Kidwelly Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=7e2659165e&e=41622f3364) are keen to get involved.  Seimon hopes to showcase his art in the coming months within the mobile museum, with paintings inspired by Under Milk Wood.  That will be a far cry from his days working with Oscar winner Tom Hanks and former Friends icon David Schwimmer.  “It was great to work amongst them. It was life-changing for me, it was an opportunity I never thought I would have.”  “When working on Band of Brothers, we knew the production was going to be good but we had no idea that twenty years on it would still stand with people still watching and enjoying it," he added. | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/5d67ddcb-0cfb-8e39-29d0-55466219be7f.png | | Kidwelly and Parc y Bocs have strong links to the Second World War. Parc y Bocs farm was a temporary campsite of the 28th and 2nd Infantry Divisions, both of which were significant in the liberation of Europe. From here American soldiers would have left for Normandy for the D-Day landings.    The landscape and beaches of South Wales were ideal for the allied forces to train on. The Welsh communities welcomed the friendly invasion with open arms. Lifelong friendships were born, many young men from across the pond were adopted by families whose sons were abroad fighting. The GI's changed every aspect of Welsh life for several months...and then suddenly they were gone.    As the 80th anniversary of D-Day approaches on 6th June, the Mobile Museum will feature on BBC’s Bargain Hunt, which will air on BBC 1 on Thursday 6th June.    To support their cause, Seimon’s crowdfunding page is live, aiming for approximately £2,000 to secure a turning motor and canvas roof to finalise the project. You can find their crowdfunding page at the following link: [tiny.cc/rmsoxz](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d61d4c9956&e=41622f3364) | | (adapted from stories by ITV Wales News and Parc Y Bocs) | | |  | | --- | |  | | | **Meet the Team - Leo Pswarayi UKMSA Digital Communications Officer** | | Hi - I’m Leo Pswarayi, Digital Communications Manager. I have been working with UK Men’s Sheds Association since November 2019. I moved to England from Zimbabwe in 2001.  When I’m not working, I’m usually spending time with my kids who love Super Mario.  I have enjoyed spending time at my local Men’s Shed Kings Heath and Moseley in Birmingham - trying my hand at woodworking. | | a group of men around a table in a workshop | | I work on our website, our visual identity and spend a lot of time managing our social media platforms and campaigns. I encourage Shedders to get stuck in to digital media, as it really helps to increase the reach of the Shed movement organically.  We are on Twitter, Instagram, Tiktok, Facebook, Linkedin, Spotify, and YouTube.  It’s always great to receive content from around the Sheds and promote it. It’s a treat when I get to visit Sheds, sip some tea chat and take some pics and vids.  Follow us on our socials here: [linktr.ee/UKMensSheds](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=b9e783faf4&e=41622f3364) | | |  | | --- | |  | | | **Men’s Shed & Rural Coffee**  **Caravan Mobile Shed** | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | Exciting news for Suffolk!  The Men’s Sheds team in Suffolk, UKMSA Ambassador Alan Page and Community Action Suffolk’s (CAS) James Fletcher have teamed up with the Rural Coffee Caravan to bring Shedding to rural communities.  Suffolk Mobile Sheds was the brainchild of Ambassador Alan and former Ambassador Doug Mizon with support from James and Keith at CAS. Inspired by the rurality of Suffolk and the thought of people living in isolated areas, or places like care homes that may wish to access a Shed but may not have the means to, the mobile Shed was born. | | |  | | --- | | a group of people standing around a wooden table with woodblocks | | | | | | | | | | | Initially funded from Alan’s own pocket (and later reimbursed by CAS), £250 and the boot of a car was enough to get the Shed going. The £250 was spent on a variety of basic woodworking tools and equipment. Plans for the future include progressing to a larger vehicle and encouraging locations to develop their own interests and ideas for projects.    The next stage of the idea was to form a partnership with the Rural Coffee Caravan (RCC) [Home - The Rural Coffee Caravan - Addressing Loneliness and Isolation](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=5d0f6c580c&e=41622f3364). The Rural Coffee Caravan is, as it sounds, a mobile coffee van which travels to rural parts of Suffolk where transport may be limited, or where there may no longer be a local pub or village shop to act as a meeting place. The RCC pull up, set out tables and chairs and act as a place for people to gather, meet and connect. Refreshments are free so the service is accessible to all. The RCC is a valuable service addressing loneliness and isolation and fostering community connection.    Doug and Alan recognised that the RCC was meeting the needs of people who wanted a chance to meet and chat, but that there may be some people that could be more attracted to something else, such as woodwork, crafts or making and mending. Doug and Alan thought a mobile Shed would be a perfect addition to the Rural Coffee Caravan and the Shed offer could tempt more men to come along and get involved.    The Mobile Shed will initially be concentrating on attending a couple of different areas, namely those where the RCC visits village halls or similar so there are toilet facilities available. The first few visits took place to Mellis and were a great success!    Alan says; “The visits to Mellis, with the support from The Rural Coffee Caravan have been very rewarding. With each visit, we have seen more people attending and have shown interest in the idea of a Shed on tour, accompanying the Rural Coffee Caravan. At the last session in April, a man from the village took home a bird box he had assembled from a flat pack. We have interest from a parish Councillor who intends to publish the events in their local magazine. The concept at the moment is young, but the enthusiasm to reach out to as many men in villages, with the support from the Coffee Caravan is strong.”    As the Mobile Shed grows, they will need support from volunteers from Suffolk Sheds, who are happy to attend and support visitors with some woodwork. The Shed are also planning to raise funds locally in order to get some advertising materials together and promote their visits in local media and village publications.    Suffolk Mobile Sheds will be run by Alan and James and supported by two of the Rural Coffee Caravan Coordinators where possible. In the future Alan would love to see the Suffolk Mobile Shed progress to something like a horse box or trailer that would allow for more tools, equipment and work space. | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | two men are holding a birdhouse made out of cardboard | | |  | | --- | | Well done to Alan and Doug and the teams at Community Action Suffolk and the Rural Coffee Caravan for creating Suffolk Mobile Sheds! We wish you many happy journeys around the villages and happy Shedding to all those involved! If you are from a Suffolk Shed and are interested in supporting the Mobile Shed please email [alan.page@ukmsa.org.uk](mailto:alan.page@ukmsa.org.uk) | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **Camau Gwyrdd – A Grow Your Own Project and Men’s Sheds** | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/24385c05-bf84-a4d4-c3e4-cc9e27a25618.png | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/6c375e2e-3629-7e37-24a0-b6a74bfe65d9.jpg | | |  | | --- | | [Social Farms & Gardens](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=5577385042&e=41622f3364) is the UK’s leading charity dedicated to supporting communities to farm, garden and grow together. This year sees the start of [Camau Gwyrdd](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=308f751e5e&e=41622f3364), a project across Wales that will run until August 2026 and is funded by the National Lottery Communities Fund. | | | | | | | | | | | Camau Gwyrdd, aims to encourage and empower communities to take action and to live in a more sustainable way. We’re looking for both champion sites which are already active, and participant groups with no history of action on climate change and sustainability.  This is where Men’s Sheds will hopefully come in. One of the strands of Camau Gwyrdd is called Grow Local, and it’s all about supporting people to grow good food both at home and in community gardens, either existing ones or newly established for the purpose.  Growing some of our own food, especially with family, friends and neighbours, or in groups like Men’s Sheds, can strengthen communities and build skills; it’s great for health and wellbeing, as well as allowing us to do our bit for sustainability and the future. A surprising amount can be produced in a small, shared space, or at home, and growing food is a brilliant way to become and stay active. | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | Through Camau Gwyrdd, SF&G can help with events to raise interest and involvement in projects, provide help accessing training that might be required, or just highlighting the great things you’re already doing. There are already Men’s Sheds with gardens and Men’s Sheds that work with community gardens and farms. Camau Gwyrdd can help to grow this green-thumbed collaboration, so that more of us can learn the skills and reap the benefits of growing more of our own fresh food. | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/5726bec6-7759-0e66-2272-e86e44c0a645.jpg | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/76600acb-cb57-81e3-f068-ad36964389cd.png | | | | | | | | | | | If this project sounds like it might work for your Men’s Shed then please contact: [paul@farmgarden.org.uk](mailto:paul@farmgarden.org.uk) | | |  | | --- | |  | | | **Shed News around the Globe** | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | Shedding news from across the UK and further afield… | | * [Rishi Sunak praises Men’s Shed project for tackling social isolation](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=28a2a1df45&e=41622f3364) * [Reading Men's Shed workshop saved from demolition](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=0fa1f5096a&e=41622f3364) * [Wareham Men's Shed handed three-month eviction notice](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=21e36fb3bc&e=41622f3364) * [“Through peer support, men provide therapy to each other”: A Q&A on the importance of Men’s Sheds](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=f2b41cac15&e=41622f3364) | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/ed062e8e-9761-49a7-94bf-0ea77fa9b9c1.jpeg | | | | | | | | | | | Listening more your thing? Check out these Shed-related podcasts this month -   * Check out Pontypridd Men`s Shed brand new podcast! It's called the Men-Shed Podcast – by Pontypridd Men`s Shed.It's described as 'Men learning to talk openly about their Mental health & Wellbeing issues & concerns.'   Well worth a listen! [podcasters.spotify.com/pod/show/pontybothy](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=7c4b83ef8c&e=41622f3364)   * From the Australian Men’s Shed Movement, [mensshed.org/the-shed-wireless/](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d73853e47c&e=41622f3364) | | |  | | --- | |  | | | **Not all Super Heroes Wear Capes** | | written by Emma Pickering, Hedgehog Hospital | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | I recently had the pleasure of going behind the scenes of the [Long Sutton Men’s Shed](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=e4f601129e&e=41622f3364).  It felt a little bit naughty as the name states it’s a place for men. | | Dave and his colleagues have created a safe place, breathe life into pieces of unloved furniture and create things with wood and metal.  Such havens like this are vital parts of the community, bringing men of all ages to come together to tinker with tools, repair clocks, build models together make friends, help deal with loneliness or grief and support their mental health and well-being. | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/3eef13eb-6096-6fa3-49ea-47f7fa612423.jpg | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/d014b30f-be26-e982-ed76-cfcd4885bddc.jpg | | |  | | --- | | Ever heard the saying ‘Hug in a mug’? Just sharing a cup of tea or coffee over a chocolate biscuit and starting a conversation could be a lifeline to someone.  The first thing I saw when I walked in the door was the wall of mugs which is an image which truly speaks volumes; so many men are reaping the benefits of this fabulous project! | | | | | | | | | | | Dave and the team have kindly offered to make the Hedgehog Charity some lovely BUG Hotels which we are very grateful for.  Watch this space to see their fabulous creations.  [Emma’s Hedgehog Hospital](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=86749b9435&e=41622f3364), a registered self-funded charity in Terrington St Clements, provides a non-profit hedgehog rescue service for injured or sick hedgehogs, including medical treatment with the assistance of a local Veterinary Hospital.  You can find out more about about Emma’s Hedgehog Hospital here - [emmashedgehoghospital.com](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=b4c790b91b&e=41622f3364). | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/26751e24-b8c7-1425-964a-d78c261925e3.png | | **A Nostalgic Game Shared** | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | Subbuteo, an iconic tabletop game that invokes nostalgic memories from a bygone era, successfully brought the excitement of football into countless homes. Whether it was the Club edition, the Floodlit edition, or for the fortunate few, the coveted World Cup edition, Subbuteo was a cherished part of many childhoods. | | |  | | --- | | by Gerry Harrington | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/3aa48cdb-dc5b-3c1c-6d71-e0e4cdaf1a83.png | | | | | | | | | | | From school leagues to street leagues, from local clubs to area clubs, the popularity of Subbuteo transcended generations and settings. The game not only brought joy and smiles to many faces but also occasionally led to friendly rivalries that manifested in playful scuffles with opponents - perhaps even a sly stomp on their figurines for good measure.  Subbuteo enjoyed its heyday from the late 1960s to the early 1990s until the advent of video games eventually overshadowed the traditional charm of table football. Despite this shift, many enthusiasts (myself included) continued to extol the virtues of Subbuteo to the younger generation, emphasizing its strategic gameplay, intricate tactics, and the camaraderie it fostered through friendly matches at friends' houses, youth clubs, and beyond.  However, the unexpected circumstances of lockdown rekindled my passion for the game when my son introduced me to it once more. To my surprise, even my FIFA-obsessed son found himself drawn to the charm of Subbuteo. This reignited interest led me to discover a vibrant community of players across the country, with the English Subbuteo Association reporting the existence of 50 active clubs today.  Despite most of us being seasoned individuals with our fair share of life's challenges, the club meetings provide a welcoming and safe space for like-minded individuals to come together. Conversations range from recent events to nostalgic reflections, fostering a sense of community and shared passion for the game among members.  Beyond the physical club gatherings, online platforms such as Facebook have allowed enthusiasts to connect, share, and indulge in their love for Subbuteo. From intricately painted teams and meticulously crafted replica stadiums to dedicated collectors, the passion for the game has evolved and extended its reach to a wider audience.  The sense of camaraderie and the spirit of inclusivity that Subbuteo clubs offer resonate with the principles of communal spaces like Men's Sheds. We warmly encourage anyone interested to join our clubs, as no prior equipment is necessary – it's all provided for.  On a personal note, Subbuteo has not only brought joy into my life but has also deepened the bond with my youngest son, Joe, as we embarked on exciting journeys to different venues to play and connect with fellow enthusiasts. Moreover, the game has facilitated the emergence of other heartwarming partnerships between fathers and their children, further emphasizing the enduring appeal and lasting impact of Subbuteo.  If you’re interested in Subbuteo, you can find out more here -  England - [englishsubbuteoassociation.com](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=153c8b962b&e=41622f3364)  Northern Ireland - [nitfa.org.uk](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=9a2215657e&e=41622f3364)  Scotland - [subbuteoscotland.wordpress.com](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=0e78c51c0b&e=41622f3364)  Wales - [facebook.com/profile.php?id=100057918814705](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=2e7b922253&e=41622f3364) | | |  | | --- | |  | | | **Upcoming Events and Opportunities** | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **Mental Health Awareness Week 2024** will take place from 13th to 19th May, on the theme of “Movement: Moving more for our mental health”.  [Find out more online here, including resources available for Sheds.](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=72bd2ca1ad&e=41622f3364) | | |  | | --- | | https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/fda02b28-fc03-b6b8-1bd8-c5fae4d4deec.png | | | | | | | | | | | Is your Shed doing anything for Mental Health Awareness Week? We’re looking to share what Sheds are doing in their communities, so if you have an event you’d like us to shout about, please email us at [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk?subject=Mental%20Health%20Awareness%20Week%20Plans&body=) so we can promote it on our social media channels. | | [https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/587c1133-d0ea-a61a-3fb4-8f47a489f7a6.png](mailto:shedfest24@gmail.com?subject=&body=) | | [https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/4c41162b-cf43-5fd9-00da-f5b2429ed7ab.png](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=b8b0439c8d&e=41622f3364) | | IIn this FREE Meet the Expert Event, Get Grants will be joined by Idox Account Manager Matt Godfrey to walk through what My Funding Central has to offer and how to make the best use of it.  [My Funding Central](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=7acef1c6b4&e=41622f3364) is FREE for organisations with an annual turnover under £30,000, and you don’t have to be a registered charity to use the database.  This Meet the Expert event is aimed at :   * Registered Charities * Charitable Incorporated Organisations (CIO) / Foundations CIO * Companies Limited by Guarantee * Volunteer / Community groups * Schools, Colleges or Academies * Community Amateur Sports Clubs (CASCs)   [To find out more, and register for the event, visit Eventbrite.](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=5f434863c5&e=41622f3364) | | [https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/f3bc6dba-2bbd-8e98-344d-bf774a6da5a2.png](mailto:MIAM@flabbergast.tv?subject=&body=) | | [https://mcusercontent.com/480e179c0e626f9dd902e15bf/images/cc86ed7d-c0ff-7a4a-2705-19dd60c5fb14.jpg](mailto:newsletter@ukmsa.org.uk) | | 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. | | |  | | --- | |  | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | Facebook icon | Instagram icon | Twitter icon | | | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | Logo | | Copyright (C) 2024 UK Men's Sheds Association. All rights reserved. You are receiving this email because you opted in via our website.   Our mailing address is:  UK Men's Sheds Association  49 Station Road  Polegate, East Sussex BN26 6EA  United Kingdom  [Add us to your address book](https://menssheds.us19.list-manage.com/vcard?u=480e179c0e626f9dd902e15bf&id=37480fc88e)  Want to change how you receive these emails? You can [update your preferences](https://menssheds.us19.list-manage.com/profile?u=480e179c0e626f9dd902e15bf&id=37480fc88e&e=41622f3364&c=fc2adf1e51) or [unsubscribe](https://menssheds.us19.list-manage.com/unsubscribe?u=480e179c0e626f9dd902e15bf&id=37480fc88e&t=b&e=41622f3364&c=fc2adf1e51) | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | | | | | |

https://menssheds.us19.list-manage.com/track/open.php?u=480e179c0e626f9dd902e15bf&id=fc2adf1e51&e=41622f3364

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