

ShedFest 2019

We are delighted to announce that ShedFest 2019 will be held on **Tuesday 3rd September** at the **University of Worcester Arena**. We are very excited about returning to Worcester this year to celebrate Sheds and build on the successes of last years' ShedFest.

We are busy pulling together a packed programme for you with sessions on leadership and sustainability along with an ever growing exhibition which we hope will attract more Shedders than ever as we include practical demonstrations from leading companies and organisations. The increase in the exhibition is a real focus this year to provide more skills and demonstrations for Shedders - we will keep you informed of exhibitors as we progress.

We are also looking forward to announce a leading YouTube craftsman who will take your questions and talk about his career.

One new item for ShedFest 2019 will be the introduction of two competitions.

The honour of your Shed is at stake, and we want to showcase the quality and creativity of your work. The two competitions will be Best Bird Box and Best Turned Item.

Entries will need to be brought to ShedFest, so human-size bird boxes are probably going to be too much of a challenge to get through the front door!

Entry Forms will come out next month, so we know you are entering, and we look forward to seeing your creations.

To help with our planning we have a survey for Shed Leaders to complete, giving us your views on workshops you'd like to see. To share your thoughts with us, please visit smartsurvey.co.uk/s/ShedFest2019WorkshopSurvey/



Men's health by numbers

1 man in 5 dies before the age of 65
(2 men in 5 die before 75).

NHS health checks are available
from age 40.

A body mass index (BMI) over 25 is
considered overweight. Over 30 is
considered obese.

A waist over 37 inches
puts you at increased
risk of many serious
health conditions.

Aim to drink no
more than 14 units of
alcohol a week.

Aim for 5 portions of
fruit and veg a day.

Aim for 150 minutes
of exercise a week.

Aim to walk 10,000 steps
a day.

MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 

green
Health walk
116123
age65
laugh30cool

stand 25 137 20/80 40 swim walk
sing BMI green
heart 150
age40 30 fruit
waist 14 37 47 106/90 salt cycle 150
gym talk 55 B GP stairs
by 50 6/10
25 30 37 06/10
steps age75
waist 120/80 blood
dance 140/90
mindful join
aerobic new
friends stand
mental swim laugh

#menshealthweek

menshealthforum.org.uk/mhw

A milestone for UK Sheds

The life-changing Men's Sheds movement is continuing to go from strength to strength with the **opening of the 500th Men's Shed** in the village of **Blewbury, Oxfordshire**.

The opening of the 500th Shed reflects the significant growth of the movement in the UK, which has seen the **number of Sheds increase by 66% in the last three years**, having previously reached the 300 mark in May 2016.

BlewShed in Blewbury has become the 500th Shed after co-founder Mike Magnay was inspired to hear about the work of a Men's Shed in Southampton while on holiday.

Mike, 74 and a retired electrical engineer, decided that he and other members of the community in Blewbury could benefit from such a space.

Having gauged interest from local people, he worked with the parish council to secure access to a former scouts' hall which has now been converted into a shed complete with workbenches and tools donated by members of the community.



Mike says: *"When I heard about the Men's Sheds movement I immediately thought it was a brilliant way of bringing people together around something creative and fun.*

"Men aren't always the best at making new friends or talking to one another, but get them around a piece of wood or a DIY task and it's amazing how they open up. We've had a great response to the new Shed, with over 30 members already signed up."

In addition to the opening of the 500th Shed, **UK Men's Sheds Association are excited to announce our new partnership with British woodcare specialist Ronseal.**

The partnership includes sponsorship by Ronseal of a series of DIY skills sessions at The Manchester Men's Shed in Moss Side, beginning this summer. The plan is to roll out the skills sessions to more Sheds in future, helping to add further momentum to the already fast-growing Men's Sheds movement.

Charlie Bethel, Chief Officer of UK Men's Sheds Association, said:

"The opening of the 500th Shed is a real cause for celebration. Since the Men's Sheds movement began in the UK, we've seen Sheds right across the UK make a huge difference to the lives of their members and the communities they support. The new partnership with Ronseal is further evidence that the Men's Sheds movement is going from strength to strength as we continue to bring in new partners and offer new skills and services through Men's Sheds."



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.



An invitation to Men's Sheds

Silver Sunday is a special day in the national calendar when everyone can come together to celebrate older people: a day in the nation's hearts where older people feel valued and are given new opportunities to get out of the house, keep their minds and bodies active, learn new skills, make new friends and connect with the communities and generations around them. Everyone is welcome.



We would like to invite all Sheddors to participate in Silver Sunday this October, welcoming older people in your communities for a day of fun, friendship and activities. Men's Sheds have been a supporter of ours for many years and we are delighted to already have [The Silvers' Workshop in Reading registered for 2019](#). Can you host more Silver Sunday events in your Sheds this year too?

How to get involved:

1. Visit SilverSunday.org.uk for ideas and inspiration
2. Get planning! Events are welcome in the weeks around 6th Oct
3. Download our Event Toolkit, Logo and Resources
4. Register your events on our National Event Map
5. Help us spread the word and encourage everyone to get involved.



Contact Georgina on 020 7641 3609 and info@SilverSunday.org.uk

Heart of the Community Fund

Are you a Shed in Glasgow, Sheffield, Edinburgh, Norwich, Manchester, Cardiff or London? The Virgin Money Foundation have a new scheme, based near major airports where the airline has scheduled flights.

The awards go to the charities with the most votes from Virgin Money customers and Virgin Money Lounge members. There is a voting unit in each of the Lounges and visitors can pick up a small red heart when they visit the airport, to put into the tube named with the charity they'd most like to support.

Funds can be used to buy materials and equipment, make improvements to a community building or sports facility, clean up an area of wasteland or support an event. The money could also pay for staff to run an activity.

Awards up to £1,000 are given each month to three selected charities at each airport.

For more details, visit virginmoneyfoundation.org.uk/grants-programme/heart-community-fund/



Inside your Sheds...

...a little bit about what goes on in Sheds

Last month we asked you about insurance in Men's Sheds. We are still collating the results and want to make sure we give you useful information, to support well informed decisions in your Sheds. The results will feature in July's edition of *Shoulder to Shoulder*.

If you're looking for some advice on insurance in Men's Sheds, don't forget to read our [guide to insurance](#) in our resource library for members.

Not a member Shed? Visit menssheds.org.uk/join for more information on the benefits of membership—just £24 a year for a Shed.

Helping make reparation

Whitby Area Sheds are no different to most Sheds in that they like to make things. The more challenging the better! In the summer of 2018 they were approached to help make something rather unusual; reparation.

What on earth is that? You may well ask. It has connotations of war reparation and can be used in the context of repairing something, but the usual meaning is a person's action of making amends for a wrong done, by providing payment or other assistance to the party wronged; in other words, payback.

The Sheds were asked by North Yorkshire Youth Justice whether they could help reparation by providing help to a young man to make two bird boxes, reparation agreed with the victim of an offence. Why not, for the sake of the victim and the young man?

There were two making sessions, with one bird box made for installation in a forest and the other for sale at a charity shop. It was a very positive experience for youngster, the victim, the Youth Justice Officer and a couple of the Sheddors.



So impressed was the Youth Justice officer with what he saw of the Sheds in action, and their restorative impact on people, that he determined to create a "pop up" Shed for the boot of his car to be used as when, and where needed with young offenders.

Three Rotary Clubs in the Whitby and Scarborough districts and the local B&Q store provided the equipment. Youth Justice has acknowledged the input of all parties including the Sheds for their early engagement.

We would be pleased to learn of other Sheds that have done something like this or those that might like to. There is more than one kind of making that Sheds get involved with!

Graham Storer

graham_storer@btinternet.com www.whitbysheds.co.uk

Isle of Wight Shed Fest, Tuesday 9th July 2019 At Sandown Airport



Here at Isle of Wight Age UK, we are excited to announce the Island's very first own 'Shed Fest'.

This event aims to celebrate the Men in Sheds' achievements, to showcase what the Sheds do, give an opportunity to meet with other Shedders from the Island and South Coast network, as well as encourage new members to join.

We have invited Sheds to have a free stall and take part in the event.

As well as showcasing what Sheds have achieved, with pictures, stories, newspaper cuttings and items carefully crafted, there will also be opportunities for Sheds to sell items to help fund their Sheds - these may be items made in the Shed or selling excess tools, etc.

We are also inviting a number of organisations to share information and provide short talks. 'Shed Fest' will be free entry running from 12-6pm and will host a variety of refreshments, live music, displays, and will feature a beer 'horse box' bar. The event will be widely promoted across the Island through multiple media platforms from 1st June.

For more information, please contact us at shedfest@ageukiw.org.uk.

Yours sincerely,

Lois Prior

Men in Sheds Project Coordinator

Lois.prior@ageukiw.org.uk / (01983) 301334

Special Mention!

On Saturday 25th May, Megan Godber (left of the photo) took on the London to Brighton challenge to raise money for UK Men's Sheds Association. Running an impressive 100km (64 miles in the end) in 14 hours, 3 minutes and 1 second—Megan crossed the line 56th out of 820 runners, and 10th in the ladies category!

The Staff team and Trustees of UK Men's Sheds would like to wish Megan **a hearty congratulations and express our deepest thanks for her hard work** and training to achieve this feat, and in the process **raise over £1,250 to support UKMSA's work with Sheds** across the UK.

Megan took on the ultra-marathon challenge after seeing how her local Men's Shed, Biggin Hill 'Men in Sheds', made a life-changing impact to her Dad, and wider family.

Megan said *"It was such an amazing day, with highs and lows. Thanks to my incredible support from friends and family I made it! I hope the money I've raised helps more Sheds to support men's health and wellbeing, like Biggin Hill Men in Sheds have supported my Dad and our family."*

To read more, and donate, visit bit.ly/2We8c1r



A shedload of advice

[Full declaration: I went to the same school as Alex Johnson – co-author of this book – and my top tips for starting a Men’s Shed appear on page 173]

Shedders know it’s a lot of fun working alongside others in a shared workshop, but we can also enjoy tinkering in a shed at the bottom of the garden. This new *Shed Manual* from Haynes (better known for their car guides) is a great resource for working on a range of timber-based projects in home and community workspaces, not just sheds. The authors show their passion when they say *“Whatever tools you have already, a big project such as building a shed is always a good opportunity to buy some more!”*

Alongside four step-by-step shed-building projects are generic sections on planning, tools and materials, furnishing and decoration. There’s more than a nod to environmental considerations, including an eco-shed build, and references to sustainable energy and roofing. But I was surprised not to see more being made of reclaimed materials; I know that making a shed from pallets is neither as easy nor as cheap as many people imagine, but reclaimed timber can make an important statement about greener ways of working. Who would use (it’s very much a tool and probably something you’d not read from cover to cover) this book? Perhaps a reference to Eddie Grundy and Lynda [Snell] on page 163, without mentioning the Archers on Radio 4, gives you a clue.

Order online from Hive and support local bookshops at hive.co.uk/Product/John-Coupe/Shed-Manual--Designing-building-and-fitting-out-your-perfect-shed/23382256

More from the authors at www.secrets-of-shed-building.com and www.shedworking.co.uk

For a look at light-hearted books on Sheds, see enterpriseessentials.wordpress.com/2017/12/20/shedloads-a-gift-list-for-book-and-shed-lovers

Chris Lee, UKMSA Trustee



Have you read any good Shed-related books or resources?
If you’d like to submit a review of a useful resource you’ve found for your Shed, please contact us at admin@ukmsa.org.uk

Shoulder to Shoulder

Would you like to find out a little more about other Shedd's experiences? Have some exciting news to share, or an invite for other Shedd's? Please send your questions or information to share with others to admin@ukmsa.org.uk for inclusion in next month's *Shoulder to Shoulder*.

A Men's Shed for Bradford on Avon? Calling all local DIYers...

If you are practical and like working with your hands, but would like to work with or alongside some like-minded people, then come along to our public meeting to find out more. There will be presentations from organisers of 'The Shed', Melksham, and 'The Brunel Shed', Corsham.

We will be meeting on Friday 28th June, from 6pm to 7.30pm at The Coach House, Swan Hotel, Bradford on Avon.

Dorking Men's Shed Inaugural Meeting

The first meeting of Dorking Men's Shed will be held on Saturday 22nd June at 10am, meeting at Hampstead Church in Dorking.

For more information, you can email Matt at treasurer@dorkingshed.org.uk.

Does your Shed have a story or event to share with others? Email your stories and details of events to admin@ukmsa.org.uk for inclusion in a future *Shoulder to Shoulder*.



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