

SHED TIMES

Men's Sheds Cymru Newsletter

issue 09 | April 2021



GROW RHONNDA

TERRY'S TOP TIPS

KNIGHTON'S SHED

HOW THEY CREATED 70
SWIFT BIRD BOXES

MALCOLM WORTH

TEA, SCONES AND A
CHINOOK

**MEN'S
SHEDS**
CYMRU

Welcome Shedders!

As being a fundamental pillar in the development of Sheds in Wales, Simon was there at the start and has seen the movement continue to impact communities across the whole of Wales.

What Simon does not know about shedding is not worth - knowing this month Simon talked to Malcom Worth about his shedding journey.

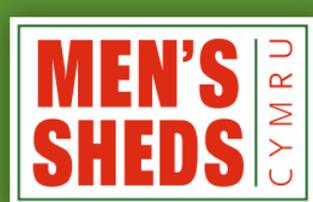
Here are some of this thoughts (read the article on page 4).

Everybody involved with Men's Sheds knows that it takes very special people to run them! And that the process of running the Shed and organising groups of old men is very much akin to herding cats!

Of course, many Sheds are mostly democracies, but there always appear to be one or two individuals prepared to step up and take responsibility for organising stuff: constitutions, health and safety etc.



But also, to be the “face “ at the Shed, the “ Go to”, the “ You need to ask So and So”, the person that welcomes and informs visitors and potential new members, who makes them feel at home and reassured. Who sets the example and establishes the character of the Shed.



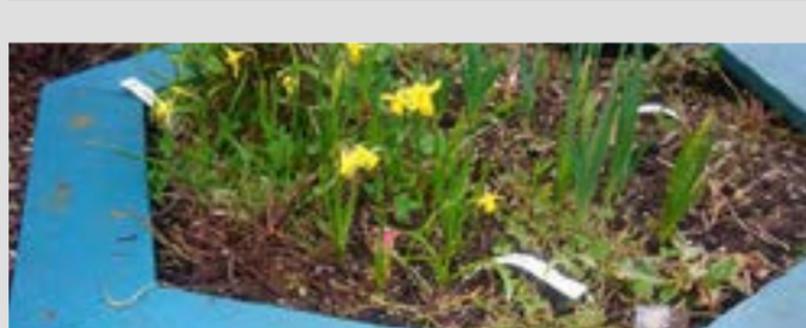
Shed News



The team from Rhyll has worked tirelessly throughout lockdown - it will be great to see shedders bring the old pub back to life.



The Eagles Nest in Swansea have been busy in their gardens. Really looking forward to getting back to the woods!



Roger Watts from Treorchy has been busy tending to the planters in his local park. - Well done Roger.

'COPR' MEN'S SHED AMLWCH

'was established in 2018 and we are the 52nd Men's Shed to start up and we also believe the most northerly in Wales

We were meeting in a local community building (Maes William Williams) and are a community group with the aim of promoting men's health and well-being through social interaction and practical activity.

To date we have had numerous talks on varied subjects such as Defibs, Mens & Ladies health screening and Australian Men's Sheds.



Some recent projects include clearing the Oval of rubbish & weeds, helping a local nursery to establish a new garden play area, making planters for a local hotel (Trecastell) and our new local Oriel, and assisting the new local allotment. We had been looking for new premises since our inception and early in 2020 we heard that the Old Ambulance Station in Amlwch might be available for use. After some negotiation we succeeded in moving to it in early July 2020. Since we have been in our new premises, we have erected a new shed, cleared an overgrown bank alongside our shed and are planning the layout of the workshop. We have received a few grants to enable us to fit out our kitchen, obtain tools to stock the workshop, obtain a computer and printer and fit a CCTV system for security.

Covid has limited our ability to meet up as usual, however, we received a grant for 6 I-pads to allow some members to have Zoom meetings together. We recently held an open-air coffee & cake morning for existing and prospective members, but bad weather limited attendance (all rules observed).

Some of our members are involved in running a local allotment and have some plots as well. A few members have been able to start laying out the workshop organising the office and storeroom (in between lockdowns).

Our local MP Virginia Crosbie had a fact finding visit on a Saturday morning and is fully supportive of our



aims for the local community. We are on Facebook (Copper Men's Shed Amlwch) and the Men's Shed Cymru website. Roll on freedom and we can really motor on forward.

Colwyn Bay's Malcom Worth

Meet malcom Worth from Colwyn Bay Men's Shed..

Malcolm moved into the position of Chair when Brian Hall, one of the other founding members, felt the need to step down and away from Shed responsibilities for a while.

Malcolm has managed (Pre Covid 19 of course) to create a strong, vibrant, supportive group, utilising their current premises in a converted Police garage.



I've known Malcolm for about 7 years now, first meeting him when he came over to visit us at Rhyl Men's Shed in 2014 when he and Brian and others were looking to set up a shed in Colwyn Bay, and I can't think of a more suitable person to run a shed. Because as everyone knows, for a start, you need... patience!

“
he and his mates would
use Chinook Helicopters
to go sightseeing

Think of all the guys you have to deal with! (I mean.. think of them ALL!). Malcolm is one of the most patient, grounded guys I know , AND has led a pretty interesting life and when I told him I wanted to do a brief profile and asked him to send me a short chronology.. he did.



I knew he was originally from the South West and had been in the RAF before joining British Aerospace (amongst others) and finally ending up in North Wales (and some of his tales are certainly worth telling, the one that springs to mind is when based at the Falkland Islands he and his mates would use Chinook Helicopters to go sightseeing, stopping in the middle of nowhere, only to find some of the locals had laid on tea and cakes!)

Since then, he's become a pivotal member of his community in Colwyn Bay , a Councillor, Chair of the "Together for Colwyn Bay initiative" and of course Chair at Colwyn Bay Men's Shed!

Written by: Simon Poole

Zoom Room Update

It is coming up to the Zoom Room's first anniversary and I wanted to let you all know about some recent developments and start a conversation about what the Zoom Room should look like in the future.

I am very pleased to say that I have started working with Mike Timewell, Llangadog, Llandeilo & Llandovery Men's Shed. In his working life Mike was a video editor and all round computer whiz. Mike has been doing stalwart work re-editing all our previous Zoom Room recordings. He has created some nice graphics to top and tail the videos and has generally tidied them up.

We will be posting the reworked videos over the next few weeks (by now they may well all be up). I highly recommend you go and check some of them out because there is some interesting stuff there.

It has been suggested, and I really agree, that it would be good to see the Zoom Room focus a little more on our Welsh sheds and shedders. So, once we

start seeing sheds open and when I have permission to travel around again, I would like to try a few shows featuring individual sheds; interviewing shed members and having a look at where they are and what they do. We know that you love to have a look inside each other's sheds, and I think that with the help of Mike and his video making skills, this might be a way we can make it happen without you having to travel the length of the country yourselves.

I'll keep searching for guest speakers too, and we already have several booked for the coming months, including a summer series of technical demonstrations from Axminster Power Tools. But don't be surprised if you get a phone call or email asking if we can come and point a camera into your shed.

Pension Credits

Make sure you receive what you're entitled to



As the Older People's Commissioner for Wales, I have seen the positive difference that Pension Credit can make to older people's lives but every year thousands of older people in Wales miss out on millions of pounds of unclaimed financial entitlements.

If your weekly pension is less than £167.25 (£255.25 for couples), you may be eligible for Pension Credit, which tops up your income and unlocks a range of other entitlements, such as council tax discounts, free dental treatment and help with housing costs. You may still be entitled to Pension Credit even if you own your own home or have savings and other income.

Call the Pension Credit claim line now to make sure you receive what you're entitled to!

0800 99 1234

The average amount of Pension Credit received by those claiming is £58 a week, which could boost your income by as much as £3,000 a year!

It's really easy to claim Pension Credit - all it takes is a phone call. You just need your national insurance number, your bank details and information about your income and savings.

Heléna Herklots
Older People's Commissioner for Wales

Knighton's Mens Shed

The Knighton Men's Shed was formed in early 2016 by five men who were anxious to put together something to address isolation issues in men in the local rural community.



Since that first meeting membership grew to 29 members at the start of 2020. The workshop set up as a woodworking venue with a sharpening service also being offered together with old tool renovations.

Over the years this has developed considerably. Four years ago we were approached by two ladies who were concerned about the dwindling number of swifts in the Presteigne area and asked if we could manufacture some specifically designed swift nesting boxes. This we did and over the past four years we have provided over 70 swift boxes to the Swift Trust that sell them on our behalf.



**we have provided over 70
swift boxes to the Swift Trust**

Knighton is where the HQ of the Offas Dyke footpath is situated. They wanted to attract more youngsters to walking in the area decided to introduce geo cache boxes along the footpath. To explain geo caching it is where items are hidden along a route to be found by following satellite co ordinations on a mobile telephone to a location site where a stamp and block can be found. The walker then stamps a pass book obtained from the Centre or online as proof of their



finding the cache. To protect these stamps Offas Dyke Centre asked us to make 7 geo cache boxes to be placed, initially along the route from Knighton to Chepstow.

This has been very successful until covid 19 struck. The plan is to extend the boxes along the northern route and we will make further boxes on our return.

Finally, despite Covid 19, we were asked in February to supply a number of bird and owl boxes to Knucklas Woodland Trust in their attempt to provide more wildlife habitat in an area where a lot of of habitat has been destroyed. Members have made items at their own homes during lockdown and have been able to safely and within regulations deliver these items.

General Info

We can be contacted on:

Mobile: 07925357782

Email: mensshedknighton@gmail.com

Website: www.mensshed.uk

Funding



The Postcode Community Trust provides funding to projects of between £500 - £2000. Projects need to address one of the following themes:

- Improving mental wellbeing
- Improving biodiversity & green spaces
- Enabling participation in physical activity
- Increasing community access to outdoor space

Applications are limited to 100 applications per month. Do get your application in early in the month.

For more details - www.postcodecommunitytrust.org.uk/apply-for-a-grant/how-to-apply/



THE ALLEN LANE FOUNDATION

The Allen Lane Foundation funds small registered charities, voluntary groups, and charitable organisations.

Over a typical year, they make around 150 grants, The maximum grant is £15,000. The average grant size is around £5,000-£6,000.

While recognising (and being willing to support) on-going, tried and tested projects, they are also particularly interested in unusual, imaginative or pioneering projects which have perhaps not yet caught the public imagination.

For more details: www.allenlane.org.uk/our-funding-1/

Do you remember seeing the Stand in our previous newsletter?

You can now take a virtual tour of the exhibition -

<https://www.thetetley.org/>.

Virtual Tour



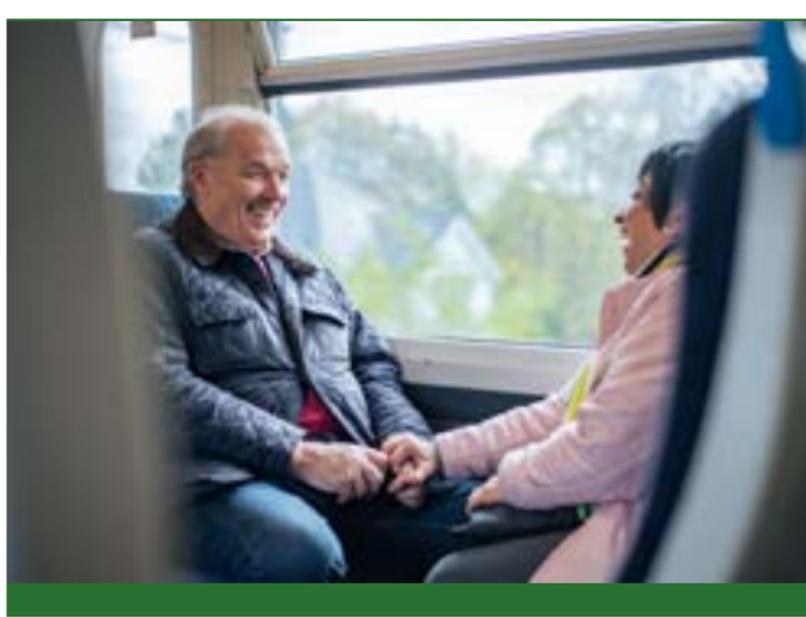
Men give lifeline in Cardigan

The Cardished are working closely with Cardigan Town Council to be involved in making things for (and with) the community and the rather bold restoration of the Cardigan Lifeboat (1905 to 1936).



Are you a Man who cares?

Around three out of five people will give care to another person at some point during their lives. In Wales, a carer is understood as someone who provides care or support to another person (such as a partner, relative, friend or neighbour) without being paid to do so (other than Carers Allowance, if eligible). This care might be provided because of physical illness or disability, learning disability, mental illness or addiction.



In Wales, the Social Services and Well-being Act 2014 gives carers certain rights to protect their well-being and quality of life. If you are struggling with your caring responsibilities, you are entitled to have an assessment by your local authority's social services. The local authority must give you information and advice about finding support, and you may also be entitled to receive services from the local authority to help you (although you may be charged for these, depending on your means).



The past year has been particularly difficult for carers, since many have had to isolate themselves to protect the person they care for, many services have closed or moved online and many people have been cut off from the people who usually support them. Many men who provide care for another person do not recognise themselves as carers, and therefore do not access services or benefits to which they could be entitled. It is really important to speak up if you are having difficulties, and to receive the information, support and services that are available.

General Info

Some important information about carers' services is available [here](https://gov.wales/sites/default/files/publications/2019-12/understanding-your-rights-as-a-carer.pdf):
<https://gov.wales/sites/default/files/publications/2019-12/understanding-your-rights-as-a-carer.pdf>

Carers UK is a prominent service that provides support for carers. Information for carers in Wales is available [here](https://www.carersuk.org/WALES): <https://www.carersuk.org/WALES>

Community Impact Initiative

(known as the Cii) is an award-winning social change organisation.

We're a not-for-profit organisation that innovatively combines skill development and learning with community regeneration.

We support people to improve their health and wellbeing, build their confidence and self-esteem, learn new skills, achieve qualifications, and make positive life improvements through the sympathetic renovation of empty properties in our local communities.



We do this by returning empty properties to the housing market in an environmentally friendly and energy-efficient manner, improving the living standards of our communities, and providing an affordable and effective solution to the housing and empty property issues of Wales.



positive life improvements
through the sympathetic
renovation

Circumstances, background, and support needs are often unique and complex. Our support doesn't discriminate - we help people who've experienced a range of life barriers, including, mental health problems, homelessness, domestic abuse, substance addiction, financial problems, social and economic isolation, low self-esteem, lack of skills and qualifications, and unemployment. We challenge our community members to take positive action and become responsible for their own life journeys. We focus on a person's future, not their past.

We've supported people all over Wales to build their confidence and learn new skills since we began in 2016. Our next community regeneration project starts on the 1st March in Swansea; if you'd like to get involved, email us at: info@the-cii.org or call us on 07487 597609. If you would like to follow the project progress take a look at our social media platforms.



Terry's Top Tips from Grow Rhondda

Grow Rhondda are proud to announce the launch of their monthly newsletter!

New Grow Rhondda Champion Terry Walton, Terry's tips on gardening during the pandemic have been a ray of sunshine in these dark days.



Grow Rhondda proudly welcome Terry Walton, Some locals may recognise him!

Terry takes part in a fortnightly BBC Radio 2 program with Jeremy Vine on gardening tips!

During the last year we have had our lives blighted by the pandemic and have more time on our hands due to the continuing lockdowns. This extra time for many has resulted in people taking up gardening as a way of filling those hours.

Hopefully this has given those who have the opportunity of enjoying fresh air, more exercise, the stress relief that planting and sowing brings and finally the taste of fresh, wholesome produce.

Whether you grow in containers, have a small vegetable patch or like me a large allotment then the pleasure of growing your own awaits you.



The simplest vegetables to start with are the members of the salad group which are lettuce, radish, spring onions and beetroot. These should be sown every couple of weeks and in small amounts to give a continual harvest all summer long. I always sow my lettuce seed in small compartmental trays of six at two week intervals - three seeds are sown per compartment and thinned out to allow six lettuce plants to thrive.

More Info

To sign up to our news letter with Tips from Terry email: growrhondda@gmail.com

[Grow Rhonda Video](#)

Or join them on [Facebook](#) -

Tips on Funding

From Alison Pritchard,
Sustainable Funding
Manager at WCVA.

In no particular order...

Check out Funding Wales to find out what grants and funding you can apply to. Take the time to review the eligibility criteria and make sure you are eligible before you apply.

Make sure the funding is suitable for your needs – there's a balance between funding that suits your work and making your work suit the funding. Avoid drifting too far away from your purposes.

When applying for funding for a project, have a project plan in place first. Funding bids are easier to write if you've planned the project.

Can you answer these questions before you sit down to write the bid;



What is the outcome we want to achieve for participants?
How will our activities achieve that outcome?

How will we measure our progress and achievement of those outcomes?

Know your worth.

Practically speaking, writing the budget in a grant application will be much easier if you have a clear understanding of the costs of running the project (or salaries and rent etc if you're applying for core funding). This includes full cost recovery. Not all funders offer this, but make the most of those that do and know what your figures for this are.



Know your worth

Avoid undercutting your costs to make yourself more appealing to funders (or commissioners). Projects should always break even, or provide you with other valuable, non-monetary benefits that make that cost worthwhile.

Answer the question. A surprising number of applicants don't answer the questions being asked of them. People fall into the trap of getting into their spiel about the organisation or project and don't provide the information the funder requires.

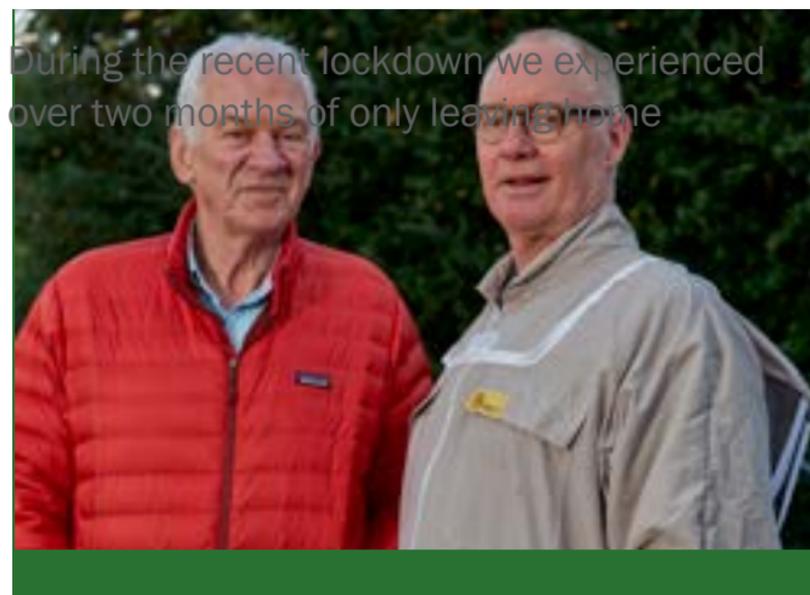
Speak with a positive and assertive attitude, and with pride about your work and past accomplishments. You are persuading people to give you money, show that you believe in yourselves and that they should believe in you too.

If you need help with funding, contact your local county voluntary council who can help you with all aspects of getting funding for your Shed.

Are you experiencing 're-entry anxiety'?

Are you nervous about going out as lockdown eases? It could be re-entry anxiety.....

Restrictions are starting to ease in Wales and elsewhere across the U.K. and that's great news for many people, but some will feel afraid or nervous about leaving their own home.



During the recent lockdown we experienced over two months of only leaving home

for essential reasons, such as exercise, purchasing shopping and collecting prescriptions. The changes in March and April are relatively small but many people are excited about this return to 'freedom'.

But is returning to normality as straight forward as that? We can't escape the constant news feeds telling us about sad losses, mortality rates, 'R' numbers, efficacy and risk of blood clots (or lack of risk depending what sources you read and trust). Collectively, this overload of worrying information will, for some, increase levels of anxiety and mental health problems.

It is fairly common place to hear people saying (even after vaccination) "I'm not going out".

If you feel like this, don't beat yourself up – you are not alone. An IPSOS Mori Survey found that more than 60 per cent of Britons were uncomfortable about the idea of visiting



restaurants or using public transport. Seeing people not wearing masks or gathering together in larger numbers can be unsettling for many people.

Re-entry anxiety has been described as the fear of the unknown after the relative safety of being forced to stay indoors.

What's the answer?

Well, the first step is to be kind to yourself, this is a real emotion and not something that you can easily switch off. Next, take it slowly and take some deep breaths to help you relax. There are lots of helpful breathing techniques available online, they help to reduce anxiety and your heart rate, whilst making you feel more relaxed. If you feel overwhelmed by the thought of (safely) getting out and about consider seeking some more support or advice. There are handy links on the Men's Sheds Cymru Website (Wellbeing) or give Tony or Pete (your Wellbeing Advocates) a call for a chat in complete confidence.

More Info

Tony Wan
07876298998
tony.wan@hafancymru.co.uk

Pete Jones
07818588628
peter.jones@hafancymru.co.uk

“the Nest”

The Squirrel's Nest Men's Shed has its own BBC documentary, currently on the BBC iPlayer

The Squirrel's Nest Men's Shed has its own BBC Documentary - shown on 31st March BBC Two Wales, and currently on BBC iPlayer.

It's My Shout and BBC Cymru Wales have come together in order to provide a platform for up-and-coming filmmakers. This new series of short documentaries, New Voices from Wales, shows the breadth of talent on offer in Wales, as well as offering a revealing look within different communities on a range of themes.



"The Nest"

The Squirrel's Nest in Bridgend is a workshop where men can go to do and make things and in the process open up about their mental health issues. Its part of the Men's Shed movement, which aims to provide an escape from the stresses and strains of life.

Photographer Mandy Thomas produces The Nest. She speaks to founders Alan and Don about how they first met and what drove them to start up The Squirrel's Nest Men's Shed. Having visited for many years, Mandy also gives an insight into how much of a supportive



community the members of the workshop have become to one another, whether it be from talking about their struggles or working on one of their many carpentry projects,

Due to the Covid pandemic, the workshop has currently been closed to members for nearly a year. The lockdowns have proven to be a struggle for some of the members who previously relied on the company within The Squirrel's Nest to help them through their difficulties. Without that support system, times have been particularly hard for some, by digging up some painful memories.

You can watch the trailer or full documentary on iPlayer via the links below:

[Full doc 13min](#)

[Trailer 3 min](#)

Come on & join y Clwb

The pandemic over the last year has made us realise the importance of keeping in contact with members of Men's Sheds across Wales. The success of the sheds has meant that we now have over 70 'sheds' in the network with several hundred members.

Before the first lockdown, we communicated with Men's Sheds members through a single main contact. Lockdowns have made keeping members informed difficult, onerous and costly for those running the sheds.

The screenshot shows a registration form for 'y Clwb' (Men's Sheds Cymru). At the top, it says 'y Clwb From Men's Sheds Cymru' and 'CYMRU, BROTHERS IN SHEDS www.menssheds.org.uk/cymru'. Below this, it asks to use CAPITAL LETTERS or TYPE and return the form to info@menssheds.org.uk. There is a logo for 'MEN'S SHEDS CYMRU'. The form fields include: First Name, Second Name, Address, Postcode, Email address, Home Number, Mobile Number, and Armed Shed. There is a 'Terms and Conditions' section with small text and a signature line with a 'Date' field. The terms and conditions text is partially legible: 'This form is submitted to the Men's Sheds Cymru Team... you agree to share your details with us... we will not share your details with any other party... you can contact us at any time by email at info@menssheds.org.uk to update or remove your information.'

In order to develop better communication with you, Men's Sheds Cymru want to create a list of Sheddors, which we will call 'y Clwb'. We can then directly share details of upcoming events, useful services, copies of our newsletter and invitations to shape the Men's Shed movement in Wales.

We recognise that not all shedders are digitally connected, but we would still like to hear from you and will keep in touch with those by post.

Please fill out a registration form, or email us with your details to - info@menssheds.org.uk.

Joining 'y Clwb' is free and as a thank you to the first members, we will send you a promotional pack (numbers are limited, so make sure you don't miss out).

“
make sure you don't miss out
and get your FREE gift!!

This list will be used exclusively by the Men's Sheds Cymru Team and will not be shared with any other party. The contact information you provide will only be used for the purposes as stated above. We will not share your data with any third parties without your explicit consent unless we are required or permitted to do so by law. You can contact us at any time by email at info@menssheds.org.uk to update or remove your information.

Cardished

An extraordinarily well resourced and multifunctional men's shed, called CardiShed, is being developed right in the heart of Cardigan Town..



CardiShed is led by a local woodturner Jason Wilkins and co-ordinated by a new West Wales organisation men2men. We have brought together a number of men interested in developing a range of complementary activities.

The original idea was based on re-establishing wood turning on the River Teifi, where once a number of wood turners operated. Jason Wilkins has established a thriving business in Cardigan selling beautiful hand turned products all over the world. He had a dream to train local folk in the skills needed to begin turning bowls, which he is passionate about and feels helps mental health and well being.



Helped by men2men that dream is becoming a reality! Jason has started teaching men to turn bowls. He's thoroughly enjoyed teaching and in four-hour sessions men have learnt enough to turn bowls in his existing workshop.

Our plans have been enormously helped by a remarkable donation of several thousand pounds worth of woodworking machines from a 'men's shed' that had been set up by a retired cabinetmaker Brian Roberston and his

immediate neighbour Gary Jones.

Brian died five years ago on St Davids day. Gary is now disappearing with Alzheimers. His amazing wife Jeanette contacted Men's Shed Cymru as she wanted the tools to be passed on to men to help them share in making things together as Brian and Gary had done for years. A remarkable woman and story!



teaching men to turn bowls

There has been a lot of synchronicity in the evolution of CardiShed over the last three months. We were given the machines on St Davids Day, shown our new premises on the River Teifi and Brian died on St Davids day. Jeanette felt he'd blessed our inheritance!

We really had no idea until we visited what an Aladdins cave we had been given access to. The story has drawn in many more donations of machinery. We now have six wood turning lathes to begin teaching on! And all the machines we could possibly need to run the other workshops and projects planned.

In developing the core group and working with the town council we have drawn in a number of men keen to develop a variety of activities.

The workshop opened in April when we began a men's singing group in there.



**MEN'S
SHEDS** CYMRU

Join y clwb

There are lots of reasons to join Men's Sheds Cymru.

- ✓ Be the first to receive updates on new activities
- ✓ Be actively involved in the movement in Wales
- ✓ Get a **free** Men's Shed goodie bag.

It's easy to join

Simply email info@mensshedsymru.co.uk with your full name and address or you can write to us at this address: Men's Sheds Cymru c/o Hafan Cymru, Stephens Way, Pensarn, Camarthen, SA31 2BG.

 **Hafan**
Cymru



the **waterloo** foundation*



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