

The

'Shed'



TEAM UP WITH GREAT MINDS

Welcome to the 2nd edition of the 'Shed' Newsletter....

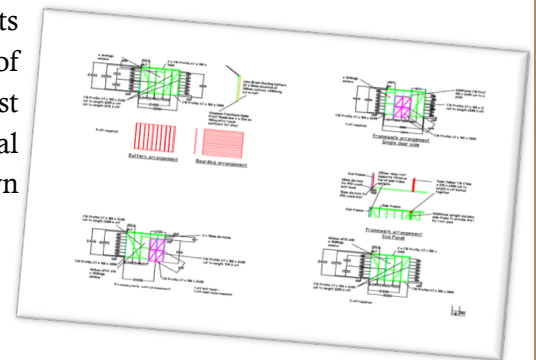
The BIG Build!

It seems that time continues to fly despite our best's efforts to slow it down. It feels like only last month we were readying ourselves for the festive season and here we are in April welcoming the first shoots of spring. The 'Shed' has been especially busy and seems we are victims of our own success, which is brilliant. We have welcomed a number of new members from all walks of life and we have managed to complete many community projects allowing us to spread the word and gain valuable partnerships within the community.

The 'Shed' members have also managed a couple of social events including a meal at the Twesldown pub in Crookham courtesy of Heinken and took part in the 'World's Biggest' Pub Quiz. Most importantly we received the news that the 'Community Fund' (National Lottery) have awarded us a grant so we can start the work on our own 'Shed' so the 'BIG' build can start. Exciting times ahead.

We continue to spread the word & hopefully keep everyone informed.

Hope you enjoy the 2nd Newsletter



The Fundraising Journey - It's Happening!

£75,000 is a lot of money even in today's fast moving and prosperous economy but this is the amount the 'Shed' needs in order to facilitate its own permanent home. In March we were informed the great news that we have secured funding from the Big Lottery Community Fund towards the £75,000 required. To say we are pleased is an understatement. When the news was broken at one of our meetings the kettle was working over time

and the biscuit barrel took some battering in celebration. This all means we can start to lay foundations and start this 'Big Build'.

We are still looking to raise further funds but this will set us on our way. If you are a local trades men or know anyone in the business we are still looking for community minded individuals that could give up some time or help us get some cheaper materials in order that we can keep costs down and deliver the project on budget. Get in touch Email: info@ccandfmensshed.org.uk



Mud Kitchen's Galore!

It's amazing how much work we have managed and the amount of biscuits we have consumed!

Where there's Litter there's money.

The children of Kate's Child-Minding Services wanted a mud kitchen so decided to brave the elements and undertake a sponsored litter pick in their local park. The bags of litter they collected were heavier than the children but they managed to raise over £180 for the shed. In return we made them an extra special mud kitchen, which we believe is well used. Thank you for the donation & well done children.

Personal Projects too

Whilst we make a number of projects for different community groups we also have a number of personal projects that we like to undertake. Gary, one of our shedders, decided to use left over timber from his extension to make a outdoor coffee table, and then our other Gary finally finished a project that was 7 years in the making, an apple press, ready to start making cider.



Healthy Eating Continued

We don't need an excuse to eat cake at the shed however there have been a few birthdays and some impressive birthday cakes. You can imagine what the blue icing did to us! all. after eating this one!

More than sawing, nailing & making a mess



The Shed is a place for all & from time to time we have members who are suffering from medical conditions such as dementia & or Alzheimer's do you know the difference? We try to be inclusive however it's difficult to know what to do for the best outcomes without a better understanding of these conditions. So we decided to speak with Fay Freemantle a dementia support worker from the Blackwater Valley, Hart and Rushmoor Alzheimer's Society who kindly agreed to come and give us a short talk, so that hopefully we can get a better understanding of these conditions. The session was well received by the Shedders and now we have a better understanding of the conditions.

HELPING MEN TAKE ACTION



'Tool Time' With Bob Stokes

'Tool Time' is our feature in which we introduce a member of the 'Shed'. Our membership includes some interesting characters and this time we have the 'Sheds' very own Eastender. All I can say about Bob is he is one of the reasons the shed is such a welcoming place. This 'Tool Time' features Bob Stokes aka 'Power Tool' because a job not worth doing without noise and a power tool in hand.

I was born in Limehouse, East London, in 1952. After leaving school at fifteen I started my working life as an apprentice electrician, moving into the security industry, installing and servicing intruder alarm systems. Eventually I moved up the ladder, becoming an installation supervisor and then onto a security surveyor, engineering manager and project manager.

After many years I decided to work for myself, so I started a small company, installing many of my own systems, at that time there was a great demand for experienced sub contractors so I migrated into this type of work. The jobs were very interesting projects including installing high security integrated systems. I had a very exciting time going to many very interesting premises, ranging from blue chip companies to prisons, airports, banks, as well as stately homes, and even royal palaces. It was a fascinating career however at times it could be a nightmare like most jobs I guess.

I retired four years ago and after some time carrying out a few hobbies of clay pigeon shooting, watching rugby and motorsports, I found myself needing new inspiration. I still very much enjoyed making things; problem solving and helping others so when I heard about Men's Shed I got in touch with Allan Walker & the rest they say is history. I found the atmosphere was just what I was looking for, the guys all seemed pretty friendly, and they had loads of projects to get involved with apart from that the coffee was good, and the biscuit selection was impressive. (Unfortunately we have had to put a lock on the biscuit tin to stop Bob devouring the lot. Sorry Bob). I now assist with the health and safety of the shed, as well as the first aid.

The camaraderie at the shed, I find, is great, everyone will muck in and help solve any problems that may be brought into the shed, where I can, perhaps pass on any skill or knowledge that I have especially with a power tool!



Did You Know...



The 'Shed' are always on the look out for wood that we can use to continue to build community projects.

If you have any sheets of Ply wood or any other relatively good condition timber please get in contact as we would like to take it off your hands.

Contact: chair@ccandfmensshed.org.uk



Welcome to the 2nd edition of Church Crookham and Fleet Mens Shed.

As I think has previously been said, the idea of a Mens Shed in Church Crookham/Fleet originated from a meeting on 17th January 2017 when a committee was formed and we started work on setting up a Mens Shed.

Our goal has always been to have our own workshop facility but I don't think any of us thought that in just over 2 years we would have had the support and the grants to make this a reality. We are really excited to have been awarded a Lottery Grant that now makes it a reality. Going forward we will still need the support of the local community to help with material and consumable costs to enable us to be able to support other local good causes.

So in the coming months it's going to be busy with planning for the big build. The planning permission is in place, building regulations applications have been submitted and a ground works contractor lined up to start work on the base in early April. We are hoping for a summer opening, so watch out for our updates on social media and further newsletters.

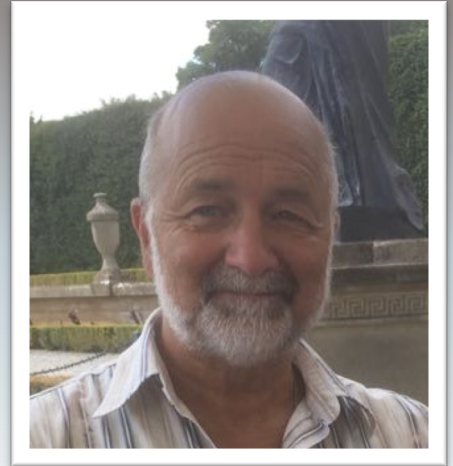
The members are busy as always, we have made a number of mud kitchens, a set of balance scales and are currently working on a wig wam style play tent for a playgroup. Some members have been making their own things, and I'm still trying to complete a couple of little library boxes and a boot rack for local infant schools.

Our members make the shed the place that it is and all too often we are reminded in the press about depression issues in men and other medical issues. As a sex we have always been rubbish at discussing things for fear of showing weakness after all we are men and we should be showing a stiff upper lip shouldn't we? A couple of members have been discussing what a stress relief and help the shed has been to them and we are hopeful that in the next newsletter we will be able to report on this impact with a couple of members. For now we continue to support in our unique way and we look forward to welcoming new members into the shed.

Exciting times to be involved with the shed so don't put it off. Come and give it a go, you'll at least get a cuppa and a biscuit out of it if nothing else.

Allan Walker

Chairman



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f: Church Crookham & Fleet Mens Shed