

The

'Shed'

Team Up With Great Minds ..



The 'BIG' Build.

Welcome to the first edition of the 'Shed' Newsletter ..

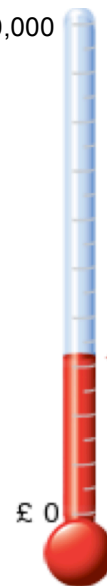
Wednesday 3rd May 2017 marked the first official Shed session, now nineteen months later our membership has gone from strength to strength. We have engaged with various community groups continuing to undertake projects whilst trying to raise funds to give the 'Shed' a permanent home that we can call our own. We currently meet twice a week on a Monday & Wednesday 3.30pm until 6.30pm at Calthorpe Park School, which is great, but we could achieve so much more with a more permanent home. As you can see from the fundraising thermometer we are off to a good start but need to raise more before we can move into permanent home.

Our new newsletter is produced to spread the word & keep everyone informed. If you have been thinking of coming down then remember the kettle is always on.

Hope you enjoy it

Total raised so far

£60,000



£19,000

£ 0

Lest We Forget – 100 years of Remembrance.

One of the many projects that have been completed over the past few months are the Silent Soldiers initially produced for the local British Legion we managed to find ourselves making nine in total. Many of the soldiers could be seen through out the district including at the Gurkha Square memorial, which is the centrepiece of the 100th Armistice Day events. It was great to see the local schools wanting to get involved. The Shed made soldiers for Elvetham Heath Primary School who created an amazing garden around the soldier and also Velmead Junior School who produced painted stones one of which was presented to our Chairmen Allan.

All in all it was a fitting tribute to those that made such sacrifices for us.

There are many more projects in the pipeline so if you fancy getting involved drop us a line.

Email: info@ccandfmensshed.gov.uk



Tea, Coffee & Biscuits

Its surprising looking back how much we have actually been up to. So much goes on behind the

It's not what it looks like

No it's not what happens when you don't take your turn making the tea. Its one of our members at the Gracewell Care Home Sports day. The shed made the stocks for the event & we took turns to raise money for Phylis Tuckwell even though it was a little damp, everyone had a great time & we managed to support the

The season for Mud Kitchens?

Mud Kitchens seem to be fast coming the Sheds specialty. Using reclaimed materials we have produced a number of kitchens for Pre schools and schools so the little ones can role-play and get messy! All we asked for was a small donation to the 'Shed' fund. Thanks to Roup Recycling for the kitchen sinks & Taps.

Healthy Eating

Its not all work it seems that the tea breaks are a pre requisite of shed life. Whilst we promote a healthy lifestyle with healthy eating sometimes we have to do our bit to keep the local supermarkets in profit. Members have mentioned that it is in fact the many tea breaks & chat that they attend for, there are a few characters at the shed all with great stories to tell.

Calling all Bookworms.

It's always great to get invited in to work with our local schools. Allan Walker the Sheds chairman designed & built two reading box's for children to borrow & swap books whenever they want. The finish produced is amazing & the 'Shed' are looking forward to hearing about all the use they have. We are really interested to hear from other schools that may have a project or event they would like us to support. We have to keep the 'Shedders' busy & away from the biscuit's.





'Tool Time' With Our Chairman Allan Walker

The 'Tool Time' this feature will introduce a member of the 'Shed'. The membership includes varying levels of expertise and it's always good to know which member may be able to help you with a specific project or may be they have a similar interest. This 'Tool Time' features Allan Walker aka The Don or our Chairman.

Allan has lived in Church Crookham for the last 10 years, having moved from Ruislip to escape the traffic and a 50min 5 mile commute to the office. Now aged 60, he is retired from a working career in Industrial Refrigeration 2 years ago. He continues to be a school governor and has been for 22 years at a secondary school in Ruislip where he use to live.

Allan has always had an interest in woodwork, for which he blames his father who was a cabinetmaker and then a woodwork/metalwork/technical drawing teacher for 25 years. He has fond memories of sitting on a stool in the home workshop watching him make furniture.



Allan first heard about Mens Shed 2 years ago after attending a meeting in Hook where the Parish Council were looking at setting one up. Thinking he might be able to get some personal gain from being a member. During the meeting realized that there was more to it than that, and following discussion with the Church Crookham Parish Council decided to set about setting one up in Church Crookham. I think they say the rest is history. He now enjoys running the "Shed" along with the other committee members, seeing members making items for themselves and getting involved in making items for other community groups. He has been responsible for some great projects including the School reading boxes which I think you will agree showed a great level of expertise.



Did you know?

**Globally, every minute, a man dies by suicide.
In the UK, 75% of suicides are men**

Mental health services are free on the NHS, in most cases you need a referral from your GP to access however, there are some mental health services that will allow people to refer themselves.

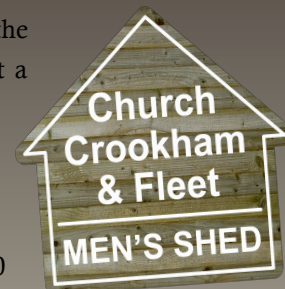
Services for example like Talk Plus

TALK. ASK. LISTEN. ENCOURAGE ACTION. CHECK IN.
A simple few words to remember – taken from Movember 2018.

THE 'SHED'

CHRISTMAS 2018

Finally, It's just over two years since Hart District Council announced they were looking to form a Mens Shed in Hart. That meeting was held in Hook and at that meeting I met with one of the Church Crookham Parish Councillors who suggested to me that they may be able to support a Men's Shed in Church Crookham. In January 2017 we repeated that meeting in Church Crookham, on 14th February Church Crookham and Fleet Mens Shed was born, and on the 3rd of May 2017 we met for the first time at Calthorpe Park School.



What a long way that we have come in such a short period of time. We have completed over 20 projects for other community groups and individuals have also completed projects for themselves. We currently have nine other projects to make for other local community groups so it's busy down at the Men's Shed.

Our fundraising is going well and we are now approximately 40% of the way towards getting our own workshop. This workshop will enable us to reach those of the local community that are unable to attend our current meetings at Calthorpe Park School, and this can only be a good thing for helping to combat loneliness and improving wellbeing. It will also enable us to undertake other projects that we currently can't do in the present facility.



I would like to thank the members that have made this possible but I would also like to thank the local community that have supported us on this journey.

I hope that you enjoy reading this the first of our newsletters and that you will continue to follow us and support us as we continue on our journey, helping those in the local community through both enabling them to be members of the men's shed but also the other community groups that we are able to help by making things for them.

Allan Walker

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