

SHARED TIMES

Men's Sheds Cymru Newsletter

Issue 14



Malpas Shed

Ponty Fun Day

Not A Lego Man

Community Camp



Intro

Welcome to your latest issue of SHED Times. We've several interesting articles from Men's Sheds all around Wales. Do take a look at the 'Not A Lego Man' challenge, a good opportunity to perhaps stretch yourselves and get some publicity for your shed.

A big thank you to those who have shared your stories with us this quarter, we've picked a few and included them in this newsletter. Hopefully we'll be able to include some of the other great stories in the next issue.

And yes, I'm going to mention it...Christmas - we're hoping to produce a newsletter for Christmas, so if you've seasonal things you'd like to see or share in the newsletter do get in touch as usual.

We've been asked a lot lately about Men's Sheds Cymru mugs, we're hoping to place an order soon, so if you're looking for some mugs let us know. We may even get some MSC hats too!

Stay safe, stay well and don't forget we're just a phone call (or email) away.

Signing off until next time ...

Robert



Three New Sheds ...

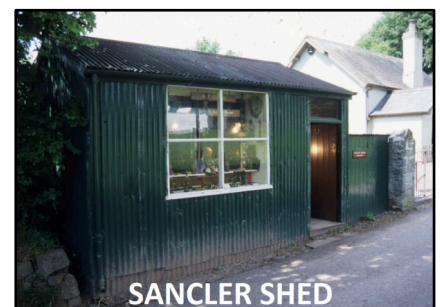
Three sheds with contact details if you want to connect!



**Haver Shed
(Haverfordwest)**
Telephone
07943 541350



**Penlan Shed
(Swansea)**
[ogofadullam@
gmail.com](mailto:ogofadullam@gmail.com)



**The Boars Shed
(St Clears)**
[sanclershed@
gmail.com](mailto:sanclershed@gmail.com)

Newport Malpas Men's Shed

Newport Men's Shed using woodworking & other skills to forge friendships & vital social connections

After its June opening, the Newport (Malpas) Men's Shed is keen to welcome new members.

The Malpas shed has opened in partnership with Newport City Homes, at a building owned by the housing association. There, shed members can use a wide range of tools and equipment, and meet like-minded people while they work.

"Usually, our members are newly retired, they've probably worked with their hands all their lives, and suddenly find themselves without any outlet for their skills," said John Ducker, the acting secretary of the Malpas Men's Shed.



The idea behind the Men's Shed is to give men a support network which can help with their mental health – something Mr Ducker said was even more important since the start of the Covid pandemic. Everyone is welcome at the shed, and there are plans to turn an old shipping container on the site – recently decorated by artist Simon Cook (see right) – into a crafts centre.



Lorna Aherne says "It's all about getting people out, because of the pandemic, men just didn't talk – and they need to talk"

Newport Malpas Men's Shed (Continued)

Former designer Chris Barbour, 62, has lived in Newport for the past five years. "I didn't know anyone, and this seemed like a good opportunity to meet people and get involved," he said of the Malpas shed. "It's brilliant – it's nice to have somewhere where men can go."

Retired BT engineer Phil Loft, 71, said: "Since Covid, I've been desperate for something to do. I was a member of the U3A (University of the Third Age) but I wanted to do something different. "My wife mentioned the new men's shed to me and it went from there."

The tools at the Malpas shed have been bought with grant money from Asda and the site also includes fittings donated by the Ford plant in Bridgend. Newport City Homes has been another major supporter of the project.

Another member, David Clark, also 71, said he had heard about the scheme from Mr Loft. "I'd previously seen this type of project and it's the type of thing I wanted to get involved in," the retired toolmaker said. "I'd certainly missed the opportunity to do different jobs. There are good opportunities here and I'd certainly welcome any company with surplus supplies to donate. The more equipment here, the more they can give back to people."

The group meets on Wednesday afternoons at its base, in the Newport City Homes depot behind Malpas Fire Station. Anyone interested in joining can find out more information online at facebook.com/Newport.MensSheds or by emailing Newport.MensSheds01@talktalk.net

Shoot For The Bull (Not The Farmers)



Llangadog, Llandeilo & Llandovery Mens Shed met recently for a marksman competition using .22 and .177 air rifles with telescopic sights. The targets were set up about 25 metres away with a solid wooden pallet behind to stop the pellets.

The day started with some safety instruction from Graham & Nick. We then took it in turns to take 5 shots each freestanding and another 5 shots each using a support. The person with the highest overall score won. Graham brought beef burgers (which turned out to be minted lamb burgers but were delicious anyway), Nick the onions and Richard the fresh bread rolls. Nick cooked everything for lunch. Mike supplied some all butter mince pies to finish the meal.

Graham presented everyone with a copy of his first published book which was a lovely gesture - Thank you. Everyone seemed to enjoy the event and all agreed to a re-run later in the year!

Join Us At www.welshlegend.co.uk/shed

Sied Dynion Frenni Men's Shed

Up in the morning, out on the job, work like a devil for my----hang on a mo. I've retired now so its only up in the morning! And in any case its Thursday and we've got Shed this afternoon and the world to put to rights, well we normally do over the first coffee before getting stuck into whatever project we are working on.

Our Shed is in the picturesque Welsh village of Hermon at the northern end of Pembrokeshire and although a number of our members are English speaking Hermon is through and through Welsh but we all get on so well. Our Shed is sited in the corner of the village playing field and whilst the building is sound, at the moment we lack drainage and water, we will change this soon but in the meantime we get by.

We have around 9 members most of whom have engineering backgrounds so much of our project work consists of work on machinery. We all pitch in and I think we are a well blended group of guys. Those without engineering expertise take things to bits and those with expertise put them together again.



The biggest job we've tackled so far is the reconstruction of a large triple bladed grass cutter used for playing fields and golf courses. We found it in a field where it had stood for a great number of years, unwanted and unloved, it was completely seized up. So it was stripped down and rebuilt with numerous new parts. We tried it out recently and it worked beautifully and cut the playing field in just under 30 minutes. We now need to sell it to recoup our costs, so we are open to offers guys!

Like you other shedders we do a bit of carpentry as well. One lady came to us with a large corner tv unit, it wouldn't fit in she said. So we cut it in two (carefully) she went away happy!



We've also built workbenches for ourselves and for local people together with garden screens, hedgehog homes and the like. We all do these things to help our communities don't we?



We've also refurbished a local parish councils noticeboards and park seats.

It's lovely to get the support of the local communities and if we need anything we only have to pass the word around and it turns up sooner or later. We have no desires to change the world, we just want to enjoy ourselves, drink a lot of coffee and hammer things, but isn't that what shedding is all about?

Pontypridd Fun Day

Archery exhibition, fly fishing demonstration & a barbecue at the end of the day



On a sunny August day the village of Treforest became more like Sherwood Forest which was all down to an event held by the members of the Pontypridd Men's Shed. The members held their Open Day at the "Lincoln Green" area near their Taff Meadow Community Centre base.

Among the attractions was an Archery Exhibition, excellently held by member Dave Mainwaring and his wife Jan, which saw members step up to "take a bow". For some it was well worth a shot but there were one or two "drawbacks." And for those members who didn't hit the Bull's Eye... "They didn't know what they were missing".

Meanwhile a Fly Fishing demonstration by Gareth Pugh "caught" the attention of some members. And to be fair they did their best to tackle the casting off technique although there were a few "snags". It's a pity there wasn't a "live stream" for people to go "online" and watch the demo on the interNET.

Although it was too "deer" to provide venison everyone still got a grilling with food from a barbecue well managed not by Friar Tuck but by Fryer Bob.

At the end of an eventful day everyone went home merry and well fed.

Well done all you members of Pontypridd Men's Shed.

By Dave Edwards

Simon's Corner

"As we're all well aware, we seem to be entering Hard times, perhaps in writing the book, Charles Dickens was offering a prescient warning about the frailties of humanity's ability to care for one another without suffering, and whilst maintaining some semblance of dignity.

Either way, with soaring costs, depressing news and potential recession looming, many Sheds and Shedders will at some point or other, feel anxious about their future survival.

I say this NOT to be a doom monger but to shine a light on a common and shared concern, AND to remind ourselves of what we're capable of overcoming!

Having just come back from a week in the Highlands of

Scotland with its very healthy and growing number of Sheds (But with some fairly large distances in between!) It is reassuring to see the constant and positive support Sheds continue to offer. As you will appreciate, although not with the glorious late Summer sunshine we experienced up there... it can get fairly chilly up North! (Something especially noteworthy when you drive past the "Snow Gates" in Glencoe!)

And, I am already hearing conversations about the energy/heating bills worry for some Sheds (I know! It's what thermal long johns, overalls and fingerless gloves were invented for in Workshops!) but also the need to create, perhaps "Warm Spaces!" for people to gather (I also know that Sheds and Shedders are more than capable of

producing their own "Hot Air") Even more relevant with the current threats to pubs, libraries and other "Community spaces".

On a serious note this is a discussion I've already had with a couple of Sheds in the North about their preparedness and intention to look into this, in the acknowledgement that some will struggle or be fearful about heating their homes.

It's NOT RIGHT! but It is what it is, But if we know anything about Sheds and Shedders it is of their resilience and inventiveness when confronted with problems!

Please look after your own! but also, please! Use our Facebook Page/Twitter to share any useful survival hints and tips. ideas and practical advice... as we will also endeavour to do."

Simon



LLL Men's Shed Bench Update

We have now completed the first bench which will be going to Llangadog Primary School as soon as an official handover can be organised after the teachers and children have settled back into school for the next term.

The second bench will be going to Llandeilo Primary school and the third bench is yet to be decided but it will be a few weeks before these benches are complete and ready to deliver.

The good news is that all the required materials and equipment have already been acquired so there will be no delay in the fabrication of the last two benches.



Join us at www.welshlegend.co.uk/shed

Blaenau Ffestiniog Men's Shed

Activity boards at Blaenau Ffestiniog Men's Shed



“We all know that Sheds are often approached about the possibility of making or mending something, It's one of the things that people love about Sheds, the idea that there are guys there who can fix stuff. And if we're honest the majority of requests normally involve, bird tables, bird boxes and planters; the Men's Sheds staples(If I had a pound for every bird box....)

But we also know that there is much more going on in various Sheds across Wales that doesn't always (and perhaps sometimes shouldn't !!) see the light of day.

One of these was the Project that Amlyn and the guys at Blaenau Ffestiniog Men's Shed were recently approached with from the South Gwynedd Older Persons Community Mental Health Team, based in Dolgellau, which was to put together an “Adult Dementia Activity board”... which is a truly great concept!

Somewhat reminiscent of one of those play board gadgets you can buy for toddlers, with bells and buttons and dials, but, with the switches, locks, hinges, handles and day to day accoutrements that would be familiar from a long, practical and well lived life, that will maybe help with visual and tactile memory.

It actually sounds pretty obvious if you think about it, but when you see something that's original and has had so much thought involved it makes you realise it's potential.

They're clever Amlyn and the lads.”

Simon Poole



UK
MEN'S
SHEDS

MEN'S
SHEDS
CYMRU

THE GREAT BIG NOT A LEGO MAN CHALLENGE

CELEBRATING MEN'S HEALTH THROUGHOUT NOVEMBER IN STYLE

In Partnership with Ellandi we are asking Sheds to create models of Men to be displayed in each of the Ellandi Retail Park / Shopping Centres across the UK for the month of November.

You can tailor your design and 'Man' as you wish to reflect a local hero, historical figure or Fictional Character - all within the realms of decency!

This provides opportunities to promote YOUR Shed, The Men's Shed movement and even raise some money. If Ellandi do not have a site near you - fear not, we are working with other partners to extend the exposure of this project!

Models must be complete by the end of October 2022
For more information speak with one of the team or email david.meli@ukmsa.org.uk



This November UKMSA, in partnership with Ellandi, are asking Sheds to build a life size (or bigger) Lego style Man. For copyright reasons they are calling it 'The Great Big Not a Lego Man Challenge'. They are hoping that at least thirty Sheds will undertake this challenge and Ellandi have agreed to house each of your creations in their shopping centres across the UK. Where the Ellandi Shopping Centres are not local they will work with other organisations and partners to ensure your work gets a prime location.

Men's Sheds Cymru would really like some sheds from Wales to take part in this challenge and we really encourage you to join in.

The creations provide an opportunity to celebrate the movement and men's health throughout November – they also provide an opportunity to raise funds and develop links with your local shopping centres and retail parks.

What do you need to do now?

Discuss the challenge with your Sheds. Get in touch with us at UKMSA and MSC and let us know you are doing it. Get building!

[We have information and resources on our website.](#)

The beauty of this project is that next year we can do the same and simply re-paint your creation, or add to them. **Models must be complete by the end of October 2022.** If you intend to meet the challenge and make a 'Not a Lego Man', please send your name, Shed name, telephone and email for the project lead to

david.meli@ukmsa.org.uk

Community Camp



We've been talking with Lowri at 'The Big Lunch' and she wanted to let us all know about their [Community Camp](#). Community Camp is an immersive learning residential experience happening down at the Eden Project and it's available for volunteers, and those in non-paid community roles. Their first face to face one is being held at the end of September 2022. They're also holding a virtual one later in November and they thought it could be a good opportunity for some Shedders to take part – I know they've had a few attend before.

COMMUNITY CAMP

Community Camp is an immersive learning experience, offering a mix of practical activities, workshop sessions and networking opportunities for people from across the UK.

Our Community Camps take place either face to face at the Eden Project in Cornwall

Our Community Camps Dates and Times

We have four Community Camps coming up between now and March 2023, two of these are face to face camps at the Eden Project and two of them will take place online. These are:

- Face to Face Eden Project Community Camp: Friday 30th September – Monday 3rd October 2022
- Online Community Camp: Monday 7th, Thursday 10th, Monday 14th, Thursday 17th and Monday 21st November 2022 (all sessions 6.30 – 9pm)
- Online Community Camp: Monday 30th January, Thursday 2nd February, Monday 6th, Thursday 9th and Monday 13th February 2023 (all sessions 6.30 – 9pm)
- Face to Face Eden Project Community Camp: Friday 17th – Monday 20th March 2023

For more information and to apply online

at the [Community Camp web site](#)

Do let us know if you'd like any more information at

ljenkins@edenproject.com

Men's Shed Opera



Featured in past magazines, Swansea City Opera's new opera *Shoulder to Shoulder* has finally been completed with the help of many members of Men's Sheds Cymru! We are looking forward with anticipation (and some trepidation!) to starting rehearsals on 10th October.

Funny, moving, and thought-provoking, *Shoulder to Shoulder* is an intimate chamber opera, made in partnership with Men's Sheds Cymru. We have been thrilled by the enthusiasm of Sheddors and community choirs to bring *Shoulder to Shoulder* to life, and it is touring from 23 October – 4 November to the following venues.

- | | |
|------------|---|
| 23/10/2022 | Acapela Studio Pentyrch |
| 26/10/2022 | Merthyr Cynog Community Centre Upper Chapel |
| 28/10/2022 | Clydach Community Centre |
| 30/10/2022 | Torch Theatre Milford Haven |
| 02/11/2022 | Borth Community Hall |
| 04/11/2022 | Ucheldre Centre Holyhead |

The opera has an acclaimed cast of singers and ensemble of musicians who've sung and played in world-famous opera houses, companies, and orchestras, including the Royal Opera House, Glyndebourne Festival Opera, Welsh National Opera, and the London Philharmonic Orchestra. Soprano Jess Robinson who plays the role of Gwen is a BBC Welsh Cardiff Singer of the World 2022 finalist. At every venue on the six-date tour, *Shoulder to Shoulder* features the talents of a local community choir. The story of the opera has been created by Brendan Wheatley, artistic director of Swansea City Opera from the stories given to him by the Sheddors, and the music is composed by Lenny Sayers.

Rhys - Dyfed Wyn Evans - baritone
 Ioan - Robyn Lyn Evans - tenor
 Gwen – Jessica Robinson – soprano
 Dai - Aled Hall - tenor
 Charlie - Mark Saberton – bass baritone

Clarinet & Tenor Sax – Rhys Taylor
 Cello – Rhian Porter
 Percussion – Harriet Riley
 Musical Director & Piano – John Beswick

The premiere of an uplifting and accessible new opera staged by **Swansea City Opera** and based on the poignant and humorous stories of the members of **Men's Sheds Cymru**.

This unique organisation supports lonely men by creating warm and welcoming spaces where people can learn new skills, build friendships, make new beginnings *and drink tea!*

CAST	DATES	
Ioan - Robyn Lyn Evans	23/10/2022	Acapela Studio, Pentyrch nr Cardiff
Dai - Aled Hall	26/10/2022	Merthyr Cynog Community Centre, Upper Chapel nr Brecon
Rhys - Dyfed Wyn Evans	28/10/2022	Clydach Community Centre nr Swansea
Charlie - Mark Saberton	30/10/2022	Torch Theatre Milford Haven
Gwen - Jessica Robinson	02/11/2022	Borth Community Hub nr Aberystwyth
	04/11/2022	Ucheldre Centre Holyhead

Accompanied by a chamber ensemble
Musical Director:
 John Beswick

"The idea of a Men's Shed opera is brilliant. SCO's directors, Bridgett and Brendan, have been able to meet 'shedders' in person quickly putting them at ease and really encouraging them to take part and tell their stories. Most importantly the whole process was fun and creative."

Robert Visintainer
 Project Manager, Men's Sheds Cymru

Supported by Arts Council Wales, Garfield Weston Foundation, National Lottery Awards For All Wales, Ty Cerdd, and the Friends of Swansea City Opera

You can read more about the cast and the performances on www.swansea-city-opera.com

Welcome to **Funding Wales** the new funding search platform created by Third Sector Support Wales. Find funding for your charity, community group or social enterprise using our free online search engine.



Funding Wales <https://funding.cymru/> is a fantastic online resource for community groups to find relevant funding in your area of Wales.

Video Guide: Our Friend, David Berry (GAVO Community Development Officer for Newport) has created a walk-through video guide about how to effectively use the Funding Wales website here: <https://bit.ly/3Q6C4ly>



Brecon Men's Shed



Brecon Men's Shed have collaborated with Freedom Leisure, Brecknock Wildlife Trust and Brecon Volunteer Bureau to build and install swift nest boxes at the leisure centre.

Located close to Penlan Ponds, a Site of Special Scientific Interest, the nest boxes at Brecon Leisure Centre will help combat plummeting numbers of Swifts in the UK, which have seen a 53% decline between 1995 and 2016.

The team at Brecon Leisure Centre say that this partnership is an important part of the organisation's overarching Environmental and Sustainability Commitment.

Swifts are medium-sized aerial birds, and superb fliers. They are birds of crags and holes and will often use buildings in the UK in which to nest. Sadly, their UK Conservation Status is currently Amber as a result of the significant decline in numbers in recent years (RSPB, 2021 cited in Radnorshire Wildlife Trust, 2022).

"It has been inspiring to be able to connect the Brecon Men's Shed with Brecon Leisure Centre to do something positive for swifts through the Green Connections Powys Project. By offering more places for Swifts to nest helps them to breed successfully and reverse the decline in their numbers."





Join our Culture Club and help isolated older people visit cultural sites across Cardiff and the Vale

Age Cymru is seeking volunteers who are not only passionate about local cultural sites such as museums, public art, and parks, but who are also willing to accompany isolated older people to visit and enjoy such sites through the charity's Culture Club project.

Funded by the Welsh Government, the project aims to encourage vulnerable older people to get out and about to safely enjoy their local cultural sites with the help of a friendly volunteer. It also hopes to build the confidence of isolated older people, many of whom have been shielding for the best part of two years during the pandemic.

The volunteers, who will receive training from the charity, may travel with the older people, or they may meet them at the site, whichever suits both parties best.

Age Cymru's Kelly Barr, who is overseeing the project, says "We know that some older people are living lonely and isolated lives and even though they may be interested in visiting our cultural sites, they do not have the confidence to visit them on their own. We have already seen that Culture Club can support them to get back out into their communities once again and start enjoying all that Cardiff and the Vale of Glamorgan has to offer."

Follow in the Footsteps of Cardiff's Mr Ali

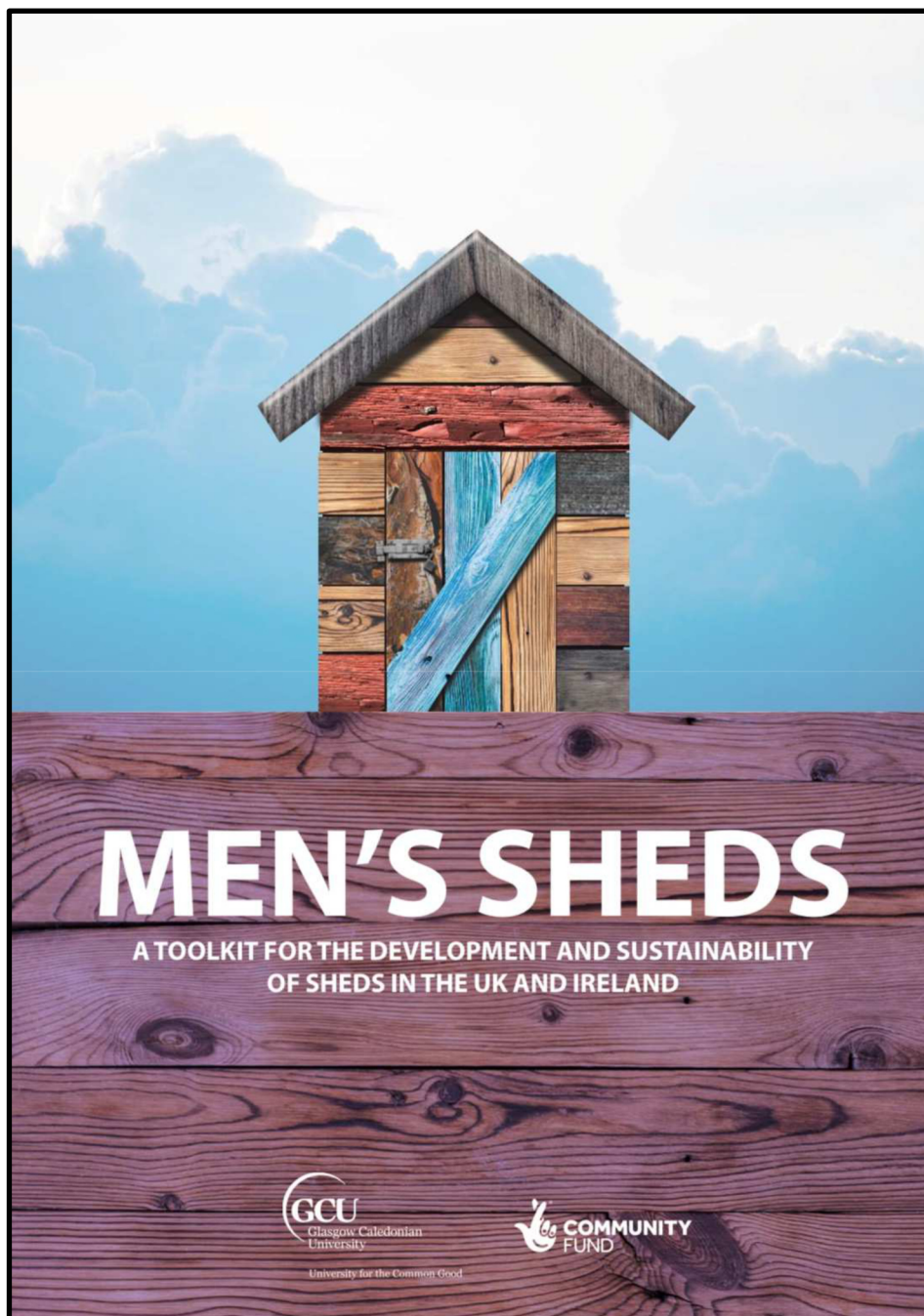
Mr Ali suffers with multiple illnesses including severe problems with his left eye and is now registered blind, heart disease which required surgery to insert a valve, and he was hospitalised with Covid. Nevertheless, through Age Cymru's Culture Club, he has recently visited The Cardiff Story Museum, Caerphilly Mountain, and Cardiff Bay to name but a few places with Jackie, his Culture Club volunteer.

Mr Ali, a former shop assistant at a Spar Supermarket says "The cultural visits help clear my head as I get to enjoy interesting places plus, I get to chat with Jackie over a coffee. I'd highly recommend people joining Culture Club, especially if they live on their own.

"Getting back out and about during the pandemic seemed like a different world with people queuing up outside shops but going with Jackie made it so much easier." Next up, Mr Ali is hoping to cycle around Bute Park in a specially adapted tricycle from the accessible cycle hire charity Pedal Power. "But I'll have to be nice to Jackie as she'll have to do all the cycling!"

If you feel you may benefit from either joining, or volunteering, with Culture Club please email kelly.barr@agecymru.org.uk, call 029 2043 1555, or visit www.agecymru.org.uk/volunteer

**The Men's Shed Toolkit Produced By Glasgow Caledonian
University In Collaboration With Men's Sheds From All Four
UK Nations Funded By The National Lottery**



A Step By Step Guide For New And Existing Men's Sheds

Contact Us To Get A Free Copy @

<https://www.mensshedscymru.co.uk>



Visit Our Web Site

There are lots of reasons to be part of Men's Sheds Cymru

- ✓ Be the first to receive updates on new activities
- ✓ Be actively involved in the movement in Wales

Simply email info@mensshedscymru.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, FREEPOST SWC 1512 Carmarthen, SA31 1BR



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