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Humber Men in Sheds Alliance Newsletter

May 2023 Edition 16

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The **monthly observances in May**include Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness Month, National Walking Month, and Military Appreciation Month.

* The United Kingdom celebrates May as the National Smile Month.



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**Screwfix Funding**

See below link to Screwfix funding

<https://www.screwfix.com/help/screwfixfoundation>

**How to Apply**

Before applying for funding from The Screwfix Foundation, your organisation **MUST:**

* Be a registered charity or not for profit organisation.
* Help those in need. This could be by reason of financial hardship, sickness, distress or other disadvantages in the UK.
* Be looking for funding to support projects that relate to the repair, maintenance, improvement or construction of. homes, community buildings and other buildings.

Please see our [Full eligibility criteria.](https://www.screwfix.com/images/general/assets/pdf/Screwfix-Foundation-Eligibility-Criteria.pdf)

**Open 4 Community North Lincolnshire**

Open 4 Community North Lincolnshire is a free online portal, that has been designed to help voluntary sector organisations find funding for their projects. The platform includes a database of thousands of finding sources, including details of grant funders and loans available to your organisation.

Open 4 Community North Lincolnshire is open to all not-for-profit organisations, including voluntary and community organisations, registered charities, town and parish councils, sports clubs, social enterprises/community interest companies and even schools.

Its easy to get started, you just need to create an account, answer some questions about your project and the funding you are looking for, and the system will search the database and list some possible schemes that your organisation could apply to for funds.

Access the portal today at: [funding.vanl.org.uk](http://funding.vanl.org.uk/).

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**Abrasive Wheel Training course**

We are looking to put on an Abrasive Wheel Training course,  we are looking at running these courses July  August or September

The  Trainer who will be delivering  training is  Steve Benton from Rotherham  who has come via first hand training solutions .

Please let me know if you are interested and which month would suit you best? Please email me on [kerry.chenery@hwrcc.org.uk](mailto:kerry.chenery@hwrcc.org.uk)

**Health and Safety Training 27th July**

We now have a date of 27th July for the Health and Safety training. Thanks to all who have put their name down so far, and please let me know if anyone else is interested by emailing me [kerry.chenery@hwrcc.org.uk](mailto:kerry.chenery@hwrcc.org.uk)

**Diary Date**

**Wednesday 21st June 2023**

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**Join us for a free networking event to meet other voluntary and community groups or services operating within North Lincolnshire.**

**It’s a perfect opportunity to share your experiences, gain knowledge and make new contacts too.**

**Tickets can be booked by using the link on Eventbrite** [**https://www.eventbrite.com/e/630899977817**](https://www.eventbrite.com/e/630899977817)

**or**

**email:** [**jane.christophers@vanl.org.uk**](mailto:jane.christophers@vanl.org.uk)

**Face to face cancer champions awareness sessions.**

I have been working in partnership with North Lincolnshire Council to organise a series of face to face cancer champions awareness sessions within the Community Hubs. Training dates, times and venues alongside the Eventbrite booking page can be found below

* Thursday 8th June, 10am until 12:30 at The Angel - <https://www.eventbrite.co.uk/e/cancer-champion-awareness-session-the-angel-brigg-tickets-634741638327>

* Tuesday 20th June, 10am until 12:30 at Baysgarth Community Hub - <https://www.eventbrite.co.uk/e/cancer-champion-awareness-session-baysgarth-community-hub-tickets-634745219037>

About the training: Humber and North Yorkshire Cancer Alliance - Cancer Champion Training - FREE training session

Early diagnosis saves lives. The Cancer Champion training sessions help raise awareness of signs and symptoms of cancer to encourage early detection within local communities.

The free session will be available to individuals across North Lincolnshire to attend.

Each week, 78 families within the Humber and North Yorkshire region lose a loved one to cancer. The Cancer Champion Programme aims to save lives by promoting healthy lifestyle choices and encouraging early detection of cancer, when treatment could be simpler and more successful.

You'll gain the confidence and knowledge to have life-saving conversations about cancer and everyone who completes the course will receive a copy of our handbook, a certificate and a badge to show they have taken part.

Please book onto one of these training sessions, as well as promoting to your colleagues, friends, family members, community members and neighbours.

Email: [hny.cancerchampions@nhs.net](mailto:hny.cancerchampions@nhs.net)

Web: [www.hnycanceralliance.org.uk](http://www.hnycanceralliance.org.uk/)

**ERVAS Events & Training**

\*             Fraud & Cyber Awareness Webinar - Monday 12 June at 11 am <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=6b95438805&e=c4d3e6f5fc>>

\*             Level 3 Award in Emergency First Aid at Work - Thursday 15 June at 9:30 am <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=5d8bd1b0d2&e=c4d3e6f5fc>>

\*             Fraud & Cyber Awareness Webinar - Thursday 15 June at 1 pm <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=ba2a393a1e&e=c4d3e6f5fc>>

\*             Level 2 Award in the Principles of Fire Safety - Friday 16 June at 9:30 am <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=e7c4c5d3fa&e=c4d3e6f5fc>>

\*             Level 2 Award in Mental Health in the Workplace - Monday 19 June at 9:30 am <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=c8fec110ed&e=c4d3e6f5fc>>

\*             Introduction to Safeguarding and Safer Cultures In Voluntary and Community - Tuesday 20 June at 1 pm <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=b14e651ff4&e=c4d3e6f5fc>>

\*             Understanding Youth Participation: a guide to good practice - Thursday 22 June at 9:30 am <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=aa47dac0e7&e=c4d3e6f5fc>>

\*             Fraud & Cyber Awareness Webinar - Friday 30 June at 1 pm <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=fb0d2a309c&e=c4d3e6f5fc>>

You can find full details of other community events and training on our dedicated websites:

\*             View the events calendar <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=8a92309c2f&e=c4d3e6f5fc>>

\*             View the training calendar <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=333dfb7122&e=c4d3e6f5fc>>

**Safeguarding Week 2023**

Programme of free on-line sessions announced for Safeguarding Week 19 – 23 June 2023

Partners from Safeguarding Adults Boards, Children’s Safeguarding Partnerships, Community Safety Partnerships across North Yorkshire, the City of York Hull and East Riding have come together and developed an extensive programme of learning events, seminars and interactive sessions which all underpin this year’s theme - ‘Safeguarding is everybody’s business’.

Spurred on by the success of Safeguarding Week 2022 the safeguarding partners have worked to extend the range of topics being covered this year. While a number of the sessions are open only to professionals working in the safeguarding sector, the majority of the sessions are also open to the public. The week-long programme of over 40 sessions caters for members of the public who want to learn more about safeguarding.

Covering topics such as modern slavery, sexual health, learning from national reviews, domestic abuse, suicide prevention and much more. The sessions have been designed to stimulate discussion, spark innovation and share best practice. Each session will be delivered by inspirational and motivational speakers, all of whom are experts in their field.

The full programme of events is open for viewing and booking via EventBrite and early registration is recommended to avoid disappointment. You can view and book on to sessions here <<https://ervas.us17.list-manage.com/track/click?u=fe02115e8d4855126e495bed6&id=723fce70aa&e=c4d3e6f5fc>>

All the agencies involved will be sharing information across their social media channels and website in the run up to Safeguarding week and throughout the week. To follow along look for the hashtag #safeguardingweek2023

**SAVE THE DATE – Safeguarding Conference for the North Lincolnshire Voluntary, Community and Social Enterprise sector**

Voluntary Action North Lincolnshire, in partnership with North Lincolnshire Council, are pleased to announce that they will be holding a Safeguarding Conference for the voluntary, community and social enterprise sector and those who work with them at the Baths Hall in Scunthorpe on Wednesday, 4th October, 12 – 4pm.  There will be a range of presentations on keeping children and adults safe, as well as a market place of stands and opportunities for networking and speaking with key agencies from all sectors.  Further information will be sent out nearer the time, however if you would like to discuss the event in more detail, please contact Detty Tyler [detty.tyler@vanl.org.uk](mailto:detty.tyler@vanl.org.uk)

We have a number of events and training courses taking place (you can click the date or time to book a place):

Social Media Training - [3rd July at 10am – 12pm, 16th November at 10 – 12pm](https://volnet.crm.ervas.org.uk/civicrm/?civiwp=CiviCRM&q=civicrm/mailing/url&u=2951&qid=528420)  
  
Fundraising Training - [3rd July at 1pm – 3pm, 16th November at 1pm – 3pm](https://volnet.crm.ervas.org.uk/civicrm/?civiwp=CiviCRM&q=civicrm/mailing/url&u=2952&qid=528420)  
  
Applying for Funding; Tips and Pointers - [23rd June 10am - 12pm](https://volnet.crm.ervas.org.uk/civicrm/?civiwp=CiviCRM&q=civicrm/mailing/url&u=2954&qid=528420)

North Lincolnshire Local Links - [21st June 10am - 12pm](https://volnet.crm.ervas.org.uk/civicrm/?civiwp=CiviCRM&q=civicrm/mailing/url&u=2955&qid=528420)

You can find more information on courses and keep updated on upcoming courses through our [Eventbrite](https://volnet.crm.ervas.org.uk/civicrm/?civiwp=CiviCRM&q=civicrm/mailing/url&u=2956&qid=528420)

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| We are very excited and busy putting together a great celebration in the Palace of Wesminster on 23rd May. If you’ve been nominated for an award, make sure we don’t land in your junk inbox - if you are shortlisted you’ll be invited to come join the celebrations! |
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| Anyone know what the collective noun for Shedders is? [Answers on a postcard](mailto:laura.winkley@ukmsa.org.uk?subject=The%20collective%20noun%20for%20a%20group%20of%20Shedders%20is...&body=null)…  ShedFest 2023 is the [UK Men's Sheds Association](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=ca3b3b17bf&e=23ed7ee483) annual celebration of Men's Sheds and Shedders across the UK.    This year we are expanding the exhibition and having demonstrations of skills for Shedders running alongside the development focussed workshops for Shed Leaders.  The exhibition will open from 9am, with a welcome at 10am and concluding at 4pm. UK Men's Sheds Association's AGM will be held in the afternoon as part of the day's programme.    Book your tickets now to receive updates about the programme.  [Ticket](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=e0291451f3&e=23ed7ee483)[s are FREE, and can be booked through Eventbrite here](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=fa49ab3503&e=23ed7ee483).    Don't forget to follow us on social media, and [check our website](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=bd9a07b31f&e=23ed7ee483) for more news and details as they're released.  For more information, contact the team on 0300 772 9626, or email [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk?subject=null&body=null).    We look forward to seeing many of you there, whatever we’re called when we congregate. |
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| The UK is not United with regards to Bowel Screening |
| The current status on bowel screening across the UK is as follows:-   * In England from April 2021, the NHS in England will gradually reduce the age range for bowel screening. This will be phased over the next four years to include people aged 50-59. * In Scotland, screening starts from age 50 until you’re 74. * In Wales you will be invited to take part in bowel cancer screening if you’re aged between 55 and 74. * In Northern Ireland people aged of 60 to 74 are invited to take part in screening. * Across the UK you will be invited to take part in screening every two years.   So that’s clear?    What is clear is this:-   * Make sure your GP practice has your correct address so your bowel screening kit is posted to the right place. * If you live in England, and you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60. (For the rest of the UK, I think you contact your GP) * If you are worried you may have symptoms of bowel cancer (at any age), go to see your GP. (See symptoms at [bowelcanceruk.org.uk/about-bowel-cancer/symptoms/](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=d9808917d6&e=23ed7ee483) ) * Bowel cancer is more common in people over the age of 50, but it can affect anyone of any age. * The current bowel screening kit is much simpler to use than the older version. (One sample needed, rather than three). * More people than ever are completing their bowel screening tests - Over two thirds of all kits sent out are now returned, a considerably better returns rate than 10 years ago. * Nine out of 10 people will survive bowel cancer if detected in the earliest stages of the disease. * The National Clinical Director for Cancer, Professor Peter Johnson, said: “I would urge everyone who is sent a kit to return their test as quickly as they can, because this can detect the early signs of bowel cancer and ensure that anyone affected can get treatment for the disease as soon as possible. Don’t die of embarrassment.”   The 19th-century American writer, Josh Billings, once said “*A good reliable set of bowels is worth more to a man than any quantity of brains*.” | |
| Happy Birthday Patchway Shed |
| Happy Birthday Patchway Shed, who have been Shedding near Bristol since 2013. We asked Martin Castree if he could share a little of their history and journey with us. |
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| Back in the olden days, Kate Ross from the Southern Brooks Community Partnership was given the job of starting an initiative called Precious Time - a strategy for reducing loneliness and isolation in older age groups. Kate knew it would be simple to get the more mature ladies of the community to join pretty much anything. BUT how to engage with the older men well that was a completely different prospect.    So she thought where might she be able to find older men and had the idea that many might be allotment holders or belong to gardening club. Fortunately, Patchway has two large allotments sites so she put up a poster or three and hoped for the best.    Just two chaps turned up to a meeting on a cold January morning (Founder members Les Brooks and Keith Williams, who still comes to Shed today).    Another meeting was held in February and this time five gentlemen turned up and the first order of business was to find premises. With support from Patchway Town Council, it was suggested we use the sports pavilion in a local park which was empty all week and only really used at weekend by the footballers and cricketers.    After gaining a couple of grants from local charities we managed to buy some tools and workmates and Patchway Men’s Shed was up and running in the May of 2013.    The premises were not ideal as we had just one small cupboard to store all our belongings in, but with a bit of a struggle we managed to get everything in it, although we did have to tidy up at the end of every session.  Over the next three year various benches began to appear and lots of man glitter, which not so appreciated by the footballers and sportsmen.    Then in 2016 we were asked to leave! The Sports Council had agreed to fund a new sports pavilion and the Shed did not really fit in with their plans. Again, Patchway Town Council came up trumps and even donated and delivered a spare Portacabin for the Shed to use at one of their allotment sites on Blakney Road.    Over time the site was transformed into a workable Shed but we were very short of indoor space. Many wood stores were constructed, as well as a couple of large work benches which were the hub of the activity.  Now some seven years later we are about to expand the undercover area by building a barn with two more shipping containers which in time will house the more techie bits of kit that we would like to play with, like a CNC machine, laser cutter and 3D printers.    Over the years the Shed has been a life line to some of our members – with one our Shedders telling us “I really look forward to Wednesday as it is the only day I go out.” It’s also been supporting their families too – with one wife telling us “The Shed has saved our marriage.” |
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| Is your Shed celebrating a milestone birthday this year? Share it with us, and email the story to [newsletter@ukmsa.org.uk](mailto:newsletter@ukmsa.org.uk?subject=null&body=null). |
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| UK Men’s Sheds Association has joined #TheBigHelpOut to celebrate the Coronation of His Royal Highness King Charles III in a way to support the promotion of Sheds.    Over the next few months we are suggesting Sheds tell us about any open days they are planning, and if not perhaps to consider one.    We will then place these events on the [www.thebighelpout.org.uk](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=ef14e0ce8a&e=23ed7ee483) website and hopefully this will help more people to know about Men’s Sheds, how to get involved in Sheds and to continue to celebrate the Men’s Shed movement.    IT IS ALL ABOUT LEGACY - We realise the Coronation is very soon, we are using the Coronation as the starting point to celebrate your events, so all the events you have planned in the coming months, please let us know.    For each event we will need to know    Title  Cause  Requirements  Cover Image  Description    Celebrating Men’s Sheds is a key role for UKMSA and we hope this will add value to your Shed and Shedder’s experience. To get your open day shared, please email the details above to [admin@ukmsa.org.uk.](mailto:admin@ukmsa.org.uk?subject=The%20Big%20Help%20Out&body=Hi%20UKMSA%2C%0A%0APlease%20add%20our%20event%20to%20The%20Big%20Help%20Out%20website.%0A%0AThe%20details%20are%20-%20%0ATitle%3A%0A%0ACause%3A%0A%0ARequirements%3A%0A%0ADescription%3A%0A%0AShed%20Name%3A%0A%0A(Don%27t%20forget%20to%20attach%20your%20cover%20image)) |
| Climbing high to raise awareness and funds for Men’s Health |
| We recently heard from a young woman, Kate, who got in touch to say she wanted to raise money for UKMSA for a very personal reason.  One of the things we’re always aware of is how many lives can be impacted by a Shed, not just Shedders, but their families and communities too. We’ll be following Kate throughout this year as she takes on an incredible challenge. Here she shares a little of her challenge and motivation. |
| *I’m fundraising for UK Mens Sheds Association (UKMSA) alongside the trip because I want to help men who are struggling with their well-being. My target is £5364.00 - as base camp is 5,364m above sea level.*    *I feel strongly about helping men with their mental health. When I was 17 my dad committed suicide after struggling with depression and alcoholism.*  *The trip to Morocco was four months after my dad died. I found the training, preparation and the achievement of climbing mountains on the trip itself helped my mental health during this time and gave me something to focus on.*    *I feel that if UKMSA had been around when my dad was suffering, he would have found their support beneficial. He enjoyed fixing motorbikes and playing pool. I think if there had been somewhere he could have done that or something similar with others in similar situations to his who he could talk to this would have really helped him. Ending loneliness and isolation for men in general, but particularly older men, is something that is vitally important and will improve the lives of many men.*    *I’m fundraising for UKMSA to support men struggling with their mental health, to stop men feeling lonely and to show men it’s ok not to be ok.*  *I hope that by climbing a physical mountain I can fundraise to help UKMSA support men to climb their emotional mountains together.”* |
| To follow Kate’s progress, and sponsor her, visit [gofund.me/b129a682](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=6ecdafa116&e=23ed7ee483) |
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| **Merger of Wessex Insurance and E&G Insurance** |
| A message from John Mitchell, Managing Director of Wessex Insurance |
| On March 1st 2023 Wessex Insurance Brokers Limited took over the operations of E&G Insurance (Export and General Insurance Services Ltd). The shareholders of E&G decided that they no longer wished to own and operate an insurance broking business, partly due to the increasing burden of regulation and reporting required by the FCA, but also due to their desire to focus on other businesses within their group.    Wessex is the logical home for E&G as we have also been insuring Men’s Sheds for several years. Indeed John Mitchell, founder of Wessex, was MD of E&G from 2012 to 2018 and actually set up E&G’s original Shed insurance scheme, so we do have a full understanding of what Sheds are all about.    Wessex is part of the FR Ball group of companies - a family-owned insurance broking group – with 28 staff, including dedicated accounts and claims teams. Things should therefore run more smoothly for former E&G clients going forwards.    If you are an E&G client, you need to do nothing until renewal when Wessex will provide you with a renewal quote – generally priced the same as last year. We are changing the insurer from the China Taiping Insurance Company that E&G used, to an insurer called Stonefort Insurance. Wessex and Stonefort have been partners for many years, with Stonefort underwriting schemes for Archaeologists, Makerspaces, Repair Cafés, environmental charities, businesses located in railway arches etc., so they are well known to us and we know that they understand all about Sheds.    Our plans are to continue to develop our Shed insurance capability. Towards the end of the summer we will be launching a new website where Sheds can buy insurance, access policy documents and download other relevant information. Of course that won’t take away the ‘personal touch’ of phone calls and Shed visits for those who don’t wish to embrace the electronic age!    John Mitchell has always been passionate about Sheds since his first conversations with Mike Jenn in 2014. We are here to help, so please get in touch at any time.    With questions or queries – or just a catch-up chat - please give us a call or send an email. The office numbers are 01256 770440 and 0208 2550617 and John’s mobile number is 07768 865983.    John Mitchell: [john@wessex-insurance.com](mailto:john@wessex-insurance.com?subject=null&body=null)  Simon Mason: [simon@wessex-insurance.com](mailto:simon@wessex-insurance.com)  Rachel Evans: [rachel@wessex-insurance.com](mailto:rachel@wessex-insurance.com)  Ruth Evans: [ruth@wessex-insurance.com](mailto:ruth@wessex-insurance.com)  Emma Mitchell: [emma@wessex-insurance.com](mailto:emma@wessex-insurance.com)    0208 2550617 / 01256 770440 / 07768 865983 |
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| A useful starting point can be understanding if gambling is causing difficulties, by understanding the early signs of gambling harms. Things like feeling you’re spending too much time or money on gambling, or that it’s always on your mind. Maybe you’re feeling worried or guilty about your gambling, or have been keeping it a secret?  [GambleAware’s short quiz](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=efcc5ef976&e=23ed7ee483) can help you understand how gambling might be affecting you or someone you care about. It only takes a few minutes to complete, all answers provided are anonymous and you’ll be provided with free, tailored support.  You can find this quiz, plus other advice, tools and support on the [GambleAware website](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=ae2e48024e&e=23ed7ee483). |
| Some help for you and your Shed during a time when costs and bills are rising |
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| A member at one Shed has come across a way to help out with a money saving opportunity that not only provides a personal benefit but also offers a way of raising income for Sheds.    We’ll let John tell his own story;  “*I’ve been a Shedder since October 2014. Like many, I am retired and therefore keen to keep my bills down – particularly in the current financial climate. At the end of 2021 I came across UW as a utility provider. Some research led me to believe that they have a compelling offer, and I signed up as a customer.*  *The company also offers the opportunity to earn as well. Combining these two led me to the thought that I might be able to help Shedders save on bills, and to help them raise some funds for their own Shed – always welcome, I’m sure.*  *My own personal savings since early January 2022 are about £535 (I’ll explain how when we speak) and such savings (or more) may well be possible for many Shedders. If you would like to see what savings might be possible for YOU – AND help generate income for your Shed, please just email me at* [John.D.Philp@blueyonder.co.uk](mailto:John.D.Philp@blueyonder.co.uk) *with some contact detail and I’ll get touch, or please text, whatsapp or call me on 07425 561578*.”    Please note that this is not an endorsement from UKMSA but we thought it sounded like something that we should share with members so that they can discuss directly with John if they feel that it is something that would benefit themselves and their Shed. |
| **We can all play a part in protecting older men from domestic abuse** |
| “For a long time, I didn’t try and access anything, partly because I was in denial and embarrassed, particularly because it was a woman. I felt trapped.”    The quote above reflects what many older men go through when they experience domestic abuse, an issue which is often hidden and seldom talked about.    Figures show that up to a third of people who experience abuse are male, but this is something that is not really reflected in the way that abuse is talked about, or the ways that help and support is promoted.    Stopping the abuse of older people is one of my priorities as Commissioner, and I want to make sure that any older person who experiences abuse – whether they’re male or female – can get the help and support they need.    A key part of this is making sure that the right policies and resources are in place to protect and support older people experiencing abuse, and I will continue my work to ensure the Welsh Government and other public bodies deliver the action I called for when I published my report examining older men’s experiences of abuse last year. A great deal of progress has been made since then, which I’ll be highlighting in an update report planned for later this year, but there is still more to do to make sure that older men can get the help they need.    Alongside the right policies, we need to make sure there’s a better understanding across society of the ways that abuse can affect older people, the signs that may suggest abuse is taking place, and the kinds of help and support that’s available. Alongside this, we also need to tackle the stigma that often prevents older people, in particular older men, from reporting abuse or seeking help.    Abuse can take many forms – including physical abuse, emotional / psychological abuse, financial abuse and controlling behaviours – and can be very difficult to recognise, even by those being abused. But by knowing the signs to look out for that could indicate someone is experiencing abuse, we can all play a part in helping to protect older people from abuse.    This could include physical signs, such as unexplained bruises or injuries; changes in behaviour, such as becoming withdrawn or not leaving the house; changes in contact with family or friends; or changes in spending habits.    If you’re ever concerned about someone, you can contact your council’s safeguarding team or a domestic abuse support service for advice and support. To find details of services in your area, you can visit my Abuse Support Services Directory – [www.olderpeople.wales/support-directory/](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=51bf480123&e=23ed7ee483) – which includes contact information for a wide range of services operating both locally and nationally in Wales. You can also get in touch with my own Advice and Assistance Team, who will be able to help.    It's also crucial that someone who is experiencing abuse feels able to disclose what they’re going through, so they can find the support they need to escape and do not come to further harm.    Men’s Sheds members can also play a really important role here. I’ve visited several Sheds throughout Wales and I’ve seen for myself the huge amount of support that members provide to one another, and the positive impact this makes.    We know that people are more likely to disclose abuse to someone they trust, and time spent together in a Shed provides opportunities for friendships to develop that may enable a disclosure, as well as peer support that can make an invaluable difference as someone recovers from their experiences and rebuilds their life.    When someone is experiencing abuse, standing shoulder to shoulder with them could be just what they need.  Places to go for Support  You can access support through Respect – a Men’s Advice Line – at [mensadviceline.org.uk/getting-support/](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=e121fb3cc9&e=23ed7ee483) |
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| Are you interested in improving support for people living with cancer through innovation? |
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| If you have a personal experience of cancer and/or experience of caring for or supporting someone with cancer, this is a great opportunity to bring your knowledge and skills to our work. We will listen to you and use your experience to identify, develop and test new cancer innovations for people living with cancer.    Together we will discover even betters ways to help people with cancer – could your voice and experience help us do this? Then why not join our [Innovation Community](https://menssheds.us19.list-manage.com/track/click?u=480e179c0e626f9dd902e15bf&id=da8d1d95a5&e=23ed7ee483)?    For more information or to get involved, please contact us at [innovationcommunity@macmillan.org.uk](mailto:innovationcommunity@macmillan.org.uk). |

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**Free Pallet Wood**

Hartley’s  have offered the shed  broken pallets and wooden packaging items if a shed can make use of these .It would be a good ongoing supply.

If you are interested please email or telephone Sheena Wright <[Sheena.Wright@jehartley.co.uk](mailto:Sheena.Wright@jehartley.co.uk)>  07928 566918 .

**UK Mens sheds – Ronseal offer**

Following a discussion at the Humber Men in Sheds Alliance meting I have contacted UK Mens sheds to get an update for those sheds who have applied for products via the Uk Mens Sheds Ronseal offer see below the response:

‘  **Uk Mens sheds  have chased this up with Ronseal who are hopeful that they should all arrive by the end of the month, so please let me know if you do not receive it in this timeframe.** [**david.meli@ukmsa.org.uk**](mailto:david.meli@ukmsa.org.uk)[**david.meli@ukmsa.org.uk**](mailto:david.meli@ukmsa.org.uk)

**Apologies for the delay – it has been the most popular round since we launched this opportunity with almost 170 requests for products’.**

**Humber Men in Sheds Alliance  Energy support Awards for All Bid**

Following the discussion   we had at the last Humber Men in Sheds Alliance meeting re the  increase  in shed energy running costs, we are looking  to submit an application  to Awards for All on behalf of Alliance members for help with energy costs for this winter. If you can complete & return  the  form sent to you as soon as possible  to [carole.johnson@hwrcc.org,uk](mailto:carole.johnson@hwrcc.org,uk)

**Canal Boat Trips**

The canal Boat trips are proving to be very popular, with one trip already full and I am working on getting the second trip finalised! Happy Boating to all those going! If anyone else would like to join the second trip which is currently pencilled in for 28th June, just let me know by emailing me on the following email address [kerry.chenery@hwrcc.org.uk](mailto:kerry.chenery@hwrcc.org.uk)

**Next Alliance meeting**

We are finalising the date and location of the next alliance meeting, we will let you know all the final details once we have them.

Keep on Shedding!

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