



Newsletter

Volume 1, Issue 1

April 2014

What goes on behind the door depends on YOU.

We are official !

Inside this issue:

We need stuff	2
MISIS	2
Meet Alli	2
Inside Story	3
Spreading the	3
Headlines for oldies	3
Sansaw Estate	3
Need for volunteers	4

This is the first of what we hope will be many newsletters to keep you in touch with what is going on in and around the Sansaw Men's Shed.

On Tuesday 8 April there was a meeting of the trustees they formally approved the Constitution, so that we can approach the Charity Commission, and accepted the license for the Haston Farm premises. We are now official. There is a lot to do get the organisation recognised and dot the i's and cross the t's but we have started. Gus is working really hard to get the official bits sorted. Give us a few days after we have cleared things with the Charity Commission we will make a copy of the Constitution available to all members. While no

one will call it a riveting read it does tell you how the organisation works and how you can influence it.

Now we can turn our attentions to the getting the Shed in to shape. The license with the landlord requires that we have formal permission to do anything to the fabric of the building and have to be able to restore it back to the state in which we got it. The trustees have agreed that Alli will act as the official contact with the Estate so until she tells us that it is ok to go ahead we don't do anything.

The next step is to make a list of all the things that we need to do to make it ready of use. Amongst this will be sorting out the holes in the roof and in-

stalling a loo, the later being really important with regards the comfort of the users of the Shed. Once these are fixed then the rest of the task of getting the Shed working will be a lot easier. Peter, Ced and Tony are going to measure up and get a list of materials and equipment to do these two major jobs. They will also identify the materials needed to create a decent mess-room so that we all have somewhere to sit down, drink tea, eat and talk. There are no firm plans how this will be done and they hope to get as many members who are interested together to sort out what will be the most appropriate layout and construction.

Special points of interest:

- * The organisation gets started.
- * Work starts NOW
- * What is MISIS
- * Meet Alli, a trustee of SMS
- * The Shed needs volunteers

Now the work begins

The ground floor of the Shed is a tip but we had to move all the stuff in one go and only had one date on which to do it. All the equipment etc officially belongs to MISIS who will be passing it on to individual Sheds as their needs are better known. The idea is that if MISIS controls the stuff it will be

easier for it to be placed where it is needed. As more Sheds come on line the idea is for equipment and materials to be passed to and fro as they are needed. In Australia they found that in the beginning stuff would accumulate in one Shed but it wasn't always used, while there were other Sheds

that really needed it.

The ground floor needs to be sorted out and the stuff not needed in the workshop moved out of the way so that we have some space in which to work. If you can help with humping stuff about can you contact Tony (tonywilson@misis.org.uk) who will be getting a group together to do this.

Keep your eye out for ...

Until there is a list of wants can you please keep an eye out for anything that might be useful in the Shed, at this stage it is too early to have a list but in the next newsletter we will be giving you some idea of what we want. We do need some lengths of soil pipe and gullies, just in case you see any going begging.

As you all know funds are incredibly tight and currently limited to the money you have paid. Thank you all for that. We can promise that it will be very well spent, by now you will have realised that



much of what we have we have been given and the last thing we want is to get into debt so as far

as possible it is a case of making do and being innovative with what we have. John has already got a loo and fittings, an upright fridge freezer and looking for more. Tony is ever watchful and his garage is getting over full with bit and pieces that we will use.

So if you come across anything that might be useful let us know, we might not be able to take it to the Shed immediately but if we can get it stored, it will certainly be put to good use.

Men in Sheds in Shropshire MISIS

MISIS was set up less than a year ago with the expressed intention of publicising the real benefits of Men's Sheds. We wanted to help groups of men get together, and then to help them with all the things that are needed to create and run a Men's Shed effectively.

Originally three of us were working on the idea as a result of our experiences working in and around the health service and in doing so becoming aware of some of the problems.

This was nearly two years ago and much of the work didn't come to any useful result. Unfortunately one of our number died and the other was effected by ill health. For a time Tony worked on it alone, until over a coffee two other guys became enthusiastic and started to push the idea forward.

Last year we had the good fortune to discover that Ian W. who had helped set up a Men's Shed in Scotland had moved into the county. He joined us

and so MISIS was born. This gave everything a good push and so with the addition of Ric newly retired from the RAF, it was agreed to create MISIS. The group was entirely self-funded until last month when we managed to attract some funding in order to help us spread the Men's Shed message.

It was MISIS that paid for the advertising and hire of the room for the meeting in the library.

Meet Alli

Hello Everyone

My name is Alli Richardson and I am a Preventative Services Development Officer at Shropshire RCC. My job is to help vulnerable adults stay in their own homes for as long as possible. I have a challenging but very rewarding job, however, if you had told me a year ago one of my goals for 2014 would be to find a shed for 60+ men I would definitely not of believed you!

Tony Wilson approached me 9

months ago with his vision and passion for the Men's Sheds and I found his enthusiasm for this project totally infectious. Through the current preventative work that I do, I can already see that this initiative will transform & improve a huge number of men's lives.

It has taken a lot of work to negotiate & the secure the shed, I am in awe of Sansaw's leap of faith with regards to this project and incredibly grateful that they share our

long term vision. I am incredibly excited that we are only a few months away from having our first group of Men working in the shed and feel very honoured that you have asked me (the only woman so far) to be one of your initial trustees.

Best Wishes to you all

Alli

Sansaw Estate

The Estate is our landlord. It is a great tribute to them that they have sufficient faith in what we are trying to do and the way we are going about it that they are prepared to let us have the use of the building free of rent. We will, of course, pay for the electricity and water that we use. It is important that we recognise that we should respect their wishes and be good tenants; it is unlikely that we will ever be offered such a good deal again.

As Sansaw is an open estate they are very security conscious, you

may not be aware of it but it is there. So it is important that all members of the Shed wear some form of identity when outside the Shed. We will be issuing members with an identity card. There will very few reasons why any of us will need to stray far from the Shed premises, but if you do make sure that you wear your ID. It will save time.



Later life headlines from various places

Impact of an ageing population on service design and delivery in rural areas

Rural areas face disproportionate challenges arising from an aging population, compared with urban areas, not least as nearly a quarter of all older people live in rural areas, and as they age their requirements for access to services such as Health, Transport, and Social Services are likely to increase. [read the DEFRA report](#)

Tripping & falling is no joke as your bones get frailer in later years

The Royal Society for the Prevention of Accidents used its first-ever Family Safety Week to 'inspire the nation to take practical action to keep older friends and relatives from falling'. RoSPA has produced 2 films to provide guidance: *Facing up to falls* and *How to get up safely after a fall* [read more and](#)

[watch the films](#)

The bane of many people's lives: [The Nuisance Calls Action Plan](#) sets out the actions being taken by Government, regulators, consumer groups and industry to tackle nuisance calls. It reveals the Government will consult on lowering the legal threshold for when firms can be fined for

The hypertext links in some articles only work if you are reading this newsletter on a computer.

Spreading the word.

This year, in conjunction with MISIS we will be organising a pitch at any and every event we have the opportunity to go to.

The idea is that we want to make sure that anyone who can benefit, knows what is on offer from Sansaw Men's Shed.

MISIS also wants to get the general message about Men's Shed over to the public so that men from other areas who may be interested in creating a Men's Shed in their locality.

The pitch will have plenty of information and, hopefully, end-



less cups of tea and a place to sit and talk about what goes on in a Men's Shed or anything else for that matter.

Anyone who is willing to help us man the pitch at these events will be very welcome.

Just contact Tony at tonywilson@mis.org.uk

What goes on behind the door depends on YOU.

MISIS
Bringing older men together

Sansaw Men's Shed

№3, School Gardens,
Castle Gates,
Shrewsbury,
SY1 2A

E-mail gusnmomail@gmail.com

Phone **01743 365182** Mob **07967964578**

Or Allison.Richardson@shropshire-rcc.org.uk

Phone **01743 360541**

This newsletter is for all of us to use and contribute to, it is up to you what goes in. If you want to see things in it, or want to contribute or have something to say, sell or just want to publish something let us know. The only restrictions are those imposed by the law and good taste.

Spread the word

Tell your mates about Men's Sheds. If they are interested you can arrange to bring them to the Shed to see what's there and what goes on.

If they don't live close to Sansaw ask them to contact MISIS because if there is enough interest in another area the MISIS guys will help them to get together to form their own group and get their own Men's Shed.

The Shed needs volunteers

To run the Shed effectively we will need volunteers to take on specific jobs, or have specific training.

First Aid. All of those who are involved have been told of the first aid training course, 22 April it will be for about 2 hrs and will give you a formal qualification. If we don't have enough trained first aiders then we will not be able to use the Shed full time.

Portable Appliance Testing PAT. There will be a lot of electrical tools etc in the Shed and before they can be used, and at regular intervals they need to be tested. The training will lead to a formal qualification.

Workshop Supervisors. We will need a number of men who will open up the premises and undertake a range of checks etc before any of the members can use the workshop. If you have the skills or background to take on this role or are interested enough to give it a try let us know it means taking charge of the Shed for say a

working session or whole day, let us know. There will be some basic on-site training and introduction

to the job.

If you are interested in any of these jobs please let either Gus or Tony know.

Without these and other volunteers the Shed will not be able to operate effectively. Do let us know if you are interested in doing something for the Shed, every thing helps to make it better for everyone.