

# Frome Men's Shed September 2014 Newsletter



## The Frome Men's Shed has opened our workshop !!!

The Frome Shed now offers a workspace where older people can work on practical projects with others. People are welcome from anywhere in the Frome and surrounding area. The space is equipped with tools and materials donated by the public or local businesses. The club is run by the members who decide when they come and what they do. We undertake projects, acceptable to the group, which are of benefit to individuals, other groups and the broader community in Frome. We learn from each other and contribute voluntarily to the club's future.

It meets every Thursday from 9am to 1pm at the Welshmill Hub.

See visit [www.fromeshed.org.uk](http://www.fromeshed.org.uk) for details of membership.



**Starting work on building a new work-bench.**

This has been only possible as a result of funding made available from Aster Communities, and with the support of Edventure in Frome.

The Welshmill Hub is located in Parkhill Drive, Frome, BA11 2LE. Look out for blue garage doors, and a glass door to the left. Go through the glass door and up the stairs.

## Other events and Organisations you may be interested in:

**Our Time Now** is a new social network for over 50s in Frome. It aims to provide an easy way for anyone (singles, couples, men and women) to meet up and do activities they enjoy. They've been established around a month and have already held a number of successful events. Future events include a private Visit to Iford Manor and a three course dinner at Castello Italian Restaurant in Frome. For more information visit [www.ourtimenow.com](http://www.ourtimenow.com) or call us on 01373 441 474 to book your place now.

**Life begins at 70** - Everyone who would like to discuss some of the issues raised by ageing is invited 10.30-15.30 at the Frome Town Football Club on 25 September with an excellent lunch for £5 and optional afternoon activities. On 25 September we particular think about keeping mobile and on 23 October we think about memory and mood. We finish on 27 November by considering maintaining well-being. Everyone is welcome to turn up or contact Dorothy-Anne Bryant on 01373 300 583 or [doff@brilyant.org](mailto:doff@brilyant.org) for more information.

## Forthcoming events with the Frome Men's Shed:

- **Friday 19th September – 10:30am to 2:30pm - Castle Care Wessex Fete** - At The Business Courtyard, Unit 4 Pyle Farm, Trudoxhill, Frome BA11 5DL.
- **Friday Oct 10th, 11am-5pm World Mental Health Day** - At the Cheese and Grain, Market Yard, Frome, Somerset BA11 1BE.

10<sup>th</sup> September 2014 - For further information please visit [www.fromeshed.org.uk](http://www.fromeshed.org.uk) , or contact Patrick Abrahams on 07932-760585 or by email to [Info@fromeshed.org.uk](mailto:Info@fromeshed.org.uk)

## Frome Men's Shed Meeting 21<sup>st</sup> July 2014 at the Cheese & Grain

We were delighted to have Mike Jenn at the meeting (After some difficulties with trains from London !) - Mike Jenn (See photo) is the Chairperson of the Camden Town Shed, and Chair of the UK Men's Sheds Association. The Frome Men's Shed is a foundation member of the Association.

Mike and the members of the UK Men's Shed Association committee have been an amazing source of inspiration and support to us in the launching of the Frome Men's Shed. They look set to successfully grow the number of Men's sheds in the UK from 40 to 120 over the next year.



The Camden Town Shed opened in May 2011 and is the first UK Shed started by its users. It's mainly equipped for woodwork although they are keen to expand to include other activities. They have a kiln for ceramics. Projects can be for individual or community benefit, large or small, practical or artistic and almost always reuse materials. They enjoy learning from each other and sharing their experience over the teapot.

Mike gave a fascinating talk answering scores of questions regarding how a Men's Shed works – Including topics such as:

- Do members pay subscriptions ? *Yes – Pay as much as you can.*
- Have you ever excluded anyone because they can't pay ? – *No*
- Do you make things to sell ? – *Yes the Camden shed is 95% self-sufficient (with sales and subscriptions)*
- Have there been any injuries ? - *Minor injuries, usually as a result of not using recommended safety gear.*

## What is a Men's Shed?



## A Men's Shed is NOT...



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