

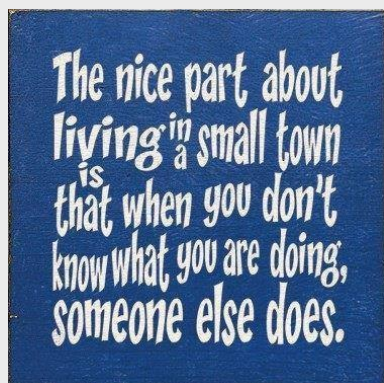
OUR MONTHLY HIMS SHEET

News and information for members of Hayling Island Mens Shed

An important message from our Chairman

I would like to advise all members that in accordance with the constitution any member who has not paid his £15 subscription by the 30 June is deemed to have left the shed community. Losing anybody would be a shame as many individuals have been members for some while and have seen the ups and downs of making the shed a fact. Why give up your membership now as everything is coming together after all the hard work. If you have any problems with paying, please let me know on 07966585937.

Roger (Chairman)



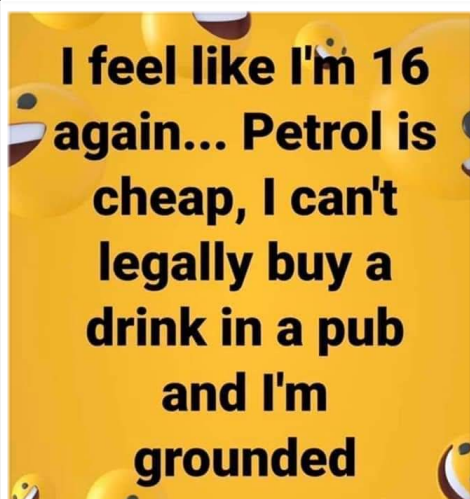
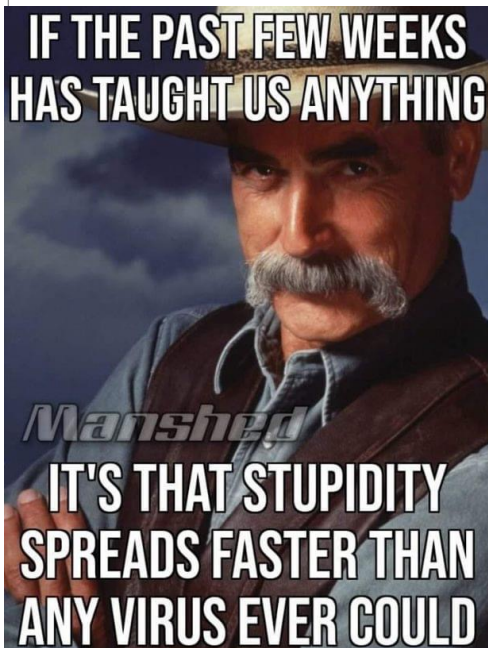
ISOLATION.

The national press carry many stories about how elderly people are coping with this lock down. Each individual is approaching isolation differently. Many are living alone, some with their partners and some with members of their family. Some are facing financial hardship or health issues. Some are very lonely and yearn for the day when they can go for their daily walk to the shops or the pub to meet their friends.

There are many kind people on Hayling Island that are available to help with almost any situation. There is one thing that is difficult to tackle, loneliness and, sometimes, depression. If you know of any of our members who may be lonely, please, pick up the phone and chat to them for five minutes, it will make a world of difference to their day.

Our members are filling their time in many ways. The story of William is, I believe, typical.

William (name changed to provide anonymity) is 79 years old and is experiencing the Coronavirus lockdown in his own home, much like many thousands of others on this Island. William is a member of the Hayling Island Mens shed. Like so many people of William's age he is hugely dependent



on family contact to help get things done but he uses the phone frequently to stay in touch with all his friends. He is dependent on, and grateful for, the help of others in the community.

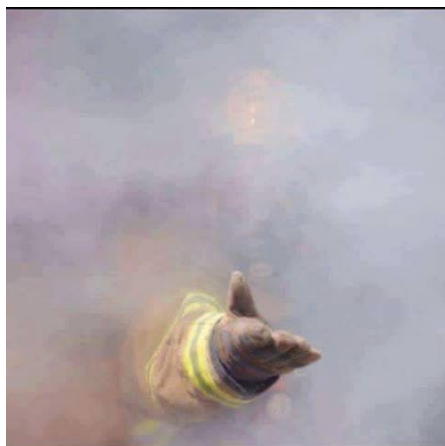
William's family banned him from going out, from the start, even before the governments latest rules came in to force. He's fortunate that his grandson and girl friend who live with him, are able to do his grocery shopping and are able to run his errands for the other bits and pieces that he needs. But like William they too are isolated and so it's a once a week big shop. William's son is described by his dad as being as an absolute rock in his support of his Dad, even though he lives a fair distance away, in Winchester. (Being confined by isolation is hard for the countless individuals who have been used to being independent all of their lives.) As William says even a short drive out in his car, for a change of scenery is out of the question. However he was delighted to hear, that during this lockdown, the council have been out repairing pot holes.

William's days have been divided between clearing and decorating his spare room, and his garden. **HIMS** were able to help in finding an electrician for some urgent work and somebody to cut William's lawn until his mower could be fixed. The garden was a real challenge, cutting up and burning four old trees (don't upset the neighbours William!.) and pressure washing the patio. A lot of bending, whilst weeding, is proving to be hard work. As the lock down continues William still has a green house to clear (remember having to wash a green house down with Jeyes fluid?) and a lot more weeding and clearing to do. Thanks to the wonderful service provided by **Hayling Hardware** he was able to have new grow bags delivered. William's next challenge was to be sourcing seedlings (tomato, cucumber or chilli, for example) which he eventually did from **Hayling Fruiterers** and he's finding seeds are equally difficult to purchase when you are confined to your house. (Simple things we took for granted before the virus we now realise mean a lot.) Thanks to his son he has now got plenty, and he himself has sourced some in Mengham at **No 1**.

Like everybody else William is keen for everything to get back to normal. He said he is really looking forward to be able to pop out to the shops himself when he needs something. But he says in his normal

cheerful way “I still have regular house chores to do plus more decorating”. You can’t keep a 79 year old down, and anyway, a man’s work is never done.

A huge thank you to all the shops and small businesses doing their best to provide a service to Islanders during these difficult times.



And all our love, best wishes and respect to the NHS and all of our Emergency Services

Ben Scarrott.

Like a lot of us with time on our hands Ben Scarrott sits and lets his memories entertain him. He came across a little ditty recently which reminded him of a time long, long ago.

Eating in the 50s.

Pasta had not been invented, curry was a surname.
 A takeaway was a mathematical problem.
 A pizza was to do with a leaning tower.
 Bananas and oranges appeared only at Christmas.
 All crisps were plain and the only choice was to add the salt or not.
 A Chinese chippy was a foreign carpenter.
 Rice was a milk pudding and was never part of dinner.
 A big mac we wore when it was raining.
 Brown bread was something only poor people ate.
 Tea was made in a pot using tea leaves and never green.
 Coffee was Camp and in a bottle.
 Cubed sugar was regarded as posh.
 Only Heinz made beans .
 Fish did not have fingers.
 Eating raw fish was called poverty not sushi .
 Healthy food was anything edible, no one had heard of yogurt.
 People who did not peel potatoes were regarded as lazy, and finally
 The only thing never to go on the table in the fifties were our elbows.

I still need your story. I need anything that you think your fellow shedders would enjoy. Please contact me with anything you think is suitable.

Love this Doctor!



Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.



Enjoy the Spring weather as best you can people, stay safe.