
FELIXSTOWE MEN'S SHED NEWSLETTER

www.felixstowemensshed.org.uk

January 2020

Welcome to the first edition of our newsletter that is coupled with the launch of our website.

At the committee meeting this month it was decided to launch our website (we have held the domain name for some time). Consequently, Angus Logansmith has agreed to become our webmaster and continue to maintain the Facebook page for local contacts. Please use the website and submit any news and photos to Angus for inclusion. We want the website to be vibrant and up to date.

The reputation of UK Men's Shed continues to expand, after Jaywick Men's appeared on local TV we had three new members attend the next meeting. All had been considering becoming members for some time. Until then our numbers had risen to 29.

Workshop

The biggest hurdle facing FMS is an adequate workshop space. If you know of a suitable location, be it land or premises please bring it to the attention of a committee member.

Safety First

A Reminder: We have safety protection equipment in the workshop and it is clear not all are taking advantage. Please use masks and eye/ear defenders when using hand or mechanical tools. Any public liability claim is likely to be invalidated if not in use.

Roseberry Cottage – Stennetts Community Café. Lisa Williams is a world champion with the best porridge in the world competition. Yes, Lisa won the world porridge competition In October 2019 at Carrbridge, Scotland. Lisa has come close to winning the Spurtle before. She made it to the final six in 2016, but this time her porridge was enough to claim The Golden Spurtle. "I discovered the

Golden Spurtle in 2015 and immediately fell in love with the competition. In 2016, I made it to the final six and have been chasing the dream ever since."

– Lisa Williams



the Community Café, serving good food and providing work-based training for adults with learning disabilities.

Give it a try – they have delicious dinners, puddings and cakes at affordable prices. A great place to meet people for a chat and bite to eat. What has this to do with FMS? On a recent visit Lisa suggested that maybe once a month FMS visits and holds a 'Repair Shop' session with people bringing their items needing simple repairs to be carried out in the workshop. Your thoughts appreciated.

Felixstowe Men's Shed – A Case Study

A Community Champion from the Suffolk Community Foundation (who administer grants on behalf of various organisations, including our first ever grant of £1000 from the Port Community Fund to purchase tools and safety equipment). She wishes to use FMS as the subject of a case study on Good Mental Health, best described as Wellbeing; this of course is one of the fundamental foundations of all Men's Sheds. A questionnaire the secretary has put together will incorporate some questions for the case study. This questionnaire will be anonymous and confidential but will also address general FMS issues. (Possibly a separate questionnaire.)

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