

NUTS and BOLTS

Newsletter of Chichester Men's Shed CIO

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CMS is moving to a new home

Over the past 12 months we have been searching for premises. We celebrated our first birthday at our meeting on 14th November. Now it is very satisfying to be able to announce that the negotiations which were described in the previous issue of *Nuts and Bolts* have been satisfactorily concluded and we have a home on the Fishbourne Playing Field.

The Fishbourne Trustees have been very helpful and we have been able to negotiate terms for a lease which will give us security for 25 years but with breaks every 5 years should we wish to make changes or move on.

The financial terms are not onerous although we do have to connect the services. The phased rent for the first 5 years of the term compensates us for this expenditure. We have the right to use the car park at no additional cost.

It is the beginning of the end of our premises search and the beginning of the fulfilment of our mission.



A reminder of the current state of the Cuckoo Shed. The roof is leaking in places. Light and power are not connected. We have not been able to inspect the condition of the windows.

Why Fishbourne?

We have looked at the suitability of nearly 40 separate sites over the past 12 months. Sadly, no site within central Chichester has shown up despite the support and best efforts of many of our local Councillors. There simply isn't anything suitable. We have had to look a little further afield and have had a friendly response from the Fishbourne Playing Fields Association Trustees. We can see some shared community interests. Our trustees have considered long and hard and have sought the views of our members. Realistically we have to acknowledge that we have no alternative at present, although we will continue to keep our eyes open for any new opportunity within the City.

For many people using a car, it might be easier to get to Fishbourne, given the congestion currently becoming a feature around town and parking is free. Car-sharing may be possible and there are three buses an hour in each direction on route 700 with stops at the bottom of Black Boy Lane.

There is a lively community in Fishbourne and we expect to recruit members. Our charitable objects refer to providing activities and facilities for residents (mainly but not exclusively older men) in the Chichester area and the surrounding area, so we are meeting those and will still be within the Chichester District.

There are other facilities and activities at the Fishbourne Centre we may wish to enjoy.



What are our plans?

Commencing on 9th January 2023 we will be holding our Monday meetings, on the second and fourth Mondays, at the Fishbourne Centre where there is a large room which we will be hiring for two hours from 10 a.m. Those who wish to socialise will be free to do so with tea and coffee provided by the Centre at modest cost. Those who are more able will make a start on repairing and refurbishing the Cuckoo Shed to convert it into a workshop, albeit a small one.

In the Spring we plan to hold a Public Meeting after a publicity campaign to promote the Shed and, hopefully, to recruit members. The level of local interest will determine how we proceed to develop the site with an enhanced workshop and onsite social facilities. We will need to develop a Business Plan and apply for grants.

We met our MP

Readers of the *Chichester Observer* of 17th November may have noticed a reference in Gillian Keegan MP's column that she met a group of men wanting to start a Men's Shed. Yes, that was Trustees, John, Alan and David. Truth to tell we didn't learn much from the meeting but it was impressed on us that a robust Business Plan would be essential and that we should be aware of the need to ensure sustainability of the project. Writing a Business Plan requires research and we have sent a Questionnaire to several local Sheds to seek information.

We visited Havant Men's Shed

On 24th October a group of 9 Shedders spent a very enjoyable and interesting morning in the splendid Havant Men's Shed. Made very welcome we asked lots of questions and admired the many machines in the workshop and the skills on display.



Future programme

28th November (Boys' Club 10 a.m.)

SHEDDER JOHN GIBBS SETS ANOTHER CHALLENGE

12th December (Boys' Club 10 a.m.)

PRE-CHRISTMAS FUN WITH A QUIZ AND GAMES, MINCE PIES AND MULLED WINE PLEASE BRING A WRAPPED GIFT (Value £10) FOR A RAFFLE PRIZE. PARTNERS/ FRIENDS VERY WELCOME.

9th January (Fishbourne Centre 10 a.m.)

TEA, CHAT AND EXPLORE

New legs for old

Shedder Alan has replaced the broken legs of the Boys' Club football game. Just in time for the World Cup! CMS has some other tasks lined up for when we have a workshop.



Round Up

Stories from other Sheds

Petworth Community Gardens Men's Shed raised almost £4,000 by crowdfunding to build a new kitchen area a couple of years ago. They also transformed three disused allotments into organic wildlife gardens. Men have learned how to cook healthy meals using the produce from the Community Gardens.



"Mental health is one of the most stigmatised issues affecting men"



A handy device for pushing timber through a saw. Note missing fingers!

"Men are less likely to seek healthcare than their female counterparts"



Kindness bench made by Pembry and Burryport Men's Shed

"Due to health behaviours, men have a shorter life expectancy than women"



A "Squigglemas" tree by the Thetford Shed

The quotations on this page are from Summit Medical Group