

# Men's Den News

THERE ARE NO STRANGERS HERE, ONLY FRIENDS YOU HAVE NOT MET YET



MENS DEN NEWS NO1

## WELCOME

Welcome to *your* new monthly newsletter. We hope you will enjoy the content and feel free to submit your ideas and thoughts to help your fellow members keep in touch.

COMPETITION TIME

## NAME THE NEWS!

Can you come up with a great name for our newsletter?

Write your name down and hand it to our Chairman (Peter) or email it to MensDenBG@gmail.com

NEW ACTIVITY

## WALKING GROUP

Would anyone like to head up a walking group? With the summer coming this would be a great way to get out, walk and chat.

Any suggestions?

**AXMINSTER TOOLS**

*We share your passion.*

Date for your diary

February 18<sup>th</sup> 2023

9am - 5pm

Please confirm that you will be attending, we will take the coach if enough want to attend the day.

This is a free event.

## AXMINSTER TOOLS EVENT

Axminster tools are supporters of Men's Sheds.

The Cardiff store are holding a demo day & meet and greet with other sheds across South Wales.

1) To raise awareness for the Men's Sheds, the importance of the work Men's Sheds do to create fellowship and alleviate isolation, and help those who may be in need of that connection find a Shed local to them.

2) To give the Shedders a chance to demonstrate, if they wish, what they have achieved either personally or in their local community.

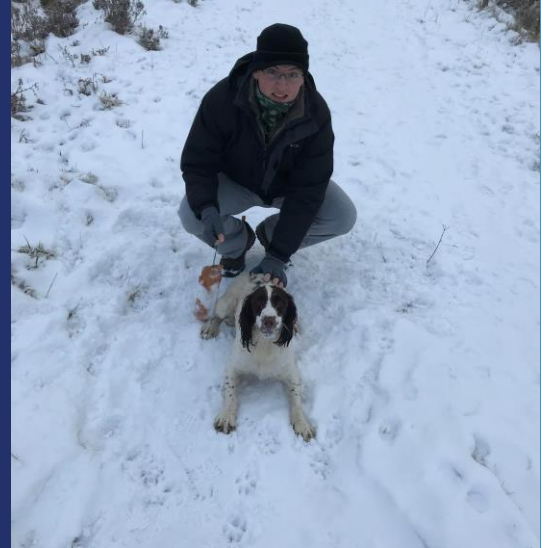
3) To create a sense of community in bringing local sheds together

## Learning about Autism

Our member, Luke Williams will be giving an informative talk about how autism has affected him in his life.

Do you know someone who has autism? Maybe Luke's talk will help you understand autism and how it affects different people.

Date for your diary - Wednesday 1<sup>st</sup> February 2023  
10.30am



### GET INVOLVED

ASDA EVENT

Come along to Asda store in Brynmawr to hand out leaflets and chat with people about Men's Den.

Can you spare an hour or so? Let a committee member know.

Our new leaflets are in stock now, please ensure you have some with you at all times - please leave them in libraries, shops, doctors etc.

Please always ask before leaving them. Let's all help to boost our membership

## Encourage new members to come along and join us

Asda Store February 25<sup>th</sup> 2023  
Whatever time you can spare, it all helps.

### WHO'S DOING WHAT?

GET INVOLVED

- Byron returns from Thailand soon - I'm sure he will have plenty of stories for us!
- Dave Stevens has been busy making raised beds in his allotment.
- We have been asked to build bird boxes with young people on the Coed-Cae estate.

Who's up for that?

- What have you been doing? Planning something? Let me know for the next newsletter.
- Email - MensDenBG@gmail.com

Men's Den News produced by David Finch