

Acocks Green Mens Shed



News
from the Shed

Welcome to the first of our newsletters! Sadly this is not the best of times to be launching our first one but equally it's the perfect time to make contact and let you all know we're here for you!

During these very challenging times it's important that we stay active, both mentally and physically. Michael has informed me that he's making great progress with his power-assisted bicycle. The frame is completed and the only thing to do now is to get the electrics sorted out. He's promised me a photograph for the next newsletter!

On the following pages, Dave Rogers will give you some ideas of the kind of projects he's been undertaking during lockdown. Some quality stuff there, just as you'd expect from Dave.

Jas has provided some invaluable advice and guidance on staying mentally healthy as well as how to avoid the fake news on Coronavirus that's doing the rounds currently.

I've added a document that was circulated by Stockfield MAG, containing a very useful list of contacts.

Finally we have been ringing around each other to say a hello and we'll be continuing to do this over the coming weeks. Please feel free to call us or any of the other members to keep your spirits up!

Stay safe!

Emergency contacts:

Peter Travis; pt1pt1pt1@yahoo.co.uk

Michael Belcher; michael.belcher1@outlook.com

Dave Rogers; davidgrogers@hotmail.com

MESSAGE FROM DAVE

Hello to all members of Acocks Green Men's Shed, and to any who would like to join.

So, I guess we're all in hibernation now? Or maybe you call it social exclusion or lockdown? Whatever we choose to call it, there's no doubt but that it's a nuisance, and for some much, much worse!

For those of us with someone else at home, I guess we're better off, in that there's someone else with whom to share our thoughts, concerns and frustrations. Of course, being with others in close quarters may cause irritation, but the benefits almost certainly outweigh the downsides. I don't plan to go on about the virus itself or the wildly optimistic or pessimistic assessments of when this will all be over. It'll be over only after the fat person has sung!

Even though my wife and I get along very well, after 55+ years, it's still possible to experience claustrophobia. When I find that's happening, I walk to the top of the garden and go and furtle in my workshop. Sorry, for those of you who aren't up on ancient Sussex dialect ... you can look it up!



I've been trying to find some simple woodwork projects that I could make, then realised I'm horribly short of usable wood! Anyway, for those of you with a shed/workshop and some supplies, you might like to have a try at this? I'm sure you could find someone who would absolutely LOVE a mobile phone rest like this!

Our youngest daughter asked if I could make a kind of wall plaque using recycled pallet wood, and having begun, I discovered that I didn't have nearly enough to complete it. So I emptied all the usable pieces of wood from my scrap bin and ended up making this. I didn't exactly find it easy or simple, though I hope my next one might look rather better!

Below is a very smart application of a similar design, made up into a coffee table. Theirs has a plane surface, whereas mine was purposely made with wood of different thicknesses to produce a kind of 3D version.

Anything is possible, it just takes a little thinking outside the box! Oh, by the way, has anyone found that blasted box ... anyone ... ?





Then of course, there's the ongoing demand for bird-boxes, feeding stations, insect hotels, hedgehog boxes, planters and benches. However, it's vital that we don't let what we **know and are used to making** constrain our innovation and imaginations!

The desk shown on the right is a design that Pete (Travis) showed me some time ago, and no sooner did I see it than our elder daughter asked me to make one for Jack, our grandsons.

The only challenge I was given, and which gave me considerable pause for thought, was that he wanted several shelves for his cactus collection. Oh, and it had to be to a specific size so that it would fit into his tiny bedroom, left looking as if it was made from a pallet, and painted white! Ha!

I made it even more complicated by building-in a hidden compartment!



If you were looking for something a little more challenging, then this kind of bench has proven to be welcomed by primary schools, nurseries and playgroups. This version was made using new timber and cost, including fixings, around £49.00. Note - it could have been made more cheaply and simplistically had pallet wood been available.

Obviously, none of us knows when this social isolation and distancing will come to an end. In the meanwhile, if there's anything you want or need and you're stuck without anyone to help you, please **DO** give one of us a call or an email and we'll get someone along to see what they can do for you!

Whatever you do, remember our Prime Minister's mantra won't you? **Stay at home, protect the NHS and save lives.**

Covid-19 To stay healthy, safe and positive

From Jasvinder

1 Follow the government advice

- 1 Use your common sense
- 2 Keep 7 feet distance from each other to avoid breathing each other's germs.
- 3 Keep your hands thoroughly clean.
- 4 Avoid touching your face especially the eyes.
- 5 When coughing use paper hanky.
- 6 When going out use face mask.

2 Psychological well-being

- 1 There is so much negative news it is easy to become depressed.
- 2 Avoid anxiety at all cost.
- 3 Anxiety compromises your immune system.
- 4 Once the immune system is compromised you are then vulnerable to attacks from any germ going.
- 5 In orders to keep anxiety at bay.
 - 1 Exercise
 - 2 Walk
 - 3 Create a routine to do things
 - 4 Keep a positive attitude

3 COVID-19 compared to other common conditions

<i>SYMPTOM</i>	<i>COVID-19</i>	<i>COMMON COLD</i>	<i>FLU</i>	<i>ALLERGIES</i>
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhoea	Rare	No	Sometimes	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

Sources: WHO

4 Information over-load

- 1 There are so many myths, stories and controversies.
- 2 Scammers are targeting the internet.
- 3 Do not click on COVID-19 links.
- 4 Government is giving information on the radio, TV and their websites. They do not send individual e-mails.
- 5 There are scammers who will help you to sort your will. Use reputable firms.

USEFUL LINKS FROM STOCKFIELD MAG

<https://www.facebook.com/AcocksGreenTogether>

On Lockdown in Acocks Green ward? Need Help?

Acocks Green Together is a Group of Volunteers in Acocks Green Ward who are offering help to those unable to leave their homes during the COVID-19 Lockdown. We can help with:

- * Picking Up Shopping,
- * Picking Up Medication
- * Posting Mail
- * Someone to talk to.

Emailing us on AcocksGreenCovid19@gmail.com (please get in touch with us this way if you can)

Call or text on 07570 240 716

Call 0121 451 3292

ARTS IN THE YARD (AITY)

- **United in Yardley - Facebook Moments:** Local people can join us every Monday, Wednesday and Friday at 10am on our Arts In The Yard Facebook page for a hand-selected arts, craft or well-being activity. There is so much brilliant content already on the internet so we will be finding the best activities for you and your families. This will be something we can all do together and then share our efforts!
<https://www.facebook.com/artsintheyard/>
- **Connecting Yardley Covid-19 Mutual Aid FB:** This page is regularly updated with info, resources, signposting EG: financial, support Foodbank etc
<https://www.facebook.com/ConnectingYardley/>

The Active Wellbeing society

Working with a range of foodbanks and community organisations alongside a lot of volunteers to provide practical and emotional support through this crisis. The link for the form for families to self-refer or workers to refer them for support is this

<https://theaws.co.uk/relief/>

They are offering.

Food

A Friendly Chat/ Advice

Transport

Advice on staying healthy at home

Information about coronavirus

Emergency Supplies (prescription pickups, sanitary, household)