

FOCUS ON HEALTH—DIABETES

In 2015, nearly 10% of the population had been diagnosed with Diabetes. A further half a million people have the disease and probably don't know it. Type 1 diabetes cannot be prevented. But up to 58 % of cases of Type 2 diabetes can be delayed or prevented by making simple changes in our everyday lives. To put it simply:

- Eat Better
- Move More

So what are you waiting for? For more information and support, contact **Diabetes.org.uk 0345 123 2399**

STUFF TO DO FOR FREE (OR DONATION)

- Free cinema at Quay Arts (Newport). Every Saturday afternoon, 2.30 and Tuesday evening, 8pm (collection on way out). Future films include: Hells Angels, All quiet on the Western Front, The Kings Speech. See quayarts.org or call 822490 for more details
- Walk for Health . Various weekly walks (around 1 1/2 miles) around the island including Cowes, Ryde, Wroxall, Lake, Wootton, Newport, Ventnor. Look at www.walkingforhealth.org.uk or call the local Coordinator 07976347642
- Quay Folk Club (Quay Arts) 3rd Sunday of the month, 8-10.30pm.
- Ventnor Central (former Youth Club) has a weekly music drop in, 1-4pm every Wednesday. Take your own instruments (obscure instruments are welcome too) and meet other like-minded musicians for an afternoon of relaxed music creation.
- 'Impressions of War' exhibition at Quay Arts (runs until 3rd December)

If you have any thoughts on this section, or have anything you want to add for the next edition, please get in touch.



Age UK IOW Men in Sheds is funded by the Big Lottery.

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November 2016

Isle of Wight Men in Sheds

BLOKE'S BANTER

IOW Men in Sheds Christmas Survival Guide.

Even though the run-up to Christmas starts the first day back to School in September, with a frenzy of 'ringing' tills and 'pay now' buttons sometimes its easy to forget that it's just one day a year. Here is our Christmas Survival Guide.



1. Get working on your 'naff present acceptance' smile.
2. If you're not cooking dinner, don't complain . About anything. Ever.
3. Try not to tell small relatives that Santa doesn't exist.
4. Only buy presents that are easy to wrap. So anything in boxes really.
5. Expect nothing, then you will never be disappointed.
6. Offer to help cooking long after it's a useful thing to offer
7. Washing up is a great way to 'escape' the family throng. Just remember to take your time.
8. Watch 'It's a Wonderful Life', cos that's the only snow you will get to see on Christmas Day.
9. Struggling to shop for that 'special' present for her (because as usual she wont tell you exactly what she wants), talk to a friend , preferably one of hers.
10. And if all else fails, there is always the Shed / walking the dog / hand delivering that last Christmas card to the neighbour.

It does not matter how slowly you go as long as you do not stop.

Confucius

Shed News from around the island

NEWPORT SHED

We have our shed!!!! After many months of planning, the shed has finally been built.

We currently meet every Wednesday 1-4pm (back of Age UK IOW, 147 High Street, Newport (next to County Hall)). Pop along to have a look.



ACOUSTIC MUSIC SHED

This musical shed takes place every week in Newport (details on the poster). Bring an instrument. Bring some music. Bring yourself. Job done.



Have you got your hands on a Man Manual yet? We have been giving these away for free to all shed members as well as out to other men at talks etc. If you haven't yet had one, let us know and we will get one to you.

Men in Sheds at the BBC Radio Solent's Big Cuppa Event ISLAND'S MEN IN SHEDS LIVE ON AIR

Several shed men hosted a stand at the Big Cuppa Event in Cowes recently. We had a display of unusual tools, which created a lot of interest in what we do. I think I can honestly say that our stand was the most popular. We have had several new members as a result of attending this event, so thank you to those who came along.



The 'Skeleton Crew' from Ventnor managed to defy the laws of cardboard physics and were the last to sink at the Cardboard Boat race in Cowes last August. Well done! Plans are already underway for next year's 'Arc Royal'.

VENTNOR SHED



Retired? Bored? Need time out?

THE ACOUSTIC MUSIC SHED

THE W.I HAS JAM, MEN IN SHEDS HAS JAMMING

Every Wednesday 6pm—8pm

THE 1ST FLOOR

£2 fee
(will include a free cup of tea or coffee)

Play stuff—Learn stuff—Drink tea

The First Floor
Chain Lane (opposite the back of Boots)
Newport PO30 5QA

Newport has a new 'Acoustic Music Shed', where male musicians of all ages and abilities can come together every week for a jamming session. A 'Shed' is a place where men can go to make stuff, learn stuff, talk about stuff, support each other and give something back to the community.

Website: iowsheds.weebly.com

If you would like more information, please call
Age UK IOW on 525282 or email lois.prior@ageukiw.org.uk

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