

# Newsletter 2

Cheam Woodturners Association

October 2000

## Editor's Comments

*Thankyou for the mostly helpful comment on the first edition and input for this edition. However more articles are needed so that I have a choice. I can't promise to publish in the very next issue after you send me the information or article (or to publish it at all). I will however do my best.*

*As editor I reserve the right to amend, cut or improve the information sent but will try to let contributors check the factual information before it is published.*

*Apologies to our hon secretary for the misspelling of his name twice in the first issue, and for a slight inaccuracy in his biography - I was very nearly sacked!*

*If you have no specific contribution to make but have a view on the content you would like to see, please do let me know.*

## Competitions

*It has been suggested that we have a catchy title to our newsletter. All suggestions will be considered, judged and if a suitable one is chosen, it will feature on later issues.*

*Frank has also suggested a competition for the design of a club symbol or badge and entries are invited. Entries for both should be sent to me by the end of the year. Frank has offered to put up the prizes.*

*Roger Marsden, Editor*

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*Views expressed here are those of the people  
submitting the material and do not necessarily  
reflect the views of the committee.*

**Copy date for next issue 9th January**

## Who's Who

*on three more of our committee members*

**Andrew Griffiths'** career started with National Physical Laboratory, Teddington measuring supertanker bend at launch! Day-release and night school led to Guildford University and a first class honours in physics. A technical capabilities manager with the MoD, he manages people and big budgets, work dominating the weekdays. Weekends were DIY, car washing, lawn cutting and window cleaning - he needed a hobby and after speaking to his colleague, Colin Simpson in 1998, only hours later was enjoying himself at Colin's lathe. Later he demolished the old garden shed, with enthusiastic family help, erected a 14 x 8ft workshop complete with a Record CL1 36 lathe, bandsaw, chopsaw and pillar drill. His weekends have become much more enjoyable, turning bowls, platters, bud vases, light pulls and bottle stoppers. Chores still feature, but to a much lesser extent!

**Colin Simpson** started woodturning in 1990 when he bought a multi purpose woodworking machine in order to build furniture for his Victorian house, but not much furniture was made once he started playing with the lathe function. He quickly progressed to a proper lathe, a second hand Coronet major and has since supplemented this with the Hegner VB36. For him woodturning is totally absorbing and relaxing and he feels quite addicted to it. Preferring to cut his own wood from felled trees, he has control over the cuts and attempts to get the best from the natural figure and grain. For the last 23 years Colin has worked at the MoD as a Systems Analyst and is married with two children.

**Keith Arscott**, married with two grown up daughters, ran his own joinery business until 1987 (windows, doors, conservatories) and works full time with North Cheam Community Church. The 1997 50th birthday present two day woodturning course was his start, so he says he represents the club's novices on the committee! Added pleasure in selling his work has increased his confidence, but he's not sure about demonstrating in front of our clearly very good members. He would however appreciate an honest critique of his work. The insurance claim following a garage fire enabled a rebuild and purchase of a better lathe and tools than those he lost in the fire. Upon reflection he would like to shake the hand of the person who started the fire! He has enjoyed giving some friends a hands-on lesson and seeing them both have some fun and proudly carry away something to be displayed on their mantelpiece for months to come. Who cares that it would not win a prize at the Axminster Show? They made it! He thinks that's how quite a few of us feel.

# Woodwork Therapy

*by Harry Bell*

In January 1995 Dave Rogers and I started facilitating woodwork as part of the Occupational Therapy Programme at the Department of Psychiatry in Epsom General Hospital. The department is now known as The Gershwin Unit and it offers a range of therapy services, with occupational therapy as part of the overall programme.

Dave and I prefer our domain to be known simply as 'Harry and Dave's Woodwork Room'. This is due in part to our difficulty in coping with the long words but also has much to do with our wish to maintain a relaxed and informal environment.

The people who attend the unit are ordinary people whose lives have been disrupted by some form of psychiatric disorder which can be brought about by redundancy, bereavement, career stress, broken relationships; in fact all the problems associated with our modern society and in some cases exacerbated by alcohol and or drug misuse.

The Unit has a clinical staff of about 14 and includes clinical co-ordinator, doctors, nurses, occupational therapists, technical instructors, art, music and drama therapists plus Dave and me in the Woodwork Room.

We work alongside the clinical staff and take our clients on referral from them. We are Voluntary Workers and our only qualifications, leaving aside those related to woodwork, are age, our own life experience and a generous measure of common sense.

As part of the overall referral process, the staff help us to understand individual problems and give guidance where it is necessary but at the same time give us a very free hand in what we do and how we do it. They also heed our comments if we are concerned about a client's response to the activities or environment of the Woodwork Room.

Some of our clients come to us for a few weeks and others for a couple of months or more. Some just like to come and watch, while others can be encouraged to get more involved. We allow up to three clients at a time (based on the size of the room) and though we would like more space, we like to stay close to a one to one relationship to maintain satisfactory supervision

and safety standards. At the present time we run one afternoon per week and on the basis of one and a half hour sessions (an acceptable attention span) we can accommodate up to six people in the afternoon. Sometimes we can extend this by using teaching videos.

Our equipment includes two scroll saws, a small band-saw, disc and belt sander, bench grinder, router with table and a woodturning lathe. We also have a mitre saw and a good range of hand tools and some small pyrographic units; so we can cover quite a wide range of activities. Over the years we have made coffee tables, magazine racks, toys, a small rocking horse, bird tables, various boxes, and more recently some turned items.

Of all the equipment the lathe has been the biggest surprise. We usually demonstrate the machines and on a number of occasions have found that the lathe has the greatest appeal. People who have been very uncommunicative are suddenly 'switched on'. Lack of patience and short attention spans are common features of the problems we see, and the almost instantaneous production seen on the lathe is clearly the key to its popularity.

In recent months there has been a substantial re-organisation of the Unit and from where Dave and I stand there is a marked improvement in the service to the clients.

People gain access to the unit through their consultants. In some cases, clients can also be sectioned under the Mental Health Act. In addition, they can be referred through Community Health Teams and may come as in-patients or day attenders.

All patients are referred to the Gershwin Unit for assessment and it is from there that treatment programmes are established. Treatment can include one to one therapy sessions, group discussions and the various therapies mentioned earlier including woodwork where appropriate.

The unit caters for about 50 patients, and the length of treatment time per patient is approximately two to three months. Most patients make full recovery but some return for further help.

When Dave and I first started we followed a very steep learning curve in order to establish clear aims which have now been established as creating an enjoyable environment in which quite ambitious projects can be undertaken with relatively little skill by using modern methods and equipment.

We encourage clients to work with each other and as often as possible take a completed project with them when they leave.

Our learning curve may have flattened out a little, but we are always seeking to extend our knowledge, particularly in the range of projects we are able to offer our clients. If any members can suggest simple, short duration projects, not just in wood turning, but in scroll saw work, veneering, marquetry, router work or general hand tool work or any other aspect of woodworking, we would love to hear from you.

We have had offers of demonstrations but at the moment cannot take advantage of these due to the legislative procedures involved in employing people, in particular for a one-off session as confidentiality and security are very high on the unit's list of priorities.

The more we go on, the more convinced we become about the therapeutic benefits of all forms of craft and we are conceited enough to believe that our volunteer status is also a significant factor in helping us to align ourselves with our clients.

One thing is certain, whatever it does or does not do for the clients, Dave and I enjoy it immensely.

## FOR SALE

**Draper BS250 Bandsaw £50** with 6inch disc sander, cutting depth 4ins, throat 10in, 1/5 hp motor, 1420rpm. c/with 3 spare blades + sanding discs.

**Axminster S18 Fretsaw £40** 1/8hp Motor, 1420 cuts per min, depth of cut 1 3/8in, throat size 18in

Frank Clarke 020 8942 5463

## Gregory Moreton RPT

Professional wood turner Gregory Moreton offers tuition for one or two students in his Claygate workshop

Two day beginners courses and one day advanced or refresher courses are available or hourly tuition can be tailored to your own needs

Gregory is registered with the Worshipful Company of Turners and is a full member of the Surrey Guild of Craftsmen

Please call 01372 467692 for more details or e-mail [gregory@moreton.co.uk](mailto:gregory@moreton.co.uk)

[www.moreton.co.uk](http://www.moreton.co.uk)

## Planned for the next newsletter

**Safety First** First in a series of articles by Terry Smart of Chestnut Products

**Hints & Tips** sent in by club members

**Who's Who** on a few more club members

There is still space for you to contribute.

# Shop Talk

- where members get the chance to share their experiences at shops, old and new, near and far.

## Timberline of Tonbridge

by David Buskell

Their advert appears each month in Woodturning, and I have often been tempted by the names of the various exotic woods advertised. I recently had the opportunity to call in, as I had managed to convince She Who Must be Obeyed, that Tonbridge was on the way to where we had agreed to go for a day out. Situated on an industrial estate just south of Tonbridge town centre, close to the A26, I got excellent telephone directions from Bob, the man in charge there.

The premises were just a couple of small warehouse units on a typical industrial estate..... until you opened the door and went in. Your first sight is wood, then wood, and then more wood. The ground floor houses plank stocks, spindle stocks, the machine shop and the odds'n'ends bin. Everything, because Timberline process their own stock to high standards.

All very good, but I only wanted some practice blanks. 'Reception upstairs' the sign said, so off we went. It houses the blanks in a wide range of sizes, shapes and timbers, all neatly racked out and in a lot of cases, with turned examples to show you how it turns out (sorry!).

She Who must be Obeyed decided to take a look around on her own, whilst I browsed through a selection of interesting looking blanks. Mistake! 'This looks nice/smells nice/has good texture' etc etc soon increased the pile of blanks to be purchased.

Bob then told me he had an offcuts bin downstairs. Lots of interesting timber, but odd shapes. Always worth checking out. In addition to the usual timber, Timberline also sells a small range of consumables: tools, grits, books etc. Robert Chapman is the local guru and leaflets for his courses are on display. Prices are low and are marked excluding VAT, so no discounts are given (I did try, Len!).

**Verdict** Bob is very helpful and knowledgeable about timber. Advice is given freely. Worth the effort to call in, if you are in the area, or want a good selection of exotics.

**Contact details** Bob at Timberline, Unit 7 and 11a Munday Works, 58-66 Morley Road, Tonbridge, TN9 1RP Tel 01732 355626  
Opening Hours: Mon-Fri 9 to 5, Sat 9 to 1

## DISPLAY AT CHEAM LIBRARY

**4th November**

*An all day event and an opportunity to display our work, demonstrate our skills and sell - it is close to Christmas!*

## NEXT CLUB MEETINGS

**16th November**

Phil Wolsoncroft on bowl turning with wet wood plus timber sales

**21st December**

Christmas Social, mince pies and practical demonstrations. Also a bring and buy sale - for all the unused or unwanted tools and equipment you want to sell.

**18th January**

Dave Moore, Pedestal Clock

## OTHER 2001 MEETING DATES

**15th February** AGM and Dust Management,  
**15th March** Australian Timbers, **19th April** Practical,  
**17th May** Mark Baker Master Class, **21st June**  
Multistar Chucks, **19th July** Tool Manufacture,  
**16th August** Practical, **20th September** Spindles,  
**18th October** Gary Rance, **15th November** Furniture  
Restoration and Table Lamps, **20th December** Social

## OTHER DIARY DATES

**9th-12th November** Axminster Tools at Bath & West Showground, Near Shepton Mallet

**18th November** East Surrey Woodturners Open Day, Park Road, Banstead

**10th - 12th August 2001** AWGB International Woodturning Seminar, Loughborough University

## COMMITTEE

**Frank Clarke** Chairman Tel 020 8942 5463

**Len Saunderson** Secretary Tel 020 8644 6911

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**Keith Arscott** Tel 020 8715 4510

**Andrew Griffiths** Tel 020 8644 1546

**Colin Simpson** Treasurer Tel 020 8715 2167

The 10 July committee meeting agreed that members who submit articles for publication in the Association's newsletter must be given the opportunity either by telephone call or a proof copy in order that they may give their consent/approval of any editing that has been carried out on the original article, before it is published.  
L Saunderson, Secretary

# The Sandown Show

The Cheam Woodturners first floor stand shown just before opening with an excellent display of members' work and the interest shown by visitors in both the work and the demonstrations.

