

MEN'S SHEDS CARDIFF

England & Wales · Charity number 1162705

Details

Other names MSC

Status Registered

Legal form CIO

Registered 2015-07-16

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: 1) TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF MEN, LIVING IN CARDIFF BY PREVENTING THEM FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE PROVISION OF A PREMISES IN WHICH MEN CAN MEET JOINTLY OR INDIVIDUALLY UNDERTAKE AND SHARE CREATIVE, PHYSICAL, SOCIAL AND RECREATIONAL ACTIVITIES OF THEIR CHOICE, INCLUDING THE SHARING OF MEALS;2) TO DEVELOP THE CAPACITY AND SKILLS OF THE MEMBERS OF THE SOCIALLY AND ECONOMICALLY DISADVANTAGED COMMUNITY OF CARDIFF IN SUCH A WAY THAT THEY ARE BETTER ABLE TO IDENTIFY AND HELP MEET THEIR NEEDS AND TO PARTICIPATE MORE FULLY IN SOCIETY;3) TO ADVANCE THE EDUCATION OF THE PUPILS OF CANTONIAN HIGH SCHOOL AND OTHER LOCAL SECONDARY SCHOOLS BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES NOT REQUIRED TO BE PROVIDED BY THE LOCAL EDUCATION AUTHORITY FOR EDUCATION AT THE SCHOOLS IN PARTICULAR BUT NOT LIMITED TO HORTICULTURE;4) TO PROMOTE LEARNING FOR PLEASURE BY PEOPLE NO LONGER IN FULL TIME EMPLOYMENT THROUGH THE CONTINUED DEVELOPMENT OF THEIR INDIVIDUAL CAPABILITIES, COMPETENCIES AND UNDERSTANDING IN SUBJECTS OF EDUCATIONAL VALUE; 5) TO PROMOTE FOR THE BENEFIT OF THE PUBLIC THE CONSERVATION PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT; AND6) TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTEREST OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Provide meaningful activities mainly for older people, usually woodcraft workshop based. Following a period of training in workshop practice and H & S members make items for their own use or to meet a need in the community. Regular craft work competitions are open to all members, a recent competition involved the making of wig stands (subsequently donated to Velindre Cancer Hospital)

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Environment/conservation/heritage, Recreation
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** CARDIFF
- Caerphilly
- Cardiff

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-01		£0	£0	-
2024-03-01		£0	£0	-
2023-03-01		£0	£0	-
2022-03-01		£0	£0	-
2021-03-01		£0	£0	-

Trustees

Name	Role	Appointed
JOHN LUCAS B.SC. HONS	Chair	2015-02-24
DAVID MUXWORTHY BA A.C.A.		2015-02-24

MEN'S SHEDS CARDIFF

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Accounts

MENS SHEDS CARDIFF TRUSTEES REPORT 2025

No Trustee received remuneration of any kind and no funds were received from any source.

The Mens Shed project was set up as a result of a long established Woodcraft Club becoming over-subscribed. Additionally, there was growing interest that the activities within the Club could be developed to support various sections of the community.

The activities of the project reflected the demand for activities in addition to woodwork. DIY and gardening for members of the community formed the original objectives but future opportunities were to be considered as they came along.

The group reflected steady growth in all areas until Covid put a halt in particular to community support activities. During Covid, members initiated a variety of initiatives that would safely counter the effects of social isolation. The end of the Covid lockdown coincided with our group being advised that despite having been tenants for some 30 plus years, future access to the rented workshop was denied.

The search for a new "home" that would accommodate the Woodcraft Club and provide a base for the project was stepped up but, despite coming close on a number of occasions, no suitable affordable accommodation could be found. At this point it was decided to restart workshop activities within a school that had a very well equipped workshop. The location was not ideal but at least we were up and running to a limited degree. It soon became apparent that the new arrangements were not acceptable to many members, due to the relatively remote location and the significant increase in the associated costs.

However, a number of members from the original group, have developed Sheds providing easier access, at a more affordable cost. These Sheds have been successful in obtaining a variety of grants and are showing real signs of continued growth.

Our project will continue with the well supported allotment activities and the range of community supporting services. Access to a variety of stress management services, supporting individuals experiencing difficulties in dealing with challenging life events, will continue.

The demand for a facility that has convenient access at a lower cost remains. The search for such a venue continues. Being a part of something that meets individual needs, and gives life more meaning, remains a proper goal.

MENS SHED CARDIFF FINANCIAL RETURN FOR 2025

Mens Sheds Cardiff income was NIL

Mens Sheds Cardiff expenditure was NIL

MEN'S SHEDS CARDIFF

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MENS SHEDS CARDIFF TRUSTEES REPORT 2024

No Trustee received remuneration of any kind and no funds were received from any source.

The Covid period impacted heavily on the group. The loss of access to a rented well-equipped workshop, at a readily manageable cost, put a virtual halt to the Group's development. Whilst a new workshop facility became available, the associated cost increase proved prohibitive to many of the original group members. The location of the facility was considered by many too distant.

One of the main aims of the group remains that of reducing social isolation and loneliness. To this end, gardening and allotmenting remain popular. A shared allotment combined with a group seed buying scheme allows for affordable access to a facility that remains well supported. However, the late, wet, cold Spring, impacted on crop yield this year.

A number of activities introduced relatively recently remain popular. Amongst these is one that takes advantage of the excellent Cardiff parkland. Introduced during the Covid period, a "walk and talk" scheme remains popular. Members have access to 'shoulder to shoulder' counselling involving a long experienced counsellor. During the past two years, the number of bereaved men wishing to join small group sessions has grown steadily. Once again, the experience of a bereavement counsellor adds to the effectiveness of the groups.

There is general agreement that the group would benefit from an indoor workshop facility at an affordable cost. To this end, we are pursuing involvement in a new school that is intended to develop community involvement.

A number of factors have been identified as a cause of teachers leaving the profession. Assault, perpetrated by pupils, continues to increase. The group has previous experience of helping young people with behavioural difficulties. The new school is being built on the site of an existing school, not yet recognised for its academic excellence. Expanding student access into a confidence building practical facility could well result in a win – win situation. Integrated practice would involve a mix of theory and practice incorporating meaningful applied projects.

Whilst the group has shrunk in numbers, the commitment to improve the range of activities and aim for further development remains an achievable goal.

MENS SHEDS CARDIFF FINANCIAL RETURN FOR 2024

Mens Sheds Cardiff income was NIL

Mens Sheds Cardiff expenditure was NIL

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MEN'S SHED CARDIFF TRUSTEE REPORT 2023

The group lost access to rented space in a well-equipped workshop during the Covid lockdown. The loss effectively halted the development of the group as many hitherto committed members called it a day.

The search for a workshop that would have provided scope for developing activities in addition to those carried out in the workshop has been ongoing. However, recognising the limitations imposed by being a relatively small group, it was decided to become part of a much larger group, whose main focus was on developing and improving the existing facilities of a successful local football team. The team caters for male and female players of the complete playing age range. It was with confidence that the football group, with a much needed update of facilities, would grow some 40% from the existing 300 members.

The updated facilities would have provided for a team of older men and entry into the walking football league. Additionally, the new development would have provided space for a facility, free of access restrictions, where MSC could realise the potential for providing much needed activities that would be of benefit to the community. The increased numbers we feel, would have added opportunities for involvement in the community, for those hitherto involved with the football club. The application for the establishment of the project is ongoing.

The Men's Shed movement reflected a steady increase in providing older people, mainly men, with worthwhile activities and group involvement that is known to benefit health and wellbeing.

Many of the Sheds in Cardiff did not survive the Covid shutdown, whereas it was possible for our group to continue with outdoor activities, centred around allotmenting. During this period, many new faces became involved with the group but the end of the growing season, and the onset of cold weather, curtailed most activities.

A number of the original group have continued at a new venue, a well-equipped school workshop. However, for many the location and cost have been inhibiting factors.

A number of previous members have established a new Shed group in one of the more affluent parts of the city and the fact they now have a "waiting list" indicates that there is still a future for the Men's Shed movement. Our efforts to establish a Shed in one of the less affluent parts of Cardiff have been ongoing. It is becoming apparent that the need for such a facility with the associated activities and involvement it provides, aimed at benefitting men's health and well-being, whilst providing support for the community, is even greater now than before the lockdown.

The foregoing provides an overview of developments over the past year. The loss of access to a workshop, post Covid, has limited the scope of Men's Shed in carrying out our charity's purposes for the public benefit. We remain optimistic but once the new base can be established, Men's Shed will become more effective in carrying out its activities and achieving its objectives.

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Mens Sheds Cardiff Trustee Report

The Mens Shed project represents the community activity arm of a long established Woodcraft Club. The Club has rented workshop space for the past 33 years but as a result of Covid, access to that workshop ceased.

The Club reached capacity level with a lengthy waiting list and this prompted the search for a larger alternative venue. A positive alternative exists in Cardiff west, where a real need exists for the activities that the project intends carrying out. The closure of a community meeting place in the area just increased the need for the project.

During lockdown, the absence of an indoor meeting place prompted the introduction of activities that could safely be conducted outdoors. These included paired walking and accompanied allotment activities, the latter proving of real value, providing an opportunity for therapeutic support for many. Social isolation became a problem for many during the lockdown and this was not restricted to those in the membership. The level of anxiety and depression within the community increased significantly.

A number of groups who are seeking space to restart activities (post Covid) or indeed extend their existing activity base, have joined with Mens Sheds in making a C.A.T. request and the application is currently under consideration. The combined project would provide upgraded sports facilities, a music room to accommodate a community choir and a dementia choir and also accommodation for the introduction of a horticultural group. A workshop would also be incorporated into the development which would serve as a base for woodcraft and metal craft activities. This space would also provide facilities for a local kitchen garden project that would benefit the local community.

There has long existed a need for a place where “carers” could meet up for much needed respite with no cost/low cost refreshments provided. Since the application was made, a number of other groups have expressed an interest in becoming included in sharing the new facilities.

Were the application to be successful, Mens Sheds, with a more community focussed Trustee team, would seek to develop an effective Community Cohesion and Resilience Plan.

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MENS SHEDS CARDIFF TRUSTEES REPORT 2020

No Trustee received remuneration of any kind and no funds were received from any source.

The Covid 19 lockdown put an end to group activities in the rented workshop and largely curtailed community activities. The few exceptions served to highlight the significance of the contribution the group makes to everyday life in the community.

One of the main aims of the group focuses on reducing social isolation and loneliness. To this end during lockdown regular Zoom sessions were introduced with bulletins being issued plus telephone calls to ensure that members were kept in the loop. A number of members continued to provide help to some in the community by way of shopping and errands but other than that community support activities ceased. This suspension of activities amplified the help that the group contribute but also the need for local cohesion and resilience plans.

Whilst the majority of members coped well with the imposition of lockdown, a small number did struggle. To meet this new situation a walk and talk counselling support was introduced. More support was available to the group with the introduction of “chat and plant” sessions at the allotment.

The content of the Zoom sessions was developed to include craft competitions and quiz sessions plus other topics that helped maintain attendance numbers and provide much valued links between members.

The absence of access to the rented workshop where the group would normally hold their evening meeting, served to underline the need for the project to have its own meeting place. A well equipped workshop with day and evening access would allow for increased membership numbers, which in turn, would result in an increase in the contributions the group makes to other charities and the community.

It is becoming increasingly clear that there are other groups in the area that would benefit from having a suitable meeting place. A building with the capacity to provide a home for these groups could be the basis for an effective, multi use, Wellbeing Centre, ideally suited to Covid recovery.

MENS SHEDS CARDIFF FINANCIAL RETURN FOR 2020

Mens Sheds Cardiff income was nil

Mens Sheds Cardiff expenditure was nil