



Norwich Men's Shed is a registered charity. (Charity No. 1171796)
Saint Martin's Hall Church, Oak St, Norwich, NR3 3AQ
norwichmensshed.org.uk

Trustees' Annual Report and Financial Statements

For the period 01 April 2023 – 31 March 2024

Charity name: **Norwich Men's Shed**

Charity registration number: **1171796**

Objectives and Activities

The objectives of Norwich Men's Shed (NMS) are to promote men's good health and wellbeing, for the benefit of the community. In particular for those men who are retired, unemployed, recovering from ill health or addiction, but also those who simply wish to make use of the facilities offered in a safe and friendly environment.

NMS offers a dedicated workshop space for men in the local community – a place to connect, converse and create, addressing key issues around wellbeing, social isolation and loneliness. Members engage in a wide range of meaningful and worthwhile activities with like-minded people, having fun, sharing skills and knowledge and gaining a renewed sense of purpose and belonging. The Shed offers a safe, nurturing environment where members are wanted, valued, and needed. This group of men come together to form a community and the peer support and camaraderie is crucial to maintaining individual wellbeing and good mental health.

All members make a positive contribution to the running of our Shed. Shed members work on their own projects, volunteer their time to undertake public commissions and engage in community-based projects. Some members also mentor/tutor fellow members and community groups.

NMS Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Milestones

In May-2023 we were finalists in the UK Men's Shed Association "Shed of the Year Awards" for our Health and Wellbeing Impact. While we didn't win the main award, our members were thrilled to have been recognised at this national event celebrating the work of over a thousand UK Sheds. As a membership cooperative, members themselves shape our provision and it is through their input and commitment that we have become the charity that we are today – a supportive and welcoming community who advocate the benefits of "shedding" and are always looking out for the next man who may need our unique offering.

November 2023 marked our 10-year anniversary! One of the first UK Sheds, Norwich Men's Shed was set up by MensCraft in 2013 and we later became an independent charity in 2017. We hosted a celebratory event where, funders, founders, supporters and members came together to toast this fantastic achievement and thank everyone who helped us to get this far.

2023-24 Delivery:

85 men accessed NMS workshop provision April 2023 – March 2024. Direct beneficiaries are men aged 18 +, this includes men dealing with issues around mental health, physical health, aging, social



isolation, unemployment, homelessness and ex-offending. Due to the nature of our membership, this can vary from the transient, to those who attend regularly on an ongoing basis.

In addition to our daytime workshop sessions, we hosted a number of member-led evening socials, including skill-sharing, demonstrations and community meals.

Projects and Collaborations:

Alongside workshop provision for members, we supported a number of community events and activities. Highlighted projects, collaborations and events included:

- **Participation at community events/exhibitions:**

Anteros Arts (May 2023), Mannington Fayre (Sep 2023), FUSE Norwich Social Enterprise Fayre (Dec 2023), St Augustine's St Independent Shopping Evening (Dec 2023) – Members acted as Shed ambassadors and promoted the benefits of NMS membership alongside showcasing items they'd made as members.

- **Commissions created in partnership with local community-based organisations:**

Design/production of Phoenix Community Centre Notice Board (Jun 2023), restoration of Norwich Quakers bench (May 2023), design/production of a voting box for Norfolk Community Foundation events (Jun 2023), design/production of lidded boxes made to fit Treehouse Festival handcart (Aug 2023)

- **NMS facilitated Community Outreach Workshops/Activities:**

- | | |
|----------|--|
| Apr 2023 | Raised Bed Planter Making with Norfolk and Waveney Mind REST Norwich gardening group - as part of a new vegetable garden, these planters also enabled wheelchair users to join the gardening group. |
| May 2023 | NMS Open Day – the start of a community making programme, giving local residents the opportunity to have a chance look around our workshops, meet some members and have a go at some making activities. |
| Jun 2023 | Taste of the Shed – Saturday Sessions (mixed gender) – a chance for the local community to learn simple woodworking skills and get guidance on their own projects. |
| Jun 2023 | Puppet making workshop at the Phoenix Community Centre – our members shared making skills with the families and children at this intergenerational event, with all participants really listening and learning from each other. |
| Jul 2023 | Swift box making in collaboration with Norwich Swift Network – participants really enjoyed learning more about this endangered species from NSN founder and Swift enthusiast Caroline Spinks and everyone went home with their own swift boxes, which were later install at their homes. |
| Aug 2023 | Puppet and robot making workshop with Friends of Waterloo Park Puppets – over 80 local residents attended this creative making drop-in for families at a local park venue – it was so popular that we ran out of materials and sourced recycled/natural alternatives from the park itself! |
| Nov 2023 | Recycled Planter Making Workshop delivered in partnership with Norfolk Wildlife Trust at Phoenix Centre in Mile Cross – many local residents came along and constructed their own planters made from discarded pallets – a great way to grow food and flowers in small spaces. |



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Financial Review

| | |
|------------------------------|---------------|
| Funds held 31/03/2024 | 67,305 |
| Consisting of: | |
| Restricted Grant Funding | 13,850 |
| Unrestricted funds | 53,454 |

Reserves Policy: To maintain a reserve of 3-6 months operating costs with a view to increasing funds held to deal with unexpected events (around £15,000).

Financial Operating Model:

- Membership fees, donations and income from public commissions/sales of hand-crafted items go towards core ongoing running costs/workshop consumables
- External grant funding covers staff costs
- Any surplus raised from commissions/sales go back into running the charity and are used towards running costs and the purchase of items for the benefit of members, i.e. larger items of equipment/machinery

Grant Funding allocated to this financial year: Norfolk Community Foundation, National Lottery Community Fund, Local Giving – Magic Little Grants, Co-op Local Community Fund, Charles Hayward Foundation, Charles Littlewood Hill Trust, Alan Boswell Group Charitable Trust and Paul Bassham Charitable Trust

We also received donations from Yorkshire Building Society Charitable Foundation and Spire Charitable Trust.

Structure, Governance and Management

Norwich Men's Shed (NMS) is a Charitable Incorporated Organisation (CIO).

The CIO is governed by a constitution, with charity Trustees being elected by members and the board at the Annual General Meeting.

The Board of Trustees are responsible for general governance and define the direction of the charity.

There is a member elected Operations Committee that sits under the Board of Trustees, who oversee general operations and logistics.

NMS operates as a membership cooperative, with all members having a voice in a coproduction delivery model.

Under their membership agreement, all members help with the running and maintenance of the Shed. Members volunteer time and expertise to facilitate our workshop provision and their input is essential to our operational model. Volunteers are supported by (part-time) paid Manager and Supervisor roles.



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Norfolk based CIO MensCraft originally set up the Norwich Shed in 2013 – NMS then became an independent CIO in 2017. A small member led charity, NMS originally self-funded through membership contributions and public commissions – as costs have increased and membership has grown, we now apply for grant-funding as required to enable our charity to remain operational.

Over the years, NMS have grown from a small club with a handful of members into a popular, respected and well-known local charity that actively works with other charities and community projects in the area.

Reference and Administrative details

| | |
|------------------------------------|--|
| Charity name | Norwich Men's Shed |
| Registered charity number | 1171796 |
| Charity's principal address | Saint Martin's Hall Church Oak St Norwich NR3 3AQ |

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|------------------|-----------------|-----------------------------------|---|
| 1 | Ian Blunnie | Chairman | | Members AGM |
| 2 | Richard Arundell | Treasurer | | Members AGM |
| 3 | Matt Sims | | | Members AGM |
| 4 | Tim Ridgley | | | Members AGM |

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Ian Blunnie

Richard Arundell

Position

Chair

Treasurer

Date

22/01/2025

Independent examiner's report on the accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Norwich Men's Shed

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1171796

Set out on pages

1 - 2

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

N Fowler

Date:

17/01/2025

Name:

Nicola Fowler, NJF Accounts Ltd

| | |
|---|--|
| Relevant professional qualification(s) or body (if any): | Fellow of the Association of Chartered Certified Accountants |
| | Member of the Chartered Institute of Taxation |
| Address: | 21 Springfields |
| | Poringland, Norwich |
| | NR14 7RG |

| Section B | Disclosure |
|-----------|--|
| | <p>Only complete if the examiner needs to highlight material problems.(E.g. accounting records have not been kept in accordance with s132 of the Charities’ Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees’ annual report.)</p> |

Give here brief details of any items that the examiner wishes to disclose.

Norwich Men's Shed

Reg Charity 1171796

Income and Expenditure Report for the year ending 31 March 2024

| | 2024 | 2023 |
|---|---------------|---------------|
| | £ | £ |
| Income | | |
| Course Income | 845 | 526 |
| Donations | 1,553 | 2,640 |
| Grant Income | 55,389 | 27,500 |
| Membership Fees | 9,988 | 8,352 |
| Misc | - | 15 |
| Project Income | 3,020 | 2,662 |
| Rebill electricity (to adjacent property) | 1,389 | - |
| Sales | 4,332 | 3,653 |
| Workshop Hire | 9,750 | 5,385 |
| Total Income | 86,266 | 50,732 |
| Expenditure | | |
| Bank Fees | 89 | - |
| Contractor Fees | 16,307 | 30,812 |
| Equipment/Tools | 517 | 3,634 |
| General Materials | 281 | 248 |
| Maintenance | 1,229 | 364 |
| Membership Refund | - | 80 |
| Office Costs | 236 | 324 |
| Premises Costs | 14,646 | 9,478 |
| Project Costs | 420 | 641 |
| Promotion | 532 | 140 |
| Refreshments | 1,134 | 572 |
| Service Fees | 542 | 1,412 |
| Staff Costs | 23,007 | - |
| Training | 99 | - |
| Travel | 107 | 4 |
| Total Expenditure | 59,145 | 47,709 |
| Net Income/(Expenditure) | 27,120 | 3,023 |

Independent Examiner : NJF Accounts Ltd

Norwich Men's Shed

Reg Charity 1171796

Income and Expenditure Report for the year ending 31 March 2024

| | Unrestricted £ | Restricted £ | Total £ |
|---|-------------------|-----------------|----------------|
| Income | | | |
| Course Income | 845 | | 845 |
| Donations | 1,553 | | 1,553 |
| Grant Income | 1,500 | 53,889 | 55,389 |
| Membership Fees | 9,988 | | 9,988 |
| Misc | | | - |
| Project Income | 3,020 | | 3,020 |
| Rebill electricity (to adjacent property) | 1,389 | | 1,389 |
| Sales | 4,332 | | 4,332 |
| Workshop Hire | 9,750 | | 9,750 |
| Total Income | 32,377 | 53,889 | 86,266 |
| b/f | | | |
| Current acc | | | 40,233 |
| Cash | | | 101 |
| Paypal | | | - |
| Zettle | | | 50 |
| Deposits Held | | | (200) |
| | | | 126,450 |
| Expenditure | | | |
| Bank Fees | 89 | - | 89 |
| Contractor Fees | 10,890 | 5,416 | 16,307 |
| Equipment/Tools | 267 | 250 | 517 |
| General Materials | 31 | 250 | 281 |
| Maintenance | 472 | 758 | 1,229 |
| Membership Refund | - | - | - |
| Office Costs | 18 | 219 | 236 |
| Premises Costs | 564 | 14,082 | 14,646 |
| Project Costs | 420 | - | 420 |
| Promotion | 532 | - | 532 |
| Refreshments | 1,134 | - | 1,134 |
| Service Fees | 13 | 529 | 542 |
| Staff Costs | - | 23,007 | 23,007 |
| Training | 99 | - | 99 |
| Travel | 107 | - | 107 |
| Total Expenditure | 14,635 | 44,511 | 59,145 |
| c/f | | | |
| Current acc | | | 63,473 |
| Cash | | | 31 |
| Paypal | | | - |
| Zettle | | | 50 |
| Payroll Deposit Held Externally | | | 4,000 |
| Deposits Held | | | (250) |
| | | | 126,450 |

Independent Examiner : NJF Accounts Ltd