

Hastings & St Leonards Men's Shed

Registered charity number 1175075

Trustees' Annual Return & Financial Statements for the year ended 30 September 2023

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**Hastings &
St Leonards
Men's Shed**

Hastings & St Leonards Men's Shed

Trustees' annual report for the year ended 30 September 2023

The trustees present their annual report and financial statements of the charity for the year ended 30 September 2023. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name: Hastings & St Leonards Men's Shed

Other names by which the charity is known Men's Shed

Registered charity number: 1175075

Charitable structure: Charitable Incorporated Organisation - Association Model

Principal address: 20 Manhattan Gardens, Hastings, TN35 5DQ

Trustees: Godfrey Bevan, Chair
Jerome Wesley, Secretary
Mags Pawson, Treasurer
Reg Hollands
Simon Reeves

Bankers: Barclays Bank, Hastings branch

Independent examiner: Laura Dawson, employee of Hastings Voluntary Action,
Jackson Hall, Portland Place, Hastings, TN34 1QN

Governance and management

The charity is operated under the rules of its constitution, adopted 12th July 2017 and registered with the Charity Commission on 10th October 2017.

The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis, and nominations are sought from the membership.

Aims and objectives

To promote social inclusion for the public benefit by preventing people aged 18 or over, within the borough of Hastings and the surrounding area, 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 facilities in which they can meet to undertake creative, physical or recreational activities, learn or pass on skills and knowledge, and support each other socially.

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Trustees' annual report for the year ended 30 September 2023 - cont'd

For the Purposes of this clause "Socially excluded" means being excluded from Society, or parts of society, as a result of one or more of the following factors; unemployment; financial hardship; youth or old age; ill health(physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit statement

Hastings and St Leonards Men's Shed follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit.

Summary of main objectives, activities and achievements for the period

Hastings and St Leonards Men's Shed was set up in October 2016 by representatives of Ore Valley Big Local which was administered by Orbit Housing Association, now Hastings Voluntary Action. It is constituted as a Charity (CIO) and is run entirely by volunteers.

The Shed is aimed primarily at older men (though there are also lady members), a group traditionally under-represented in community and social activities. Loneliness, isolation and depression are high risk factors for this group.

The health impact of loneliness has been documented by the Campaign to end Loneliness, whose report in 2015 shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day. Social networks and friendships not only have an impact on reducing the risk of mortality or developing certain diseases, but they also help individuals to recover when they do fall ill. The report showed that:

- 17% of older people are in contact with family, friends and neighbours less than once a week and 11% are in contact less than once a month.
- over half (51%) of all people aged 75 and over live alone;
- two fifths of all older people (about 3.9 million) say the television is their main company;
- 63% of adults aged 52 or over who have been widowed, and 51% of the same group who are separated or divorced report, feeling lonely some or all of the time;
- 59% of adults aged over 52 who report poor health say they feel lonely some of the time or often, compared to 21% who say they are in excellent health.

Hastings is one of the 10 most deprived areas in the country where ill-health and social isolation are of great social concern.

Recent research based on National Statistics has shown that average life expectancy for men in Hastings is 5 year shorter than for more affluent areas of the country and that men living in the most socially deprived areas of Hastings have a life expectancy 11.3 years shorter than more affluent areas. The Director for Public Health in East Sussex stated recently that "loneliness and isolation is leading to mental and physical poor health."

Hastings & St Leonards Men's Shed

Trustees' annual report for the year ended 30 September 2023 - cont'd

Shed Structure and Activities

The Men's Shed aims to mitigate these problems of social isolation by providing workshops and meeting spaces where Members can pursue craft and social activities within the Shed community whilst also serving the local community. Membership ranges from the able-bodied to the vulnerable including, for example, people with Autism, and some Dementia sufferers who can attend with carers if necessary.

Members can pursue their own projects but some also make goods or repair donated goods and furniture, often from re-cycled materials, which are sold to the local community at modest prices. This income helps to defray the running costs and also meet a local community need.

Currently we rent premises at 20 Manhattan Gardens next to Ore Community Centre. Though old and in need of refurbishment the building provides good facilities with fully equipped wood and metalwork workshops at one end and a social area at the other. Minor repairs and improvements continue to be made with the assistance of grants from Big Local and other bodies for which the Shed is most grateful but much still needs to be done.

The Shed is normally open for three and half days per week with at least one volunteer Trustee in attendance at all times. There is a modest £5 fee to become a Member and a charge of £2 per day attended.

There are currently five volunteer Trustees, elected by the Members, who manage the day-to-day operation of the Shed.

Community Support and Social Value

We believe our Shed adds social value to the community in a number of ways:

- the Members themselves benefit from having a productive activity and engaging with a community, thus reducing social isolation and depression and facilitating better cognitive functioning and improved mental wellbeing. This in turn has an effect in reducing social care costs;
- where they have them, members families and/or carers benefit from the relief given by having a secure and caring environment where the members can spend time productively;
- the local community benefits from having a low-cost source for craft items and repairs.

We know we have an impact on the families of our members as well as our members themselves. Comments such as the Shed "provides a lifeline", "you've given me my husband back", "my dad has got a purpose again", are not uncommon.

The Impact of the Pandemic

The Shed nearly had to close permanently during the Covid because it lost all of its 'self-earned' income. Fortunately it received a number of small grants which enabled it to re-open after the pandemic though attendance was initially much reduced despite the increased need as people were reluctant to mix again initially.

Hastings & St Leonards Men's Shed

Trustees' annual report for the year ended 30 September 2023 - cont'd

Current Position

The Shed is now growing strongly with membership having increased from 108 last year to around 150 at the present time. The Shed is slowly being re-equipped with the aid of grants and donations and is collaborating with other local community organisations to a greater extent. Both the need for and the provision services is growing.

The Charity still faces two big issues however if it is continue and expand:

- 'self-earned' income will never meet both the costs of rental of a building and the other running costs. If the Charity is to be self-sufficient financially for the longer term it needs to purchase a building or be provided with a building at peppercorn rent to remove the on-going cost of commercial rent. Unfortunately a grant application with a high expectation of success to purchase and re-furbish the current occupied building was finally refused putting us back to square one. We are now re-embarked on fund raising with a view to purchasing a building;

- more space is needed within the building to accommodate the increasing number of Members. Part of the under-utilised grounds has been cleared and covered storage is now being constructed with the help of grants from Big Local and others and assistance from the local Community Team from the probation service. When this is completed, materials currently stored inside the building will be moved into the new storage releasing space for expansion of the main workshop and the installation of additional work benches;

Future developments

The Shed now has four aims for the next year or two:

- to continue to meet the expanding demand for its services;
- to secure its financial future. Originally the Shed was largely financially independent meeting most of its running costs from attendance fees and sales. The aim now is to return to that financial independence and security by fundraising to purchase the building that it currently rents and thus lowering its running costs significantly to within its income, or by re-locating to cheaper premises if any can be found;
- to complete the expansion of the buildings working space to meeting the increasing demand;
- to increase the range of activities of the Shed to interest a larger number of potential Members. The Shed building has surrounding grounds with potential to be developed as a community garden to service both the Members and local community. The Shed is currently in discussion with Ore-in-Bloom with a view to collaborating to develop a community garden.

Hastings & St Leonards Men's Shed

Trustees' annual report for the year ended 30 September 2023 - cont'd

Financial review

Hastings & St Leonards Men's Shed is funded by membership fees, sales and small grants. In the period under examination the organisation received £12,867 (2022: £18,296) in income with expenditure of £14,253 (2022: £15,811) giving the group a deficit of £1,386 (2022: a surplus of £2,485) for the period. Funds brought forward were £37,308 (2022: £34,823) giving a total reserve fund of £35,922 (2022: £37,308).

The charity's policy on reserves

The charity has no specific policy with regard to the level of reserves but aims to build a fund to contribute towards purchase of a building if possible. The charity currently holds £25,000 in a designated fund which is solely for the purpose to purchase and refurbish a building for the charity.

Accounting and reporting responsibilities

The Trustees are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK generally accepted accounting practice).

The law applicable to charities in England and Wales requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustee are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Hastings & St Leonards Men's Shed

Trustees' annual report for the year ended 30 September 2023 - cont'd

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable that the financial statements comply with the Charities Act 2011, the Charity (Accounts and reports) Regulation 2008 and the provision of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

Signed on behalf of the charity's trustees:

Signed Godfrey E Bevan
Godfrey Bevan, Chair

Date 7/11/23

Signed Jerome Wesley
Jerome Wesley, Secretary

Date 7/11/23

Independent Examiner's Report to the Committee of Hastings & St Leonards Men's Shed

I report on the accounts of Hastings & St Leonards Men's Shed for the twelve month period ended 30 September 2023 which are set out on pages 2-11.

Respective responsibilities of committee & 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

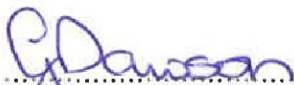
Basis of independent examiner's report

My examination was carried out in accordance with the 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 supporting documentation 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:

- 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
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave 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.



Laura Dawson
Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 13/11/2023

Hastings & St Leonards Men's Shed

Receipts & Payments accounts

for the period

1 October 2022 to 30 September 2023

Previous Year				Current Year	
		Notes	Designated funds	Unrestricted funds	Total funds
	Receipts				
2,030	Members subs		-	2,976	2,976
3,625	Sales		-	4,170	4,170
12,025	Grants and donations		-	4,983	4,983
15	Bank interest		-	203	203
601	Sundry income		-	534	534
<u>18,296</u>			-	12,867	12,867
	Payments				
709	Consumables		-	1,183	1,183
1,216	Equipment		-	1,169	1,169
267	Refreshments and cleaning		-	306	306
200	Travel exps		-	117	117
70	Printing, postage & stationery		-	57	57
175	Insurance		-	169	169
84	Website & IT costs		-	48	48
75	Independent Examination		-	60	60
2,324	Utilities		-	2,157	2,157
8,548	Rent		-	8,100	8,100
2,142	Sundry payments		-	887	887
<u>15,811</u>			-	14,253	14,253
2,485	Net surplus		-	(1,386)	(1,386)
-	Transfers		-	-	-
<u>34,823</u>	Opening balances at	1/10/22	25,000	12,308	37,308
<u>37,308</u>	Fund balances c/f at	30/9/23	25,000	10,922	35,922

Statement of Assets & Liabilities
as at
30 September 2023

2022				2023
	Cash assets			
6,461	Current Account	@	30/09/23	4,895
30,822	Deposit Account	@	30/09/23	31,025
25	Cash in hand	@	30/09/23	1
	Receipts awaiting banking			-
<u>37,308</u>				<u>35,922</u>
	less Current liabilities			
	Uncashed cheques			
<u>37,308</u>	Petty cash owed			<u>35,922</u>

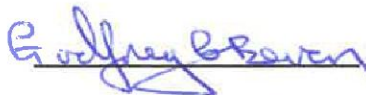
The Treasurer has a costed list of the physical assets of the organisation.

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments account and Statement of Assets and Liabilities.

Approved by the Trustees on 7/11/23 and signed on their behalf by



Mags Pawson, Treasurer



Godfrey Bevan, Chair

Hastings & St Leonards Men's Shed

Notes to the accounts for the year ended 30 September 2023

1 Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debt as they become due.

2 Premises & staff

The premises are rented from a local business man.
The organisation doesn't have any employees.

3 Trustees' remuneration

During the accounting period the charity didn't purchase Trustee Indemnity Insurance. Trustees received no expenses, remuneration or benefits during the period.

4 Related party transactions

There were no related party transactions during the period.

5 Previous period comparison

The previous period's figures have been included for comparison.

6 Glossary of terms

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.