



LISVANE MEN'S SHED
ANNUAL REPORT 2021/22

INTRODUCTION

1. Lisvane Men's Shed is a newly formed charity, following the inaugural meeting of its 6 founding members at Rhydpennau Library on Saturday 12th June 2021. This report to the first Annual General Meeting of Lisvane Men's Shed is submitted to the now 21 members by the 6 trustees.
2. The trustees and members of Lisvane Men's Shed can be proud of their achievements in a single year.



BACKGROUND

3. Lisvane Men's Shed was set up, independently, by 6 local men to combat social isolation and loneliness; and to provide emotional support, companionship, mental wellbeing and meaningful occupation. In a word, it's about friendship.
4. Discussion began prior to Covid and continued post lockdown. Its relevance rang out during a post covid coffee meeting between a group of men when one spoke out on the care and passing of his elderly mother, which in turn allowed another man to open-up, for the first time in 20 years, on the passing of his wife.
5. The group of 6 trustees include widowers, retirees, men simply in search of friendship and men trying to avoid the depressive states of isolation. There are numerous stories among Men's Shed members, which include the use of an apt phrase, "lifesaving." One man became redundant at a late stage in life and felt worthless and friendless while another has said that membership of a Men's Shed had saved him, following the loss of his wife and "a year in the wilderness."
6. This report acknowledges with gratitude, the perseverance of the trustees who accepted the overseeing and management role the new shed with the sole aim of making it work:
 - Colin Passmore - Chair
 - Christopher Griffiths – Secretary
 - Michael Knight – Treasurer
 - Graham Canning
 - Ian Philpot
 - John Couzens

7. Lisvane Men's Shed was registered with the Charity Commission UK, No. 1196824, on 29 November 2021. It remains a completely independent organisation, accountable to its members. It has adopted a voluntary and condition-less affiliation with Men's Sheds Cymru (a "project" of the housing association Hafan Cymru) and, similarly, to Lisvane Community Association with the aim of developing strong links with our local community.

8. Initially, Lisvane Men's Shed met at the Rhydypennau Hub and are grateful for their support and kindness. However, Cardiff Council's Covid Risk Assessments restricted accommodation numbers to 6. This was an impossible position in the long-term and it was recognised that there was a need to increase capacity and facilities. The search for a home for the shed involved 43 enquiries until 25th October 2021, when through the kindness of Matthew & Rebecca McCormack, Lisvane Men's Shed moved to Ty Mawr Inn, Graig Road, Lisvane.



9. On 2 & 3 February 2022, Lisvane Men's Shed took delivery of the double container unit from Conarken Group Ltd, Clay Cross, Derbyshire, and positioned it in the car park of the Ty Mawr Inn. Lisvane Men's Shed's new home was created.

10. After a long wait for the electricity supply to be established for the shed, the assistance of the pub's owners, Marston's, and CJS Electrical, Lisvane, who installed the supply connection without charge saw Power was set up on 23 August 2022. On the following Monday, the first meeting took place in the shed.

11. In the preceding weeks, the shed's own maintenance team, consisting of a few shed members, repaired the floor join, replaced carpet tiles, painted the exterior green to be in keeping with the country environment, fitted workbenches, tables and chairs, front path and planters.

12. Tools and other essentials continue to be obtained but the ethos of the men's shed is now fully established.

13. The opportunity exists to take advantage of a small allotment, provided again by the kindness of Matthew and Rebecca McCormack of the Ty Mawr Inn. It is the intention to establish raised beds and to take full advantage of the allotment by the new year.

14. Marston's are in the process of drafting a five-year lease based on a "peppercorn amount" for consideration of the trustees, which should offer some protection for both sides in terms of business continuity.

15. Members, or Shedders, have been able to enjoy several social evenings, a tour of the Lisvane Old School project, Defibrillator and Resuscitation training. Visits were made to Llanrumney Hall, Caerau Men's Shed and a very popular excursion to Flat Holm Island. An important community event was the Lisvane Village Fete where Lisvane Men's Shed were represented with its own stall.



16. Lisvane also hosted a very successful meeting of several other sheds.
17. Lisvane Men's Shed individual subscriptions, to meet costs like insurance etc., remains at £50/year.
18. Little could have been achieved without significant funding being provided by the National Lottery Community Fund, The Moon Dance Foundation and a local benefactor. In addition, grants and donations were kindly made by Lisvane Community Association, Lisvane Community Council, Dwr Cymru/ Welsh Water, CJS Electrical, Llysfaen Singers, Tennant Lodge and Wednesday Coffee Morning Ladies. It is with great thanks that we acknowledge the support of these generous donors.
19. Donors are recorded in the Register of Donors and further details recorded in the Annual Financial Statement.
20. Lockdown exacerbated the need for men to engage in activities that add to the feelings of self-worth and the need has never been greater to counter the negative impact of isolation. The creation and ongoing development of our own community Men's Shed, post covid lockdown, is already having a positive impact in promoting the health and well-being of local men in Lisvane and the surrounding area. This is evident in the rapid rise in membership from 6 to 21 in a matter of months. While one vacancy remains, further interest has been expressed and a waiting list is developing.



21. The logo was designed by a member of Lisvane Men's Shed, Steve Coles. It portrays the ethos of men's sheds with three people supporting each other with arm on each other's shoulders, while standing shoulder to shoulder and carrying a tool and kettle, under the sheltering roof of the shed.

22. Local people recognise its value and believe in what Lisvane Men's Shed has been set up to achieve. It's not just having a home for the "Shed" that makes you feel that your group is part of the community. What makes a group strong is its members coming together to develop the shed, to build on the site and to grow our friendship. Local men now meet regularly, chat, drink tea and laugh over various stories, inside the shed at the Ty Mawr. It beats being stuck in the house and many have said that it is working for them. Lisvane Men's Shed is benefitting local men and demonstrates a need for many more sheds in every area, town and village.



23. This Annual Report is submitted on behalf of the Trustees.

Chris Griffiths
Secretary
Lisvane Men's Shed

Useful references:

Facebook: [@LisvaneMensShed](#)

Men's Sheds Cymru: [About Us - Mens Sheds Cymru](#)

YouTube: https://www.youtube.com/watch?v=1Ttk8LkuBPw&feature=emb_imp_woyt

"A Man's shed has, for generations, been a place for him to escape the stress and strains of life; a safe haven to gain much needed sanity; to be surrounded by his own, useful things; a place to think, to make things, to mend things, to invent and be at one with the world..." - Men's Sheds Cymru

Lisvane Mens Shed - AGM

Income 2021/22

INCOME	2021/22	Notes
Grant - National	£10,000	National Lottery
Local Grant and Donations	£18,043	
Membership Fees/Subs	£1,025	21 Members
LMS Stall	£356	Lisvane Festival
Bank interest	£2	Accrued in Natwest Reserve Account
Total Income	29425.65	

LisvanMens Shed - AGM		
Expenditure 2021/22		
Capital Costs	£	
Modular Container/Shed	13367	Purchase, Delivery and Erection Of Shed and Fixtures
Tools and Equipment	4494	
Power Supply	846	Power Supply to Shed by Western Power
Shed / Facility Costs	£	
Insurance	472	To cover - as appropriate: Public Liability / Contents / Accidents in the Shed / Product Liability / Trustees Indemnity / Legal Expenses.
Materials / Consumables	£	
External Application	974	Paint, Painting Equipment, Compost and Flowers, Power Washing Shed.
Office Costs	£	
Stationery / Supplies	310	Photocopy Paper, Shed Keys, Roller Blinds & Banners
Publicity	£	
Promotional Items	60	Coffee Mugs for Sponsors.
Personnel Expenses	£	
Transfer to ' Social Events' Account	100	Float for this new account
Refreshments	183	Welcome meeting, Annual Celebration, Defib. Training Coffee, Joint Sheds Meeting
Travel Costs	£	
Van Hire and Fuel	156	To pick up Units from FMC Bridgend
Total Costs	20,962	

Date	Purpose	Supplier	Amount	01/09/2022	(05/09/22)
15-Nov-21	Welcome Meeting	Refreshments/CG	£9.15		
24-Jan-22	32'X20' Blue AV Cabin	Conarken Group Ltd/CG	£9,600.00		
28-Jan-22	Cabin Transport & Erection	Conarken Group Ltd/CG	£2,640		
21-Jan-22	Concrete paving slabs	Leckwith Concrete Blocks/GC	£330.98		
24-Jan-22	Driver & Mate lunch	TY Mawr/CG	£12.30		
08-Feb-22	Insurance	Greenwood Ins/IC	£472.42		
14-Feb-22	Coffee Mugs. Sponser Gifts	M. Partridge/SE	£60		
24-Feb-22	Insulation/ICG	Insulation South Wales/CG	£60		
24-Feb-22	Mice Supplies	Screwfix/CG	£66.83		
24-Feb-22	Mice Supplies	Screwfix/SC	£116		
08-Mar-22	Electrical Power Supply	Western Power Distribution	£846.01		
11-Mar-22	Paint	Triumph Paints	£607.20		
11-Mar-22	Shed Keys & A4 copy paper	Tesco/CG	£18.81		
14-Mar-22	Shed Vents	Bloxwhich Container Products/SC	£13.75		
14-Mar-22	Extra Wide Floor Mat	Floormat/CG	£64.85		
29-Mar-22	Painting Equipment	B&Q/SC	£115.40		
29-Mar-22	Paint Items	Screwfix/SC	£22.69		
30-Mar-22	Power Washing Cabin	M. Gelsomini/CG	£150		
05-Apr-22	Bosch Tools	Amazon/CG	£374		
09-Apr-22	Folding Tables	Equip4Wor/CG	£658		
09-Apr-22	Tools & Equipment	Axminster Tools/CG	£3,610		
29-Apr-22	Reclaimed Wood	Rescued Wood/SC	£15		
16-May-22	Van Hire/Pick up Ford Equipt	Enterprise/CG	£140		
16-May-22	Diesel Fuel for van	Morrisons/CG	£16		
28-May-22	Tools	Axminster Tools/CG	£167		
28-May-22	Tools	Axminster Tools/CG	£34		
31-May-22	tools	Travis Perkins/CG	£127		
12-Jun-22	First Annual Celebration	Sainsbury's/CG	£25		
18-Jun-22	Compost & Flowers	Trade Point/GC	£64		
27-Jun-22	2 roller Banners	Vistaprint/CG	£202		
27-Jun-22	Roller Blind	Vegaprint/CG	£89		
07-Jul-22	Defibrillation Training. Coffee	Café 1913/CG	£32		
27-Jul-22	Joint Mens Shed Meeting	Refreshments/CG	£105		
29-Jul-22	LMS funds Transfer	LMS Social Events account/MK	£100		
Total Spent			£20,961.67		
Total Income			£29,426		
Balance Available to Spend			£8,464.33		

of the charity. Signed. David C. Jones
 C.A. 18/11/22

for the purposes
 of submission to the
 charity commission
 I have reviewed the
 income and expenditure
 statement and confirm
 that it is in line with
 the budget + records