



LISVANE MEN'S SHED

CHARITY NUMBER 1196824

ANNUAL REPORT 2022/23

INTRODUCTION

1. Lisvane Men's Shed enjoyed a very successful second year as a Charitable Incorporated Organisation (CIO) and has entered its third year in a very strong position. This is Lisvane Men's Shed's second Annual Report and is commended by the trustees to the membership.



2. Lisvane Men's Shed has rapidly become an established group and has consolidated its position in the community, attracting considerable support from local people and other community groups. The trustees and members of Lisvane Men's Shed can look forward to a bright and solid future.

"Thank you. The shed has given him (husband) his life back."

MEMBERSHIP AND COMMUNITY NEED

3. Lisvane Men's Shed's membership grew quickly, from the 6 founding members to 22 with a waiting list. This is a sign of the success of the Shed and, importantly, demonstrates a greater local need to combat social isolation, loneliness and depression. Member feedback is repeatedly complimentary and supportive of the progress of the Shed in providing emotional support, companionship, mental wellbeing and meaningful occupation. All this is met through tea, chat and laughter.

“When I joined the Shed, I didn’t think I needed it...Now, I know I need the shed.”

4. The trustees and members are acutely aware of the limited accommodation and the one-day a week meeting restriction has on membership. To counter this, Lisvane Men’s Shed has supported other community activities aimed at alleviating community need, including participating in Cardiff Council’s Independent Living event at Llanishen Recreation Centre and the Community Council Wellbeing Day at Lisvane Old School Community Centre. Every opportunity is taken to encourage representatives of surrounding areas to consider the need for sheds in every community.



5. The trustees have recently decided to increase the membership by a further 3, to 25 members, and encourage other opportunities to develop the Shed involvement, out with its current location.

“There is a need for more sheds.”

TRUSTEE APPOINTMENTS

6. The last AGM, being the first, saw the required retiral of all 6 of the founding trustees and the re-election by the members of the following charity trustees:
- Colin Passmore (First appointment 21 June 2021. Last appointment 26 September 2022)
 - Christopher Griffiths (First appointment 21 June 2021. Last appointment 26 September 2022)
 - Michael Knight (First appointment 21 June 2021. Last appointment 26 September 2022)
 - Graham Canning (First appointment 21 June 2021. Last appointment 26 September 2022)
 - Ian Philpot (First appointment 21 June 2021. Last appointment 26 September 2022)
7. In addition, the following charity trustees were elected:
- Stephen Coles (First appointment 26 September 2022)
 - Philip Evans (First appointment 26 September 2022)
 - Stephen Evans (First appointment 26 September 2022)
8. *“At every ... annual general meeting of the members of the Charitable Incorporated Organisation (CIO), one third of the elected charity trustees shall retire from office.” “The charity trustees to retire by rotation shall be those who have been longest in office since their last appointment or reappointment.”* (Constitution, Clause 13 (b), (c)). They are eligible for reappointment (Constitution, Clause 16 T&Cs apply).
9. For any organisation to be created and developed to a self-sustaining entity, it requires the support and oversight provided by trustees. The continued perseverance of the volunteer charity

trustees in overseeing and managing ongoing development of the Shed is appreciated by all the Shed members.

10. The gratitude of members is particularly extended to Graham Canning and Ian Philpot, two founding members who, after adding to the strength of the shed management, have elected to retire as trustees and to continue to enjoy being “shedders.”
11. The third trustee to stand down is Chris Griffiths, who has played a major part in the establishing of Lisvane Men’s Shed. He has intimated that he will stand for re-election as a trustee, by the membership at the next AGM (see Para 14).

OFFICE BEARERS

12. Thanks are extended to Colin Passmore who is standing down as the Chair. Colin, a founding member, accepted the position of Chair and has fulfilled the position for the last two years, with a determination to support the organisational structure of the shed in moving forward. The Shed will benefit further from his support as he continues as a trustee.
13. Thanks are also extended to Michael Knight who is standing down as Treasurer. Mike, a founding member, took on the role of Treasurer and developed the financial structure essential to the efficiency of the charity, leading to a solid foundation for the future of the shed. The Shed will benefit further from his support as he continues as a trustee.
14. At the trustees’ meetings of 3rd August 2023, Chris Griffiths was elected as Chair, depending on his re-election as a trustee (as reported in Para. 11) at the forthcoming Annual General Meeting. Stephen Coles was elected as Secretary, as of the forthcoming AGM.
15. At the trustees’ meetings of 19th October 2023, Philip Evans was elected as Treasurer, as of the forthcoming AGM.

HONORARY MEMBERSHIP

16. Trustees and members were delighted to present honorary membership to three people who have been so supportive and instrumental in assisting the establishment of Lisvane Men’s Shed’s.
17. At the Official Opening Ceremony of the Shed (See Para 18 below), the Chair, Colin Passmore, presented Certificates of Honorary Membership to Matt McCormack and Rebecca Boucher, of the Ty Mawr Inn, in recognition of the continued warm welcome, support and hosting of the Shed. In addition, a Certificate of Honorary Membership was awarded to Philip Husband, who has repeatedly volunteered support and contributed significantly to the creation and rapid development of the Shed, accessibility ramp and allotment raised beds.



OFFICIAL OPENING

18. Monday 20th March saw the Official Opening of Lisvane Men's Shed and gave members the opportunity to acknowledge those that have contributed and supported the creation and development of the Shed. The event was a great success with some 30 community guests and drew complimentary feedback.



"... lovely atmosphere of warmth and friendship ..."



UKMSA AWARD



19. Chris Griffiths, Secretary and founding member of Lisvane Men's Shed, was shortlisted for the UK Men's Shed Association (UKMSA) Award as the Volunteer of the Year. He attended a ceremony at The Palace of Westminster on 23rd May 2023. Although he did not win the award, he was presented with the UKMSA Chairman's Award in recognition of his services and dedication.

"I'm only here for the sandwiches."

MEMBERSHIP OF UK MEN'S SHEDS ASSOCIATION

20. Lisvane Men's Shed, like most men's sheds in the UK, is a completely independent organisation, accountable to its members. It adopted a voluntary and condition-less affiliation to Men's Sheds Cymru, a "project" of the housing association Hafan Cymru. Hafan Cymru changed its name to Stori before terminating the project supporting men's sheds in Wales. Their subsequent negotiations with UK Men's Shed Association led to the UKMSA acquiring the branding of Men's Shed Cymru.

21. Lisvane Men's Shed is a member of the UKMSA and hopes to enjoy benefits from the association, including the sharing of information, guidance and being affiliated to a UK wide fraternity of men's sheds.

TRUSTEE OF UK MEN'S SHEDS ASSOCIATION

22. Following an approach to Chris Griffiths, of Lisvane Men's Shed, to consider being nominated as a trustee of UKMSA, the members of Lisvane Men's Shed supported his name being put forwarded. The Board of UKMSA appointed Chris Griffiths and the position was ratified at the AGM of the UKMSA. He hopes to focus on the interests of Welsh men's sheds.

PROGRESS AND DEVELOPMENT

23. Year two has been very successful for Lisvane Men's Shed. A sustained membership of 22 and a waiting list of local men wishing to join the Shed, along with an improvement of facilities.

"When my wife died, I spent a year in the wilderness ... The shed saved me."

24. The new raised beds in the allotment provide a gardening facility for those who have physical challenges. The quality of the raised beds should provide years of low maintained service for Shedders. Potting benches, built by shedders, were placed in the polytunnel for use by the wider allotment community.



25. Shed members have enthusiastically grown potatoes, carrots, tomatoes, courgettes, marrows and herbs.



26. The purpose-built ramp installed at the rear of the shed provides an essential emergency exit and access for less able people, including wheelchair users.



27. One of the shedders, Ian Shopland, or Shoppo to his friends, composed a song to celebrate the creation of Lisvane Men's Shed with lyrics based on ***"friendship and laughter."*** It can be found at the following link [The Men's Shed Song - YouTube](#) or by searching ***"The Men's Shed Song"*** on YouTube. The song captures the whole spirit of the Men's Shed along with the story of Lisvane Men's Shed.
28. The landlord, Marston's PLC, have issued a 5-year lease to Lisvane Men's Shed providing terms of tenancy. Trustees are developing a Business Continuity Strategy to ensure the long-term functioning of the Shed.

"If it wasn't for the shed, I would be stuck without being able to do anything."

EVENTS

29. In addition to social evenings attended by shed members, excursions saw many shedders participating in a tour of BBC Cymru Wales New Broadcasting House, a day trip on the Paddle Steamer Waverley and a hike over the Graig. Several further excursions are in the planning.
30. Almost all members attended a Christmas Meal at the Ty Mawr Inn, and after what was an enjoyable fun night, it is now part of the annual calendar of events.
31. Presentations were given at the shed by members, based on their personal experiences. Ian Philpot spoke on *"Family History"* outlining genealogical research and Neil McBroom delivered a presentation on *"Responding to a Heritage: A Sailing Adventure."*
32. Visitor presentations included Care and Repair Cardiff & Vale, Professor John Staffurth on Prostate Cancer and Chair Yoga with Mo from Yogamo.



COMMUNITY PARTICIPATION



33. Lisvane Men's Shed is established as a community organisation and experiencing tremendous community support. In return, and in an endeavour to raise public awareness of the ethos of men's sheds in combating male loneliness, isolation and depression, Lisvane Men's Shed has participated in local events, including Cardiff Council Independent Living Wellbeing Day, Lisvane Community Council's Wellbeing Day, Lisvane Christmas Fair and Lisvane Summer Fair.

"I laugh so much in the shed that it hurts ..."



34. Some members attended the Green Wood Working Course and volunteered with the Down To Earth Project to build picnic benches and a Round House in the grounds of the Velindre Cancer Centre.



35. One member has attended several free courses with Axminster Tools Cardiff, to develop his skills in woodturning, wood carving, scroll saw work and other techniques.

36. Plans are in hand to arrange in-shed training and familiarisation to facilitate working with shed woodworking equipment.

37. Lisvane Men's Shed were commissioned to make 6 bird boxes for St Denys Church, in Lisvane. In addition, a bug hotel and bird boxes were donated for fund raising events run by other community groups, including Latch Welsh Children's Cancer Charity, Lisvane Community Association, Llysfaen Singers and Cardiff Breakfast Rotary Club.



FIRST AID

38. Three members have been certified as First Aiders following training with the British Red Cross.

ANNUAL SUBSCRIPTIONS

39. Lisvane Men's Shed individual subscriptions, to meet running costs like insurance etc., remained at £50/year.

DONATIONS

40. Donors are recorded in the Register of Donors. Further details are recorded in the Annual Financial Statement and Annual Return submitted to the Charity Commission UK.

GIFT AID

41. Lisvane Men's Shed has registered for Gift Aid with HMRC, which applies to subscriptions and individual taxpayer's donations. This has benefited the shed significantly.

ANNUAL ACCOUNTS

42. The Annual Accounts have been formalised and, although not required, the trustees have decided to have them audited as a matter of good practice. Following the presentation of the Annual Accounts to the AGM, they will be submitted to the Charity Commission UK, as statutorily required, along with the Annual Report.

Lisvane Men's Shed Expenditure Summary 2022/23

Ramp & Gate	£ 10,672.45
Allotment Raised Beds	£ 3,740.00
Tools & Equipment	£ 4,038.89
Insurance	£ 505.76
Building & Maintenance	£ 372.79
Stationary Supplies	£ 73.79
Training	£ 594.00
Promotional	£ 179.10
Social Events	£ 100.00
Refreshments	£ 337.86
Travel	£ 412.79
Opera	£ 250.00
Sub Refund	£ 50.00
Other	£ 46.57

Total Expenditure	£ 21,374.00
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Lisvane Men's Shed - Income Summary 2022/23

Subscriptions	£ 850.00
Refunded sub (Expenditure)	£ 50.00
Interest	£ 57.40
Donations	£ 15,587.26
Shed Fundraisers	Woodcraft Sales £ 568.00
	Other Fundraisers £ 207.00
HMRC Gift Aid	£ 3,916.23

Total Income	£ 21,235.89
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<u>Lisvane Men's Shed Accounts</u>	<u>2021/22</u>	<u>2022/23</u>	<u>FINANCIAL SUMMARY 2022/2023</u>	
Business Current	£ 4,319.48	£ 666.01	Balance CFwd 01/09/2022	£ 8,514.86
Business Reserve	£ 4,195.38	£ 520.31	Total Income 2022/23	£ 21,235.89
Restricted Funds	£ -	£ -	Total Expenditure 2022/23	£ 21,374.00
Business Continuity	£ -	£ 7,190.43	Balance CFwd 01/09/2023	£ 8,376.75
Balance Carried Forward	£ 8,514.86	£ 8,376.75		

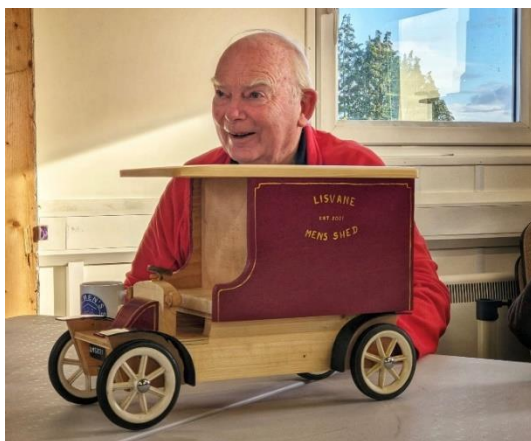
43. This Annual Report is provided on behalf of the Trustees.

Chris Griffiths
Secretary
Lisvane Men's Shed

Colin Passmore
Chair
Lisvane Men's Shed

Date 30th October 2023

"Long live Lisvane Men's Shed and long live its members."



"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



Useful references:

Facebook: [@LisvaneMensShed](#)

Lisvane Men's Shed Song [The Men's Shed Song - YouTube](#)

UKMSA: www.menssheds.org.uk

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

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