



Haverhill Mens Shed  
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Registered Charity Number 1202465

Date 19/9/24

Dear Member / Interested party.  
Haverhill Mens Shed informal annual report.

## Membership News

### **Membership News**

Membership stands at 49 current paid up members (estimate 40 to "re up")  
Points of attendance is just over 150 Month 1800 Year

### **Membership runs from 1st April to 31st March.**

We have as always endeavoured to keep membership and attendance costs to a minimum.

Trustees test sampled members about cost and all were clear that an increase to £24 (year) was acceptable. All membership fees go towards insurance and then to the supply of PPE / general fund.

Therefore membership for 1st April 2024 - 31st March 2025 will be £24 payable in one part £24 (due in April 2024) or two parts (April and September) of £12.

New members pay Pro Rata.

Donations towards tea / coffee per session are welcomed.

### **- AGM- Management Committee**

The Haverhill Mens Shed will be holding an AGM on the 3rd of April 2024.

At the meeting the Trustees have agreed to devolve day to day running of the Shed to a Management Committee MC (to be selected at AGM) Membership will be for one year and election / reelection each April.

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The Trustees retain legal / final say / financial oversight until said MC is able / fit to replace current Trustees.

In the transition time (expected to be 18 Months) all functions and support will be supported by existing Trustees.

Monthly Committee Meetings 1st Wed of the Month 630pm (at Shed)

### **Plans for year ahead.**

- Continued search for a permanent place for HMS (we want to be able to open 7 days a week).
- Set up a Management Committee.
- 2nd accessible daytime social.
- Goods for sale / one off builds (insurance allowing)
- Members Training - Emergency aid / Mental Health awareness / Suicide awareness / woodturning for beginners / Basic Diy ...+++
- Tool Kit loan scheme (6 available)



- Richard Rooke

### **Tools With a Mission (TWAM)**

HMS is committed to save 1000kg (1 Ton) of tools from going to landfill by collecting / grading / sorting and clean ready for TWAM to distribute to persons / areas of need in the third world - we have currently in a month got 170Kg ready to be collected.

Xmass Awards

MOST SESSIONS ATTENDED -

David Ingram

NOISY GIT

- Nigel Oxford

MOST RELIABLE

-Jim Green

MOST IMPROVED



**SHEDDER OF THE YEAR Ron Davis**



### **STROKE SUPPORT**

Quite a few of our member have suffered a stroke (or close family member)

Simple\* and easily made card and domino holders can make engaging socially much easier. We have orders for 20!

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*\*Rons says Easy for Antony he doesn't have to make em!*

**TRAINING** - We joined in with safeguard and first aid training

I'll let you decide which picture is from what course!



## **Shedfest**

Great day held by CAS - Chips were great - Antony's talk helped with settling in for the post lunch Nap



## **What our Sheddors say.**

Bacon Butties at events are great!

Pete's Recipes

Learning from other members

Making friends and Learning to play Ukulele (we loan them out)

Cakes and Donuts.

Nigel's Jokes

Mix with own generation

Feeling welcomed and Comoradary

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Warm and Fuzzy  
A reason to get up  
Getting a lift in  
No question is silly  
Getting away from the Mrs  
Helping Community  
Proud to be part of Mens Shed Haverhill  
My dad is happy  
I drive 30 miles to get here because I feel that I am welcomed and belong.  
I have PTSD / OCD / ADHD - here I am accepted as me.

### **STATS**

4 sessions a week  
Attendance is average of 166 Monthly

As of the 31st march we have 49 paid up members.

5 Members define themselves as survivors of domestic abuse  
8 Members are widows.  
4 are full time carers  
20% are ex uniformed service  
1 Open about suicide attempt  
8 have lost somebody to suicide  
30% Have issues with alcohol  
4 Are women

### **Case Studies**

BB was a young parent in the 60s and as he was not Married to the mother, the child was taken away from them. BB and CC married and he joined the Navy spending long periods away at sea. BB and his wife CC had two more children. BB retired from the navy after 22 years and struggled with the civilian way of doing things, money issues, alcohol dependency and homeless followed BB daughter took her own life leaving two boys behind about 9 years ago, The father of the Grandchildren remarried and there is no contact with Grandchildren. BB son has no children and lives abroad.  
BB Joined the shed last year shortly after his wife CC and companion of 49 years passed away after a short illness.

DD Was in the military for 25 years serving in some of the most hostile environments. Two marriages, Financial difficulties, losing "home and family"  
DD has a new partner, rents has contact with children and grandchildren after a gap of a decade.

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Father is in a care home with dementia - and has no recollection of his son.  
Sister took her own life after battling with addiction.  
DD has PTSD several times over.  
He has his own shed now where he finds a sense of peace - and makes wooden toy trains for grandchildren.

HMS Oddsnsods report to the AGM  
Haverhill Men's Shed  
Weds 3 rd April 2024

Having given a few renditions on the Ukulele at various events during the summer of '23 then some members of the Shed said they'd be interested in learning to play music. So, in September '23 a proposal was put to the Committee and some musical instruments were brought to form a music group. The group decided that we should be collectively known as HMS Oddsnsods.

The group now consists of Steve, a bass player, Jason a guitarist, 3 regular Ukulele players Geoff C, Geoff W and Kim. We have recently been joined by Pete C who is learning Uke.

The main practice session is on a Tuesday evening 19.30 to 21.30 at Geoff W's house. Thanks for the wonderful hospitality, Geoff. We have a beginner's session at Rookwood Way 19.00 to 20.00 on Wednesdays, and we have an informal jam session at The Link, in the High St, from 10.30 to 12.30 on Fridays.

Remarkable progress has been made and confidence among the members has grown to the point now where we are considering offering entertainment to local community groups such as Day Care Centres. If the community groups have an entertainment's budget then a donation of £40 for Men's Shed funds may be suggested.

Jason and I did a slot at the Open Mic night at Haverhill Arts Centre on Thurs 28 th March which seemed to be well received and, hopefully, spread the word about the Men's Shed.

We look forward to playing at any events that the Shed attends this year and we will be playing at The Old Riverport Ukulele Festival, St Ives on Sat October 10 th which is on a steampunk theme.

Our mantra is that it doesn't matter whether anyone is good or not, it only matters that everyone enjoys themselves.

So, if you've always fancied learning to play an instrument, or just want to learn something new or you're an experienced musician then please come and join us, even just singing along or shaking a maraca, it's all about a universal language that is music.

We have instruments that can be loaned out for a small deposit.

Geoff Copping  
HMS Oddsnsods

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Link report to  
Haverhill Men's Shed  
AGM 2024

It was recognised that some people may find it difficult to get to the Men's Shed HQ at the unit in Rookwood Way. So that people could have a point of contact in the town centre then negotiations were carried out through Jim Green for the Men's Shed members to be at The Link, which is a Salvation Army information facility, from 10.30 to 12.30 on Friday mornings.

Since this began there's been numerous enquiries about the Men's Shed as well as useful contacts being made with the local constabulary and other organisations in the town.

Offers have been made by members of the public of tools and equipment to be used by the Men's Shed or go to the Tools for Africa project.

Members of the Shed can come in for a chat, play some music or have a game of cards, usually accompanied by coffee and doughnuts. There's usually 3-5 members attending regularly with others dropping in on an ad-hoc basis.

This seems to be a valuable point of contact for the Men's Shed with a positive response from members of the public who drop in.

Geoff Copping

Obo The Link Friday group.



The shed gives companionship, Shared experiences (of good and bad in life) Advice / support + help.

A sense of belonging and a reason to switch the telly off and go out.

A place where people know you and accept you for the grumpy old bostard that you are. and importantly pleased to see you, even if they say hello you old winkr I thought you was dead.

From all the Shedders old, new and passed we wish you a safe and fun year ahead.

Antony Cullup

In memory of Bill Hubbuck.

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## CC16a

31/3/24

## At Receipts

last year

to the heart.

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Endowment

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