



Forth Valley Men's Shed

Trustees' Annual Report & Statement of Accounts

Year Ending: 30th September 2024

Charity Number: SC048701

Trustees' Annual Report & Statement of Accounts for the year Ended 30th September 2024

The Trustees of Forth Valley Men's Shed have much pleasure presenting their Annual Report and Statement of Financial Activity for year ended 30th September 2024

Charity Details:

- . Charity Name: Forth Valley Men's Shed**
- . Charity Number: SC048701**
- . Registered Address:**

Unit 5

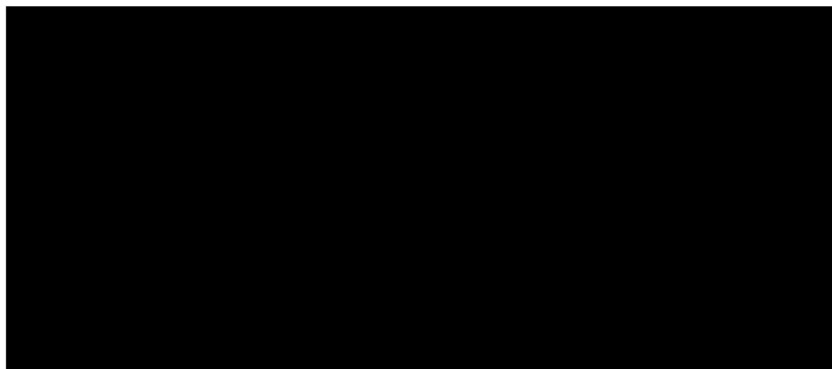
8, Ward Street

Alloa

FK10 1ER



Trustees



Summary of Impact

Over the past year, Forth Valley Men's Shed has made a significant impact in our community by:

- Supporting **50 + members** in reducing social isolation and improving mental well-being.
- Delivering **12+ hours** of hands-on activities, skills training, and social engagement.
- Strengthening partnerships with **NHS, local schools, and Clacks Council**, expanding our reach.
- Raising **funds** through fundraising, ensuring sustainability for our programs.
- Applying for an **asset transfer** that will provide a permanent space for future activities.

These achievements demonstrate our commitment to fostering community spirit, improving health and well-being, and empowering individuals through meaningful projects.

Structure, Governance, and Management:

Forth Valley Men's Shed is a Scottish Charitable Incorporated Organisation, governed by a board of trustees responsible for strategic direction and financial oversight. Trustees are elected annually, and regular meetings ensure compliance with OSCR guidelines and charity best practices.

Trustee Recruitment and Appointment:

During the year, Forth Valley Men's Shed has actively sought to enhance its board by recruiting new trustees with relevant skills and experience. The recruitment process includes an open call for applications, followed by interviews conducted by existing trustees to assess suitability. We also encourage referrals from partner organisations to identify individuals with expertise in areas such as finance, community engagement, and project management.

External organisations do not have the authority to appoint charity trustees, ensuring that all appointments align with our governance structure and charitable aims.

We recognize that a diverse board strengthens our ability to meet our objectives. Efforts have been made to recruit trustees from different backgrounds, fostering inclusivity and bringing fresh perspectives to the charity's strategic direction.

Objectives and Activities:

The charity aims to advance health and wellbeing by providing a safe and supportive space where men can engage in meaningful activities, share skills, and combat social isolation.

Key Activities and Achievements:

1. **Asset Transfer Progress:** Significant strides have been made in securing an asset transfer, which will allow us to expand our operations and involve the wider community more effectively.
2. **Community Engagement:** We have strengthened our relationship with local organizations, including Clacks Council's Community Learning Department, hosting secondary school pupils to enhance their skills and confidence.
3. **Partnerships and Contracts:** We have secured further contracts with the NHS and Alva Primary School, reinforcing our role as a valuable community resource.
4. **Fundraising and Market Presence:** We have attended local markets, selling crafts made by members, and successfully increased awareness and financial sustainability.
5. **Successful Open Day:** Our open day in November attracted over 100 attendees, showcasing our work and attracting new members and volunteers.
6. **Facility Improvements:** We have been actively fundraising to cover operational costs such as rent (£900/month), utilities, a trailer and tow hitch, portable heating, and an upgraded kitchen

Key Recognition:

We are proud to share that our chairman was awarded the **Local Hero Award**, presented at the **Scottish Parliament** by **His Majesty the King and Her Majesty the Queen**. This prestigious recognition highlights the incredible dedication and impact of Forth Valley Men's Shed within the community.

Achievements and Performance:

During the financial period, Forth Valley Men's Shed has made significant progress in delivering its objectives and expanding its impact within the community. Key achievements include:

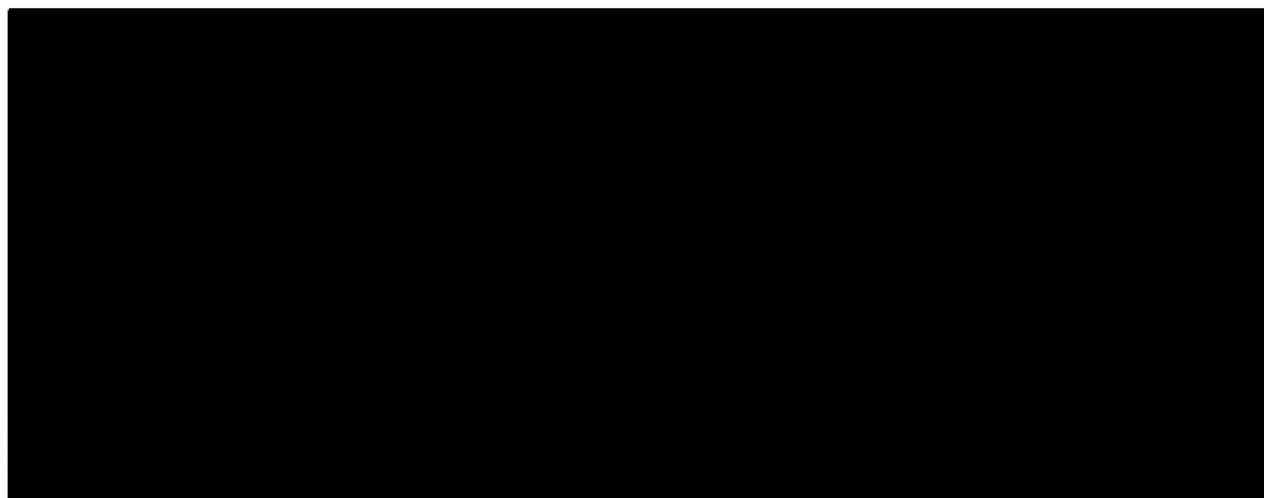
1. **Asset Transfer Progress:** We have advanced negotiations for securing a permanent base through an asset transfer, ensuring a sustainable future for the charity.
2. **Expansion of Community Engagement:** Strengthened relationships with local partners, including Clacks Council's Community Learning Department, enabling us to support secondary school pupils in developing practical skills and confidence.
3. **New Partnerships and Contracts:** Secured additional contracts with the NHS and Alva Primary School, demonstrating our growing reputation as a trusted community resource.
4. **Fundraising and Sustainability:** Successfully participated in local markets, increasing awareness of our work and generating additional funds through craft sales.
5. **Successful Open Day:** Hosted an open day in November, attracting over 100 attendees and increasing community involvement.
6. **Facility Improvements:** Raised funds for essential operational costs, including rent (£900/month), utilities, a trailer and tow hitch for material transport, portable heating, and kitchen upgrades.
7. **Volunteer Growth:** Increased our volunteer base, bringing in skilled individuals to support and enhance the charity's activities.
8. **Health and Wellbeing Impact:** Provided a safe, welcoming space for members to combat social isolation, develop new skills, and improve mental well-being through hands-on activities and social interaction.

Objectives and Activities:

The charity aims to advance health and wellbeing by providing a safe and supportive space where men can engage in meaningful activities, share skills, and combat social isolation.

Key Activities and Achievements:

7. **Asset Transfer Progress:** Significant strides have been made in securing an asset transfer, which will allow us to expand our operations and involve the wider community more effectively.
8. **Community Engagement:** We have strengthened our relationship with local organizations, including Clacks Council's Community Learning Department, hosting secondary school pupils to enhance their skills and confidence.
9. **Partnerships and Contracts:** We have secured further contracts with the NHS and Alva Primary School, reinforcing our role as a valuable community resource.
10. **Fundraising and Market Presence:** We have attended local markets, selling crafts made by members, and successfully increased awareness and financial sustainability.
11. **Successful Open Day:** Our open day in November attracted over 100 attendees, showcasing our work and attracting new members and volunteers.
12. **Facility Improvements:** We have been actively fundraising to cover operational costs such as rent (£900/month), utilities, a trailer and tow hitch, portable heating, and an upgraded kitchen



Finance

FORTH VALLEY MEN'S SHED – INDEPENDENT EXAMINER'S REPORT

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 seeks 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 I do not express an audit opinion on the view given by the accounts.

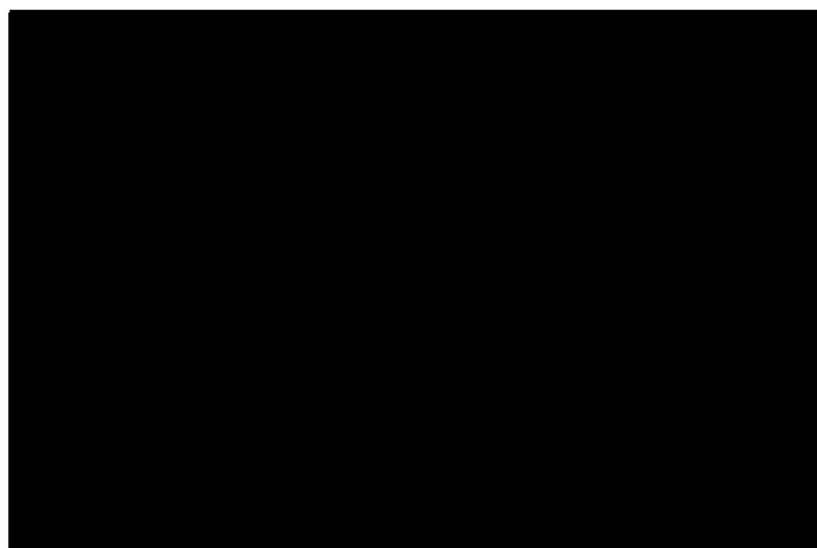
Independent examiner's statement

In the course of my examination, no matter has come to my attention
[other than 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 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations

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.



FORTH VALLEY MEN'S SHED PROFIT AND LOSS ACCOUNT – 01 OCT 2023 TO 30 SEPT 24

	£	£	£
BALANCE B/F (at 01 Oct 23)			19,414.71
<u>INCOME</u>			
GRANTS	13,293.53		
SALES	5,613.78		
TRANSFER FM C/A	2,520.00		
DONATIONS	1,000.00		
RE-CREDITS	318.46		
VM CASHBACK	22.33		
MISC	5.00		

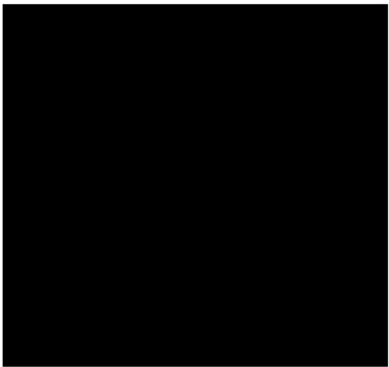
TOTAL	22,773.10		22,773.10

			42,187.81
<u>EXPENDITURE</u>			
RENT		7,141.56	
UTILITIES		1,817.47	
SURVEY		1,140.00	
INSURANCE		339.11	
RENKIT		388.85	
LOCAL STORES		961.30	
SHOWS/J GRAY		804.50	
SCREWFIX		560.65	
AMAZON		1,177.47	
PAYPAL		1,101.51	
TOOLSTATION		241.26	
CONTAINER RENT		150.00	
TRANSFER TO PETTY CASH		100.00	

	£	£	£
PHONE		60.00	
MISC		4,009.03	

TOTAL		(19,992.71)	(19,992.71)

BALANCE AT END FY 23/24			22,195.10



Plans for the Future:

- Finalising the asset transfer to secure a permanent base for our activities.
- Expanding services to cater to a broader demographic within the community.
- Strengthening partnerships with local councils and community groups.
- Enhancing fundraising efforts to ensure long-term sustainability.

Declaration:

The trustees declare that they have approved this report and confirm that it complies with the requirements of OSCR.

