

# SHOULDER

# 2

# 2



*Christmas Special Edition*



## *Season's Greetings!*

Shedders! It's been a busy year for Men's Sheds. Countless conversations; copious cups of tea; communities supported; creative crafts and friendships made. To see the year out, we're excited to bring you a Christmas edition of 'Shoulder to Shoulder'. We hope you enjoy the festive look. From all of us at UKMSA Merry Christmas and a Happy New Year!

# SHOULDER

# 2

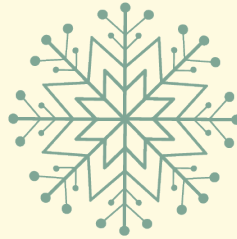
# REJOINDER



Christmas Special Edition

## CONTENTS

- PRESIDENT'S CHIPS: MIKE JENN
- SHED'S CAROL CHALLENGE!
- THE UKMSA AMBASSADOR PROGRAMME
- MEET A TRUSTEE: JOHN JARVIS
- TALES FROM THE SHEDS
- CHRISTMAS GAMES
- FUNDING OPPORTUNITIES
- ARTICLES FROM THE 3<sup>RD</sup> SECTOR
- TREASURER'S REPORT



## SUMMARY OF WHAT'S HAPPENING

23<sup>RD</sup> DECEMBER 2019—OFFICE CHRISTMAS CLOSURE  
2<sup>ND</sup> JANUARY 2020—OFFICE REOPENS  
27-28<sup>TH</sup> MARCH 2020—MIDLANDS WOODWORKING SHOW (NEWARK)  
6<sup>TH</sup> JULY, 2020—NATIONAL SHEDFEST 2020 (WORCESTER)  
SEPTEMBER 2020—SCREWFIX LIVE (FARNBOROUGH)





BY MIKE JENN

## A WARM GREETING (PART 1)

I'm alarmed. Since last month's Extinction Rebellion I have been reading the climate science reports provided for the U.N. and our Government. They and even the Trump Administration all agree that without combative measures the world's Global Mean Surface Temperature (GMST) will reach 3.5°C above pre-industrial levels.

It's like a gathering storm where you sense a change in the air, look at the advancing cloud bank, feel the first huge rain drops, get blown off your feet by the wind and swept away in the torrent.

Without actions to mitigate global warming gas emissions and adaptations to changing climate, many scientists predict the Earth could become uninhabitable in 80 years.

The GMST is currently at 1°C but rapidly spiralling increases are predicted with one change driving forward the next. Last July the UK's advisory body said there is still time to limit the damage 'if the world acts quickly and decisively to cut emissions' of heat-trapping gases but due to a lack of combative actions we need to prepare for 3.5°C.

A lot of damage has been and still is being done. Emissions from developed countries are still increasing and emerging economies want the lifestyle we have enjoyed. Even at 1°C the world has had its hottest 5 years—the storms, floods, fires, and droughts are all more frequent and powerful, the first cracks are appearing in the food chains on which we

depend as bio-diversity diminishes at speed.

The Paris Accord aimed to limit the temperature rise to 1.5°C. The UN's advisors say we will reach that point in 20 or possibly 12 years. NASA confirms this is due to human activity. Plans to mitigate emissions are weak and have included technologies we have yet to develop such that the UK's expert panel says 'Current global plans give only a 50% chance of meeting 3°C. by 2100'.



**"WITHOUT ACTIONS TO MITIGATE GLOBAL WARMING GAS EMISSIONS AND ADAPTATIONS TO CHANGING CLIMATE, MANY SCIENTISTS PREDICT THE EARTH COULD BECOME UNINHABITABLE IN 80 YEARS."**

As Sheds we both contribute to and reduce global emissions. Every time we turn waste wood into a product, mend something, volunteer for community projects and maintain our member's health it helps. Every time we turn up the heat, use machinery, overfill the kettle it doesn't. At my Shed we are going to respond to the issues including planting and coppicing some trees.

**"AS SHEDS WE BOTH CONTRIBUTE TO AND REDUCE GLOBAL EMISSIONS. EVERY TIME WE TURN WASTE WOOD INTO A PRODUCT, MEND SOMETHING, VOLUNTEER FOR COMMUNITY PROJECTS AND MAINTAIN OUR MEMBER'S HEALTH"**

FOR A GUIDE TO INDIVIDUAL ACTIONS TRY THE 'WHAT CAN YOU DO ABOUT CLIMATE CHANGE' SECTION AT [FRIENDSOFTHEEARTH.UK/CLIMATE-CHANGE](https://www.friendsoftheearth.uk/climate-change).

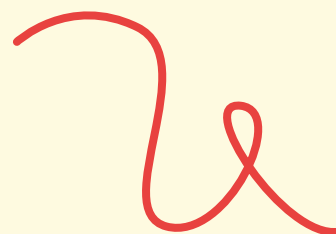
TO CAMPAIGN— JOIN A GROUP: [TAKECLIMATEACTION.UK](https://www.takeclimateaction.uk) OR [REBELLION.EARTH](https://www.rebellion.earth).

FOR A SUMMARY OF THE SCIENCE SEE [BIT.LY/2SKS6HK](https://bit.ly/2SKS6HK)

TO RESPOND EMAIL [MIKE@CAMDENTOWNSHED.ORG](mailto:MIKE@CAMDENTOWNSHED.ORG)



# UKMSA CHRISTMAS CAROL SING-OFF!!



Jingle Sheds, Jingle Sheds,  
Shedding all the way.  
Oh what fun it is to be a Shedder  
come what may  
Jingle Sheds, Jingle Sheds,  
Shedding all the way.  
Oh what fun it is to be  
a Shedder come what may

Rushing to the Shed,  
To make a cup of tea,  
Past the oak and lime  
And the ebony  
Working really hard  
To make the children's sleigh  
Lots to make today  
For a local charity

Jingle Sheds, Jingle Sheds,  
Shedding all the way.  
Oh what fun it is to be a Shedder  
come what may  
Jingle Sheds, Jingle Sheds,  
Shedding all the way.  
Oh what fun it is to be  
a Shedder come what may

Christmas time is fun  
For all your family  
Some of us have nun  
Some of us have one  
The Shed you'll come to see  
Is a fantastic place to be  
We look after one and all  
A Christmas family

Silent Shed, Holy Shed!  
The rain has come, the leaks begun  
Drilling and tapping, oh what fun  
Sanding and scraping, the works all done  
Saw in heavenly bliss  
Saw in heavenly bliss

Silent Shed, Holy Shed!  
Christmas Come, orders begun,  
Making Sleighs and reindeer trays,  
Drinking tea and munching cakes  
Shedders hard at work  
Shedders hard at work

Silent Shed, Holy Shed!  
Shedders quake, at the sight,  
Orders stream from near and far  
The robins are made sing Alleluia  
Christmas market in the morn  
Christmas market in the morn

Joy in the Shed, the wood has come,  
Let Norris receive the planks;  
Let every Shedder, prepare some space,  
The oak and pine has come,  
The teak and lime has come,  
The elm, the elm, and yew has come.

Fred's made the tea and biscuits three,  
Let biscuits and sweets bring joy;  
Let every drop of milk be used,  
let every strain of tea enthuse,  
Let men their mugs employ,  
Let women their mugs employ,  
Let men and women, their mugs employ.

No more let Colin use the drill  
The hole, is far, too big;  
Let every bowl be turned, from cherry and maple  
And work to the jig,  
And work to the jig,  
And work, and work, to the jig.

Geoff's playing Santa for the kids,  
Let Sheds and Men make sleighs;  
The hammering and nailing, scraping and polishing,  
Will let sleighs ride,  
Will let sleighs ride,  
Will let, will let, let sleighs ride.

TO SEE THE TRUSTEES HILARIOUS  
PERFORMANCE OF JINGLE BELLS  
VISIT: [HTTPS://BIT.LY/2LMQKXW](https://bit.ly/2LMQKXW)

THINK YOU CAN DO A BETTER JOB?  
MAKE YOUR OWN RENDITION, AND  
EMAIL IT TO [NEWSLETTER@UKMSA.  
ORG.UK](mailto:NEWSLETTER@UKMSA.ORG.UK) FOR A CHANCE TO BE  
FEATURED ON OUR SOCIAL MEDIA!

ukmsa stats 2019

"Jan 1<sup>st</sup> 264 member sheds  
today 341 member sheds



## MEN'S SHEDS AMBASSADORS

BY KATE GORDON (NATIONAL SHED DEVELOPMENT  
MANAGER)

"THERE IS GREAT POWER IN SHEDDERS  
HELPING OTHER SHEDDERS."

Over the past year we have been busy travelling around UK growing a national network of special Men's Sheds volunteers. We call these special volunteers Men's Sheds Ambassadors. Men's Sheds Ambassadors have experience in setting up or running Sheds and are keen to do more for the Shed Movement in their local area.

Men's Sheds Ambassadors make themselves available to (i) Help Sheds get off the ground, (ii) Advise existing Sheds (iii) Support the formation of regional Shed networks and (iv) Help to promote all that Sheds area achieving within their local area.

We now have 29 Men's Sheds Ambassadors on board across the UK and aim to increase the network even further in 2020. We are excited to tell you that from January 2020, we will begin featuring a monthly segment in 'Shoulder to Shoulder' entitled 'Meet an Ambassador'. In the meantime have a look at a map of our ambassadors' UK coverage! [bit.ly/2OtTgK7](https://bit.ly/2OtTgK7)

Find out more or get in touch with your local Men's Sheds Ambassador:  
Contact me at [kate.gordon@ukmsa.org.uk](mailto:kate.gordon@ukmsa.org.uk)



## MEET A TRUSTEE

BY JOHN JARVIS

"DAY TO DAY I LEAD A CHARITY  
THAT SUPPORTS PUBLIC SERVICE  
LEADERS TO WORK TOGETHER TO  
TACKLE BIG SOCIAL CHALLENGES  
SUCH AS FOOD POVERTY, MENTAL  
HEALTH AND HOMELESSNESS"

In my travels around the country I heard a lot about the very real and hugely positive impact of Sheds for men. It's what inspired me to join the UKMSA movement, and I was lucky enough to join the board just in time to be part of the fabulous ShedFest.

Talking to a number of you made me reflect on my own Shed ambitions. For a number of years I've stared into my garden imagining this epic, hand-crafted, bespoke shed. Not a plank has been placed yet, but the dream is still there!

In the mean time I've been keeping myself busy with other projects. One started out as 'sprucing up the bathroom' but quickly turned into a complete rip-out and start again job. I'm very pleased with the results plus I learnt a lot i.e. **plumbing** (ask someone who knows more than you); **tiling** (invite family to help); **timing** (you definitely can't do it in a long weekend!)

## PROTECTION AGAINST FRAUD



The Festive season is a time to be merry, its also a time to be careful. The Metropolitan Police have produced a helpful booklet called 'The Little Book of Big Scams'. Have a read and keep opportunists and fraudsters at bay! Download 'The Little Book of Big Scams' here. [bit.ly/34bSI1T](https://bit.ly/34bSI1T)





## TALES FROM UKSHEDS: NEW PURPOSE BUILT SHED IN BEER

Beer Men's Shed who were founded in a member's garage using borrowed tools – has celebrated the opening of a purpose-built workshop. The 22sq m base, which doubles as a clubhouse in the grounds of the Mariner's Hall, landed £13,000 of crowdfunding cash in just two months.

Beer Men's Shed provides sociable woodwork sessions for residents in the villages of Axminster, Kilmington and Seaton every Tuesday and Thursday. Chris Pickles, group chairman, said: "We put the call out on social media and the money just came in overnight; it really is a measure of the goodwill in the community."

"In Beer, 30 per cent of the population is over the age of 65, and half of them are men, therefore there's a sizeable population of men who may find themselves in need of social interaction or a practical interest, including male carers who may feel they don't get out of the house enough."

Action East Devon has even offered to supply a professional carer to give those members with caring responsibilities time to attend the group.

"One of our members enjoys it so much he takes a 45-minute bus ride to the club twice a week," added Chris.

"He used to spend the majority of time at home and was in and out of hospital. He's led on some of our projects, and enjoys the laughs and jokes we share; we've seen how the group has cheered him up."

"The group brings people together. Some people like to get stuck into the work, while others like the social aspect more. We keep an eye out for each other and we enjoy each other's company."

Despite limited resources, members have already completed a number of commissions – including a large-scale village noticeboard built 50 dormouse nesting boxes for the District Council, and created a large wooden children's activity box. During the summer, Beer Men's Shed members launched an appeal via Crowdfund Devon to raise money for a permanent base. In just eight weeks they had generated £13,000 – including £4,500 from East Devon District Council – for the hub.

**"OUR MAIN PRIORITY IS ATTRACTING MORE MEN TO OUR GROUP AND INSPIRE THEM TO LEAD HAPPIER, HEALTHIER LIVES, WHICH IS OUR MAIN CONSIDERATION WHEN DECIDING WHAT PROJECTS TO TAKE ON."**

Their official opening took place on Saturday 26<sup>th</sup>, October and was attended by a number of dignitaries, benefactors, residents and prospective members. Local landowner Clinton Devon Estates, which funded the clearing of the site for the workshop, has invited the group to collaborate with its Plan for Pollinators project.

This will involve making large flower boxes to attract insects, birds and bats, in support of Bat Friendly Beer, a partnership project to boost Beer's bat population. The group has also received funding from Devon County Council's Community Chest, Devon and Cornwall Police's Community Resilience Fund, Defra's Sustainable Development Fund and the East Devon Area of Outstanding Natural Beauty.

Funding has also enabled the Men's Shed to purchase more tools – such as a lathe for woodturning – allowing members to take on more ambitious projects. For more information, visit—[beermensshed.uk](http://beermensshed.uk)



## SILVER'S WORKSHOP PRESENTED NEW QUALITY AWARD

### THE SILVERS' WORKSHOP, MEMBERS OF UKMSA, WERE AWARDED SAFE AND SOUND CERTIFICATION BY READING VOLUNTARY ACTION ON 17TH OCTOBER 2019.

'Safe and Sound' is a new quality award developed by Reading Voluntary Action that is locally relevant, credible and achievable. Safe and Sound is an aid to give Reading's charities the confidence they have reached a basic level of good governance. It can be used to highlight any gaps in your group's composition and procedures.

The aim of 'Safe and Sound' is to see that trustees have relevant safeguards in place to protect themselves, the charity and its beneficiaries and that it has given

due consideration to its core responsibilities. To achieve this award the management team of the Silvers' Workshop completed the process of drafting and compiling a number of necessary policy documents to enable the efficient and safe governance of the workshop.

Some of the 10 Policy Documents and supporting documents compiled and approved by both the Trustees of The Silvers' Workshop and Reading Voluntary Action were—

- Safeguarding Policy
- Health and Safety Policy Manual
- Financial Management Policy
- Governance Policy
- Members Handbook
- Volunteer Policy
- Equality Policy.

"THE AIM OF 'SAFE AND SOUND' IS TO SEE THAT TRUSTEES HAVE RELEVANT SAFEGUARDS IN PLACE TO PROTECT THEMSELVES, THE CHARITY AND IT'S BENEFICIARIES."

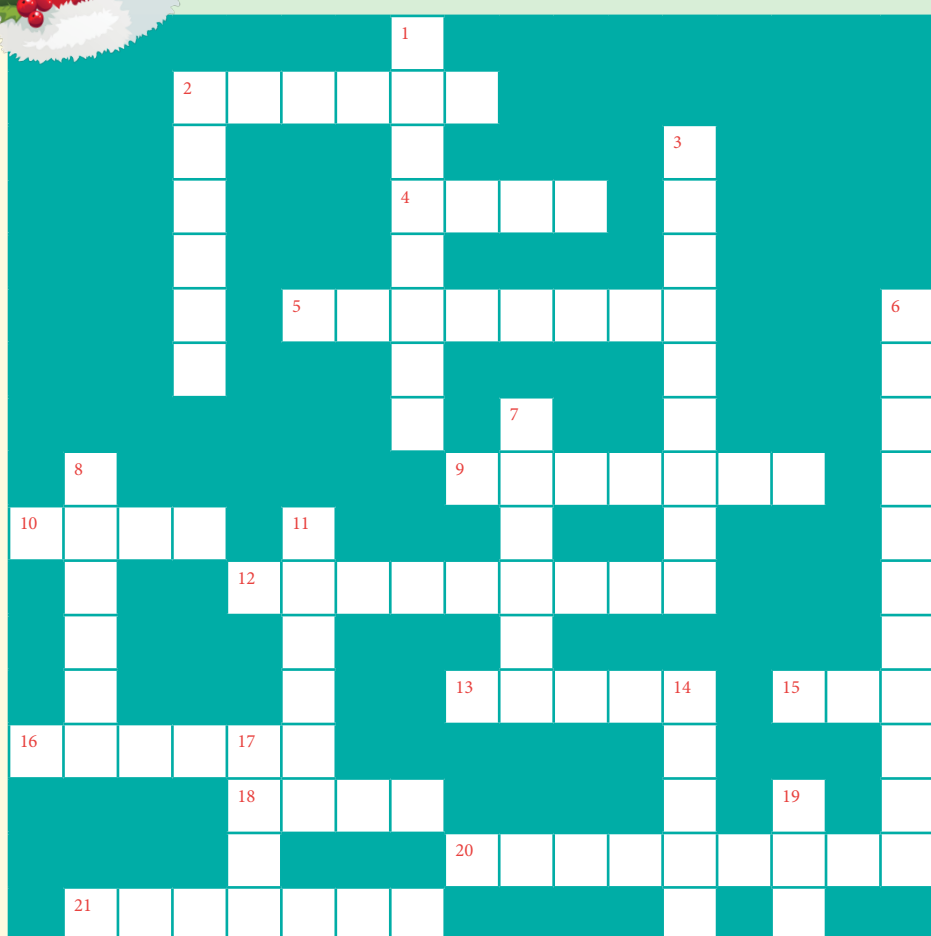


ukmsa stats 2019  
"Over 1,500 incoming phone calls, and an estimated 6,000+ emails to our admin email"





## METALS CROSSWORD



### ACROSS

- 2 - A bit salty
- 4 - A texture like sun
- 5 - May help you walk again
- 9 - Song by *Viking Heaven*
- 10 - To take someone somewhere
- 12 - Comrade
- 13 - Where there is muck
- 15 - Hergés adventures of...
- 16 - An age in history
- 18 - Another age in history
- 20 - Lights up the room
- 21 - Freddie

### DOWN

- 1 - A bright idea
- 2 - Lordes (anag)
- 3 - Trump can't spell or pronounce it
- 6 -  $E = MC^2$
- 7 - To kill a Werewolf
- 8 - A good old tankard
- 11 - He might nick you
- 14 - Takes away from Sheffield
- 17 - 24<sup>th</sup> most common element
- 19 - a kind of man from the wizard of OZ



### UKMSA FACEBOOK GROUP!

We are launching a new facebook group! We want to communicate and respond more swiftly and directly to Sheds about news, offers and resources. We want to create a community hub where Shedders can share ideas with one another in a supportive private setting. Sheds & individual Shedders are invited to join on shortlink [bit.ly/2qFAhUO](https://bit.ly/2qFAhUO) alternatively [facebook.com/groups/575243759890248/](https://facebook.com/groups/575243759890248/)

### SHEDOKU

		7	9						
	2			7	1				3
	5	3		8				7	
	9	2			7			3	
		4					7		
	8		3				9	5	
	7			6			2	4	
1			7	9				6	
						3	1		

## CHRISTMAS QUIZ

- Name Scrooge's dead business partner: **a)** James Willcot **b)** John Mantis **c)** Jacob Marely **d)** Jimmy Booth
- Who tried to steal Xmas from the "Whos of Whoville"? **a)** The Grinch **b)** The Snowman **c)** Hattie Jacques **d)** Ian Holm
- What Christmas food is made from "marsh-whorts": **a)** Stuffing **b)** Sweet **c)** Sweet Potatos **d)** Cranberry sauce
- Which ocean is Christmas Island in: **a)** Pacific **b)** Atlantic **c)** Indian **d)** Arctic
- Which continent is the turkey from: **a)** South America **b)** North America **c)** Europe **d)** Australia

1. c) Jacob Marely 2. a) The Grinch 3. d) Cranberry sauce 4. c) Indian Ocean 5. b) North America





## EXTRA FUNDING FOR YOUR SHED!

**We've got some exciting news to share with all our Sheds - we've officially partnered with **easyfundraising**! **easyfundraising** is a free fundraising website that you can use to help raise money for your Shed!**

Simply by doing Christmas shopping online with thousands of retailers like Wickes, Screwfix, eBay, Just Eat, Amazon, eBay and M&S. It takes two minutes to register your Shed and it's completely free.

Plus—register your Shed with 'easyfundraising' before December 22<sup>nd</sup> for a chance to WIN a £50 donation. Visit our website for more info on: [easyfundraising.org.uk/mens-shed](https://easyfundraising.org.uk/mens-shed)

Once you're registered, don't forget to grab your free fundraising toolkit. It's full of free resources to help invite Sheddies and supporters in your community to raise money for your Shed with 'easyfundraising'. Sign-up today to get your Shed this massive Christmas prezzie!



## MENTAL HEALTH CHARGES BY GP'S

**GP's are no longer allowed to charge for debt and mental health declarations.**

The Government has agreed with the British Medical Association, that when new forms are introduced, the practice of charging for completion of these forms on behalf of patients should cease.

Under the agreement, the membership bodies for Banks and Debt Collectors, UK Finance and the Credit Services Association, said that lenders would only request the information from GPs as a last resort. The BMA said that it now expected creditors and debt advisors to treat customers' own accounts of their mental health conditions and only ask for evidence where absolutely necessary. Full details of the announcement can be found at <https://www.bma.org.uk/news/media-centre/press-releases/2019/february/bma-commits-to-ending-patient-charges-for-mental-health-debt-forms>—Paul Egerton  
**UKMSA Health and Wellbeing Committee**

## POCKET PARKS FUNDING

**If your Shed is located on, or involved with, a community green space then there are government grants of £15k or £25k available under the Pocket Parks scheme.**

"The funding is intended for communities to develop new green spaces or improve existing ones that are in poor condition, that provide people with better quality spaces; increasing opportunities for social mixing, healthy living, relaxation, play, food growing and contact with nature addressing health and wellbeing, integration social isolation or loneliness". The deadline for applications is 31st December and more info and how to apply can be found here. <https://bit.ly/2sTxqZv>

Remember, we are always available to assist with any applications.

**1/1/19 486 known open Sheds, by 31/11/19 up to 521**

ukmsa stats 2019



# 12

days of giving



ECCLESIASTICAL HAS LAUNCHED ITS ANNUAL 12 DAYS OF GIVING AND IS INVITING CHARITY NOMINATIONS FOR 120 GRANTS OF £1,000.

Any UK or Irish registered charity can be nominated, and nominations will remain open until midnight the day before each draw. Draws will take place each weekday from 5 – 20<sup>th</sup> December 2019.

The more nominations a charity receives, the greater the chance of them winning. The application form asks simply for details on the charity, the nominee, and the reason why they would like to see their nominated charity receive £1,000.

Successful charities last year included Acorn Village, which used its £1,000 to help fund help life-enhancing activities such as swimming, sailing, horse riding, media groups, gardening and activities in its Creative Craft Centre, and Barking Mad Dog Rescue, which used the funds for a down payment on the purchase of its currently rented village house, which it will transform into a second, smaller shelter for its most vulnerable dogs. Nominate UKMSA and your favourite Shed! [ecclesiastical.com/movement-for-good/12-days/](https://ecclesiastical.com/movement-for-good/12-days/)

## RE:ENGAGE—A CHARITY FIGHTING LONELINESS.

CHRISTMAS IS A TIME WHEN WE ARE TRADITIONALLY TOLD THAT WE SPEND TIME WITH FRIENDS AND FAMILY. FOR SOME OF US, HAVING FRIENDS AND FAMILY, DOESN'T MEAN WE WILL SPEND TIME WITH THEM ON CHRISTMAS DAY.

One of the magical things about Men's Sheds is their ability to open up connections with others. If your Shed is holding open days / attending craft fairs and events, share the information for people to come and speak with you!

If you, or someone you know in your Shed would like to connect to others on Christmas Day and share some Christmas cheer, you can find out about events local to you through **Re:engage**, a charity committed to fighting loneliness. You can search on their website for local events happening. If you're over 75 you can attend, if you're under 75, you could consider volunteering to be a part of the events at [reengage.org.uk/support-us/community-christmas/](https://reengage.org.uk/support-us/community-christmas/).

If you're at home, you can also chat to people on Twitter. Comedienne Sarah Millican will be on Twitter. You can find the conversation by following the hashtag **#JoinIn** and chat with others who may be alone on Christmas Day.

ukmsa stats 2019

3.18 new Sheds  
in development  
every month





## Technical Points

From the UKMSA Treasurer

### Bank Accounts & Grant Applications

**Why Sheds must not use UKMSA's Charity Number**

At UKMSA we've been asked by members on several occasions if our charity number can be quoted to open a bank account or used on grant applications.

Both have resulted in problems and frustrations so I thought I should explain why this cannot be allowed.

UKMSA is a Charitable Incorporated Organisation (CIO) which at law has "legal capacity" to enter into and enforce contracts just like you do as an individual.

I appreciate that this may be a difficult concept to follow but a CIO is legally "a person" albeit an artificial one. This means a CIO has an identity, in the same way that you do as a natural person, and we all know that it is wrong to use someone else's identity.

Under no circumstances should members use our Charity Number. This number uniquely identifies UKMSA in the same way that your National Insurance or Passport number personally identifies you.

#### **Men's Sheds are members not branches or subsidiaries of UKMSA.**

All Men's Sheds are independently owned and managed by their members or committees. UKMSA has no control or influence over the finances or activities of any Men's Shed. We do not impose any rules or behaviours on them. UKMSA is just a membership organisation not a regulatory body.

Because we have no ownership or control, Men's Sheds are not branches or subsidiaries of UKMSA they are just members nothing more.

#### **Bank Accounts**

Only a "legal entity" can open a bank account. A legal entity can be either an individual (a natural person) or an incorporated body such as a limited liability company or a Charitable Incorporated Organisation (an artificial person).

Unincorporated associations, like partnerships, are not legal entities. An unincorporated Men's Shed will need to open a bank account in the names of two or more individuals who will remain personally liable for the account.

An incorporated Men's Shed (Limited company or CIO) can open a bank account in its own name.

UKMSA, as a CIO, is a legal entity and member Sheds should not try to open a bank account using our ID. Any such attempt will probably fail.

UKMSA cannot give permission or certify any information relating to your own Shed's bank account application because you're an independent group and not a controlled branch or subsidiary of the main charity.

#### **Grant Applications**

Using our charity number on grant applications implies that it is us applying. Funders may look at our accounts, held by the Charity Commission, and then either accept or reject your application for the wrong reasons.

Either way another danger of using our charity number on grant applications is that our number may be linked, through the Charities Aid Foundation or the Charities Trust for example, to our bank account. In which case you will not get paid, we will and we will have no idea why. I'm not speculating here, it has happened.

If you need to quote a charity number on a grant application, and do not have one, then you either need to register as a charity or not make the application. If it is a condition of the grant that you have to be a charity then you are not eligible to apply when you are not one.

If you need help becoming a charity and obtaining your own charity number, please get in touch and we will be more than happy to help. Just please don't use our number.

#### **Mark Lindsey**

*UKMSA Trustee and Treasurer*

**Coming Next Time:** Charity Reporting made easy including a free "Men's Shed Cash Book and Charity Accounts" Excel template for UKMSA members.



# Charity Reporting

## A short summary of the UKMSA Trustees' Annual Report and Accounts 2019

The 2019 UKMSA Trustees' Annual Report defines the purpose of UKMSA, explains what Men's Shed are and then details why and how we promote and support them. It identifies key events during the 2018/19 year with outcomes and thanks our funders and supporters throughout.

The activities of promoting and supporting Men's Sheds are then reflected in the income and expenditure account. This shows how incoming resources were applied to our charitable objectives, linking the narrative text of the Trustees' Report to the numbers in the accounts.

Income for the year ended 31 March 2019 was £187,165 against which expenditure of £105,500 was incurred leaving a surplus of £81,665.

Finally the financial statements disclose the reserves held by UKMSA at 31 March 2019 and the nature and purpose of each fund.

The total reserves at the end of the year were £289,923 of which £31,909 were unrestricted funds and £258,014 were restricted funds.

The unrestricted funds represent the saving of prior year surpluses being accumulated to provide a financial buffer in accordance with our reserves policy. The restricted funds however represent funds that have been provided for specific future activities.

In the Chairman's Statement Nathan Sarea wrote:

*"The financial statements show another solid financial performance and a further increase in our reserves. These indicate that the UKMSA has adequate funds and resources for the next couple of years. In particular, it is reassuring to note we have funds to meet payroll obligations for the next year and since the year end secured further funding to employ another member of staff."*

**The full Trustees' Annual Report and Financial Statements can be downloaded from either our website or our Charity Commission page.**

**Coming Next Time:** Charity Reporting: Review of Men's Sheds Accounts, findings and conclusions.

**SHORTLINK TO ANNUAL REPORT**



### Our Purpose

The objects of UKMSA are to promote and support Men's Sheds which in turn provide health and well being benefits to men, their families and their local communities. These onward benefits were most eloquently summed up by Megan Godber who wrote:

*"My Dad suffered a stroke 2 years ago now, and this is where the Men's Sheds stepped in. The Men's Sheds are aimed at reducing isolation and loneliness by empowering local communities. The Charity creates a safe, social place for my Dad to go to - he loves it. He now goes twice a week, it takes the pressure off my Mum and has been so beneficial to his health and wellbeing. As a family it has been so nice to know he is with people, doing great activities such as building, making and crafting."*

### What are Men's Sheds ?

Men's Sheds are informal places that make little or no statement about their health purpose and impose no obligation to engage in any form of "organised fun". It doesn't matter what you do when you visit a Men's Shed, the choice is entirely yours. Whatever men choose to do one inevitable consequence arises, they start talking to each other. And the talking turns to banter and that often turns to a lot of laughter.

### Health benefits

Men's Sheds provide an ideal health promoting environment because they facilitate social engagement through purposeful activity that participants enjoy and find meaningful. In doing so, they tackle social isolation and loneliness in a very effective, but subtle and indirect way. This has been described as health by stealth which neatly bypasses the natural reluctance of men to seek help or discuss their concerns through more structured approaches.

Users of Men's Sheds do not necessarily see them as health beneficial places, but we do and so do increasing numbers of researchers and health professionals.

### How we deliver

We promote Men's Sheds through our website, social media, press releases and seeking relationships with relevant partners and other agencies. We support Men's Sheds through our membership and support function and our Shed development program.

These services and activities are delivered by employees and a team of volunteers with some operational support from the trustees under the overall guidance and direction of our Chief Officer, Charlie Bethel.

Full Trustees' Annual Report and Financial Statements:  
[http://apps.charitycommission.gov.uk/Accounts/Ends09/0001162409\\_AC\\_20190331\\_E\\_C.PDF](http://apps.charitycommission.gov.uk/Accounts/Ends09/0001162409_AC_20190331_E_C.PDF)

# HIGHLIGHTS OF THE YEAR!



**CHARLIE: CHIEF OFFICER**

**This year has been such an inspirational year. It is a privilege working with the Shed movement in the UK.**

My sincere thanks and gratitude goes to everyone working together to see the betterment of Sheds and Shedders.

At Our first National Shed Awards Dinner—which I hope will become an annual event. Community was the highlight and was illustrated by every nomination across the Shed Movement

Unfortunately, I do not get to see all the Sheds. Personal highlights have for me been hearing the touching stories from so many of you. The incredible level of acceptance of one another. Sheds' impact on the local community, providing hope where once there was despair. It's powerful and humbling. Thank you.

Keep up the amazing work! Keep supporting UKMSA as we support Shedders. We don't offer everything, but I hope we offer something for everyone.



**KATE: NATIONAL  
SHED DEVELOPMENT  
MANAGER  
NATIONAL AMBASSADOR**

**Wow, what a year! So many wonderful Shed adventures!**

In my role, I get to see Sheds & Shedders in every corner of the UK - from Cornwall to Dumfries, from Norfolk to Wales!

Despite visiting over 40 Sheds since joining the UKMSA team, I continue to be blown away by all the positive faces that lie behind each Shed door.

I feel privileged to be part of such an important movement of Men helping men. Inspiring individuals creating unique spaces for friendship, for learning from each other. Lots good chats over cups of teas and infinite biscuits.

There are too many highlights for me to give fair representation of all that I've seen and learnt from you all of you that I've met so far.

A particularly BIG thank you to everyone involved in the ever growing national team of Men's Sheds Ambassadors who continue to support the Shed movement the local level.

I have never smiled so much during the working week and I look forward to all that the new year has to offer!



**LAURA: MEMBERSHIP  
AND SUPPORT OFFICER**

**I spend the vast majority of my time at home on my own supporting Sheds. Occasionally I manage to get out and visit Sheds (I like to think it's for good behaviour...)**

One particular visit this year was incredibly humbling. I went to meet with a well-known journalist to talk about Sheds. We planned to talk together, but the time was spent listening to Shedders for two hours.

They explained how their Shed had changed their lives and how they felt in some cases it had saved them.

It was a great reminder that the 'magic' of Sheds is their power to change the lives of men, their communities and families.

