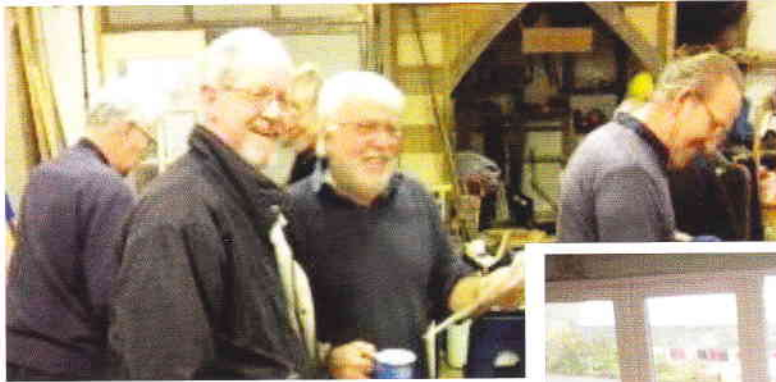




UK  
Men's  
Sheds  
Association



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# Annual Review 2015 - 2016

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[www.menssheds.org.uk](http://www.menssheds.org.uk)



[@UKMensShedAss](https://twitter.com/UKMensShedAss) [#menssheds](https://www.facebook.com/menssheds) UK Mens Shed Association



## Welcome

*Men's Sheds have arrived in the UK! The Sheds movement is established and we now have a new feature on our national social landscape.*

*With inspiration and borrowed experience from our forebears in Australia (and initial Age UK experiments) groups of mainly retired men have got together to meet their needs in unprecedented numbers. In the five years since the first community-driven Sheds were formed we estimate over 6,000 men are now regularly enjoying new facilities, activities and friends.*

*In making, mending, and through creative activities, they are benefitting their wellbeing, their families and their communities. Our belief is that low-cost community-driven Sheds, particularly where they also serve their community, will always find the resources they need and will continue to spread throughout the UK.*

*Since April 2011 when I set up my own Shed with a friend I have witnessed the benefits to the guys first hand including one who has often said "This is the best thing that has ever happened to me". This experience still drives me but, as UKMSA evolves, different skills are needed and it's right for me to stand aside for others. I enjoy doing the newsletter and website and look forward to continuing this work with Shedders' help and maybe in the not too distant future we can all celebrate the 1,000<sup>th</sup> Men's Shed!*

*Mike Jenn*

UKMSA Founder and retiring Chair

### Objectives 2015-18

- ✓ *To create a sustainable support service, including improved online guidance, encouraging voluntary regional networks, and developing partnerships with other charities.*
- ✓ *To add a further 5,500 men to those attending sheds each week in England by increasing the total number of Men's Sheds by 280.*

**"The Shed has changed my life - without it I wouldn't be looking forward to the future" Guy**



Shedders from the East of England

- ✓ *To have supported Shed sustainability through lowering costs, increasing income as well as research, training, and local partnerships.*

**Contact us:** for general enquiries e-mail [contact@menssheds.org.uk](mailto:contact@menssheds.org.uk)  
Anne Oxley, Director of Services, is on [dos@menssheds.org.uk](mailto:dos@menssheds.org.uk) 07933 954061

**The Association's correspondence address is:** c/o Penwith Community Development Trust  
Penwith Centre, Parade Street, Penzance, Cornwall TR18 4BU

## Vision

That the particular needs of men are understood and provided for the UK in ways which improve their health and wellbeing

## Mission

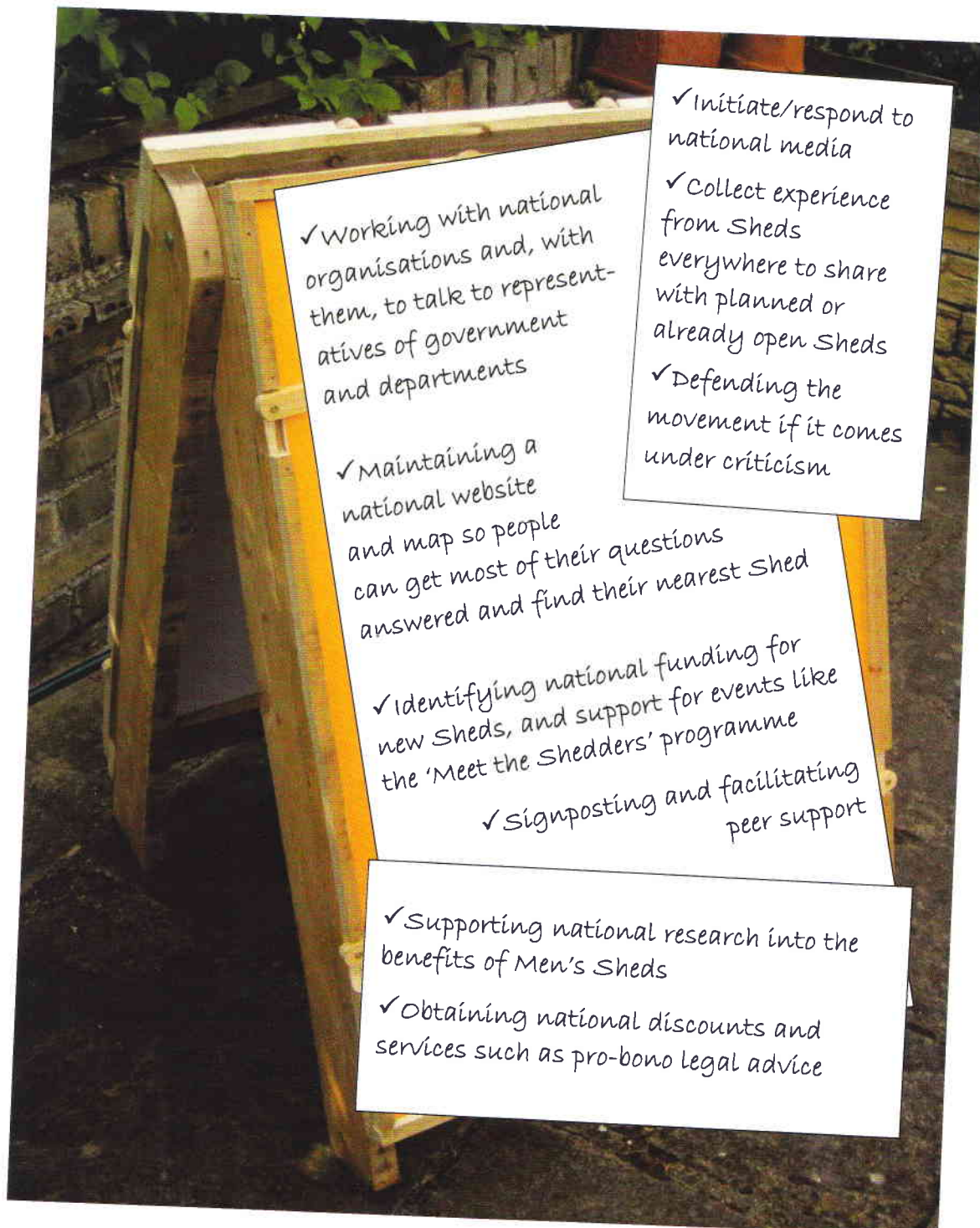
To enable any man who needs it to join a Men's Shed



## Purpose

UKMSA exists to promote Men's Sheds and support their development

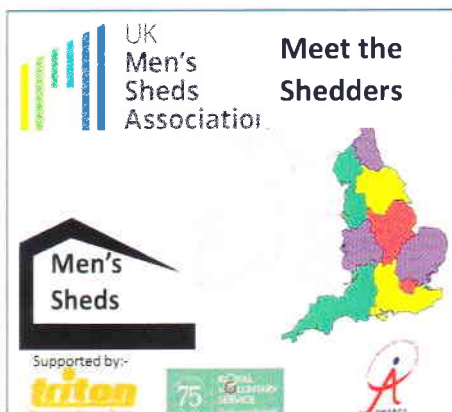
## UKMSA working for Men's Sheds



## Promoting and supporting Sheds

UKMSA ran ten regional 'Meet the Sheddors' events commencing on June 10<sup>th</sup> 2015 aimed at getting Sheddors from different groups to meet each other and for interested parties to meet them. Between 40 and 100 people attended each event including staff from local authorities, health and voluntary sectors, and many others who wanted to hear what the project meant to the Sheddors and what more can be done to widen the movement. These events were generously supported by Triton Precision Tools, Awards for All, and Royal Voluntary Service.

A regional one-day conference for Housing Associations was held in London in March 2016 to introduce these organisations to the concept and experience of Men's Sheds. The day was strongly supported by the housing trust Peabody and attended by a dozen organisations.



## Publicity

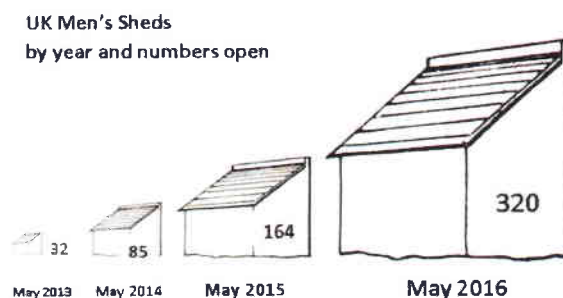
Press articles have increased significantly from 25 to 60 a month over the period mainly at local level and reflecting the growth in Sheds. The ten Meet the Sheddors events also generated additional publicity. We supported Sheds in this through the hiring of a freelance journalist who also helped more widely eg getting an article in the Reader's Digest (the world's largest selling magazine) and another in the Daily Mirror. Articles have also been written for membership-based magazines such as BT, Saga, Independent Living, Aviva, National Association of Retired Police Officers, Men's Health Forum and Big Issue North. In October a second batch of publicity postcards was printed for handing out at events.

## Website

We launched a new website May 2015 resulting in the average pages viewed steadily climbing from approximately 400 per day to 540 per day since June. Most views are to the home page after which, roughly 80% will view 'find a Shed' (our UK map offering locations and contacts) and half 'What is a Shed'. Further developments to the website are in train.

In addition to updating the map of Sheds and adding to the advice available, the News page feeds a newsletter 'Shoulder to Shoulder'. The mailing list for this has also grown in this period from around 1,100 to nearly 3,000.

A substantial drive for social media publicity was undertaken from March 2016 to mark the third birthday of UKMSA using the theme of 300 Sheds in 3 years with key messages focussing on the movement's growth and effectiveness in promoting health, wellbeing and learning.



## Responding to enquiries

Promotion generates enquiries from the public and agencies interested in the movement. Whilst some of these find our website information sufficient people contact us with a range of queries ranging from insurance, premises, funding, membership, and health and safety, to women and Sheds, and how to deal with Shedders with dementia etc.

Over this period the number of enquiries increased 230% from 125 per month in the first quarter to almost 300 per month in the last quarter. The work is mainly carried out by our freelance administrator Patrick Abrahams, himself a Shed coordinator, who impressively completed 87.6% of enquiries with 24hours. The annual total was 2,754 enquiries of which 32% were from Sheds already open.



### Building partnerships and networks

Part of our plan to create a sustainable support service includes working through partners and Shed networks. Throughout the year we have worked very closely with the Royal Voluntary Service and their staff member Jo Phillips who has visited and corresponded with Shed planning groups across the UK, as well as developing our resources for Sheds as needed. RVS, in association with ASDA, are planning a small grants scheme and are considering whether they can extend this work by training some of their 35,000 volunteers to provide some support functions.



We are very grateful for sponsorship from Triton Precision Tools of £6,000 and a grant from RVS of £5,000 that reduced the cost of Sheds putting on the regional 'Meet the Shedders' events. Triton continue to offer wholesale prices to Sheds.



### Building the movement

Over this period the rate of new Sheds opening maintained its upward trend and has increased by 50% from an average of two to three a week. This created 132 new Sheds across the UK. The overall total almost doubled to 280 open. In addition, the number of Shed planning groups grew from 72 to 85 indicating that the movement is likely to continue to expand.

With the estimated average number of members per Shed at 20, the number of UK Shedders connecting socially, practically and with their wider community is approximately 5,500 and the number added in England this year is an estimated 1,700.


"My spare time was going to waste - your day goes much quicker when you have something to do... Now I get up in the morning with something to achieve. I enjoy it when I'm doing something positive" Ken


# UK Sheds – what do we know?

The national survey of Sheds in June 2015 received 91 responses including 12 from Scotland and 5 from Wales.

From this we learned that most Sheds are **independent** of other organisations; all but six had access to **premises**; 50% of premises were under 500 sq ft, 40% under 2,000 sq ft and the largest had 15,000 sq ft. Half the Sheds were **urban** and a third **suburban**; Sheds **opened** daytime, evening and weekends with most opening two days per week; the average daily **attendance** is nine; most Sheddors are **retired** but 20% are of working age. A third of Sheds involve **women**, a sixth **under 18's**, and over half the Sheds have some people requiring special **supervision**; the activities are mainly **woodwork** including **furniture restoration**, but about 40% of Sheds do **metal work**, **gardening**, **arts and crafts**, **model-making**, **talks**, **computing**, **photography** or **bike repair**; just over a third cost below £2,500 per year to run, another third cost under £10,000 and the rest between £20 and £50k (some have employed supervisors); **funding** is 60% by grants and donations, 17% by members subscriptions, and 17% by sales and charges.








**We are three - UKMSA**  
**March 2016**

### What is a Men's Shed ?

- A larger version of the typical man's shed in the garden
- Somehow to feel at home, have a laugh, get practical advice and stay active!
- A place to learn and pass on skills and craftsmanship between each other.
- The shed can also be a place just to cruise and on for a while, have a chat over a cup of tea, or play a game of cards.

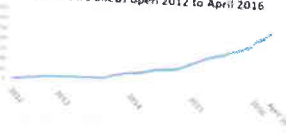
### Where are they ?



<http://bit.ly/FindaShed>


### They're growing fast

UK - Men's Sheds open 2012 to April 2016



### Who runs them ?

Men 78%  
Women 22%



### What a Men's Shed isn't

- It's **NOT** a formal training programme but you may gain new knowledge and skills.
- It's **NOT** a sports club but you could play sports.
- It's **NOT** a health programme but your health and wellbeing may improve.
- It's **NOT** a service for men but activities organised by men.
- It's **NOT** an information service but you can ask for the information you need.

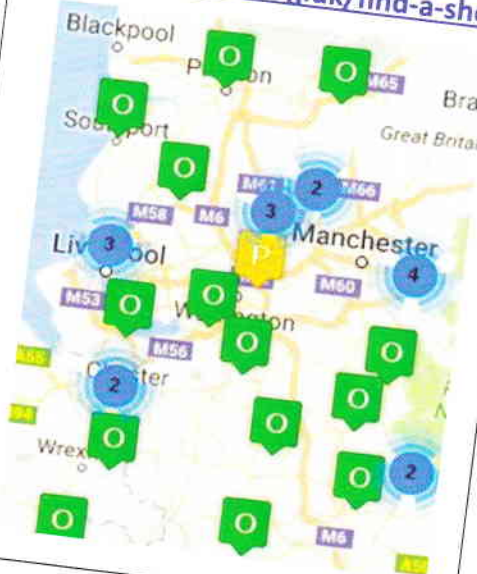
1/3<sup>rd</sup> of all UK Sheds have regular Women attendees

<http://menssheds.org.uk>

"It's wonderful here - I wish I could have done it 30 years ago!" John

**You're only a post code away from your nearest Shed**

[menssheds.org.uk/find-a-shed](http://menssheds.org.uk/find-a-shed)



## Governance

On 25 June 2015, UKMSA registered as a CIO (Charitable Incorporated Organisation - no 1162409) We currently have four trustees and eight members of the Management Committee (including the trustees, and a representative - Jo Phillips - from Royal Voluntary Service).

The Management Committee has met monthly throughout the year by teleconference and quarterly face-to-face meetings. Most members (both elected and co-opted) are Shed leaders.

The Chair acts as Executive Director between meetings and works closely with our part-time Director of Services.

Management Committee members support UKMSA with activities such as working with the media, event management and Shed promotion. We are expecting to appoint a new Treasurer in April and are looking for additional trustees to strengthen our Board.

**Photos back row top right:** Anne Oxley, Mike Jenn, Chris Lee (trustee) **Front row:** Jo Phillips, Brian Cooke (management committee), Patrick Abrahams **Inset:** Joe Lewandowski (trustee), Alys Exley (trustee)



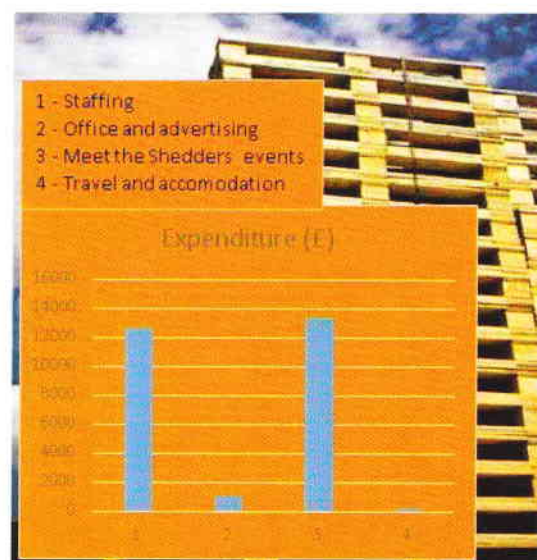
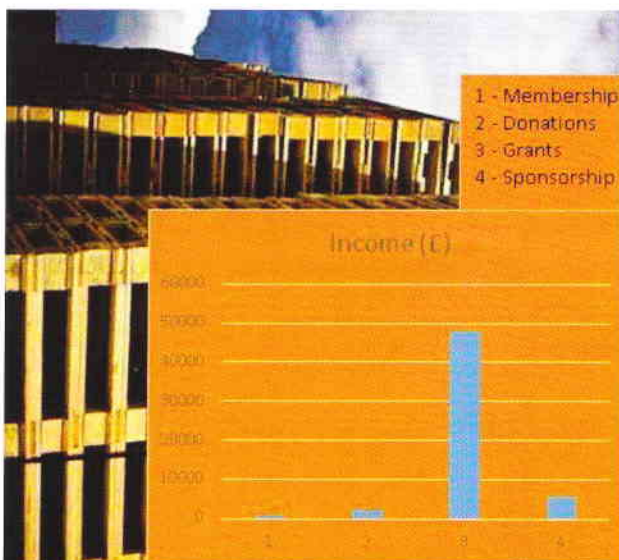
## Staffing

In early 2016 we appointed our first paid staff member, a part-time (2.5 days) Director of Services. Anne Oxley began work on 14 January and is taking the lead on a wide range of development tasks to grow the capacity of the Association.

We also continue to enjoy the services of Patrick Abrahams our freelance part-time Administrator, who juggles his time between UKMSA and running the Frome Men's Shed.



## Income and expenditure 2015 - 16





*In essence, Men's Sheds operate around the admission that – left alone – men are utterly useless at dealing with the sort of day-to-day stresses, which women seem to handle with an almost intuitive common sense.*

*Mostly that seems to boil down to talking. And it turns out that – when it comes to the important stuff men aren't all that great at talking. Which you probably knew...*

*Talking makes us human and keeps us alive. Keep talking. Don't ever be afraid to reach out, be it venturing into your local Men's Shed or just having a chat with the person beside you in a queue. You never know, you might just find that what helps you might just be what someone else needs to help them.*

*Irish writer Donal O'Keeffe  
in reflective mood after visiting the Men's Shed in Cork*

**join us - find out more - start a Shed**

**<http://menssheds.org.uk>**