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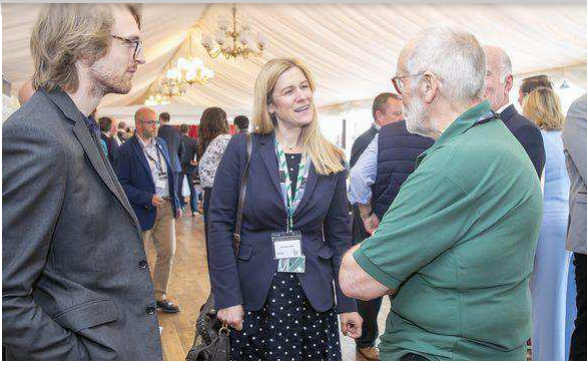


#95 May 2023



## **Congratulations to the Winners and Shortlisted Sheds at the 2023 Shed of the Year Awards supported by Tite-Fix**

To mark the Tenth Year birthday celebrations of the UK Men's Sheds Association and recognise the contribution made by Men's Sheds across the UK, this year's Shed of the Year Awards were hosted in the Palace of Westminster, London.



Hosted by Baroness Tanni Grey-Thompson, the awards saw politicians from all major parties in England, Scotland and Wales represented together with Maria Caulfield MP, Minister for Mental Health presenting at the Health and Wellbeing Award.

The Awards were opened by Paralympic Legend Baroness Tanni Grey-Thompson who spoke of the impact of Men's Sheds and importance of wellbeing. The Baroness was followed by Maria Caulfield MP who praised the work of Men's Sheds and the impact of Men's Sheds across the UK. This was followed by newly appointed Chairman, Rob Lloyd who spoke of the power of Sheds to transform and save lives, he thanked everyone in the movement for their commitment to their communities and the humility he felt when reading the nominations.

The Awards were supported by TiteFix and the trophies were all made and designed by Carveco. Prizes for winners were donated by TiteFix, Yorkshire Fixings, Ronseal, Axminster and MetalCraft.

The first award of the afternoon was made to **Camden Town Shed** and was a blue plaque for the Shed recognising their role in the formation of UKMSA with founder Mike Jenn receiving the award with fellow Shedder Alan.



Following the Awards UKMSA have prepared awards to be given to all thirty Sheds that existed when UKMSA was formed to recognise their contribution and long service to the Shed movement.

**Mike Jenn** was also presented with a bouquet of flowers to thank him for his strength and vision of bringing together many Sheds ten years ago that now sees over 1,100 Men's Sheds in the UK.

All awards were hotly contested and each one was thanked by the Chairman for their contribution to Shedding in the UK.



The **Health and Wellbeing Award** was won by **Lancaster Men's Hub**, a Shed that embraces a number of activities from their allotment and woodwork to walking football and bowls (the sporty type).

**Long Sutton Men's Shed** won the **Community Shed of the Year Award** for the huge local impact the Shed has and particularly their Youth Shed project, opening the doors to support the young community and developing new skills.



The **Partnership of the Year Award** was won by **Cotswold Community Shed** who demonstrated powerful partnership working with local nursing services and social prescribing.



The **Volunteer of the Year Award** was presented by Rob Lloyd and Jimmy Englezos from Ronseal, a partner of UKMSA that has donated over £50,000 of product to Men's Sheds in the last twelve months, as well as supporting numerous digital and UKMSA programmes.

**Gareth Lloyd** picked up this award for his work in and out of the Shed. Gareth transformed the Shed to make it accessible with wheelchair accessible toilets and work areas. He has supported **Kessingland Men's Shed** with fundraising and has gone on to support the local foodbank and family groups. Gareth has commented that the Shed has saved his life, and we are sure he has also transformed many others with his contribution.



This Year Three Chairman Commendations were made in this category, recognition of the depth of field.



Chris Griffiths was awarded the first as a shining example of a busy man with compassion and time to support the Shedders of Lisvane Men's Shed. Someone who does it all, managing major projects in their Shed, creating disability access, working with local and national politicians in Wales.

The second was awarded to Tony Smith-Crallan from The Silvers' Workshop who is both an Ambassador and someone who supports the IT systems in UKMSA. Tony has been instrumental in setting up a number of Sheds in his region and gives a tremendous amount of his time.





Abrahams (below right), presenter of the radio show Shed Happens during Lockdown, Ambassador responsible for developing many Sheds and networks and for his tremendous work on the Health and Wellbeing Group, leading on research and the collation of papers and articles for UKMSA.

The Final Award, the **Shed of the Year Award**, supported by TiteFix was made by Rob Lloyd, Richard Rhodes and Baroness Grey-Thompson. Broadstairs Town Shed, as last year's winners, also created a magnificent gift for the winning Shed as is tradition.

This year's Shed of the Year Award went to a Shed that never stops working to support their members and the wider community in ways that go above 'whatever a normal Shed is'.

Linked with many groups and charities in their community they support people by breaking down barriers in an area of high deprivation. Working with the council, the quality of work by the Shed is recognised with them receiving a huge number of commissions for benches, planters and picnic tables.

The Shed refurbishes furniture for families in crisis via the Local Authority, particularly for those fleeing violence, struggling with the cost of living or other traumatic domestic situations. The Shed also offers places for students at college and have invested in machinery to help train people into work.

Going further, the winning Shed repairs bikes for the local community and donated bikes are transformed and given to people referred through probation services or sent by the local job centre. They also donate bikes to local foster families who are supporting children in the community.

This Shed even takes in football boots and cleans them up for disadvantaged teenagers.



The 2023 **Shed of the Year**, supported by TiteFix was awarded to **Bootle Tool Shed**.

A huge thank you to all of the partners, sponsors and supporters who joined us at The House of Lords and for all the Sheds who came to London to share this fantastic occasion.

Our thanks also to the Minister, Maria Caulfield MP and all the MPs who took time out of their busy schedules to join us and celebrate Men's Sheds.

Whilst the main event was supported by TiteFix, prizes were created by Carveco. Each winner won a both generous and special prize for their Shed and the categories were sponsored by:

- [MetalCraft](#) sponsored the Health and Wellbeing Award
- [Axminster](#) sponsored the Community Shed of the Year
- [Yorkshire Fixings](#) sponsored Partnership of the Year
- [Ronseal](#) sponsored Volunteer of the Year
- [TiteFix](#) sponsored Shed of the Year

[You can read the names of all the shortlisted Sheds, and the full days events here.](#)

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## What are Men's Sheds all about?

### DISCOVER

What Men's Sheds are and who they're for.

### LEARN

Where to signpost people if they are interested in finding or starting a Shed.

### FIND OUT

Why they are needed and why they work.



## New to Men's Sheds?

Find out more at one of our upcoming online information sessions.

Next month we are running two information sessions for those who work or volunteer with people in their communities to find out more about Men's Sheds. We want to give people key information about how to start conversations about Men's Sheds and how to signpost others to learn more finding or starting a Shed.

This session is not for people already involved in Sheds, but for those who are new to the concept, or who want more information. Find out what Men's Sheds are, why they are needed, and how they work.

If you have people in your communities or networks that you think would like to join these sessions, please share the information with them. Attendees can sign up to their session of choice via the Eventbrite links below. The sessions will run virtually on the following dates.

Tuesday 6th June – 15:00 – 16:00 <https://mensshedsinfo1.eventbrite.co.uk>

Friday 9th June – 11:00 – 12:00 <https://mensshedsinfo2.eventbrite.co.uk>

[You can read more about the sessions on our website here.](#)

UKMSA Partner Spotlight

**McCARTHY STONE**  
*Life, well lived*

UK  
 in partnership with  
**MEN'S SHEDS  
ASSOCIATION**

# UKMSA links up with McCarthy Stone to support sustainable use of materials

The UK Men's Sheds Association is delighted to announce that it is joining forces with McCarthy Stone, the UK's leading developer and manager of retirement communities, to support a project to make better use of excess building materials generated at McS sites.

McS has already worked with a small number of Sheds by donating unused materials to help either as part of upgrading the Shed's own facilities or for use in local community DIY projects.

In Romsey, McS was able to provide a benefit to a local Shed by donating surplus materials and leftover timber, that allowed shed members to construct an outside covered workspace, which replaced a rather weather-beaten marquee!



All McS development sites will be encouraged to make use of the Find a Shed option on the UKMSA website to identify their nearest Sheds who they can then contact when an there is an opportunity for them to access materials. UKMSA will also update relevant members when new McS sites are established so that they can anticipate being contacted by the site manager.

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## Retirement - my survival plan



Six months into retirement, Chris Lee – former UKMSA Trustee and a new member of the Letchworth Men's Shed – reflects on his plans for keeping out of the NHS and social care for as long as possible.

In January 2019, I got a new part-time job that allowed me a four-day weekend. Of course I was lucky to be able to afford to work reduced hours, and it was a great preparation for retirement at the end of 2022. I'm not alone in expecting life beyond paid employment to be busier than ever.

[Read on to find out how Chris is spending his time in retirement...](#)

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UKMSA Partner Spotlight



## with Millboard

The UK Men's Sheds Association is delighted to announce that it is partnering up with Millboard who are keen to support the work of member Sheds.

Millboard is excited to be partnering up with UKMSA, and look forward to supporting and supplying the community with its versatile materials to create some fantastic projects!

At its Coventry based production facility, Millboard manufactures the finest wood-look composite decking and cladding boards around. These items are hand-moulded from the finest pieces of oak to mimic natural timber and are engineered for superior longevity.

Millboard is fortunate to work alongside a team of over 250 trained, independent decking and cladding installers across the UK and Ireland who install its products all year round. On most of their projects, they are left with offcuts from the boards which may end up sitting in their own garages or sheds collecting dust or even being sent to landfill. Where possible, they would much rather see these items go their local Men's Shed, where they can be turned into something wonderful!

Millboard is not just used for decking and cladding, there is a variety of creative and innovative ways to use its boards and to help give some more inspiration, please see some of these uses below:



Millboard is delighted to provide this opportunity to its approved installers and help to prevent unnecessary waste. Millboard installers will look to identify their nearest Men's Sheds by using the Find a Shed service on the UKMSA website, UKMSA members should visit - [www.millboard.co.uk/find-an-installer](http://www.millboard.co.uk/find-an-installer) - where they will be able to find the contact details of their nearest Millboard installer.



## Sponsored Content



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Insurance for charities, not-for-profit organisations and men's sheds

Start a quote today



## Meet the Ambassador

**Colin Fleet - Saintfield Shed, Northern Ireland**



from Cambridgeshire but have lived in Northern Ireland for forty years after working here on various projects for Pye Communications. After a stroke when I was 44, I had to retire from my job. This was quite a shock and it took me a couple of years to accept this. I have always had an interest in woodwork and anything practical so I built my own workshop and started doing woodturning and small wood projects. I also built my grandson an electric vehicle, which was hours of fun for both us!

I had never heard of Men's Sheds but was approached one evening and asked if I would be interested in helping to start a Men's Shed in our town of Saintfield. I wasn't sure what I was taking on but I was happy to accept.

I personally have found our Men's Shed to be a place where friendships are made and new skills are learnt. It is a great place with respect to men's mental health. Sometimes men don't openly talk about health or personal problems if asked, but when sat around the tea table with others that are there for the same reasons it's easier to talk about things.



The reason I wanted to become a UK Men's Sheds Association Ambassador is because I am very passionate about Men's Sheds and the way they can help people, both mentally, and as a recreational activity.

If I can help other Men's Sheds with what they already have or what they would like to achieve then it makes it all worthwhile.

Since becoming an Ambassador I have met new people both on Zoom and in person and I am attempting to contact each Men's Shed in Northern Ireland to introduce myself. I have also taken part in a podcast sharing my story, and have been supporting UKMSA staff to track down the first Men's Sheds in Northern Ireland. The role is what you want it to be and you're under no pressure to get things done. When you reach a certain age there is only one speed!

[Read more about Colin, and his passion for Sheds here.](#)

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Sponsored Content

**Cadent are supporting  
Mental Health Awareness  
Week**

**Cadent**  
Your Gas Network



One in six adults and one in eight children, experience symptoms of common mental ill health, such as anxiety or depression, and one in five adults have considered taking their own life at some point. Nearly half of adults believe that, in their lifetime, they have had an undiagnosable mental health condition, yet only a third have received a diagnosis.

If you live with a mental health condition, the Priority Services Register (PSR) can support you in the event that the gas supply to your home is interrupted. By registering it will mean Cadent know your needs in advance and so can better adapt and be proactive. Cadent will offer you:

- Alternative heating and cooking facilities,
- Password scheme to protect you on the doorstep,
- Knock and wait service to allow you more time to get to the door,
- Set up alternative contacts should this help support you,
- Priority reconnection,
- Receive help in understanding your bills and more accessible information.

We understand that sometimes unplanned events can cause anxiety and disruption to every day life.

Sign up to the PSR so all possible steps can be made to minimise this. We're more than happy to help you get registered, simply scan or tap the QR code on the right, and complete the online form or please give us a call on 0800 389 8000 and one of our team will assist you.



Priority Services Register

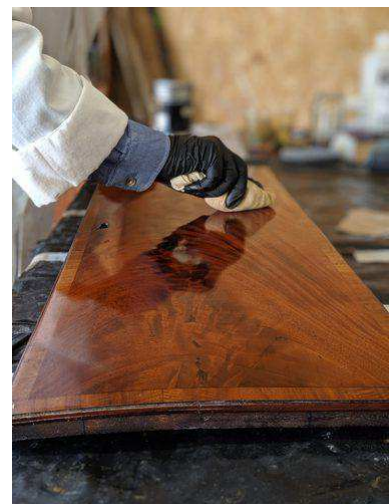
## UKMSA Partner Spotlight

# Introducing OP Woodcraft

Oliver at OP Woodcraft is a trained contemporary Furniture designer maker and a trained furniture restorer who has been teaching his craft for 6 years. His specialist tuition in traditional French polishing allows students to carry on a craft which has slowly petered out over the last 20 years.

Enjoy seeing your piece of furniture come back to life in a group environment and come away with a skill set not many others have.

If your shed is interested in utilising Oliver's tuition then please get in touch with him direct - [oliver@opwoodcraft.co.uk](mailto:oliver@opwoodcraft.co.uk) / 07725693225



## Congratulations to our winners

We're pleased to announce the prize winners for the competition that we ran in partnership with The Unlikely Pilgrimage of Harold Fry film that was recently released in cinemas across the UK.

We asked two questions - How many Sheddars laid head to toe would it take to cover the 466 miles that Harold Fry walks from his home in Kingsbridge, Devon to the hospice in Berwick-upon-Tweed if the average height of a Shedder was 5ft 9in. The answer (to the nearest whole Shedder) is 427,910!

What are the nearest Sheds to Harold's starting point in Kingsbridge, Devon and his finish point in Berwick-upon-Tweed.

The answers are [Kingsbridge Men's Shed in East Allington](#) and [Eyemouth Men's Shed in Eyemouth](#).

The five winners drawn at random from all those who submitted the correct answer, and who each win a goodie bag of Harold Fry merchandise are:

Patrick Abrahams, Roger Bamkin, Chris Lee, Rolf Buwert and Bob Duggan.

Congratulations – your prize packs are on their way!



### UKMSA Partner Spotlight

Live  
Webinar

easyfundraising

How to earn  
unrestricted funding





downward trend to progress as the cost of living crisis continues to bite. One-third said they are changing how they fundraise, with many suggesting that 'online fundraising' is the path forward.

Helping bridge the gap, online funding platform easyfundraising enables Sheds to receive free donations from 7,500 well-known online retailers including Amazon, Screwfix, Argos, eBay, John Lewis, Toolstation, Trainline and many more.

If your Shed is looking for unrestricted funding, find out how easyfundraising can support you here: [www.easyfundraising.org.uk/mens-shed/](http://www.easyfundraising.org.uk/mens-shed/)



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