

SHOULDER 2 SHOULDER

#97 July / August 2023



Another year, another ShedFest, and what a Shed Fest it was.

We had record crowds at this year's ShedFest and also a record number of exhibitors from the craft, Shed management and third sector.

This event was certainly a great way to celebrate Ten Years of UKMSA and a big thank you to everybody who made ShedFest 2023 the great success it was.

This year was special as we had over 300 in attendance.

Congratulations to our competition winners Forest of Dean Community Shed – who won 'Best Turned Item' for their Snooker cue and darts. Congratulations to Sherwood Men's Shed Tunbridge Wells for their deer figurines demonstrating great bandsaw work.

It was fantastic to see so many Sheds, enjoying themselves, networking and meeting new people. Thanks to our patron Chris Fisher RPT, who gave the keynote presentation. A truly inspirational and heartfelt exploration in to his personal challenges and overcoming them.



We had wonderful workshops from [Dementia Friends](#); [Cancer Research UK](#) and our other partners including [Axminster Tools](#).
A special thank you our event sponsors [Ronseal](#). UKMSA would like to thank everyone involved in the organisation of and supporting ShedFest 2023. Special thanks to:
[Ronseal, Title Sponsor of ShedFest 2023](#)
[Carveco, Lunch Sponsors](#)
[Wessex Insurance, Programme Sponsors](#)
[Ladbroke Insurance, Goody Bag Provider](#)
[Onduline, Competition Sponsors](#)
The University of Worcester Arena and Estates Team and the Whitehouse Hotel



All the Exhibitors attending this event and our partners:
[Chris Fisher RPT](#), [Cruse Bereavement Support](#), [Onduline](#), [Zero Suicide Alliance](#), [DIY Week](#), [MyTime Media](#), [Royal Voluntary Service](#), [The Dulverton Trust](#), [The Rayne Foundation](#), [The Tudor Trust](#), [Axminster Tools](#), [Carveco](#), [Tite-fix](#), [Ronseal](#), [Metalcraft UK](#).
The UKMSA Ambassadors, Trustees and Staff of UKMSA for their support and hard work to make this event possible
With thanks to:
Rob Lloyd, UKMSA
Hannah Warner, UKMSA
Gus Gooch, UKMSA Ambassador, Calne Men's Shed
Rodney Veazey, UKMSA Ambassador, The Brunel Shed
Frank Heinrich-Tiller, UKMSA Ambassador, Long Sutton Men's Shed
Adam Evans, Alzheimer's Society
Gillian Kilgour, Cancer Research UK

A huge thank you!

Major Shed News from Wales / Newyddion Mawr y Sied o Gymru



As many UK Shedders will be aware, Men's Sheds Cymru (MSC) has been the leading support organisation for Sheds in Wales for many years. Less well known is that MSC was never a charity or organisation in its own right but a project run by Hafan Cymru (now known as Stori), a charitable housing association in Wales.

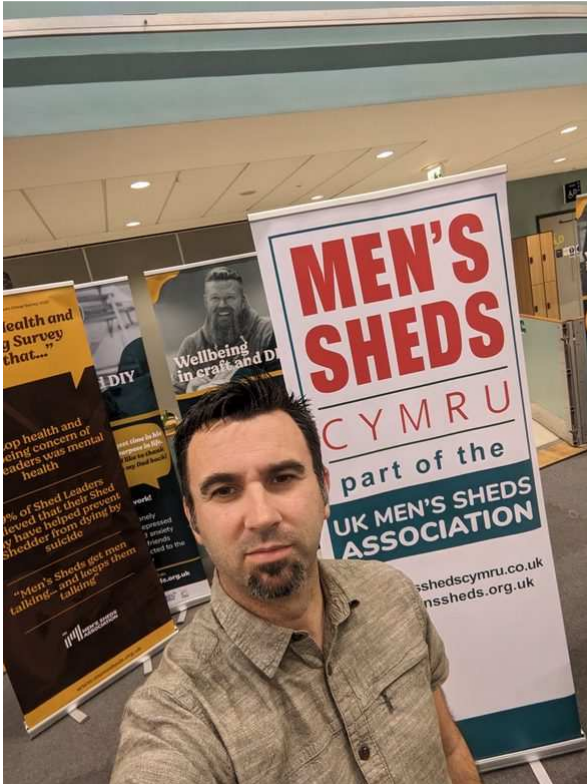
Earlier this year, Hafan/Stori decided that it was time to bring the MSC project to a natural conclusion. Recognising the need for Sheds in Wales to have access to the resources and representation of a Men's Sheds national support charity should they so wish, and given that several Sheds in Wales are already UKMSA members, Stori began a discussion with us about UKMSA acquiring the MSC brand and taking on a more prominent role in the support and development of Sheds in Wales.

I am delighted to say that those discussions concluded last month with the formal transfer of the MSC brand and website URL to UKMSA. We have committed our support to Welsh Shedders (alongside all the Sheds we already support across the UK and Crown Dependencies), and to maintaining the unique collective identity of Sheds in Wales. We have also secured additional funding from trusts based in Wales and the North West of England to employ two additional staff members to focus on Shed development and Shed support in the same geographic area. Robert Visintainer and Simon Poole previously worked for Stori as part of the MSC project, so bring deep expertise with them and we are delighted to welcome them to the UKMSA team, along with welcoming all of the Welsh Sheds now joining UKMSA as members.

New Additions to the Team

In the last month UKMSA has adopted the Men's Sheds Cymru brand following the end of the Hafan Cymru Men's Sheds project in Wales.

We have been working hard to secure funding to develop new programmes in Wales and with the support of The Waterloo Foundation and an additional donation we are able to welcome Rob Visintainer and Simon Poole to UKMSA as Welsh Development Manager and Regional Development Officer respectively.



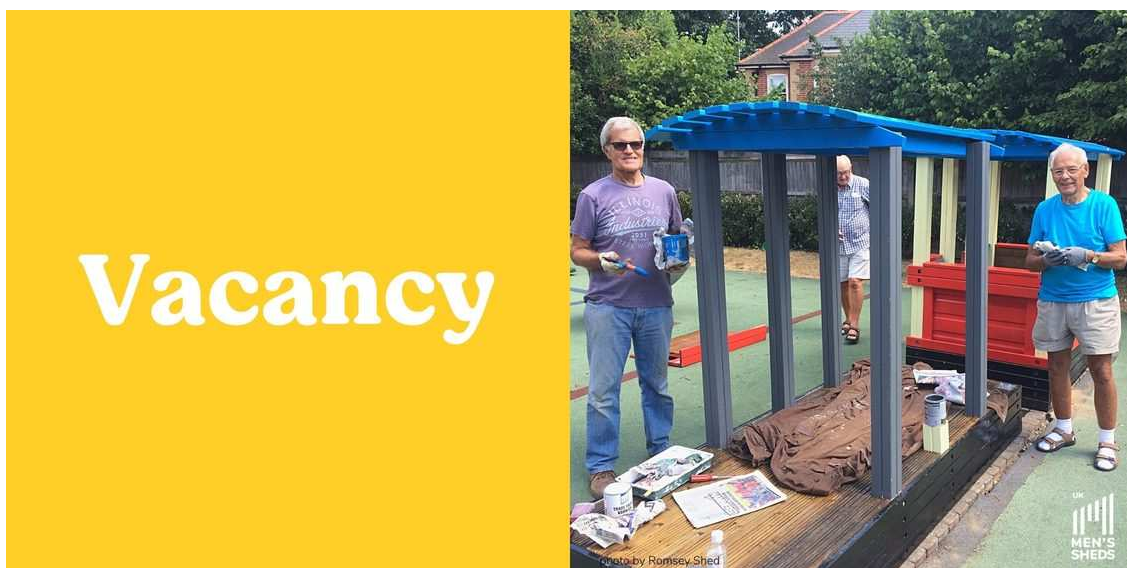
*Rob Visintainer -
Welsh Development Manager*



*Si Poole -
Regional Development Officer*

We have secured funding for the new role of Welsh Development Manager for twelve months and undertook to employ a new post in North Wales / North West England for a short contract as we seek new funding to enable us to meet the growing demand to grow and support the Men's Shed movement in the UK.

If you want to contact Rob or Simon please feel free to email them on robert.visintainer@ukmsa.org.uk and simon.poole@ukmsa.org.uk.



Want to join the UKMSA team?

The United Kingdom Men's Sheds Association (UKMSA) exists to help Men (and Women) to be healthy and happy through inspiring, growing, and enabling Shed Communities across the United Kingdom.

The Shed movement is growing and this is an exciting time to join UKMSA as we work to support and promote Sheds for the improvement of health and wellbeing, adding years to life and life to years.

We are looking for someone to be at the forefront of this work, developing our network of partners in order to and supporting the growth and sustainability of Men's Sheds and the movement.

We are looking for candidates who have experience of developing great strategic partnerships at a regional and national level with a focus to create more Men's Sheds, enhance support given to existing Sheds and promote Men's wellbeing and health. The role will focus on establishing and servicing a network of partners to underpin our aim of Men's Sheds in every community in the UK that needs one.

It is essential that you can both work as part of a team and have the resilience and drive to work alone as volunteers and colleagues are based across the UK.

We have one year funding secured and are in the process of seeking multiple year funding from the same partner.

If you are interested in joining us then please visit menssheds.org.uk/about/work-with-us/ for our application form and send it together with your cv and a covering letter to vacancies@ukmsa.org.uk.

Please apply as soon as possible as we will be arranging to meet potential candidates at the earliest opportunity.

UKMSA AGM 2023

The 9th Annual General Meeting of UKMSA took place in Worcester during ShedFest on 13 July. A total of 32 member Sheds attended.

One key resolution (passed unanimously) was the amendment of the UKMSA governing document or constitution. This was necessary both to facilitate electronic meetings and to make a few other changes following a review by the charity trustees, expertly enabled by Jack Crawford of Lichfield Shed. The proposed amendments were circulated to all member Sheds in advance, but anyone requiring a copy of the revised constitution (issue 4) may apply for it from admin@ukmsa.org.uk.

David Webber (UKMSA Treasurer and trustee) took members through the end of year accounts, showing that we remain in a good position, with appropriate reserves, but that we still seek further diversification of funds to minimise potential risk. [The accounts are detailed in the Annual Report available on the UKMSA website.](#)

Rob Lloyd (UKMSA Chair) talked about a few highlights of the Annual Report, which included:

- The success of our 10th anniversary event and the 2023 Shed of the Year Awards at the House of Lords. There were far more applications for SotY2023 than we have received before.
- There are now more Sheds than ever in the UK – over 1200 open or in development.
- The work we have done to tell our story and spread our message, especially the Health and Wellbeing Group Survey, with its impressive data, and the 1000 Faces of Sheds

project.

- The array of benefits now available to UKMSA members, including the Ronseal deal (which has so far seen £50,000 worth of product distributed free) and an array of other discounts for products and services, all worth much more than the UKMSA membership fee.
- The acquisition of the Men's Sheds Cymru brand (see separate article above)
- The launch of the new UKMSA website.

This has had some teething problems, which is to be expected, and we took the decision to do a 'soft launch' which means that the content is not all updated yet, but the new website will make a significant difference to our ability to operate and support members as well as the general public.

In addition to existing UKMSA trustees who stepped down as part of the 'rotation' required by our constitution but stood again for election, the four trustees appointed by the Board during the year (Victoria Coker, Andrew Johnston, Kate Martin and Mark O'Neill) were all deemed elected, as was Chris Griffiths of Lisvane Shed who had put his name forward. With Chris joining the Board, we now have at least one trustee living in every one of the four nations in the UK, making this perhaps our most nationally representative Board so far.

Rob made a particular point in the AGM, as was also made in the Annual Report, of acknowledging the essential and central role of volunteers in the work of UKMSA and in the whole Shed movement.

Calling all non-member Sheds

As part of the celebration of ten years of the UK Men's Sheds Association we are offering Sheds that have not been members for over three years an opportunity for twelve months free membership.

If you have not been a member since 1st August 2020 then you can apply for free membership by emailing admin@ukmsa.org.uk and this offer is available until 31st January, 2024. So whether you lapsed some time ago or have never been a member now is a great time to join.

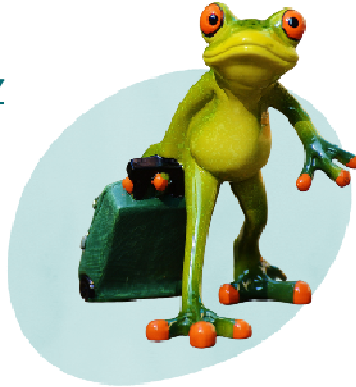
Benefits of membership include free Ronseal product, extensive discounts and a growing number of partners and benefits to Sheds.

UKMSA MEMBER BENEFITS



ACCESS TO RESOURCE LIBRARY

Online Information and templates for starting and managing a shed: Finding Premises, Finance and Governance, Insurance, Health and Safety, Promotional Materials, Data Protection.



EXCLUSIVE DISCOUNTS

- Axminster Tools – 10% off (T's & C's apply)
- Tite-Fix – Screws at wholesale prices minimum order £50 for free delivery
- Metalcraft – 20% off
- Ronseal – request free of charge products
- Triton Tools – 49% off hand tools / 29% off power tools
- Lumberjack Tools - 22.5% off initial orders over £1200 and 10% thereafter



Smartwater – 10% off introductory pack, Dell Advantage Partnership Programme Access, Naylor Specialist Plastics – 30% off, MetroPave grid for shed bases / pathways, EventCycle – free recycled resources, Onduline, Mytime Media, First Aid Training – St Johns Ambulance / St Johns Cymru, St Andrews – minimum 10% off basic courses, Portable Space – minimum £75 discount + specialist advice. Reduced costs for members to attend UKMSA Conferences.

Your £30 per Shed membership helps support the UK Men's Sheds movement to thrive with more Sheds and more Shedders.

www.ukmsa.org.uk Charity No.1162409 e: admin@ukmsa.org.uk t: 0300 772 9626



South Wales Community Group Inspired Artwork Celebrates 75 Years of the NHS (including Men's Sheds!)

Back in February 2023 Rob Visintainer met Geraint Evans at the Railway Gardens Community project in Splott, Cardiff. He had come to sketch some of the various groups and activities that go

on there and Rob had a chance to 'talk Shed'. Rob shared "I'd been approached to put on a talk for a dozen or so men who wanted to start a Men's Shed at the Railway Gardens. And so it was that Geraint joined us and sketched some of the guys. Geraint had been commissioned by the NHS to produce a large artwork in celebration of the upcoming 75th Anniversary of the NHS. Mutually inspired, Geraint wanted to meet more 'Shedders' and I was happy to show him around. The following week I took Geraint to meet Pontypridd Men's Shed and The Squirrel's Nest Men's Shed Tondy.

So as the NHS celebrated its 75th Anniversary on 5th July 2023 Geraint's artwork has been hung at Llandough Hospital, Penarth. We're very pleased that Men's Sheds and Men's Shed Cymru are represented on the work! Can you spot us?"



Geraint and Rob by the artwork



Sketch of Squirrels Nest Shed

Geraint Ross Evans was commissioned by the Arts in Health and Wellbeing team to produce an artwork in celebration of the NHS's 75th anniversary. Geraint met with a selection of local health and wellbeing community groups across Cardiff and the Vale of Glamorgan to experience and draw their activities and wellbeing strategies first-hand. These experiences have been reimagined in his studio into this large-scale drawing of unfolding events over the course of one day.

Geraint said "The NHS is one of the great positive shifts that have taken place in our modern society, providing free health treatment at the point of access. It is an example of an ambitious utopian dream that has been realised, that has improved the quality of life across our nation. This artwork looks towards a future where a similar leap is made for mental health and wellbeing, a structural shift of social and economic magnitude, where long term health and community are the goals and happiness is the measurement.

Within the unfolding landscape, people are involved in activities that thrust them into the present of their lives, rather than distracting them from it. The people, most of whom are real residents of Cardiff and the Vale of Glamorgan, are connecting both with themselves but also with each other through acts of kindness, giving, shared experiences, exercise and the arts. This artwork lays out a utopian vision for what South Wales could look and feel like, inspired by the good work that is already taking place."



A swimmingly good clean up

A trademark of Men's Sheds is that not only are they a really positive place for their Shedders, that impact often spills out into the local communities. Rostrevor Men's Shed share one of the ways in which they are making an impact outside their Shed walls.

The river clean by Rostrevor Men's Shed is an annual event we have undertaken since 2018.

The Fairy Glen in Rostrevor is a beautiful spot in our village that is the starting point for a circular walk which runs through Rostrevor Forest then loops back to the beautiful Kilbroney Park. The area is popular with walkers, joggers and dog walkers alike.

The river clean is a popular event with a great turnout of Shed members and locals ready to help. The cleanup follows the Kilbroney river downstream for half a mile starting at the bridge at Forestbrook.



Kilbroney forest and park is home to a host of animals ranging from pine martins and red squirrels to jays and green hairstreak butterflies and along the riverside you can spot the odd Herron and Egrets.

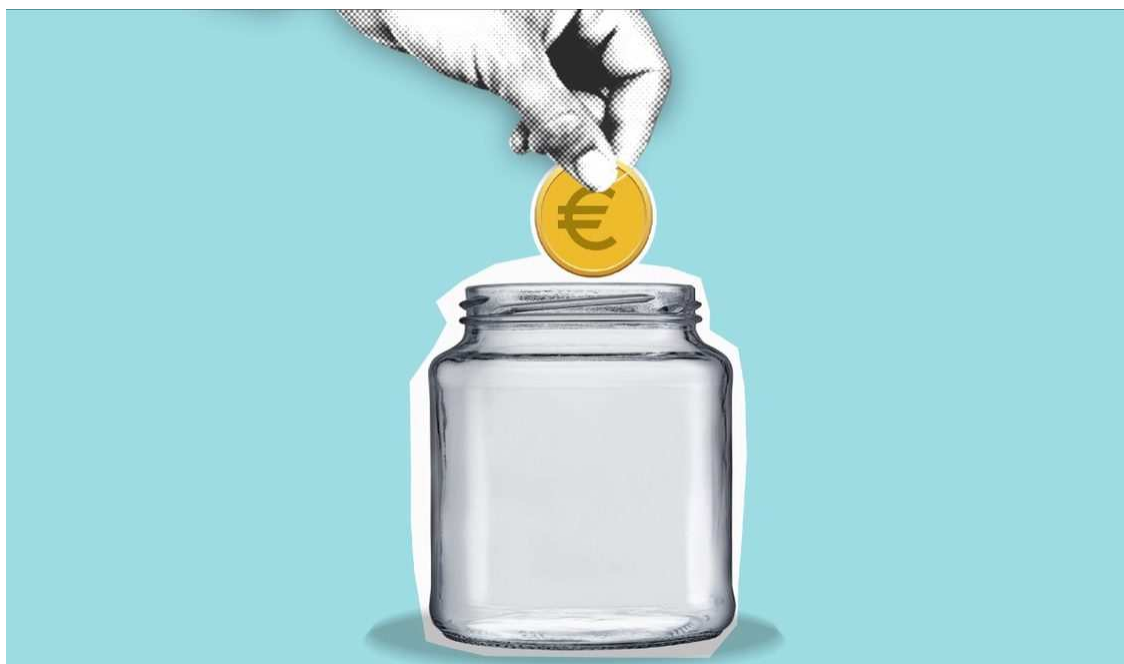
Rostrevor Men's Shed Chairman, Mark Gibbons, reflected *"During our first cleanup in 2018 there was a shocking amount of rubbish pulled out of the river; including a bed frame, a PC monitor, 4 bikes, a scooter, an old boot, cans, an old jumper, bottles, fishing lines and hooks, balls of all sizes, the frame of an old table, a rams skull and sadly over a dozen plastic bags containing what Fido left behind, but over the years we have noticed a significant decrease in the amount of rubbish we've pulled out.*

I believe our cleanup is making a difference for our local environment and hopefully it's changing people's behaviour"



During the end of July Rostrevor hosts the Fiddlers Green Festival at combines traditional music, arts & crafts, mountain walks that attracts visitors from far and wide so having the place looking

clean and tidy is very important to us so that we showcase our Fairy Glen at its best. Gethin Hughes, Rostrevor's PR Officer shared *"Being a Shedder gives me immense pride and particularly following events like the river clean. We had so many people stopping during their walk to tell us what a great job we are doing."*



Funding Opportunities

Funding Pot: National Lottery - The Community Organisations Cost of Living Fund

Grant range: £10,000 - £75,000

This fund is for organisations that support people and communities under severe pressure because of the increased cost of living.

Their main priority is to fund organisations supporting low-income households and individuals.

This is a fund for registered charities with a turnover between £10,000 and £1 million.

[Find out more online here, including how to book your place onto a webinar to find out more.](#)

[Not in England? Search more Lottery Funds available across the UK here.](#)

Funding Pot: National Lottery - Awards for All

Grant Range: £300 - £10,000

Not a registered charity? You could still be eligible for funding from The National Lottery Awards for All, if you're a constituted group.

England - [Find out more online here.](#)

Scotland - [Find out more online here.](#)

Wales - [Find out more here.](#)

Northern Ireland - [Find out more here.](#)

UKMSA Partner Spotlight

portable:space
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“Finding a suitable building for a Mens Shed can create quite a problem, within this product, lies a solution”

Alan Page, UKMSA Ambassador, recently made a visit to Portable Space's brand-new headquarters located in Suffolk.

During his visit, Alan shared some highly informative insights into the significant work that UKMSA is doing for men's health.




Meanwhile, Portable Space had an excellent opportunity to showcase their latest range of Flat Packs, which have been gaining immense popularity amongst businesses like UKMSA.

The reason behind their immense popularity can be attributed to their exceptional flexibility and affordability. These Flat Packs provide a highly secure and cost-effective storage solution, which makes them an ideal choice for projects such as Men's Sheds.

If you're like us and interested in having a safe and secure storage space for your projects and materials, check out Portable Space's Flat Pack product range at <https://www.portablespace.co.uk/shop/flat-pack-units/flat-pack-containers-for-sale>.

Enquire today 01449 782123

[Shop Now](#)



The Bench UK Needs You!

Can you spare time to help restore benches?

The Bench UK (TBUK) is a new social enterprise project that is encouraging people to re-connect after Covid-19.

Covid-19 caused social separation and many people are still experiencing loneliness.

TBUK focusses on two parts; one is restoring and gifting benches to community spaces to encourage individuals to have healthy conversations.

TBUK are based in Norfolk and since launching in May 2023, have purchased 8 benches, 2 of which have been restored and gifted to a community garden in Norfolk. Their project is uniting many people across many communities.



TBUK are inviting Men's Sheds to work with them to source, restore and gift a bench to a community space near you.

"We are thrilled to be associated with Men's Sheds," said Andy Watts, Founder TBUK. "Our goals are aligned and this is amazing opportunity will enable us to reach-out to more people across the United Kingdom."

Charlie Bethel UKMSA Chief Officer shared "We're really pleased to be supporting The Bench UK in their innovative project encouraging people to talk more. Men's Sheds have a reputation for making and restoring things, friendships, and improving people's wellbeing. We're excited to support Men's Sheds and Sheddors to use their skills restoring benches with The Bench UK to help others re-connect within their communities outside of their Sheds to help the countries positive mental health."



Funds are limited, but TBUK will pay for your bench and materials.

Initially, participation is limited to 30 Sheds.

If you would like to participate in this project, please contact Andy Watts, Founder, TBUK: andywatts-harrod@live.co.uk
Full details of TBUK can be found on their website www.thebenchuk.co.uk

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[Find out more](#)



Chelsea Pensioners visit the Isles of Scilly Shed

Ten Chelsea Pensioners recently sailed to the Isles of Scilly on the tall ship, the Spirit of Falmouth, and visited the newly opened Isles of Scilly Men's Shed

This was thanks to "Turn to Starboard", the forces' sailing charity, based in Falmouth, who use sail training to support Armed Forces personnel affected by military operations. They also support NHS workers and the Emergency Services.



Last year the charity supported the Chelsea Pensioners in coming over to the Isles of Scilly for the first time. They thoroughly enjoyed themselves and made history as it was the first time Chelsea Pensioners had ever sailed and slept on a Tall Ship. They also had time to take part in a sports day and try out some Pilot Gig racing. Helen Jane, from Turn to Starboard, said of their 2022 visit "a lot of people when they come out of service, they miss the teamwork, the camaraderie, the sense of humour and just being together and so being on a sailing boat brings that back to them again."

During this year's stay on the Isles of Scilly the Chelsea Pensioners met up with the local care home residents and visited St. Martins Bakeries and other businesses. One their members even bought his bagpipes to play at Star Castle. The Star Castle is in the shape of an eight-pointed star and features on the flag of the Council of the Isles of Scilly. It is at the centre of a fortification system around the west side of St Mary's known as the Garrison.



The Chelsea Pensioners were keen to visit the Scilly Shed whilst visiting the islands, two of them being retired carpenters themselves. One of their members told the Scilly Shedders he was involved in a Men's Shed in his local area in the past. Their visit to the Scilly Shed on the 28th June 2023 was great fun, humorously illustrated by their excellent banter.

They were clearly at ease in a Shed with tea and biscuits and there were many tales told, possibly as tall as the Tall Ship they travelled in, but nevertheless entertaining. They told the Scilly Shedders that being part of the Chelsea Pensioners has helped many of them overcome depression and other mental health issues.

They were complimentary about the Shed and said they could see its value in supporting people and addressing loneliness, isolation, and mental health problems. Much like their views of travelling in a sailing boat, being part of a Shed highlights the benefits of teamwork, camaraderie, humour and just being together.

Simon Nicholls, who led the establishment of the Men's Shed, "We hope the visit of the Chelsea Pensioners becomes a yearly event. Next year we may give them tools and get them started on a project!"

Our thanks to NHS workers Simon Nicholls and Celia Hicks, the Isles of Scilly Shed, the "Turn to Starboard" charity and the Isles of Scilly Wildlife Trust for their support in making this memorable visit possible.

Sheds on Prescription

I am Claire Walker, a Social Prescriber Link Worker and Personalised Care Team Lead based in general practice in the Norton-on-Tees area. Our team provides non-clinical support to the most vulnerable within our local community by providing a link to available community resources.

I heard the rumour of there being a local Men's Shed established in Norton whilst in a meeting with the local Parish Church in December 2021. The idea of safe and welcoming places for primarily men to re-connect with one another really appealed to me.

I contacted Graham Storer, UKMSA Ambassador and local Shedder, about what was a non-existent Shed in the hope we might work together. We discussed the growing number of men whose needs were not being met and the shortage of resources to address these needs. It became evident that we were on the same page with a shared vision.

With no premises to use, although two possibilities, Norton Sports Charity stepped in with permission to temporarily use the cricket pavilion which, for obvious reasons, was not heated. It was late January. The "can do" of starting the Shed without a clear future plan because I had

made known the need, really touched me. The first of my “referrals” went on to become a trustee of Norton Men’s Shed which in July 2022 was offered a Portakabin on the Sports Charity site.



The Shed then took off with regular introductions from my team and other link workers. The Shed and the mutually supportive deepening relationship proved the way collaboration works.

I see the Shed as a place of hope and new beginnings for the patients' who attend. Graham and the Shedders show genuine care, and people need this. My aim is to improve people’s health and wellbeing and Norton Shed supports me to do this whilst being part of a very special community. We keep in touch regularly and I enjoy dropping into the Shed to share the fun and banter that so suits men but some women too!

Research Participants Wanted

The University of Glasgow Suicide Behaviour Research Laboratory are looking to interview UK men aged 40-59 years old who have attempted suicide in the last five years. These confidential interviews aim to understand the role of interpersonal factors in relation to suicide risk. The findings will help inform suicide prevention methods. Participation involves a one-off, private online interview with a chartered psychologist with five years of specialising in suicide behaviour research. This interview is not therapy and eligible participants will be compensated for their time. Please contact the research team if you have any questions or would like to express your interest.

Study link:

<https://glasgow-research.onlinesurveys.ac.uk/understanding-interpersonal-factors-prior-suicidal-crisis>

UKMSA Partner Spotlight



Summer fundraising for your Shed - sorted!

Sit back and enjoy the sun this summer – easyfundraising has your fundraising covered. They partner with over 7,500 online brands, like Argos, John Lewis, Sainsbury's, Dunelm, Trainline, Booking.com, Go Ape, Ticketmaster, and many more, so your Shed can receive free funding whenever someone shops with them.

This means days in the garden, BBQs and picnics, trips to the seaside, outings to top attractions, and so much more can generate money for your Shed. Sign up to easyfundraising today for a free, easy, and accessible way to fundraise this summer and beyond. More info: <https://www.easyfundraising.org.uk/mens-shed/>

Kirstie's Handmade Christmas Show are looking for Shedders

Kirstie Allsopp and Raise the Roof Productions are looking for Men's Shed makers to appear on the upcoming Kirstie's Handmade Christmas programme on Channel 4. We need crafters who would like to be filmed for the show, working alongside Kirstie, to create a festive centrepiece. If you are interested in taking part as an individual or a group, please email jo.scott@raisetherooftproductions.com
Filming will take place in Devon in September and all travel will be arranged by Raise the Roof Productions.

We welcome applications from all communities across the UK and actively encourage applications from a wide range of diverse backgrounds. Applicants should also be aware that expressions of interest are not a guarantee in taking part.



Henry and Fuzz are back on the road in search of sheds full to the brim with trinketry and automotive wonder. If you think you have a shed that fits the bill and fancy the boys round for a haggle, **GET IN TOUCH** with the team to find out more...

info@hcaentertainment.com



Shed News around the Globe

Shedding news from across the UK and further afield...

- [Yate ageing initiative wins global praise](#)
- [“The Men’s Shed is literally saving lives - they get vulnerable and open up”](#)
- [Clydebank Men’s Shed praised for helping widower with loss](#)
- [Limvady Shedder shares how the Shed has saved his life](#)





Don't forget to share your news stories with us. Email the team at newsletter@ukmsa.org.uk so we can share your news.



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