

CARNOUSTIE AND MONIFIETH MEN'S SHED



Scottish charity No. **SC047664**

DEVELOPMENT/BUSINESS PLAN 2020-2025



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1. SUMMARY

This plan is a revision of the previously documented Development Plan for the three years 2019-2022. Up to now we have written one to three year plans, but here the five year span is set to cover the initial period of lease requested in our Community Asset transfer application. Thinking so far ahead is a somewhat hazardous exercise, but important in setting out as best we can the clear objectives that we wish to pursue. Such a 'manifesto' of course needs to be revisited constantly, the recurring need to rewrite it arises out of our chronic condition of homelessness. Thus while we have been resident in the Machine Room at Invertay House for nearly three years now, our future remains, on a continuing month-to-month rental basis, precarious. If, in due course, Angus Council pursues its plans to redevelop the whole site for housing, we will be embarking on move number 5!

However as this is a document focusing on creative planning, it is important to look to the future in a positive developmental manner. When the Shed moved into the Machine Room in June 2017, the effect was liberating in respect both of the space to set out and work on equipment, but also on the resultant increase in membership. In these years the foundation has been laid for a further significant phase in the evolution of the whole project over the next five years both in terms of opening up possibilities for an enhanced range of activities and not least a continuing enrichment of new members.

This Development/Business plan gives an account of how the Shed has got to where it is and outlines details of how we would like to go forward from now through to 2025. It describes the area from which the Shed draws its membership, gives a profile of the members as a group and the patterns of attendance at the Shed.

This plan above all identifies the Shed's role in community building, not just in terms of the relationships we have fostered with individuals groups and organisations in Carnoustie and Monifieth, but in terms of the value of the Shed to its members as a source of affirming them as people whose active lives, far from being over, can find new dimensions opening up for them.

Underlying all the material aspects of the Shed is the emphasis, in and through and above it all, on the social and community value of the Shed.

2. THE PURPOSE OF THE MEN'S SHED

The Shed is a place which combines the enjoyment of the company of others with the opportunity to exercise practical skills, sharing in common tasks, learning from each other, enhancing their well-being and health and being of service to the local community. It is stated formally in our constitution thus:

- The purpose of the Men's Shed is to provide recreational facilities and advance the social needs, health and well-being of men of all ages and backgrounds living in Carnoustie and Monifieth and surrounding areas by:
 - Creating, developing and maintaining a facility, namely a Men's Shed.
 - Offering opportunities for men in the Carnoustie and Monifieth area to meet and undertake creative, physical, purposeful and recreational activities of their choice.
 - Reducing isolation of men in the area thus contributing to their physical and mental wellbeing.
 - Developing the capacity of men in the Carnoustie and Monifieth area to share
 - their skills and knowledge with others in the community.

3. HISTORY of the SHED MOVEMENT

- Men's Sheds began in Australia and have spread throughout the world, notably in New Zealand and Ireland. Currently there is rapid expansion in the UK. There are now 131 Sheds in Scotland, with 55 more in development.¹ With the inauguration of the Scottish Men's Sheds Association, an important national resource has been provided. A substantial account of the Men's Shed Movement has recently been published under the editorship of Barry Golding.²
- Sheds have been born out of the recognition that while a large number of social and recreational organisations exist for women, many older men do not have similar involvements. Participation in the life of a shed offers something important, not just by way of practical activities but for general well-being. The Men's Shed movement has struck a vital chord in the physical and emotional lives of the older male population who in retirement are seeking meaningful activity and rewarding social engagement.

4. HEALTH, SOCIAL RELATIONSHIPS AND NETWORKS

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

World Health Organization (1948)

It is important to talk about health not just in terms of dicky hearts and problem prostates but to explore it through an understanding of relationships and networks.

It is well-established in social network studies that human beings need a range of different relationships for optimal health and well-being. Each of us needs to have (a) a small number of close, more intimate relationships and (b) a range of wider friendships. This formula is crucial for the development of the Men's Shed. If a man only has (a) his wife, then we have what has been termed the 'underfoot syndrome' of living too much and too close together. If only (b) exists, if a person has only a number of superficial contacts, that is equally unhelpful. The Men's Shed is a facility that can help get the balance right for through its range of members and activities.

5. EVIDENCE

It follows from the above that the major orientation of the Men's Shed is a multidimensional one, that of membership in an organisation that integrates individuals and their needs across a wide spectrum. It is 'bottom-up', 'informal' and voluntary. It is because of this elusively diverse nature of the Shed that searches for more narrowly focused, hard, evidence-based connections with particular physical illnesses are frustrated. Several reports and reviews of the Shed phenomenon have commented on this, for example those of Milligan et.al,³ and Wilson and Cordier.⁴ Such a perspective is based on the misapprehension that the Shed is a form of medical treatment. Most of our members already carry their own ailments, but, consistent with the evidence from elsewhere, that is not their primary motivation for involvement in the Shed. Only about 5% have been shown to fall into the category of joining mainly 'for their health.'

This does not at all mean that the Men's Shed lacks a preventive or a rehabilitative value, but rather that such effects are not always readily identified and isolated, but may remain 'hidden' - embedded - in the bigger life-enhancing context. We would indeed very much hope that men might find their way to the Shed at the instigation of GP or nurse (eg 'Green Prescriptions') but not with the expectation of miracle cures by which the lame will walk and the blind be able to see.

However, outwith the Shed context, studies have shown that social networks **are** connected with health gains. Being a member of such a social network is not a panacea, but on the other hand evidence does exist that it can lead to improvement in many conditions, highlighting the hidden and often unacknowledged power of relationships. Thus the Shed is only a Shed if it is a social Shed, constituted as men share in the enjoyment of creative activities which enhance fitness for life in all senses of that term.

It should be added that for some men too much explicit health stuff could be off putting, resulting in a kind of prostate protest. It is because of this that the phrase 'health by stealth' has emerged. Golding identifies the danger 'that an overemphasis on men's health, and in particular on the way in which health might be *done to* men without their being consulted, will be counterproductive and risk turning men away'.⁵

Social value is on the face of it a difficult thing to prove, and is always up against the predominant economic mind-set of our culture. Studies such as 'Social Value of Investment'⁶ carried out by the Westhill Shed have challenged this by an exercise in currency conversion, demonstrating that quality of relatedness 'counts' significantly in any community calculus.

There is therefore significant justification in suggesting burden of proof should rest with those who assume that the material and the quantitative must always have priority.

6. THE CARNOUSTIE AND MONIFIETH SHED

History

- The Shed started its life in 2015 in a small garage adjacent to the Panmure Centre in Carnoustie This was a big plus, as many groups planning a Shed go for a long time without a base, leading to discouragement and falling off of membership. Having a physical space in which to work from the outset has fostered a strong group formation.
- After a year or so we had to move out of there and following periods of nomadic existence in temporary abodes, we moved to Invertay House, initially occupying two store rooms, and subsequently the Machine Room on 1 June 2017



Present

- Our years in the Machine Room have, within the limitations of the short-term lease, enabled us to realise many aspects of the potential of the Shed, above all the spirit of sharing and promoting each other's well-being.

Priority

- In the present circumstances, with the future location uncertain it is important that the Shed carries on 'business as usual' in consolidating and developing our work in the present setting, so that the eventual transition to a new place will see us further building on our strengths.

7. COMMUNITY ASSET TRANSFER

- The Community Asset Transfer Process provides opportunities for community groups to lease or buy property from official bodies. The legislation of the Community Empowerment Act 2015 has the power to liberate assets that are surplus to the requirements of statutory bodies and enable community groups to develop the potential of such property in terms of its social value to the community.
- The Carnoustie and Monifieth Men's Shed has been actively embracing the possibilities this presents for finding a more secure base and have an interest in a number of locations, the present one included. We aspire to trade our assets as a community facility for suitable premises in this way, and while this is not necessarily the only way forward, we see it as a process which we must pursue as far as possible in identifying and applying for places that become available.

8. ORGANISATIONAL STATUS AND STRUCTURE

- In August 2017 the Carnoustie and Monifieth Men's Shed attained charitable status. It has a committee of six Trustees who meet monthly. Full members' meetings are held to maximise consultation and democratic process. Minutes of all such meetings are available.

- The committee has a chairman, vice-chairman, secretary and treasurer. Among other roles allocated among the membership are responsibilities for funding, purchasing, project management and, by no means least, catering.
- The Shed is in full membership of the Scottish Men's Sheds Association and Age Scotland, and in associate membership of the Carnoustie Development Association.

9. THE GEOGRAPHICAL AREA

Carnoustie and Monifieth are adjacent towns along the Angus coast. The stated populations vary depending on how much of the hinterland of the towns themselves is included. Thus Carnoustie varies between 10,561 and 16,490, while Monifieth rises from 8,220 to 13,697 when the Sidlaw part of the ward, stretching out to Birkhill, is included.

- It is noted that of the 24,960 aged 65+ years in Angus, the intermediate zone of Monifieth East accounts for the largest proportion, representing 6.2% of the Angus elderly population, the next closest in proportion is Carnoustie East (5.9%)
- In recent years the elderly population of Angus has increased by 12% for the 65+ age group and by 9.2% for those of 75+ years. Most significantly, the number of males increased more than the number of females within both older age groups.
- In common with general population trends, there is projected a continuing annual increase in the number of older people over the next few years.



10. MEMBERSHIP

History

- The very first exploratory meeting in February 2015 attracted the interests of a group of men, several of whom have remained as the core membership of the Shed.

Current

- Membership at November 2019 stands at 28, following a membership re-registration and the loss of several members as a result of age and disability

- Attendance figures:

	Tuesday	Wednesday	Thursday	Total
October to December 2017	173	92	128	393
January to March 2018	176	88	143	407
April to June 2018	167	98	153	418
July – September 2018	170	106	156	432
October – December 2018	161	101	150	412
January – March 2019	166	91	158	415
April - June 2019	148	115	167	430
July – September 2019	197	104	164	465
October –December 2019	174	150	98	422

- Members are drawn from across the whole area and ages range from mid-40s to mid-80s

Priority

- To continue with a gradual and incremental rise in membership, commensurate with the available shed space. The above figures demonstrate that improved accommodation and

facilities tend to lead to an increase in membership and involvement in the life of the Shed.

- To increase membership by 25% over the next three years.

11. ACTIVITIES

History

- A previously stated priority was to achieve a balance between work done for individuals and groups in the community, and projects which individual members wish to pursue for themselves, often enlisting the help of others in the process. In the course of 2017-2020 we fulfilled a number of requests from people in Carnoustie and Monifieth. For example, mud kitchens, planters and picnic benches have been made for schools and other organisations and individuals.



- A major priority stated in the previous plan was to produce items that generate income to offset the running costs of the Shed. This has been done to an extent that indicates the possible level of such self-funding
 - The predominance of woodwork is typical of most Sheds but given that they are about all-round activity that promotes well-being, we have become aware that this can be limiting for those who have other projects they wish to pursue

Priorities

- To continue to aim at a balance between members' own projects and work for the community.
- To generate income from items made; while this remains an objective, it should not be to the neglect of the intrinsic value of the work to the members themselves.
- To expand and diversify the range of activities available; to provide the space for doing different things such as computing and digital fabrication and other creative, artistic and recreational pursuits in a setting where conflicts arising from dust and noise can be eliminated.

12. EQUIPMENT

History

- At the beginning we received donations of a variety of hand tools, many small power tools such as drills and sanders; one of our members donated a large workbench.
- The start-up grant from the NHS Community Innovations Fund enabled us to purchase a range of hand and power tools and another smaller workbench.

Current

- Further income from charitable funding organisations and regular donations of various items has enabled us to expand our range of tools and equipment
- We have obtained funding to purchase a laser cutter.

Priorities

- A robust system of checking and maintaining machines and other equipment needs to be developed

13. SAFETY AND SECURITY

History

- In the smaller spaces we occupied previously, safety and security were relatively latent issues given the non-functioning of any machinery. During this time however we began to work on procedures and policies to encourage general Shed and individual member awareness of responsibilities for safety.

Current

- A health and safety policy has been produced
- Fire safety policy and procedures have been developed
- Protective equipment is provided for members
- Four members have attended First Aid qualifying training
- First Aid equipment is on site
- A defibrillator has been acquired with a grant from Age Scotland
- Two members trained in portable appliance testing.
- All members to be supported in making proper use of the equipment
- Importance of securing competence in the use of power tools.

Priorities

- comprehensive risk assessment of the premises both generally and in relation to specific machines and tools.
- ensuring a more adequate dust extraction system.
- other training such as safe handling
- designated supervisor to be in charge during each session the shed is open.
- All members to be supported in making proper use of the equipment
- Importance of securing competence in the use of all tools

14. PUBLICITY

History

- While we have not pursued publicity for its own sake, we have found that we have made ourselves known in the community in the course of naturally pursuing the purposes of the Shed.

Current

- In the summer of 2018 we produced a new information leaflet, the previous one being outdated. This has been made available generally in the community, as well as copies placed in medical centres and libraries etc.

Priorities

- to continue to enhance the social and physical facility of the Shed
- To attend local events and engage with members of the community.
- to purchase a feather banner
- to demonstrate openness and friendship to new and potential shedders.

15 COMMUNITY SUPPORT and INVOLVEMENT

- This is a two-way process in which the Shed is supported by individuals and other community groups, and in which the Shed is able to assist with projects that benefit the community, as noted in previous sections. We have collaborated with groups such as Colourful Carnoustie and Free Food for Carnoustie, the Monifieth Community Resource Group and Monifieth EcoForce. We have been involved with some of the local schools in helping with projects and have seen the reward and benefits of this both in terms of enhancing the environment and forging mutual friendships.

- It has to be stressed that a Shed is not in any way a commercial enterprise, and while members may undertake tasks in and for the local community, and may receive donations therefrom, there is no profit motive. All income is fed back into the work and development of the Shed. In this the Shed embodies social enterprise principles, and aims to operate in a manner consistent with the 'Voluntary Code of Practice for Social Enterprise in Scotland.'



16 FIVE YEAR FINANCIAL PLAN 2020-2025

The figures below do not relate to any specific premises and funding application but represent an outline of a basic, generic budget for operating the Shed. They are based on the core running costs for the Shed, **excluding capital works that will require funding for the particular premises we may move into**. The finer details of the financial requirements for this five year period are dependent on the nature of the accommodation that may be secured, and the amount of capital expenditure and running costs that will be needed.

Such amounts will have to be raised from diverse funding sources

Projection of Expenditure	2020-21	2021-22	2022-23	2023-24	2024-25
Rent	1,500	1,500	1,500	1,500	1,500
Electricity	500	500	500	600	600
Equipment	1,000	1,000	1,000	1,000	1,000
Materials	1,000	1,000	1,000	1,000	1,000
Replacement parts and repairs	1,000	1,000	1,000	1,000	1,000
Training	1,500	1,500	1,500	1,500	1,500
Insurance	500	500	600	600	700
Admin	500	500	500	500	500
Contingenies	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>
	9,000	9,000	9,100	9,200	9,300
Projection of income	2020-21	2021-22	2022-23	2023-24	2024-25

Membership fees	360	400	420	420	420
Refreshment fund	1,200	1,200	1,250	1,250	1,250
Grants	6,000	6,000	6,000	6,000	6,500
Sale of items and donations	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>	<u>1,500</u>
	9,060	9,100	9,170	9,170	9,670

17. MONITORING AND EVALUATION

This will be based on:

(a) Quantitative

Number of members who have joined the Shed

Frequency of attendance as per record sheet

(b) Qualitative

Individual profiles and testimonies provided by members

(c) Record of activities and projects requested and carried out

(d) Narrative of community involvement, engagement with individuals and with other groups and organisations

(e) Production of Annual Report

REFERENCES

¹ SCOTTISH MEN'S SHED ASSOCIATION <https://scottishmsa.org.uk/>

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⁴ WILSON, Nathan J., and CORDIER, Reinie, A narrative review of Men's Sheds literature: reducing isolation and promoting men's health and well-being, *Health and Social Care in the Community*, 2013, 21:5, pp.451-463. <http://www.ncbi.nlm.nih.gov/pubmed/23343146>

⁵ GOLDING, p.357.

⁶ SCHROEDER, J., SOWDEN, J., and WATT, J., *Social Return on Investment. The Westhill and District Men's Shed, Scotland*, Scottish Men's Shed Association, 2015.