

# Ozanam Menshed

## TRUSTEES' REPORT

for the financial year ended 31 March 2024

The trustees present their Trustees' Report and the unaudited financial statements for the financial year ended 31 March 2024.

The financial statements are prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines.

In this report the trustees of Ozanam Menshed present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2024.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Charities Act (NI) 2013 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

### Mission, Objectives and Strategy

#### Objectives

THE PURPOSES OF THE CHARITY ARE: Advance the health and well-being of men of all backgrounds living in the Lurgan Co. Armagh area and its environs ("the area of benefit") by providing education on mental and physical health and wellbeing and promoting a proactive approach to health; and Advance citizenship and community development in the Lurgan, Co. Armagh area by; a) encouraging and facilitating involvement in voluntary and community activity b) Providing affordable, accessible, welcoming support and opportunities to interact with the local community thereby reducing social exclusion and preventing loneliness c) Working to overcome barriers to social development in an area of social and economic deprivation d) creating, developing and maintaining a social and workshop space and providing other facilities and amenities e) Offering opportunities for men to meet and undertake creative, physical, purposeful and recreational activities of their choice f) Developing the capacity of men to share their skills and knowledge with others g) Providing opportunities for men to take part in recreational activities, socialise, build self-confidence and engage in creative activity and team work.

#### Overview of the charity

The Ozanam Menshed is a small charity, established in 2015, which shares its operating space with the St. Vincent De Paul charity in Lurgan, Co. Armagh. It provides an important social and mental wellbeing safe place for people in the local community.

#### Strategy

Charity purpose and outcomes/objectives

Advance the health & wellbeing of all men of all backgrounds.  
Advance citizenship & community development  
Provide opportunities to take part in development of and sharing of skills and learning for the men.  
Build self-confidence, engage in creative activity and teamwork.

The Men's Shed offers an opportunity for men to come together informally and chose a practical activity at a safe, friendly and inclusive venue. Specific ambitions and deliverables set for this year and which funding has been bid for include:

Community Projects  
Gardening  
Woodwork and DIY Skills  
Program events with guest speakers  
Art & Dance classes

### Structure, Governance and Management

#### Structure

The charity is run by a group of volunteers /trustees.

The Trustees meet on a quarterly basis to manage the operational and future planning of the Men's Shed, to monitor spending, to oversee impact and compliance with its constitution and to discuss and manage any risks and opportunities that face the charity in pursuit of its purpose.

# Ozanam Menshed

## TRUSTEES' REPORT

for the financial year ended 31 March 2024  
**Review of Activities, Achievements and Performance**  
Performance across the past year

The Menshed has continued to engage with local schools and has beneficial relationships with local groups e.g. Clann Eireann, Clan na Gael and a local deaf organisation as well as networking with other Mensheds.

### Key Achievements

1. Provided information sessions to the local community eg. Welfare Benefits and also "Walks & Talks sessions.
2. Completed skills project course with local schools.
3. Participation in the Take 500 event in Craigavon Civic Centre.
4. Delivered 2x 6-week courses with members of Armagh Ladies Group.
5. Menshed members delivered onsite workshops at Clann Eireann local students.
6. Members attended the cancer testing provided onsite by Cancer Focus. The uptake of appointments was 100%
7. The Menshed provided Art and Dance Classes with the art class at full capacity.
8. Continued to close the intergenerational gap by interacting with young people and those of older agegroups
9. Have a new group of local ladies 'DIY Divas' attending woodwork etc.
10. Educational trips to Dublin's cemetery and a Famine ship were well attended by members..

### Going Forward

The Menshed will continue to work with local schools and local deaf group.  
Will continue to engage with Age Friendly team from the local council  
Will continue to involve all sections of the community by providing information and wellbeing sessions  
Continue the development of the gardening aspect of the Menshed with new greenhouse etc. which can be opened up to school children and others and can build on the skills of members themselves.

### Impact on overall outcomes

The ambition of the Menshed is to provide an opportunity to come together informally and choose a practical activity at a safe, friendly, and inclusive venue. The outcomes we pursue in this ambition are to tackle social isolation and support physical and mental wellbeing. The range of output delivered this year have gone a long way to delivering this for members and the feedback has been positive. The increase in uptake (now including women) shows that these programmes work. We continually monitor these programmes and adjust as necessary.  
The Menshed could not function without the help and support of the local community, the range of funding bodies and donors which have input to the plans this year including Lurgan Credit Union, ABC Council and PHA/Clear funding.

### PUBLIC BENEFIT STATEMENT

The direct benefits flowing from the organisation's purposes are; Advancement in health and wellbeing of men in the Lurgan area: The Shed operates within an area of deprivation and many of its members are retired, single, unemployed and suffering from various forms of disability. The Shed promotes an enhanced quality of life; improves health outcomes, increases awareness of health and the importance of maintaining a healthy lifestyle. It provides information on mental health and wellbeing, health issues in general, engages with various statutory bodies and participates in relevant courses and activities for the benefit of their members Improved mental and physical health, fitness and wellbeing and greater knowledge of the health support services that are available, increased mood following social interaction otherwise the men are at home and not engaging; leads to a reduction in social isolation and promotes social inclusion It also leads to increased improvement in the health & wellbeing for members' family, carers and friends. It is our hope that members will take a proactive approach to their health Advance citizenship and community development: The Shed provides a focus for social engagement, promotes a range of activities including, for example gardening, arts & crafts, and encourages lifelong learning in a relaxed atmosphere: helping to reduce isolation and depression, facilitate involvement in creative activities, increase self-awareness, confidence, motivation and lead to an enhanced sense of purpose and fulfilment The Shed provides a safe place where community members can meet to socialise, work on their own or community projects by providing opportunities to acquire, develop and share skills with others: The wider community benefits because the members will be working to improve the environment and developing their own sense of citizenship. These benefits will be demonstrated primarily through regular discussion with and feedback from the membership. The Shed retains ongoing contacts with local community organisations and individuals through its intergenerational work - who also provide feedback and suggestions for possible improvement or future projects. The benefits can be identified through feedback from the participants, internal and external evaluations of the work and impact questionnaires, the numbers of participants engaging in activities and learning new craft, taking part in health related programmes, and research findings that confirm the benefits of participating in Sheds activities They can also be measured and demonstrated by the ongoing monitoring and feedback from individual members. No harm has been identified arising from the purpose of the charity. Participants are trained in the use of tools, personal protection equipment is made available, risk assessments are regularly conducted, an accident reporting system and first aid kit is in place and a trained first aider is always on site. The beneficiaries are members from the Shed, their families, carers and friends. Some of the members have experienced a range of physical or emotional health & wellbeing issues, those who feel lonely or isolated, live alone or have experienced a major trauma. There are additional benefits for families, carers and friends

## Ozanam Menshed TRUSTEES' REPORT

for the financial year ended 31 March 2024 including reduced levels of stress and anxiety leading to enhanced health and wellbeing and an improved quality of life. There is no private benefit arising from any of the purposes. Private benefit to trustees may arise from our programme of activities as trustees will be eligible to avail of the group's activities. Through volunteering as trustees, individuals may gain skills and experience which are transferable to other settings. These benefits are incidental and necessary to ensure the benefit is provided to our beneficiaries.

### Financial Review

The results for the financial year are set out on page and additional notes are provided showing income and expenditure in greater detail.

### Results and Dividends

At the end of the financial year the charity has assets of £3,018 (2023 - £8,659) and liabilities of £0.00 (2023 - £0.00). The net assets of the charity have decreased by £(5,641).

### Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Ozanam Menshed subscribes to and is compliant with the following:

- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 10 October 2024 and signed on its behalf by:



Patrick McAnallen  
Trustee



Ceira Hall  
Trustee