

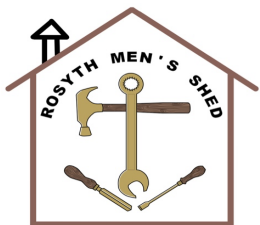
Postal Address: Kings Road, Rosyth, KY11 2TN
Email: enquiries@rosythmensshed.org.uk



Rosyth Mens Shed



Trustees Report 2024/25
Author: Paul Cunningham
RMS Principal Trustee



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Welcome to Rosyth Mens Shed

Rosyth Mens Shed is a friendly place where you can share skills, meet others, and feel part of a community.

If you want to work on projects, learn something new, or simply enjoy good company, you are welcome here.

Charity contact information



Rosyth Men's Shed

Scottish Charity Number: SC051944

King's Road

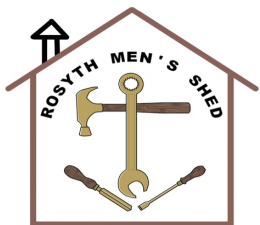
Rosyth

Fife

KY11 2TN

Email: enquiries@rosythmensshed.org.uk

Facebook: www.facebook.com/RosythMensShed



Charity Trustees

1. Paul Cunningham (Chairman)
2. David Laurie
3. Hector McNee (Treasurer)
4. Andrew Smith
5. Bruce Lumsden – resigned 11/09/25
6. Richard Tansey – resigned 11/09/25
7. Mike Cascarino – resigned 11/09/25
8. Gilbert Stewart – resigned 11/09/25

Objectives and activities

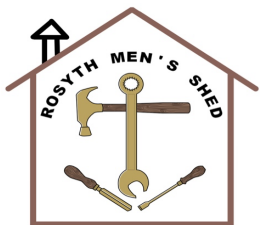
Purpose of the Charity

The Men's Shed movement exists to promote general wellbeing, continuing education and a healthy lifestyle for all men 18years old and older. The aims are to:

- Provide a safe space for men to enjoy each other's company, indulge in a range of activities, be creative and learn new skills.
- Meet and chat with other men over tea, coffee and put the world to rights.
- Boost a feeling of self-worth through contributing to community projects, working in partnership with other local organisations, assisting each other and enjoying fun and friendship.
- Although Men's Sheds are predominantly aimed at men, women are also welcome to join and take part in shared sessions.

Activities

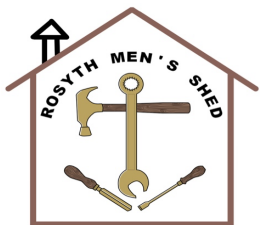
Our primary activities are the meetings of our members to fulfil the purposes of the charity. Apart from the Thursday gathering we hold sessions at the workshop in North Queensferry, making various items and generally having a great time in each other's company.



Our main activity this year has been the progressing and starting the build of our new shed complex at King's Road.

We currently have nearly 40 members and know that our membership will increase once we have a proper base in Rosyth. We meet once a week at the Parkgate Community Centre, drinking too much tea and putting the world to rights. We have a great time in each other's company and those attending get genuine enjoyment out of these gatherings. A couple of times a week we also get together at the temporary Workshop in North Queensferry where many things are created and sold to help raise funds for the Shed.

We also work within the community on various projects to the betterment of those living in Rosyth and surrounding areas.



Structure, Governance and Management

Constitution

Rosyth Men's Shed is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 22 August 2022. The charity was previously an unincorporated association but changed its legal form to a SCIO. The assets of the unincorporated association were transferred to the SCIO on 1 September 2022.

It has a single tier structure and as such the trustees are the members of the charity.

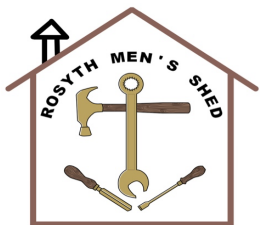
Trustee recruitment and appointment

Some of the Management Committee, which normally meets on the first Thursday of each month, are also charity's trustees. We also have Trustees who are not members of the Management Committee. This ensures representation from everyone involved with the Rosyth Men's Shed.

Membership of the management committee is open to all members of the Rosyth Men's Shed.

In accordance with the Constitution, Trustees hold office for three years after which they put themselves forward for re-election at the AGM.

There must be a minimum of three and a maximum of five trustees.



Friendship and Support

Offering opportunities for men and women in the Rosyth and the surrounding area of Fife, to meet and undertake creative, physical, purposeful and recreational activities of their choice.

Many of us miss the chat and camaraderie of the workplace. The shed brings that back: a relaxed space to talk, listen, have a cup of tea, and enjoy time together.

Play Games, read a book from our library, listen to music, anything that helps you relax.... within reason !

Skills and Projects

From woodwork and DIY to repairing things for the community, there is always something going on.

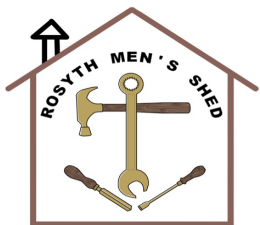
Bring your own skills, learn from others, or join a project at your own pace.

Health and Wellbeing

Mens Sheds exist to reduce isolation and support better wellbeing.

Working side by side, keeping active, and being part of a group can make a real difference.

You do not need experience or tools. Just come along and say hello.



Our Community

The shed is a friendly place to meet others, based in Rosyth and open to all in the surrounding area of Fife.

Share a brew and enjoy the company of local men and women. Many come for the chat as much as the projects. You can talk, listen or just relax.

Our History

Brief it may be but what started as an idea by a few has gathered steam and there was no stopping until we open our first premises that is all our own.

A get together with a large backing from within the community on the 10th March 2020 put ideas to everyone present that we want a Rosyth Mens Shed!

Rosyth Mens Shed

A brief time line

10th March 2020 A meeting held at Parkgate Community Centre, do the people of Rosyth want one?

128 people turned up to hear all about our plans

Yes, was the unanimous cry!

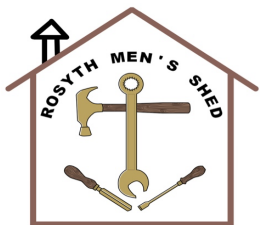
23rd March 2020 Disaster strikes the World! COVID! First lockdown

Plans were shelved until the **spring of 2022**

RMS took residence in the Rosyth Orchard, a little piece of Paradise for those who know about it, hidden away!

Many meetings took place, but we couldn't use machines we required to build our Projects.

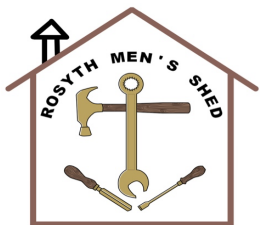
RMS had to move to North Queensferry to carry out their work, miles from the centre of Rosyth, many couldn't travel, it wasn't ideal but what choice did we have?



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It was a 40ft by 20ft container in a sorry state but we made it our home for 3 years.



Achievements and Performance in 24/25

We have had a very busy year carrying out many projects in the Rosyth local community and fundraising through the sale of items made in our workshop.

As our exploits are documented in Facebook we attract a lot of attention from organisations and residents looking for assistance.



In May 2025 we had our planning permission approved for Kings Road our very first home. KY11 2TN, No 58 if we have to have a door number! We do have a postbox!

We rented a piece of waste ground

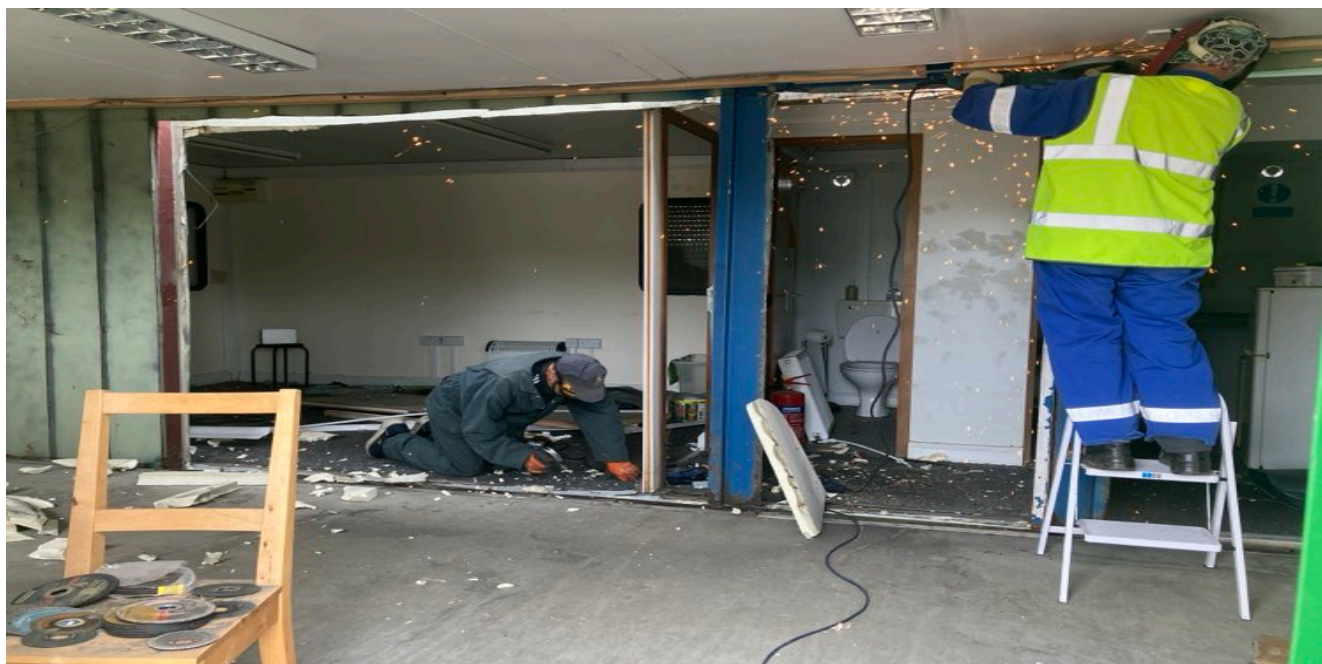




We built a Shed..obviously!

The beginning of Portacabin heaven, a lot of work to make a home, our home!

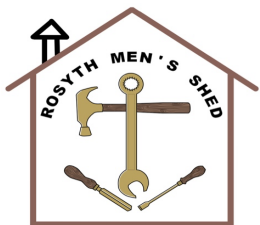




From rebuilding to Finishing



Our Welfare Shed



Our Polytunnel and the start of our Growing Project

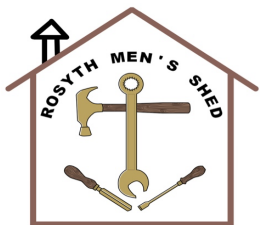
Many days and nights out have been had already, come as many or as few times as you feel, there is no obligation on your part.

Whilst the majority of our time has been taken up with building our own shed we have also made time to support our local community and some of the projects we were involved in are listed below.

Aberlour Primary School asked us to re-skin their polytunnel which we completed over the Easter break.

Forth Hedgehog Hospital reached out as they required an old shed to be dismantled and replaced with a new metal shed. We were more than happy to support this local charity.

Rosyth Community Council asked our assistance with their Christmas tree that is situated on Queensferry Road and our local church asked for help to assemble their outdoors nativity scene.



We are also involved in assisting at the Rosyth Gala by setting up tents and helping with the clear up after the event.

Other organisations have approached us to make bird boxes, bat boxes, notice boards and refurbishing benches. We are always happy to help whenever we can.

Shedders have also been able to take part in the regular Christmas Curry night out and a few bowling nights that took place over the course of the report.

Outcomes

Mens Sheds help reduce isolation and support wellbeing. Having a regular place to go, familiar faces to see and something useful to do makes a real difference to confidence and mental health.

Why It Matters

Mens Sheds help reduce isolation and support wellbeing. Having a regular place to go, familiar faces to see and something useful to do makes a real difference to confidence and mental health.

A few of our Mens Shedders are Ex Dockyard/Babcock and also ex Forces:

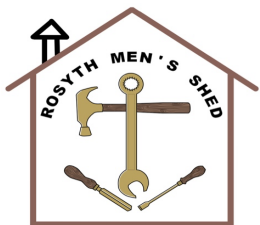
- Army
- Navy
- RAF
- Merchant Navy
- Territorial Army

Shedders come from all manner of backgrounds

Some skilled in Electrical, Welding, Plumbing, Joinery, Plasterers etc.

Some are ex office based staff, HR, Financial, Commercial and joined the Mens shed to obtain new skills or refresh old skills.

We have a lot of work still to do and are hoping to open officially in the summer of 2026.



Testimonials

Rosyth Community Council would like to thank Rosyth Men's Shed for their services to the Rosyth community.

Providing a safe, supportive and inclusive space for the people of Rosyth to meet, learn new skills and interact with others is invaluable for the community of Rosyth

We value your help at Rosyth Community Market each month when your members monitor parking, help stallholders with their luggage, direct and look after visitors, and occasionally man the tea stall.

At Rosyth Gala your role in providing marshals for crowd control, directing traffic and general security monitoring is invaluable and saves the committee the cost of hiring these services.

We are also grateful for your help each year with delivering, planting up and helping to decorate our public Christmas Tree at Queens Buildings, Rosyth.

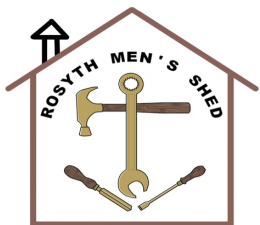
In addition there are numerous occasions when you have helped residents in need with house repairs, garden work and other services when they haven't had the means to deal with these issues themselves.

With thanks and best wishes

Linda Temple

Secretary

Rosyth Community Council



Dear Charity Funder,

Re: Funding for Rosyth Men's Shed

I've had the privilege to work with, and support, the local charity Rosyth Men's Shed, for the last three and a half years. Rosyth Men's Shed not only deliver a positive impact on their many members, but they also make an unmatched contribution to the wider communities of west Fife. Rosyth Men's Shed provides opportunities for men to socialise and work on projects together. They are improving men's health and wellbeing by providing a safe, friendly environment to combat loneliness and social isolation, through activities like woodworking, crafts, and community projects.

They have recently constructed their own home premises at Kings Road in Rosyth, and they are currently doing all they can to make sure that facility is as accessible as it can be for all their members and visitors. I'd suggest that these alone are great reasons to support and to fund the work of Rosyth Men's Shed but perhaps the greatest impact your funding could make would come from supporting the many projects that the "Shedders" undertake on behalf of other local voluntary organisations and good causes in the wider community. Rosyth Men's Shed have already delivered a major project for EATS Rosyth, helping them establish their Community Hub & Cafe.

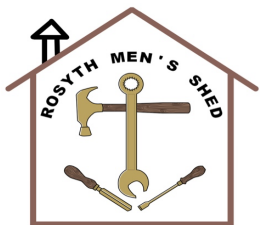
They have also completed countless other projects for local Tenants Associations, Rosyth Parish Church, Forth Hedgehog Hospital, Rosyth Community Council, local Primary Schools and Fife Coast & Countryside Trust's Rosyth River Restoration Project. So, by backing this one group you can support men's health & wellbeing, combat social isolation, improve disability access, help tackle food waste, support community food growing, build community capacity, enhance educational opportunities, benefit wildlife and improve our environment. I understand that requests for support can sometimes outweigh the available funding, but I'm sure that whatever support you are able to provide to Rosyth's Men's Shed will be well used and will greatly huge benefit for the wider community in Rosyth and west Fife.

Yours Faithfully,

Councillor Brian Goodall

Rosyth Ward

Fife Council



Testimonial for RMS

17 Oct 2025

Rosyth Men's Shed (RMS) supported Forth Hedgehog Hospital by offering to dismantle and dispose on an old shed, that was no longer suitable for the treatment and care of hedgehogs, replacing it with a new built metal shed.

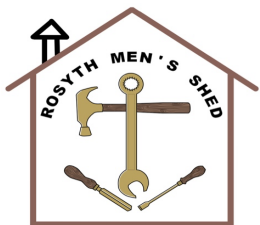
RMS members were able to respond to a short timescale and carried out the work whilst working around the day-to-day activities of carrying for the hedgehogs.

It is my opinion that RMS members would benefit from the installation of a ramp to help their Disabled and Infirm members to access their facilities, looking at the bigger picture it would also benefit Future members and visitors to their site from the local community.

Nadia Al-Dujaili

Forth Hedgehog Trust

SC043091



Financial review

This is our third year as a fully incorporated charity.

During the reporting period we had several sources of income, main source has been grant funding, there is also the voluntary subscriptions paid by members if they wish, fundraising through donations for work carried out and from sales at the local market.

We have also received donations from local people and companies, either in the form of cash or goods and services.

We have 2 funding officers who are responsible for all our funding applications and this has allowed other members to concentrate on the practicalities of building the shed and arranging events for our members.

Statement of the charity's policy on reserves

During the 24/25 financial period we did not have any reserve funds as all monies are assigned to the building of the shed and running the charity. Having a reserve fund is something that the trustees are looking to have in place over the coming years.

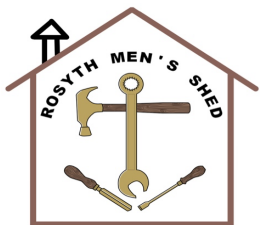
Details of any deficit

There is no deficit in this reporting period.



Statement of Income and Expenditure for the year ending 31 August 25

	31-Aug-25	31-Aug-24
Income		
Fundraising	£3,365.00	£2,037.19
Grants Restricted	£24,003.00	£40,297.53
Grants Unrestricted		£4,464.94
Members subs	£2,625.00	£2,317.81
Workshop fees		£39.94
Donations Unrestricted	£2,851.00	
Bank interest	£374.00	
Expenditure		
Administration		£597.03
Equipment		£2,456.53
Consumibles		£2,143.32
Safety Equipment		£228.01
Members Welfare		£518.10
IT Services		£163.18
Utilities		£135.79
Expenses for fundraising	£1,137.00	
Expenses relating to charity activities unrestricted	£3,521.00	
Expenses relating to charity activities restricted	£12,114.00	
Purchase of fixed assets	£19,559.00	
Income over Expenditure	£3,112.00	£42,915.45
Statement of funds		
Balance B/F at start of year	£46,322.00	£3,265.42
Income over Expenditure	£3,112.00	£42,915.45
Fund at 31 Aug 25	£43,210.00	£46,180.87
Represented by		
Cash at Bank	£43,210.00	£46,180.87
	<u>£43,210.00</u>	<u>£46,180.87</u>



Future plans

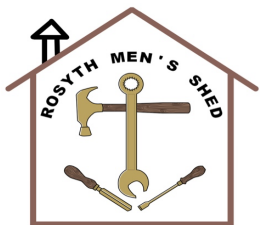
Our primary focus is to continue with the Kings Road build working towards being open during the summer of 2026..

Our work within the local community continues to grow and long may that continue. We have built many good relationships with other Men's Sheds and companies. This is proving to be very beneficial and is essential in achieving our goal next financial year.

Declaration

Signed on behalf of the charity trustees:

	Hector Mcnee
Print name	H Mcnee
Designation	Trustee
Date	31/05/26



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