

Summary of Dusty Shed Activities in support of our Members and Local Charities

We made a donation to the charity TWAM
'Tools with a Mission'

They collect unwanted but usable tools, clean them up and refurbish them, before sorting them into trade-appropriate tool kits and sending them to developing countries around the world for livelihood creation.

They ship about 20 containers of tools every year to countries such as Uganda, Zambia and Zimbabwe, where they are distributed free of charge to local trades people.



Shed members relaxing in our open area with a Barbeque on a sunny day!



Testimonial

Mark, affectionally known as 'Woody' by his fellow shed members, has attended the Dusty Shed since 2018 to help cope with his schizophrenia.

"I was just like down in the dumps and didn't want to do anything and then I started coming here and it's brought me right out of my shell."

Testimonial

Roger has been coming to the Shed for the last two years.

"I had a very bad mental breakdown and the psychiatrist recommended the Shed. He said it's an excuse to get out of the house and to do stuff to make me think of something other than what's going on in my head. When the Psychiatrist signed me off, his letter said, it's really nice to see how the medication and Men's Sheds has improved your condition."



Our New Wellbeing Group

For some time we have been aware that not everyone who needs our help is interested in woodwork. So, we have started a new non-woodworking Wellbeing Group on a Wednesday.

The group is run by a qualified Group Leader, but it has no set agenda. At each meeting, participants are invited to recap how the past week has been for them and the current personal issues they are dealing with. The primary role of the Group Leader is to make sure that every person has a chance to have their say and that no one dominates the discussion.

Time permitting, the Group Leader may then introduce for discussion some current information about mental health, or new research into men's physical health.

To wrap up the session, participants engage in some outdoor activity.

So far, we are getting some very positive feedback about the benefits of the group and attendance is growing.

The Dusty Shed's new Wednesday

Sit-and-Chatter Group

A talking social group,
combating loneliness and social isolation



We have a new Wednesday group, where we can just sit and chatter about how things are, about our lives, and feel better.

It's a non-woodworking group, so your time can be spent talking about things on your mind.

If you wish to find out more:
E: enquiries@thedustyshed.org.uk - T: 07592 240736

Every Wednesday
Starting 24th January 2024 – 10am to 2pm

Cameraderie - Creativity - Teamwork





Our Wellbeing Group in Session



Our Wellbeing Group at Play

Repair to patient bench for Llandough Hospital

Recently we were asked to repair a garden bench used by patients at Llandough Hospital. The Shed's enthusiastic volunteers, made the repairs, replacing damaged runners and strengthening the seat, ensuring that the bench would continue to provide a comfortable and welcoming place for patients to rest and relax.



Repairs being undertaken by Shed Members



Test run by Llandough Hospital Staff

Visit by Rhun Ab Iorwerth, leader of Plaid Cymru 11th Oct 2024



On 11th Oct 2024 our Shed had a visit from Rhun Ab Iorwerth, the leader of Plaid Cymru.

Although this visit was not linked to a visit we had back in Dec 2023 from Lynne Neagle MS, the then Deputy Minister for Mental Health and Wellbeing, to promote the Welsh Government's new Social Prescribing initiative, it gave us a chance to put our thoughts about Social Prescribing to the leader of the main opposition party in the government.

Community Project with Local Schools

Partnering with Landsdown Primary, Pencaerau Primary and Nant Caerau Primary schools, the Dusty shed have built 12 planter boxes, as well as 12 bird box kits for community members. These planters and bird boxes are more than just garden fixtures; they are gateways to hands-on learning. With access to large wood planters, children in the local primary schools gain the chance to plant, nurture, and grow vegetables, flowers, and herbs. Gardening offers children a unique connection to the natural world, teaching them valuable lessons about lifecycles, sustainability, as well as incorporating growing and gardening skills, learning to nurture not only plants but also their own understanding of responsibility and care.



Dusty Shed members enjoy contributing to their local community. These are some of the child-friendly planters for the new community garden being developed next to Ysgol Nant Caerau Primary schools.



Bird Boxes; cut out by Shed members and assembled by the kids.



During the Covid lockdown we invited a local choir to use our open area for rehearsals so that they could achieve appropriate social distancing



We took a group of our members on a trip to the Viridor's Cardiff Energy Recovery Facility (ERF) to see how all the 'Black Bag' waste is recycled.

And afterwards, we took them to a nearby hotel for lunch.



Lunch after the Viridor visit.



Celebrating the 94th birthday of our oldest member, Cliff (centre of photograph).



Cliff in his favourite chair supervising Shed work.

We did a lot of work for our close neighbour ACE Community Centre.



We built a dividing wall to separate a large office into two smaller work areas.



We constructed shelving for their 'Library of Things'

Working with Kids

During the school holidays we ran a session to introduce some kids to woodworking by getting them to build a clock.



Stage 1
Constructing and painting the face board.



Stage 2
Selecting and putting on the numbers

The numbers were made from dice, which the children had to select and glue onto the clock face.

They then fitted a battery-operated clock mechanism to the back of the face and put the clock hands on the front.



The finished product and the proud builders.



We took part in a Sheds Day run by Axminster Tools, at which eight sheds from South Wales came together to display things they had built and to swap stories. And of course most of us saw something in the Axminster store that we just ***couldn't do without!***



We attended a Sheds' Convention at Pontypridd which focused on how we could better sell the message of the good work Sheds were doing in Wales, and how we could attract more members.



We had a visit to the Eagles Nest Men's Shed in Swansea



An open day in Trelai Park, Ely
Our team attended to display our craft and talk to people about the help we can provide.

Involvement with Rookwood Hospital

We had a gentleman who was attending the Stroke Rehabilitation Clinic at Rookwood Hospital come to the Shed wanting to build ten painting easels for the Art Therapy class. He was extremely limited in his physical capabilities and could not have managed the task alone, so several of our members kicked in to help him.



This is the model he provided for the design of the easels. In the background are the blanks ready for assembly



Ten angle adjustable Painting Easels
ready for delivery.

The Great Tommy Sleepout



Several of our members are ex-military and we have representation from all three Services
Navy, Army, and Air Force.

The Great Tommy Sleepout is an annual fundraising even sponsored by the Royal British Legion and BAE Systems, which challenges people to spend one night sleeping under the stars to raise money for the estimated **2,110** homeless veteran households in the UK.

2024 was the first year we have participated and we raised £110; we hope to do better in 2025.



One of our members demonstrating the eye and face protection gear we require people to use when operating any of the highspeed, and very sharp, woodworking machines in our Shed. We are very safety conscious and have conducted a full Risk Assessment for our workshop; however, good quality safety gear does not come cheap.



Nor does a quality Hazardous Materials storage cabinet.

But at the end of a busy day in the Shed, it's good to relax with a game of



Darts!

And perhaps sit down on a bench made from old pallets!

