

# IMSA Annual Report 2018





#### Irish Men's Sheds Association

*CRO No. 493940  
Revenue CHY No.  
CRA No. 20078591*

Social Innovation Hub,  
Civic Centre,  
Main Street,  
Ballymun,  
Dublin 9.  
D09 C8P5.

Phone: **01 891 6150**  
Email: **info@menssheds.ie**  
**www.menssheds.ie**  
**www.facebook.com/irishmensshedsassociation**  
Twitter: **@IrishSheds**

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# Chair's Introduction

As the Chair of IMSA I am pleased to welcome our annual report for 2018. With the publication of each annual report, we are able to reflect on the work of the Association and look for ways in which we can improve our services to our members.

Since 2011, the Association has gone from strength to strength and continues to grow the men's sheds movement in Ireland. We continue to see endorsement from communities and wider society, and in 2018 the organisation was pleased to win the prestigious European Citizen's Prize, following our nomination by Irish MEPs. It is clear that our shedders have built up a reputation for genuine community spirit, from helping local schools with 'buddy benches', to climate change projects addressing the biodiversity crisis in Ireland. With these fantastic projects, men's sheds have now become an essential part of Irish society in every village, town and city in Ireland.

On behalf of the Association, I would like to thank the many volunteers who give their time and energy in making the work of the Association and the sheds possible, without your help there would be no sheds movement in Ireland. I would also like to extend my thanks to our many donors, both statutory and voluntary, who have shown incredible generosity in helping to support the sheds. It is the kindness of our donors and the hard work of our volunteers that the Association can continue to help support and grow men's sheds in Ireland.



*Eoin Martyn*

*Chair*

**Irish Men's Sheds Association**

# CEO's Message

2018 was a year in which the Irish men's sheds movement truly came of age. This was readily apparent in the increasing scope and ambition of the projects undertaken and services offered by both our member sheds and the Irish Men's Sheds Association itself. It was further evidenced by the range of endorsements, commitments and honours we received from major figures and institutions in Irish life throughout the year.

The HSE have been long-time backers of the men's sheds model, and we were delighted to have their continued support for our core operation and our for Sheds for Life health and wellbeing programme, which racked up further impressive achievements in 2018.

The Department of Rural and Community Development's €500,000 Men's Shed Fund was hugely popular amongst our sheds and indicated just how significantly sheds have risen in the esteem of the Irish government. Minister Michael Ring's endorsement was backed by a serious commitment to support sheds' capital expenditure requirements in the short term. Our task as an Association is to ensure that government support continues to reflect the worth and value of men's sheds to Irish society.

The continued support of our long-time funding partners in the Ireland Funds, Social Entrepreneurs Ireland and the Social Innovation Fund also made a decisive contribution to the scale of our activities in 2018. In October 2018, the Irish Men's Sheds Association was named as an SEI Impact partner – a tremendous honour which will handsomely benefit our sheds on the ground in the years ahead.

Likewise, our new partnership arrangement with Topline DIY has already borne fruit, with hundreds of sheds benefiting from top-quality tools and equipment within the very first months of the partnership. Topline's commitment to community matches our own, and we could not wish for a more appropriate, active and engaged partner. Perhaps the most eye-catching endorsement of 2018 was the award of the European Citizens' Prize to the Irish Men's Sheds Association.

This highly prestigious award is conferred by the European Parliament itself, and we were delighted to be nominated by Sean Kelly MEP and his colleagues.



The awarding of the European Citizens' Prize demonstrates just how swiftly men's sheds have come to be recognised as vital components of communities throughout Ireland, and of the national conversation. It also indicates that Ireland's achievements in this sphere are being recognised and acknowledged internationally. In a further such acknowledgement, I was privileged to be asked to open Iceland's very first men's shed in 2018. Founded under the auspices of the Icelandic Red Cross, the fledgling Icelandic movements draws clear and direct inspiration from the successes and strategy of the IMSA.

In closing, I'd like to acknowledge that none of our very many achievements in 2018 would have been possible without the selfless everyday heroism of the thousands of members who attend sheds each week. Their civic-minded generosity has made men's sheds a byword for community spirit and neighbourliness, and I thank each and every one of them for their contribution.

I look forward to working with all our members and partners in the year ahead. Most importantly, I believe men's sheds now deserve to be recognised by central government as a vital keystone in the fabric of our communities, and we will look to formalise that status in 2019.

A handwritten signature in black ink, appearing to read 'Barry Sheridan', written over a horizontal dotted line.

**Barry Sheridan,**  
*Chief Executive Officer,*  
**Irish Men's Sheds Association**

# Number of IMSA registered Sheds in Ireland



**12,000**

Estimated number of  
shedders in Ireland

**32**

Number of counties  
with at least one shed

**22**

Number of regional  
county cluster  
meetings held in 2018

# Our Mission

The Irish Men's Sheds Association was formed in January 2011. Our mission is to support the development of the burgeoning Men's Sheds movement throughout the island of Ireland.

The Irish Men's Shed Association (IMSA) is a member-based organisation which exists to maintain links and share information among the network of men's shed in Ireland. We also act as a representative body to carry the message and ethos of men's sheds onto the national stage.

As a grassroots organisation, we believe strongly in the autonomy of each individual shed, as we strive for a future in which all men have the opportunity to maintain and improve their well-being on their own terms within their own communities.

We aim to make it as easy as possible for any like-minded group of men in Ireland to set up, run and maintain a Men's Shed. To this end, we provide information, resources and support to our member sheds throughout Ireland; listening and responding to our members' concerns is a cornerstone of our ethos.

## Our Strategic Priorities for 2018 were;

Strategic Priority 1 **Sustainable Sheds**

Strategic Priority 2 **Sheds for Life**

Strategic Priority 3 **Communications**

Strategic Priority 4 **Effective Organisation**

Strategic Priority 5 **Networked Sheds**

# Creating Sustainable Sheds

The Association continued to provide information, support and resources to shed members and in 2018 there was a 12% increase in registered sheds compared to 2017. With 435 sheds in Ireland at the end of 2018, Ireland has the highest concentration of sheds per head of population than anywhere else in the world.

Each one of these sheds is unique in terms of membership, focus, composition, catchment area and access to premises, and with 12,000 men a week attending their local shed, each of these men have contributed in some shape or form in supporting the continued sustainability of the Irish men's sheds movement.

## SHED SUPPORT VOLUNTEER PROGRAMME

For the past two years IMSA has operated a Shed Support Volunteer Programme that has gone from strength to strength. The Association and sheds have benefited greatly from the 27 volunteers who dedicated their time and energy in supporting sheds the past year. 2018's first Shed Support Volunteer training day took place in Athlone, where 21 men's sheds members were trained as Shed Support Volunteers. Volunteers were offered training to represent and inform sheds and their members, in the latest chapter of an ambitious volunteer programme successfully trialled in 2017.

## FUNDING & PARTNERSHIPS

The Association continues to identify and highlight existing and new funding opportunities for members that will best help support the sheds. In 2018, Minister for Rural and Community Development Michael Ring announced a €500,000 fund to support the work of men's sheds throughout Ireland. This capital funding provides small grants to individual men's sheds in order to enable them to purchase equipment or to carry out minor works to improve their premises.

The IMSA also embarked on another existing and productive partnership with Topline DIY, Ireland's largest buying group for hardware, DIY and building materials. The partnership between Topline and the IMSA saw sheds throughout Ireland offered a wide range of top-class DIY, gardening and safety equipment for free; a massive boost to the men's sheds movement and the communities in which they operate.



Insurance has long been a vexed issue for men's sheds in Ireland, with no obvious one-size-fits all solution presenting itself.

In 2018, the IMSA concluded a partnership agreement with FBD Insurance which saw one of Ireland's largest insurers develop a bespoke product especially tailored to men's sheds. Over the course of the year, FBD's responsive approach at local level meant that insurance issues dropped rapidly down the list of problems the IMSA is tasked with resolving. The IMSA will continue to work to deliver the most appropriate form of insurance to each of our sheds throughout Ireland in 2019 and beyond.

## CLUSTER MEETINGS & SHED SERIES

As always, the continued networking of members with one another continues to be an on-going piece of work for the organisation. Last year, the Association ran cluster meetings – an island-wide, county-by-county series of shed gatherings – kicking off with a Dublin Men's Sheds cluster meeting in Ballymun.

2018 also saw the return of the Sheds Series, which has been a fixture in the Men's sheds calendar since 2016. Fondly anticipated by sheds throughout the country, the series offers every shed in Ireland a chance to display their craftsmanship on the national stage.

Hosted at the Belvedere House and Gardens in Mullingar, and run in conjunction with partner organisation Topline DIY, the Sheds Series saw three sheds walk away with cash prizes, in addition to the Topline vouchers awarded to each shortlisted shed. In total, 44 sheds from 23 counties were shortlisted.

Killbeggan Men's Shed produced an educational replica of the town's distillery water wheel, complete with rotating wheel; St. Catherine's Men's Shed's entry paid tribute to its members' Traveller culture with a stunning equine portrait; Macroom Men's Shed's contributed a detailed model of their own shed which featured a working water-pump; Glin Men's Shed produced a thatched cottage drawn from the history and heritage of the Co. Limerick village.

Ultimately, however, only one shed clinched the overall prize of €2,000, and that honour went to Rostrevor Men's Shed of County Down. The winning entry was centred around a handsomely mounted map of Ireland, carved in four different types of wood. The shed has a notably cosmopolitan membership, and a fleet of miniature airplanes denoted their journeys from points as distant as Denmark and Iran.

# Sheds for Life

Sheds for Life is the IMSA's health and well-being initiative, delivered in collaboration with the Health Service Executive and over 20 national healthcare organisations. It aims to consolidate and build upon the existing health-enhancing components of the men's sheds environment.

These collaborations have instilled the importance of designing and tailoring programmes, activities and resources to respect the culture and ethos men's sheds as well as placing the health needs and views of the men at the core of all activities.



# Sheds for Life

An initiative by **Irish Men's Sheds Association**

Below is a list of organisations and campaigns the IMSA has collaborated with during 2018:

<b>Organisation</b>	<b>Activity/ Campaign</b>
Irish Heart Foundation	Blood pressure checks & heart health talks, CPR
Diabetes Ireland	'Living Well, Being Well' programme
Mental Health Ireland	Mind your mental health workshop
Get Ireland Walking	'Sheds ag Siúl' programme
See Change	Green Ribbon Campaign
Mouth, Head & Neck Cancer Group	Mouth Cancer Awareness Month
Dental Health Foundation	Oral Health
National Screening Service	Screening & Cancer Prevention
HSE & Alzheimer's Society	Dementia Understand Together
Siel Bleu Ireland	Exercise for Shedders
Marie Keating Foundation	Cancer Prevention
Irish Cancer Society	Cancer Prevention
Haven Pharmacy	Pharmacy Support
Migraine Association of Ireland	Migraine
Parkrun Ireland	Physical activity & volunteering
Local Sports Partnerships & Fit Walk Ireland	Scooch (Shuffleboard adaptation)
Pieta House	'Feel Good' Campaign
Men's Development Network	Engage
Men's Health Forum Ireland	Men's Health Week
Retirement Planning Council of Ireland	Nutrition Talks

# Diabetes Ireland - 'Living Well, Being Well'

The Living Well Being Well programme is an intervention with a specific aim to increase awareness of Type 2 diabetes and improve health and well-being amongst the Men Shed's population in Co. Westmeath and Co. Offaly. The programme was run over a 6-month period and delivered by professionals. It targets these men who may be at risk of developing Type 2 diabetes and who may not attend primary care centres to have regular health check-ups.

The programme is based on motivational interviewing techniques, underpinned by best practice guidelines when engaging with men including how gender influences men's approach to looking after their own health. Motivational interviewing allows the person to think about and verbally express their own views while overcoming their barriers to change. The tone set by the facilitator is non-judgmental, empathetic and encouraging within a nonconfrontational and supportive environment. This approach reduces the person's defensiveness, encourages participation in deciding what behaviour to focus on and assists in motivating the person to have a greater self-commitment to behaviour change.

Almost 100 participants enrolled for the Living Well Being Well over from 2017 - 2018 (58 in year one and 38 in year two). A number of the participants were already diagnosed with diabetes (10 in year one and 10 in year two) with all having Type 2 except for one individual with Type 1 diabetes.

All sheds in the county were invited to attend the nearest participating shed. One of the findings from Year 1 was that no man participated in a shed outside of his own, whereas in Year 2 some did participate from adjoining sheds following a cluster meeting where a Diabetes Ireland health professional outlined the programme and findings of year 1.

# Heart Health in the Sheds

The Irish Heart Foundation (IHF) provided free blood pressure (BP) checks for the Irish Men's Shed Association for men at cluster meetings in 12 counties nationally, the Gathering event in Cork and Donegal's Shed Showcase event. Some women present also availed of the BP checks.

Apart from the gathering event, the health checks took place in the IHF's Mobile Health Unit with two nurses available in all locations. In some locations the nurses provided a brief talk/presentation with information on heart disease and stroke and answered questions where required.

In total, 541 BP checks were provided by IHF nurses along with comprehensive heart health lifestyle advice (454 men and 87 women). The 87 women who also participated in the blood pressure checks were the men's family members.



A record was given to everyone with their results and information materials were available on a variety of heart related matters such as blood pressure, cholesterol, healthy eating, physical activity and stress. Individuals with abnormal results or any other heart health concerns were advised to see their GP. All the men received individual heart health lifestyle advice by the nurses and through brief interventions and motivational interviewing, they were supported to look at their health behaviours and ways in which they could make changes to improve their heart health.

It has been reported that 69% of men over the age of 50 years in Ireland have high blood pressure<sup>1</sup>. In the IMSA group outlined in the above table, the percentage of men with high blood pressure is 46%, this is below the national average in the aforementioned study, however this is still significantly high, with high blood pressure increasing the risk of heart attack and stroke.

As outlined in the IMSA group above, 32% of men were advised to see their GP for a range of other reasons such as for a follow-up cholesterol check or for other risks of heart disease and stroke (these may not have been urgent referrals). It should be noted that the Irish Heart Foundation's health check is not diagnostic, all individuals with high blood pressure will have received tailored lifestyle advice from the nurse and where necessary be advised to their GP for further investigation.

**454**

Number of Men

**62yrs**

Average Age

**46%**

Advised to GP  
High Blood  
Pressure

**32%**

Advised to GP  
Other reasons

**78%**

Advised to  
GP- High Blood  
Pressure &  
Other

*Data is provided  
here on the Men's BP  
checks only.*

*1 Murphy, C.M et al 2015  
Hypertension prevalence,  
awareness, treatment and  
control in the over 50s in  
Ireland: evidence from the  
Irish Longitudinal Study on  
Ageing*



# Get Ireland Walking

## Sheds Ag Siúl Programme

Get Ireland Walking (GIW) has worked with the Irish Men's Sheds Association and Sheds for Life since 2016. The sustained partnership has enabled significant reach to an otherwise difficult to reach cohort for GIW. The support from the IMSA in programme development and enabling shed engagement has been integral to the delivery of all components of the programme. The 'Sheds Ag Siúl' programme encompasses more specific engagement with two Local Sports Partnership areas, and educational and enabling resources for the IMSA network of sheds across the island of Ireland.

In Cork, four workshops were delivered with two sheds selecting to take part in an eight-week walking programme. In Dublin, two workshops were delivered, which saw one shed taking part in a walking programme. There is active engagement currently with four Dublin sheds and tutors. Overall feedback from the Local Sports Partnerships has been positive, with them acknowledging the importance of the tutor engaging and building rapport with the men.

Two resources have since been developed; a leaflet targeting individual shedders, and a booklet targeting the whole shed. The resources aim to increase the knowledge around the benefits of and how to increase walking participation and foster a culture of walking and support for health in sheds in Ireland. In addition to these resources, high-visibility vests and woolly hats are included.

### Other Men's Sheds engagements and outcomes in 2018

- Men's Health Week: Get Ireland Walking provided brief presentations to a number of Men's Shed and Men's Health events across Ireland as part of Men's Health Week.
- Diabetes Men's Sheds Programme: Get Ireland Walking provided support to Diabetes Ireland in their sheds programme. Get Ireland Walking delivered two walking workshops to sheds in Westmeath as part of this programme.
- Poster presentation at the Health Promotion Conference 2018, NUI Galway, indicating the potential of the men's shed as a health promoting setting for walking behaviour

# Health at the heart of what we do

Men's health and wellbeing initiatives have been woven into the very fabric of men's sheds in Ireland, with every day shed activities having some element of health promotion within them, even if it is not evident.

## MEN'S SHEDS CLUSTER MEETINGS

The Men's Sheds cluster meetings provided an ideal opportunity of engaging with shed members in a peer-to-peer setting outside of usual shed activities. The following organisations attended across 22 cluster meetings throughout 2018. These cluster meetings reached of 1,200 men representing sheds from across all counties over 20 meetings.



Organisation	Activity/ Campaign
Irish Heart Foundation	Blood pressure checks & heart health talks, CPR
Get Ireland Walking	'Sheds ag Siúl' programme
See Change	Green Ribbon Campaign
National Screening Service	Screening & Cancer Prevention
HSE & Alzheimer's Society	Dementia Understand Together
Marie Keating Foundation	Cancer Prevention
Irish Cancer Society	Cancer Prevention
Haven Pharmacy	Pharmacy Support
Migraine Association of Ireland	Migraine
Parkrun Ireland	Physical activity & volunteering
Local Sports Partnerships & Fit Walk Ireland	Scooch (Shuffleboard adaptation)

## HEALTH TRAINING FOR SHED SUPPORT VOLUNTEERS

The Shed Support Volunteers are key to the promotion of the Sheds for Life programme. At the end of 2018, there were 27 volunteers enrolled in the nationwide volunteer programme. Volunteers receive training three to four times a year, with each training session providing an opportunity for the volunteers to directly experience some of the programmes and talks on offer to sheds through the Sheds for Life programme. It also provides them with first-hand experience to promote the benefits to their sheds on the ground to participate in the programme.

In 2018, the volunteers received the following health training as part of their training:

Training	Service Provider
Sheds for Life Induction	IMSA
Full health check	Irish Heart Foundation
CPR Training	Irish Heart Foundation
Mental Health Workshop	Mental Health Ireland
Disability Awareness Training	Disability Federation of Ireland
Parkrun – Volunteering & Participation	Parkrun Ireland



## HEALTH TRAINING FOR SHED SUPPORT VOLUNTEERS

The Shed Support Volunteers are key to the promotion of the Sheds for Life The Male Health Expo took place as part of the Men's Sheds Gathering event in Pairc Uí Chaoimh on the 19th of September 2018 was the IMSA's first health expo event that brought together over 18 healthcare organisations from across the country to engage directly with the men's sheds delegates on various health topics. 500 men passed through the expo on the day and feedback from both the exhibitors and delegates was immensely positive. The following organisations exhibited at the event:

- Arthritis Ireland
- Cork Sports Partnership
- Dental Health Foundation
- Diabetes Ireland
- Get Ireland Walking
- HSE - Healthy Ireland
- Irish Heart Foundation
- Marie Keating Foundation
- Men's Development Network
- Men's Health Forum Ireland
- Mental Health Ireland
- Migraine Association of Ireland
- Mouth Head & Neck Cancer Group
- National Screening Service
- Pieta House
- Siel Bleu Ireland
- Sport Ireland
- The Alzheimer Society of Ireland



# Communications

Amongst a range of objectives, the IMSA's Strategic Plan 2017-2020 commits the Association to:

Use all available channels – social media, email newsletters, phone calls, cluster meetings and face-to-face contact to make sure sheds are always up to date

- To maintain profile of sheds in local and national media, heightening awareness of the men's shed movement, its social benefits and IMSA's role in it
- To expand the reach, content and visibility of the [www.menssheds.ie](http://www.menssheds.ie) website, to act as an effective portal for both IMSA and the men's sheds movement in Ireland

Strong progress was made in all of these fields in 2018. Below metrics show significant progress compared to previous years. Amongst the most significant of these were;

- The 28 email bulletins which achieved open rates of just under 40%, well above industry average.
- A huge jump in social media views with 334 Facebook posts over the course of 2018, reaching a total of 556,659 users – an increase over the 207,197 reach of posts in 2017.
- 23 IMSA videos were released in 2018, with a total of 25,519 views on Facebook
- Traffic on [www.menssheds.ie](http://www.menssheds.ie) almost doubled from 68,980 pageviews in 2017 to 129,157 in 2018
- IMSA Head Office staff made a total of 4,054 outgoing calls, received 49,572 emails and sent 21,600 as well.



## MEDIA APPEARANCES IN 2018

In 2018, men's sheds hit national headlines with events and initiatives as never before. The following events, projects and initiatives featured in major media outlets throughout 2018.

Event	Platform
Taoiseach visit to Mulhuddart Men's Shed	Social media, Farmers Journal
Men's Sheds Poetry Contest	Social Media, local papers in Longford, Galway and Armagh
European Citizen's Prize nomination	Barry Sheridan interview on Newstalk Breakfast, main print daily papers
Topline Partnership launch	Massive traction on social media
Ashbourne Young Café project – Nicky and Jenny Show (2FM)	Live Outside Broadcast of men's shed project. Listenership of 200,000, plus massive engagement on social media.
Topline Shed Series	Report filmed and broadcast for RTE Six One news. Pictures in most national papers, many regional papers and huge social media figures.
Dungarvan Men's Shed	Feature on RTE's Nationwide
Gran Fondo – David Gillick rides for IMSA	Popular on social media
Men's Shed Fund	Report broadcast on TG4 main news bulletin.
Barry Sheridan interview	Hugely popular long-form interview broadcast by LMFM.
2018 Men's Shed Gathering	Coverage across local and national print media, with reports broadcast on both TV3's main news bulletin and RTE Six One.
Killarney Rhododendron Cull	Featured in Irish Times and The Journal.ie – Journal article viewed 50,000 times



# Networked Sheds

With 435 sheds throughout Ireland, the Association continues to support the networking of sheds and to foster continued peer-to-peer learning and sharing of skills.

2018 saw 500 men from 32 counties of Ireland come together for the Men's Sheds Gathering in Pairc Ui Chaoimh. The event itself demonstrates how far the men's sheds movement has come in recent years, with a range of speakers including Minister Michael Creed, Lord Mayor of Cork Mick Finn, representatives from the HSE and sporting legends Donnacha O'Callaghan and David Gillick in attendance.

As an all-island organisation, the Association is proud to support cross-border initiatives, including the 2018 Cross-Border Gathering. Taking place in Newry, 150 members from both sides of the border came together for a men's sheds showcase. Gatherings such as these allow for the forging of friendships and the sharing of the sheds' handiwork.

Looking towards the future, the IMSA is looking to continue to work on a cross-border basis and to support the continuing development of cross-border initiatives.

Supporting the networking of sheds would not be possible without the National Shed Volunteer Programme, which first began in 2016. The programme sees individual Shed Support Volunteers elected from among men's sheds members to represent their counties. Volunteers are offered extensive training and support and serve as a vital link between men's sheds, their county networks and the national association.

The IMSA, as outlined in our Strategic Plan 2017-2020, commits to ensuring that sheds have the opportunity to connect with other sheds in order to share skills, knowledge and experiences but more importantly to provide a natural support structure to sheds that they can seek advice or guidance from sheds in their own county or from throughout Ireland.

# Effective Organisation

## FINANCIAL SUSTAINABILITY

In order to support the continued development of men's sheds movement, identifying funding opportunities for sheds remains a continued role of the Association. As previously stated, the IMSA has ventured on a number of partnerships that benefit the men's shed movement. A breakdown of these partnerships are listed below;

Fundraising and partnerships are seen to be an increasingly important role of the organisation in supporting the sustainability of the men's sheds movement in Ireland. It is expected that fundraising activities will be integrated into the organisation's activities in 2019 and beyond. The organisation currently provides member sheds with available funding opportunities from central and local governments, as well as philanthropic organisations and independent funds, and this practice will continue in the future.

The organisation has also made representation to the Irish government in 2018 regarding funding for the men's sheds, which saw the introduction of a €500,000 Men's Sheds Fund announced by Minister for Rural and Community Development Michael Ring.

The organisation also received funding from the following organisations;

- Health Service Executive
- Topline
- Ireland Funds
- Department of Foreign Affairs & Trade
- Social Innovation Fund
- Community Foundation
- SEI
- Waterford Institute of Technology

## ORGANISING VOLUNTEERS

Since 2016, the IMSA has implemented a Shed Support Volunteer Programme. At the end of 2018, 27 volunteers were recruited in the Republic of Ireland and 2 were recruited in Northern Ireland.

Three training modules were completed over the course of 2018, covering governance for sheds, IT and online communications, and a grant applications training.

A key role of the Sheds Support Volunteers is facilitating and organising Network Meetings, where representatives from each individual shed come together in a county and receive updates on IMSA activities. At the end of 2018, 64 Network Meetings were facilitated, with Shed Support Volunteers carrying out 1,404 phone calls and 175 shed visits.



**64**

**Networking Meetings**



**1,404**

**Phone Calls**



**175**

**Shed Visits**



## IMSA BOARD & STAFF

The IMSA's board currently consists of;

Eoin Martyn (Chair)

Frank McNamara

Patrick Cummins

Gerald Sinnott

Paul O'Grady

Alan Tobin

Annalisa O'Carroll



**Barry Sheridan**  
*CEO*



**Edel Byrne**  
*Health & Wellbeing Manager*



**Sandra Purtell**  
*Finance & Office Administrator*



**Paul Newman**  
*Membership & Registration  
Administrator*



**Eva Beirne**  
*National Volunteer Coordinator*

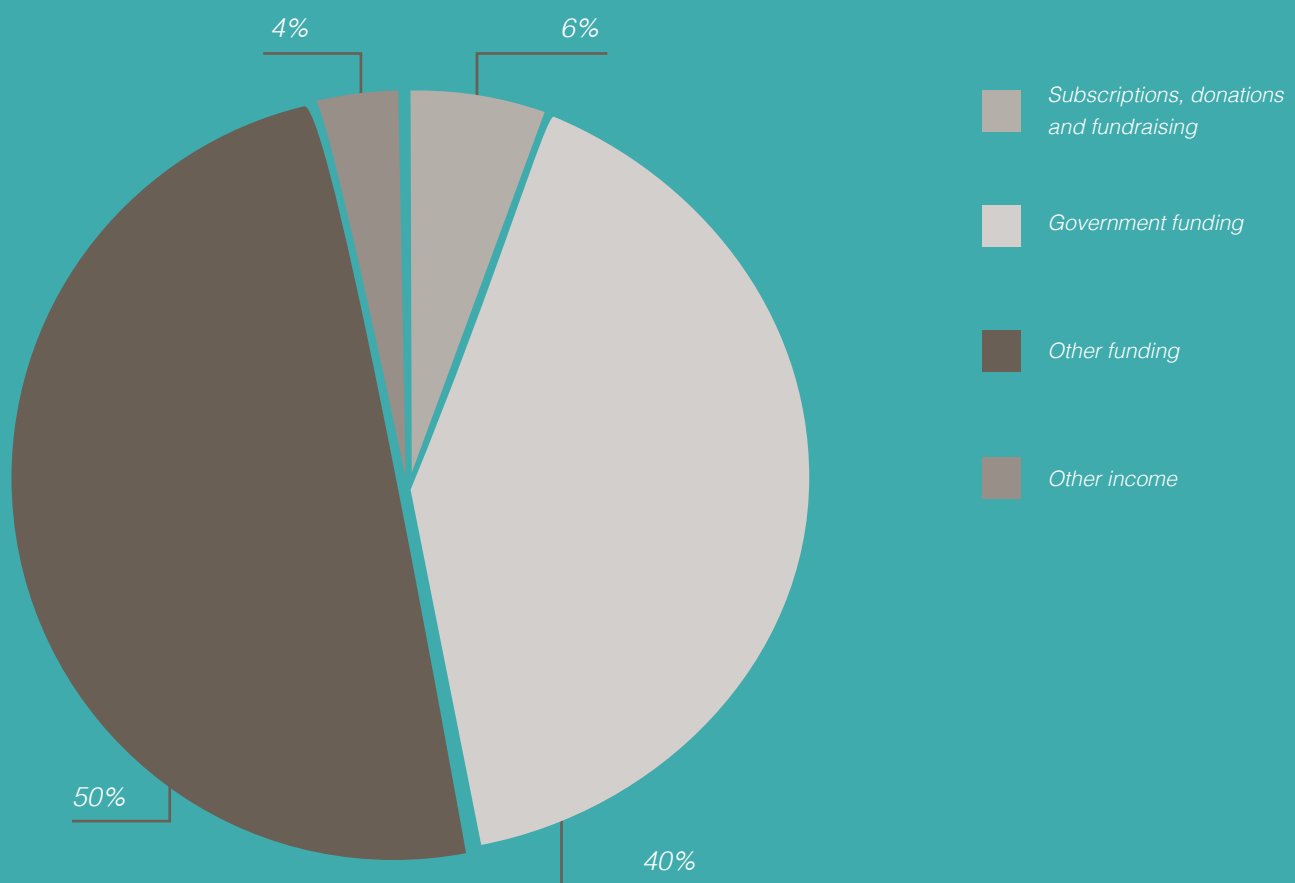


**Turlough Kelly**  
*Communications Officer*

# Finance

Much of the work carried out by the IMSA and volunteers would not be possible without the continued support from statutory, corporate and philanthropic bodies.

€598,836 was raised in 2018, up from €433,599. The majority of this income is split between government funding (40%) and other funding (50%) which accounts for subscriptions, donations and membership fees.



# Income & expenditure account

FINANCIAL YEAR ENDED 31 DECEMBER 2018

<b>Income</b>	<b>2018</b>	<b>2017</b>
	€	€
Subscriptions, donations and fundraising	35,909	9,234
Government Funding	243,300	262,000
Other Funding	297,875	159,520
Non-financial support received	20,000	-
Other Income	1,752	2,845
	<hr/>	<hr/>
	598,836	433,599
 <b>Expenditure</b>		
Expenditure re Restricted Funds	(320,147)	(300,700)
Expenditure re Unrestricted Fund	(134,812)	(45,587)
	<hr/>	<hr/>
Surplus for the financial year	143,877	87,312

Visit [www.menssheds.ie](http://www.menssheds.ie) to review our fully audited financial accounts.

# Governance

The board of IMSA continued in 2018 to ensure that they complied with all the necessary regulatory obligations, such as the Good Governance Code and the Lobbying Act 2015.

In 2018, the organisation completed a full governance review programme. The board remains committed to meeting and exceeding best practice in the field of governance, and will continue to lend its expertise and support to the development of men's sheds throughout Ireland in the year ahead.

The IMSA will also continue to expand the knowledge base and expertise of its board through a process of targeted training and professional development, in addition to further recruitment where necessary and appropriate.

Each shed affiliated to the IMSA is an autonomous, self-governing entity. The IMSA provides sheds with the knowledge, resources and supports they need to ensure the appropriate structures of governance are in place.

In the year ahead, IMSA staff and Shed Support Volunteers will continue to support sheds in this regard, ensuring that their governance structures are robust, transparent and readily explicable to all members and stakeholders. In addition to providing sheds with support and sample constitutions, the IMSA requires that sheds adhere to its ethos and values in fields such as inclusivity, non-discrimination and anti-bullying.

The IMSA will continue to offer leadership and guidance to its sheds in the year ahead. In line with the provisions of our Strategic Plan 2017-2020, the IMSA will expand its governance support to men's sheds via our growing Shed Support Volunteer-led county networks, and a comprehensive suite of governance documentation and advice which will be made available on our new website.

# Special thanks to...

The good-will and positivity generated by our shedders has enabled the IMSA to forge many valuable and prestigious partnerships with major Irish bodies. The most significant of these in 2018 were;



An Roinn Gnóthaí  
Eachtracha agus Trádála  
Department of  
Foreign Affairs and Trade



Waterford Institute of Technology  
INSTITIÚID TEICNEOLAÍOCHTA PHORT LÁIRGE







Social Innovation Hub  
1st Floor,  
Ballymun Civic Centre,  
Main Street,  
Dublin 9,  
D09 C8P5.



01 8916 150



Queries: [sandra@menssheds.ie](mailto:sandra@menssheds.ie)  
Volunteering: [eva@menssheds.ie](mailto:eva@menssheds.ie)  
Health & Wellbeing: [wellbeing@menssheds.ie](mailto:wellbeing@menssheds.ie)  
Membership: [paul@menssheds.ie](mailto:paul@menssheds.ie)  
Media & Press: [andrew@menssheds.ie](mailto:andrew@menssheds.ie)



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