



## **MEN'S DEN BLAENAU GWENT SECRETARY REPORT 2022/23**

There are no strangers here, only friends you have not met yet.

Annual General Meeting. 8<sup>th</sup> November 2023

### Introduction:

This may be your first AGM of Men's Den? If so, please feel free to ask any questions at the relevant time. The officers will be presenting their records from the last year.

In the future you may wish to be an officer yourself.

Men's Den should not be about what you get, think about what you can give to the club.

### History:

Men's Den was set up in June 2016 by the Health sector of South Ebbw Fach Cluster Communities First. When communities first ended, the members at the time carried on the club which they had enjoyed so much. The first committee was formed in 2018. Since then, the club has gone from strength to strength even during the pandemic when we met using zoom video calling. We are members of the UK Men's Shed Association and Men's Shed Cymru. The committee would like to thank all members past and present.

### 2022/3:

2022 we moved to our current venue, Blaina community sports centre. The club is ideally suited to our social meetings every Wednesday. Since being here our activities have been many and varied.

Talks and presentations: We have enjoyed talks from professionals and members.

Subjects include;

Wills and Power of Attorney. (Silvertime Legal)

Sporting Memories.

Healthy eating (NHS) & heal your body with food not drugs.

(David Stevens)

Autism and how it affects people. (Luke Williams)

Social prescribing.

Men's Shed Opera Presentation. (Swansea City Opera)

St Davids Cookery Day. (Llanhilleth Miners Institute)

First aid course. CPR and how to use a defibrillator. (Mike

Morgan)

Other events, visits and activities;





Axminster tools open day & Men's Shed event.  
King Charles Coronation Event.  
Party in the Park.  
Father's Day Event – Ebbw Vale.  
Waunlwyd fun day event.  
UK Men's Shed Association – Worcester.  
Men's Sheds – Newport & Hirwaun.  
Bowling – several times!  
Tai Chi – Thanks to Shane.  
Walk & Talk – Weather permitting.

Projects completed: These bought in valuable funds, thank you to all those involved.

Memorial planter bench.  
Birdboxes for Tai Calon Housing Association.  
Pallet bench for Tai Calon Housing Association.  
Pallet bench for a resident on Coed Cae Estate.



Our Future:

We would like to have a place to call home, a dedicated space for our use. Having this space would enable us to set-up our woodworking equipment and open more days every week. Wednesdays can continue as a social meeting; this is a valuable place for many to meet new friends and make connections.

The committee have been busy in the background to provide this space. However, at this point we cannot provide information as we are awaiting funding decisions.

We aim to become a charity; this will give us more funding opportunities and enhance our standing in the local community. If you would like to be a trustee, please let me know. We invite suggestions from the members with any improvements to enhance the experience of Men's Den. Any suggestions should be passed on to a committee member.

As Secretary I am responsible for the website, Facebook page, Google page, any administrative and funding activities. I am happy to continue in this role and welcome any help, contributions and suggestions.

Thank You.  
David Finch  
Secretary Men's Den

“A Man's shed has, for generations, been a place for him to escape the stress and strains of life; a safe haven to gain much needed sanity; to be surrounded by his own, useful things; a place to think, to make things, to mend things, to invent and be at one with the world.” - Men's Sheds Cymru