

Caerau mens shed have been working on projects with Anwen trust and this proved to be a big boost in motivation to the members who suffer from isolation and loneliness some members got involved have never done anything like it before and are looking forward to the next project Andre and his team have really made a difference to people's lives in Caerau which is one of the morning st deprived areas in Wales Anwen is so important to our members it makes a difference to Thier wellbeing and health.

Chris Davies

Chairman

Caerau mens shed