

# THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTTISH  
MEN'S SHEDS  
ASSOCIATION

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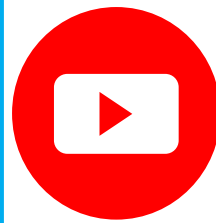


**"In Scotland, For Scotland"**

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The Scottish Shedder (the official FREE magazine of the Scottish Men's Sheds Association) promotes news from Men's Sheds across Scotland to showcase their successes (and challenges)—in addition to highlighting funding opportunities, DIY projects, recipes and much more—to inform and inspire. Each six-weekly issue is sent digitally to over 2,700 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

### Contribute to The Scottish Shedder

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions for the next issue (February 2022) by Friday 4th February 2022. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle Wibrew, SMSA Communications & PR Officer, at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)

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### Past issues

Archived editions available in the [SMSA online library](#) (log-in required)

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# TALKING SHEDS

by Jason Schroeder

It's here, it has arrived—and I am not talking about Storm Arwen—but rather the end of 2021.

Another challenging year and it's certainly not going out quietly. We are shouting from the rooftops about the nail-biting [SMSA 'Scottish Men's Shed of the Year' Awards 2021](#) where Sheds are acknowledged for their incredible community service.

Five finalists this year, with just under 2,000 public votes cast. What a fantastic result for all involved and a BIG shout out to our sponsors old and new this year—[Asda](#), [Axminster Tools & Machinery](#), [Balfour Beatty](#), [Co-op](#), [David Young Training](#), [Scotmid Co-operative](#); [Tesco](#) and [Thyme Accountants](#).

We have just had a very successful AGM. Thank you to all that attended and our three guest speakers – our patron Professor Sir Harry Burns, Scottish Veterans Commissioner Charlie Wallace and Professor Barry Golding – international author and patron of the Australian Men's Shed Association (AMSA).

If you couldn't attend on the day, we have made all of their presentations and the Q&A session available to watch at your leisure on the [SMSA You Tube Channel](#). Be sure to subscribe and click the notification bell icon so you don't miss any of our great content.

The 19th November was International Men's Day and we chose to honour this day with the [presentation of the trophies to the first and second place finalists](#) of the SMSA 'Scottish Men's Shed of the Year'—Westhill & District Men's Shed and Stonehaven & District Men's Shed.

Our Chairman David Gardner (Garnock Valley Men's Shed) did the honours and we ended the day with a visit to see the brilliant Inverurie & District Men's Shed and their new allotment garden project.

The SMSA not only supports the struggles, development and successes of Sheds but we also hold a wider role on our members behalf which is making sure many levels of government, councils and third sector organisations know about what the Movement does and represents for men's health.

I was contacted by [Margaret Ferrier MP](#) as she wanted to know more about the Movement. This resulted in it being one of her main topics in the International Men's Day debate at Westminster.

Margaret recognised the vital work of the SMSA and commended the impact Sheds have on the wellbeing of men of all ages that attend them. Margaret's speech begins at 21.40 mins into the video which you can watch here on the [SMSA You Tube channel](#).

I feel the main speaker's opening speech succinctly describes the often unseen and unspoken world many men and boys have to navigate in these modern times of change.

Yet another partnership came from [Boston Scientific – Scotland and Ireland](#) for the Scottish Men's Sheds Movement where an online webinar was held on Prostate Health Awareness. The presentation was delivered by two leading Scottish Consultants working in Urology and Radiation Oncology and was followed by a Q&A session.

It was an excellent presentation very clearly delivered and of extreme importance to all men. So please do get up to speed with this and the latest procedures as it impacts many of us and/or someone you will know. [Watch it here on the SMSA You Tube channel](#).

COP26 has come and gone and various Sheds have benefited from receiving large quantities of wood from the breaking down of the event.

Wood is becoming harder to source and very expensive so Christmas has come early for these Sheds and how fantastic that Sheds are able to receive and recycle it for their community benefit.

Following on in the same vein as COP 26, it is great for the SMSA and

Scottish Sheds to be featured in the [Circular Communities Scotland's Impact Report](#). SMSA is a member of [Circular Communities Scotland](#) (formerly known as Community Resources Network Scotland, CRNS) and this report helps show the true influence of Covid-19 on our sector whilst celebrating our members ingenuity and resilience.

The report not only contains the case study from the SMSA but also features fantastic work being carried out by many organisation including Aberdeen Climate Action, Green Hive, SHRUB Coop, Stitch The Gap CIC, COPE Ltd, Just Cycle and Border Bikes including Sea The Change.

I am also involved in the Scottish Third Sector Tracker study. The [quarterly key findings from the first wave](#) have now been released and highlight just how disruptive the pandemic has been for third sector organisations in Scotland.

Many could not deliver fully on their work plan—88% experienced a disruption to service delivery, 47% experienced financial issues, however quickly adapted and diversified to create new services to meet the need. I thank our own members for their patience as it often impacted on our ability to respond timeously to the many questions we have fielded over this year. I wonder what will 2022 bring but whatever it is we will be doing it together.

I want to take this opportunity to wish all of our 2,723 SMSA Individual Members and 10,000+ Scottish Sheddors, the very best over this period and for those who have passed this year let's not forget the times we had with them. May you and yours in the Shed—from me, the staff and our trustees—have a very merry shed-tastic season.

**Jason Schroeder**  
SMSA Executive Officer



## International Men's Day Debate in Westminster

The Scottish Men's Sheds Association (SMSA) represents the Scottish Men's Sheds Movement across many sectors as well as through our Scottish Ministers in Westminster.

At the recent Westminster Hall Debate for International Men's Day 2021, Margaret Ferrier, Independent MP for Rutherglen and Hamilton West, recognised the vital work of the SMSA and her recent meeting with Jason Schroeder, SMSA Executive Officer and commended the enormous impact Men's Sheds have on the wellbeing of men of all ages that attend in her speech. Margaret's speech begins at 21.40 mins into the video (below).

Check out the [Hansard \(Official Report\) here](#). Margaret's speech prompted some of the Members that followed to also acknowledge Men's Sheds including Mrs Maria Miller (MP for Basingstoke) and Gavin Newlands (MP for Paisley and Renfrewshire).



Check out the video on the SMSA YouTube channel for the full debate that took place on the 25th November 2021.

More videos on the [SMSA YouTube channel](#) below...



SMSA Patron, Prof Sir Harry Burns shares his experiences from decades in health as a surgeon, Chief Medical Officer for Scotland and the Professor of Global Public Health for Strathclyde University and expresses his support for Scottish Men's Sheds.



Prof Barry Golding, the Patron of the Australian Men's Shed Association and an international author, talks about his new book 'Shoulder to Shoulder: Broadening the Men's Shed Movement'.



Scotland's Veterans Commissioner, Charlie Wallace, talks about the veterans community and Men's Sheds.



If you missed the Boston Scientific Prostate Health Awareness Webinar (with two leading Scottish Consultants) last month, here is your chance to watch it and share!

Figures as at end of November 2021



139

SMSA SHED MEMBERS

2,723

SMSA INDIVIDUAL MEMBERS



125

OPEN SHEDS

66

DEVELOPING/ PROPOSED SHEDS



32

LOCAL AUTHORITY AREAS

## UPDATE YOUR DETAILS WITH THE SMSA



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## Trophy presentations mark International Men's Day 2021

To mark and celebrate International Men's Day 2021 on Friday 19th November, the Scottish Men's Sheds Association (SMSA) presented Westhill & District Men's Shed with the esteemed 'Scottish Men's Shed of the Year' target trophy and runner-up Stonehaven & District Men's Shed with their replica trophy.

**Westhill & District Men's Shed** (WDMS), the first-ever Men's Shed in Scotland which opened in 2013, was crowned the winner at the 'Scottish Men's Shed of the Year' Awards 2021 event after receiving over a third of the votes from the public.

**Stonehaven & District Men's Shed** came a close second and next up was Dunoon Men's Shed, followed by Aboyne & District Men's Shed and Dumfries Men's Shed.

The SMSA team (Jason Schroeder, Michelle Wibrew and Sue Salter) and Chairman, David Gardner, hand-delivered the target trophy, now engraved with the winning Shed's name, to be displayed at their premises on Hay's Way in Westhill, Aberdeenshire over the coming year.



The SMSA presented the replica runner-up trophy (pictured left), created by SMSA partner **David Young Training**, to Stonehaven & District Men's Shed who came in a close second.

**International Men's Day**, on the 19th November each year, celebrates the positive value men bring to the world, their families and communities - putting the spotlight on positive role models and raising awareness of men's health and wellbeing.



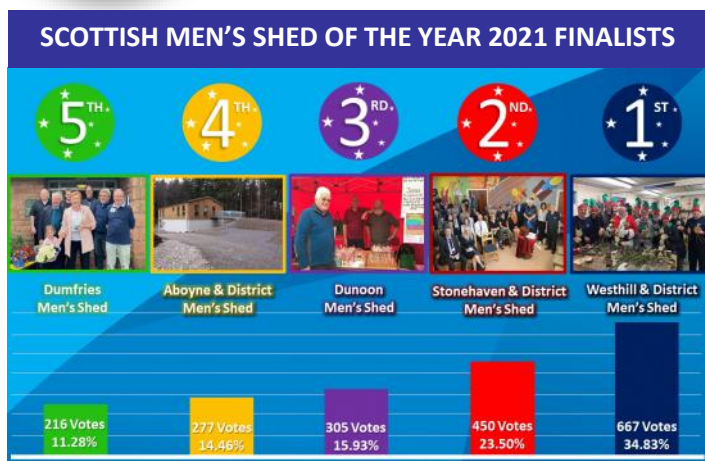
Jason Schroeder, SMSA Executive Officer, said: "We are delighted to recognise and celebrate men from all walks of life and the contribution they make to society."

"We can think of no better way to mark International Men's Day than to showcase and reward the tremendous impact that Men's Sheds are making in their communities and the life-changing effect and benefits this brings to their members."

"The Scottish Men's Sheds Movement, now in its seventh year, has grown exponentially and we now have 191 known open and developing Men's Shed groups across the nation and it continues to grow thanks to these men."

WDMS Chairman, David Thomson, said: "On behalf of our trustees and members, I am delighted to receive this exceptional trophy. I would like to thank our Trustee Stuart Ellis who prepared and submitted our application for this award and would also like to recognise our supporters who voted for us – not just from the UK but also many from overseas. I am extremely proud of the contribution that each of our 300 members have made to make our Shed such a huge success."

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The SMSA's target trophy was collectively created in 2019 by several Men's Sheds and designed by former SMSA Chairman, Derek Keiller of Carse of Gowrie Men's Shed for the first year of the Awards.

Derek designed and woodturned the trophy from mahogany supplied by the Carse of Gowrie Men's Shed from a 100-year-old billiards table followed by French polishing by Hamish Shepherd of Strathmore Men's Shed in Coupar Angus. The trophy will now be displayed for a year at Westhill & District Men's Shed on a unique stand designed by inaugural winner, Aberchirder & District Men's Shed.

The winner and runners-up also receive a range of prizes from the SMSA and their partners and sponsors. The winner, WDMS, received over £2,000 of prizes to support their Shed including:

- a £500 cash prize from the [SMSA](#) (paid for through SMSA Shed Membership fees);
- a £125 voucher from [Scotmid Co-operative](#);
- a £200 voucher for tools from [Balfour Beatty](#);
- £50 voucher from [Axminster Tools](#);
- a free Machine Competency and Woodwork training day from [David Young Training](#) worth over £630;
- a year's free Shed accounts package from [Thyme Accountants](#) worth £360 to support the Shed Treasurer; and
- goodies and hampers from local [Asda](#), [Co-op](#) and [Tesco](#) stores.

Hector MacAulay MBE, Managing Director at Balfour Beatty Scotland said: "Balfour Beatty is delighted to support the Scottish Men's Sheds Association. The construction industry is focussed on health and wellbeing and tackling the issues that lead to men feeling isolated, particularly as they get older. The ethos of the Men's Shed model is closely aligned to our values of inclusion and respect and we are pleased to be able to play a part in celebrating the success of Sheds across Scotland by donating some prizes for the awards event this year. We look forward to continuing to work with local Men's Shed groups and building on our strong relationships."



## COVID-19 Emergency Funding for Sheds Update

During the pandemic, the Scottish Men's Sheds Association (SMSA) secured funding from the [Scottish Government](#) to provide vital funds to support Men's Sheds in Scotland in crisis.

The purpose of the £30,000 emergency pot was to reach those Sheds most severely affected by the pandemic that were struggling with financial pressures and/or facing permanent closure as a result of Shed closures in lockdown. The funding was quickly put in place to ensure these Sheds were still around to support their members when able to safely open their doors once again.



**The funds were allocated to over 20 Sheds to support them with their core running costs including rent, heat and light and insurance bills and/or materials and training to support them with their safe reopening.**

*Phil Cave from [Biggar and District Men's Shed](#) said: "The emergency funding received through the SMSA was a great help in time of need and was paid directly to our landlord to cover the outstanding utility bills."*

*Brian Beattie from [Edzell Men's Shed](#) said: "The money awarded to us from the SMSA was allocated to rent and electricity to keep us going for ten months whilst the Shed was closed and we could not generate funds."*

*[Maryburgh Men's Shed](#) applied for funding towards their air filtration ventilation system to assist them to reopen. Shed Treasurer Andy Barnett said: "We originally applied to the SMSA using our original (and very high) contractor quotes. Following advice from the SMSA, we looked closer at how we could make it cheaper by doing a lot of the work ourselves and sent a revised application through. With the lesser amount secured through the SMSA, we could get going with our plans which gave us a real boost."*

*Alan Watson, Chairman of [Kirkmuirhill and Blackwood Men's Shed](#) said: "Thank you very much for this funding, it means a great deal to our Shed. It will enable us to supply each individual member who uses the workshop with their own kit, in a sealed box, to ensure no cross contamination. On behalf of all our Shedders, a BIG thanks to you and your team."*

Jason Schroeder, SMSA's Executive Officer, said: "When COVID-19 forced Sheds to close temporarily this called a halt to their fundraising activities and impacted on their ability to generate income. In some cases, this threatened their Shed's survival with the inability to pay for just the basic running costs.

"The SMSA is delighted to have secured this funding to help these Sheds in their time of need, and offset their lost income, to ensure they did not have to resort to closing their doors on a permanent basis."



# UNFORGOTTEN FORCES

## Read all about it in the Unforgotten Forces magazine

At Unforgotten Forces, we're adding the finishing touches to the next issue of our magazine, which is free for older Armed Forces ex-service men and women, and for their friends, families, carers and supporters.

The magazine is published three times a year in both electronic and printed formats. It offers older members of the ex-service community useful information about their rights and entitlements and the support and opportunities available to them.

We also aim to inspire, with real-life stories of veterans enjoying later life, and getting sometimes life-changing support from charities within the Unforgotten Forces partnership and beyond it.

You can [read the latest issue here](#).

Our upcoming January 2022 issue is going to be packed-full of great content. On our 'Unforgotten Stories' pages, you can hear from veterans who took part in **Legion Scotland's** annual Pilgrimage, an epic road-trip into the wild north of Scotland. We also cover the recent royal opening of the **Banchory and District Men's Shed**, Scotland's first to be nested in a Legion Scotland branch.

In a 'Coming out of the pandemic' feature, we look at how charities **Sight Scotland Veterans** and **Erskine** have supported their members to come back to social gatherings in their activities centres and in the community. We've got an article focusing on dementia, where you can read about an inspirational arts project for **Erskine** care home residents, run by creative ageing gurus **Luminate**, and a brilliant new service from **Fares4Free** for people with dementia in Glasgow, Lanarkshire, and Shetland. There are also features on maximising your income, and who can help you to do that, and on support available to carers in the older ex-service community.

## Interested?

You can subscribe to the Unforgotten Forces magazine for free by calling the **Age Scotland helpline** on **0800 12 44 222** or by using the [online order form](#). You might also be interested in the suite of free advice guides for older members of the ex-service community that Age Scotland publishes, including the popular Veterans Guide to Later Life in Scotland, and guides on Housing, Health and Wellbeing, Sight and Hearing Loss, and LGBT+ support.

All can be requested from the Age Scotland helpline, or you can [read them online here](#).

Oh, and while you're at it, why not order a supply of Unforgotten Forces magazines and Age Scotland publications for older veterans for a bookcase or coffee table in your Shed. If not for you, then for one or more veteran Shedders who have yet to find out about the wealth of extra support and opportunities out there for them.



**Doug Anthony**  
Veterans' Officer



# UNFORGOTTEN FORCES—ERSKINE



The Erskine Reid Macewen Activity Centre (ERMAC) is part of the Veterans Village on the Erskine Estate. Established in 2018, the Activity Centre has worked with over 225 Veterans supporting an average of 25 members each day aged from 22 to 102. Tutor-led activities include archery, woodwork, art, IT, gardening, Tai Chi etc. We also have an in-house Therapist and Financial Support Officer available to registered members.

ERMAC aims to enhance the quality of life and wellbeing of Veterans in the community, providing the opportunity to engage with people who have shared experiences and history, learn new skills, explore a number of interests and access support services.

ERMAC objectives are:

- To be accessible to Veterans living in the community with the choice of how often to visit, supporting an increased social network
- To offer a range of purposeful activities and opportunities supported by a skilled team of staff and volunteers
- To provide relevant guidance and advice in partnership with specialist organisations
- To engage Veterans in the design and delivery of services, encouraging skill sharing

Supporting Veterans since 1916, Erskine provides unrivalled support to Veterans in Scotland, through four care homes and the Veterans Village, comprising of 44 cottages, an Activity Centre, five Assisted Living Apartments and 24 Transitional Supported Apartments.

Since the centre opened, it has had a life-changing impact on its members. Nothing illustrates this point better than feedback from members themselves: “ERMAC is a place of safety for us. We’ve all suffered in the Forces somewhere along the line,

so it’s a great place to go and speak to people” Peter, Army; and “ERMAC gives you friendship and routine which is really good for mental health” Helen B, RAF

One of the key purposes of creating ERMAC was to combat social isolation and loneliness within the Veteran community. When the doors to the centre closed in March 2020, due to the pandemic, over half of their Veterans were isolating alone. The ERMAC team worked quickly to develop a remote service which enabled all members to engage. Erskine worked closely with partner organisations to ensure each veteran had access to all support required. A daily online zoom timetable was implemented, one-to-one therapy sessions and additional phone calls were in place for those deemed more vulnerable.

By the end of the year, Erskine had delivered over 230 online activity sessions which mirrored its regular in-house timetable. They celebrated together with Armed Forces Day and Christmas events as well as hosting its annual Remembrance Service.



A particular favourite activity is the Veterans Workshop. The original Erskine Workshops were established in 1920 to produce artificial limbs for the war wounded and progressed over the years into surgical bootmaking, upholstery and furniture repairs, printing, basketry and cane furniture making.

The Veterans Workshop encourages members to utilise their skills and creativity whilst supporting teamwork and comradeship. All products are thoughtfully designed and produced using seasoned oak or other local hardwoods—like the Erskine Heart (pictured above).



Located in their tranquil stable building dating from 1896 on a picturesque estate, Erskine guarantee time spent with them will be a unique and rewarding experience, surrounded by a friendly community spirit. They open Monday–Friday from 9.30am – 3pm, members can pop in as often as they would like to take part in any of the timetabled activities or socialise in the recreation space. Transport and hot lunches are also provided daily.

Erskine collaborate with a range of specialist support organisations which enhance their service provision. Included are the Unforgotten Forces Consortium, Veterans Scotland, Veterans UK Welfare Service and The University of Glasgow.

## Referrals:

Evonne McCord  
Activities Centre Supervisor  
Telephone: 0141 814 4124  
[evonne.mccord@erskine.org.uk](mailto:evonne.mccord@erskine.org.uk)  
[www.erskine.org.uk](http://www.erskine.org.uk)



# SHED IN THE SPOTLIGHT



***Since initial discussions around a much-needed Men's Shed in Dunfermline began in April 2021, its members have been making good headway with their plans. Despite a recent setback on a potential Shed site, its now core group of 16 full members will not be stopped and the hunt for a Shed to call 'home' continues.***

The dynamic steering group of Dunfermline Men's Shed (DMS) became active during the pandemic, in July 2021 through Zoom, and decided to get all their ducks in a row before presenting their plans to the wider public.

This involved creating the concept, setting up a bank account, gaining charitable status, securing a place to meet, launching their website and having a presence on social media.

DMS Shed Secretary, Mike Rowlinson, said "Our Shed finally went 'live' on the 9th October 2021 with a well-attended public meeting held at the Vine Conference Centre in Dunfermline.

"We had no money at the time, and still don't, but we are thankful that the facilities included teas and coffees which were provided free of charge to allow us to meet.

"We have had seven meetings since then and interest just continues to grow. We have built up a list of interested people/subscribers through Mailchimp and are providing regular updates to keep up momentum and have also invited others to join the steering group to design the Shed around their interests and expectations.

"This is the second phase of our development and is already highlighting things we can do without having a physical Shed yet. There is a real sense of camaraderie developing already and we are delighted to see a strong interest in music, both listening to it and making and repairing musical instruments, being brought to our attention.

"An annual membership fee was discussed and agreed at £25 in addition to £2 at each meeting to cover the cost of



refreshments. Saying that, these are completely voluntary payments and we would never exclude anyone who would have difficulty paying them. We can use these funds to pay for our weekly room hire, and the funds will help our case to fund utilities when we do find a permanent Shed.

"At the moment, we gather every Wednesday in the Erskine building on Pilmuir Street (by the Bus Station in Dunfermline) from 2pm to 4pm but as interest increases, which is fantastic, we are already outgrowing this first venue.

"We will be moving our meetings to the Glass House in Pittencrieff Park (courtesy of Fife Council) which offers more space, and locates us in the Park alongside the Friends of Pittencrieff Park and the Friends of the Peacock Sanctuary.

"The Carnegie Trust and Fife Council have been very supportive and offered us space in the Old Steading, but unfortunately this has proved to be unsuitable. It would be possible to build next to this, potentially using linked shipping containers which would be quick to put together and offer a good degree of security.

"Unfortunately, the Park has a history of being targeted by vandalism. Security of our Shed, the safety of our members and protection of our belongings is of the utmost priority. The level of support from the public has been heart-warming, and the Carnegie Trust and Fife Council have assured us of their full support wherever we locate to.

"Without a physical Shed, we are now in a bit of a Catch 22 situation in that we cannot apply for significant funding until we have a permanent base. We have however recently been shortlisted for the Tesco Community Grants blue token scheme and if we are selected we could receive from £500 to £1,500 and this would pay our meeting room rental for up to a year."

*Continued on next page...*



## SHED IN THE SPOTLIGHT (Continued)



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As a developing Shed, the steering group thought it would be extremely beneficial to go see what other Sheds have to offer. A visit to [Glenrothes Men's Shed \(GMS\)](#) was set up for the 10th November 2021 to give members a feel of what a fully developed Shed looks like and give some ideas of what the Shed could incorporate into their own model.

“It’s not OUR Shed—it is YOUR Shed” was the key message being delivered by the Glenrothes Men’s Shed Trustees to their members when 13 guys from Dunfermline Men’s Shed paid a visit.

DMS Shed Secretary, Mike Rowlinson, said: “Glenrothes Men’s Shed is a flourishing and thriving institution providing an ideal model which us Dunfermline guys can draw great inspiration and information from.

“From the moment we gathered outside the former Boy Scouts building in the outskirts of the town and met our hosts, Mike Mowat and Mick Strefford, smiles were lighting up on the faces of the Dunfermline delegation.

“Before we went in, we learned that the clever and amusing artwork that decorates the front walls was the work of pupils from the local high school – an example of how successfully GMS has integrated with the local community.”

It’s now more than six years since the idea of a Men’s Shed in Glenrothes first germinated. Mike Mowat from GMS said: “It took two years to get off the ground and another year to get the building. You’ve got to keep going, even when people are losing hope and dropping out. The total cost was in the region of over £250,000. One of our biggest challenges was to get ownership of the freehold on the building through Fife Council but we did it.

“The roof was leaking and parts were missing altogether so professional contractors were employed to put that right and install the electrics but, apart from those jobs, the members themselves did all the work to create the fabulous facility we see today, including all the furnishings and fittings.

“Nearly all the materials have been donated. It’s essential to forge good relationships with local builders

and suppliers. What we have discovered is that if you don’t ask, you don’t get. Just go out and about and talk to local businesses and tell them about your project—you will be amazed at what can be achieved.”

Going forward, DMS plan to maximise the benefits of their SMSA Shed membership and the Association’s partnership with the [Scottish Community Alliance \(SCA\)](#) to apply for funding (up to £750) to visit other Sheds further afield through the Learning Exchange grant program.

**There are many ways you can support the new Dunfermline Men’s Shed:**

- Follow them on Facebook at [www.facebook.com/dunferlinemensshed](https://www.facebook.com/dunferlinemensshed)
- Your subscription matters! So far, they have over 80 subscribers and need your help make this 100 before Christmas! Sign up to their newsletter through their website at [dunferlineshed.org.uk/newsletter](https://dunferlineshed.org.uk/newsletter)







## North Ayrshire Provost visits Garnock Valley Men's Shed

North Ayrshire Council's Provost Ian Clarkson took to Kilbirnie to visit [Garnock Valley Men's Shed](#) on Friday 22nd October 2021.

The Provost was visiting community projects in the Garnock Valley and the Shed was recommended by the local North Ayrshire Development team. Provost Clarkson said: "I am delighted to visit this amazing project and meet the people behind it. They are shining examples of the incredible work carried out by volunteers in our local communities throughout North Ayrshire."

The Shed's Vice-Chairman, David Gardner, said: "It was an honour to welcome the Provost to the Shed and give him a tour of our facilities. This also afforded the opportunity to demonstrate how the Community Investment Fund (CIF) monies have been utilised.

"The Provost had a good chat with our members and Trustees and assured us of North Ayrshire Council's commitment and ongoing support for Men's Sheds which was fantastic to hear."



## Irvine Harbourside Men's Shed helps out young joiner

Irvine Harbourside Men's Shed recently got wind of a young local man who had been offered a job as an apprentice joiner but didn't have any tools. The Shed quickly stepped in to help him out by gifting a tool bag and basic tool kit to get him started in his career.

Shed Secretary, Colin Daye, said: "We have been lucky to be on the receiving end of the kindness of others many a time and when we heard about this young man, Scott Douglas, we just knew we had to help get him started in his career.

"In the spirit of giving something back to the community, Scott was invited along to the Shed on a pretext but was delighted when he found out that he was the guest of honour. Needless to say, he is extremely grateful for his new kit. We wish him the best of luck in his new job."

It has been all go at Irvine Harbourside Men's Shed. In July, the Shed reopened from their new base, on Kyle Road in the Irvine Industrial Estate, following a refurbishment to its workshop, entrance and new hobby room for model making (pictured left).

The Shed is open Tuesdays-Thursday, 10am—3pm. For more updates, please visit [www.facebook.com/Harbourside-mens-shed-irvine-381031596101610](https://www.facebook.com/Harbourside-mens-shed-irvine-381031596101610)





## Scottish Sheds benefit from recycled COP26 materials

With the recent announcement that the event organisers of the 26th UN Climate Change Conference of the Parties (COP26) are committed to ensuring that the products and materials used at the summit are reused and/or donated to charities and community groups, the SMSA reports on two Scottish Men's Sheds that have already benefitted from this.

**COP26**



Jason Schroeder, SMSA Executive Officer, said: "We have heard from many Sheds that they are having difficulties sourcing wood of late and the prices have risen dramatically therefore, we are delighted to hear that Christmas came early for Springburn Park Men's Shed and they have taken delivery of two trailers loaded with timber (top picture) which will be recycled.

"Another Shed has also received a lorry load of wood from the COP26 event in Glasgow to use for their projects. Whilst, most of it requires to be de-nailed to separate jointed pieces of wood, it is all really good quality wood and will come in very handy for their projects. It is great to see that, following this crucial event, the materials are going to be recycled and reused to make a positive impact in our communities."

Tom Bennett from [Springburn Park Men's Shed](#) said: "Our Shed was made aware of the timber, which had been used as panels to make individual office spaces at the COP26 event, through [Event Cycle](#). Initially, we were offered the materials but had to turn it down due to a lack of dry storage. The charity [NG Homes](#) (North Glasgow Housing Association) came to the rescue and offered secure storage and the wood will now be shared with other local Men's Sheds and several community groups. One of the groups, Scottish music charity Vox Liminis, will be using the panels to make their own office and music room space and our Shed plan to strip the wood down for our own projects."

**Has your Shed benefitted from any materials from COP26? The SMSA would love to hear more, get in touch with the SMSA at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)**





## Dunoon Men’s Shed’s learning visit to Dunbar Community Shed

Dunoon Men’s Shed has visited Dunbar Community Shed to share experiences and learn from each other—thanks to a £745 grant through the [Scottish Community Alliance \(SCA\) Learning Exchange 2021/2022](#).

The SCA Learning Exchange funds up to 100% of the costs—up to £750 for travel, accommodation and subsistence—for a visit by members of one community project to another.

Iain MacNaughton and Ian Graham of the Dunoon Men's Shed had a wonderful day as guests of Dunbar Craft Centre and Community Shed on the 28th October 2021.

Dunbar Men’s Shed was originally located in the Belhaven Parish Church Hall but for several reasons was unable to continue operating there. Dunbar Craft Centre (DCC) came to the rescue and offered part use of their premises. Dunbar Men's Shed was then rebranded as the Dunbar Community Shed (DCS).

The DCC is located within the Dunbar Business Centre and has a retail outlet on Dunbar main street. The

DCC is a limited company, which employs several local people in its shop. The DCS has the use of a room adjacent to the craft centre which has been transformed into a comfortable and welcoming workshop.

Iain MacNaughton, Funding Sub-Committee Chair of Dunoon Men’s Shed, said: “The purpose of our visit to the community shed was to interact with their members and discuss a range of topics including: how they operate with shared premises; how they interact with other groups and Sheds; the range of diverse activities they offer to members; their ideas and future intentions; and how they bring the community together to alleviate loneliness and improve health and wellbeing.

“On arrival, it was immediately obvious that DCS has an excellent relationship with DCC. The two organisations integrate well and share access to their respective working areas. This promotes a communal feeling and a sense of belonging which the Dunoon Shedders experienced as the day went on.

“Due to space constraints, the main focus of the Shed is woodworking.

The members have been clearly innovative—making the best use of the space available. The working area is warm, inviting and conducive to members feeling at home in a safe environment.

“It was great to see some of their current Shed projects including a large model of conservation pioneer, John Muir—a Dunbar man and the genius behind national parks who died in 1914—for an upcoming community event and benches that are hinged for easy storage. The members have cleverly and finely honed their designs and sell the products through their community shop to raise funds.

“Sub-committees, and spreading the workload, was also discussed. The DCS has a Board of Trustees, a Shed sub-committee, a grant sub-committee, a garden sub-committee, and a Cowal vintage vehicle sub-committee. All hold their own meetings and raise funds and each has a Trustee representing the Board who reports back to the Trustees.

*Continued on next page...*



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“Dunoon Men’s Shed is looking to purchase a portable cabin for crafts and, through this visit, we received valuable information on how to go about setting this up. Knitting, sewing, card making, board games, lampshade making, wet and dry felting, flower arranging, cooking classes, coin collecting, stamp collecting, basket weaving, clock repairs, jewellery making, art and pyrography were all suggested and discussed. It was also suggested we make individual days/evenings for each activity to allow people to attend the sessions they are most interested in.

“As a group, we discussed many opportunities and the issues Sheds face. Raising awareness in the community in terms of advertising and promotion was another hot topic. Getting the word out there to hard to reach groups such as those not on social media and people with disabilities/learning difficulties can be a particular challenge. The group discussed connecting with local befrienders and connect organisations to explain what the Shed has to offer.

“Throughout the course of our visit, there were people constantly popping in or saying they were returning later to help out. At one stage, my brother Francis—who I had no idea was coming along—turned up at the Shed and was made to feel very welcome and expressed an interest in joining as a member. It is a very small world indeed.

“At around 4pm, there was a flurry of excitement as their Shed members brought out several easels they had manufactured for their next activity—their popular art class—it was great to see.

“An ex-lighthouse keeper, Barry Craighead, also arrived when we were there and, when we got



talking, he told us he is at present trying to establish a Shed in East Linton. The Shed is currently operating in a portacabin and has been running in name only for approximately two years. We suggested that Barry get in touch with the SMSA for advice on the way forward. Barry advised us that they are allowed to use the land their portacabin is on free of charge. In turn, the owner’s plants are looked after. A great example of interaction between Shed and landlord for the common good.

“All too soon, it was time to leave. We arrived early at the Shed that morning and intended to only stay until 2pm—to not overstay our welcome. Well, we need not have worried about that. By 4pm, we felt we were part of their Shed! Time flew by and the conversation flowed.

“We all admitted that interacting with other Sheds is something we should try to do more of! It is all too easy to stick to your own Shed but this networking and sharing of ideas is key for success. This visit proved that there is always something to learn from another Shed and you will always receive a friendly welcome.

“They really laid out the red carpet for us. Cath Finlayson, Bob Fleet, Nigel Booth, Tania King, Barry Craighead, Julie Arthur and Ute Penny of the Craft shop in the High Street, could not have made us more welcome. We arrived as strangers and left as friends and for this, we are extremely thankful.

“We must also thank the SMSA team who assisted us to set up this inter-Shed visit and the Scottish Community Alliance who kindly provided the finances for the trip—allowing us to travel from Dunoon to Dunbar and back and stay in comfortable accommodation for two nights—and the opportunity to learn so much.

“A thoroughly great day was had by all and we hope to return in the future.”

**If your Shed is interested in applying for a Shed-to-Shed visit, then Scottish Sheds should make contact with their member network, the SMSA, to discuss your proposal in the first instance before applying to the SCA. For more information, please [click here](#).**





## Forres Academy pupils win £3,000 boost for local Men’s Shed

Pupils from Forres Academy—one of 200+ Scottish secondary schools to take part in the Wood Foundation’s [Youth Philanthropy Initiative](#) (YPI) and raise a total of £660,000 for charities nationally—have secured vital funds for Forres and District Men’s Shed.

The programme sees young students work in teams to identify social issues impacting their communities and the local charities tackling them. The Forres students selected Forres and District Men’s Shed and fine-tuned their creative presentation and video to promote its work, impact and the benefits it brings to men in a bid to secure the £3,000 grant for the charity.

Shed Secretary David Parker said: “The YPI is an excellent example of intergenerational working at its best. We are delighted that the students chose to raise awareness of our Shed and support our work. This money will go a long way to cover our telephone, internet and energy bills and keep the Shed running for the men that need it.”

The Shed runs from Greenbank Workshop in Mundole, Forres and is open on Mondays, Wednesdays and Fridays from 9am to noon and recently held an open day to attract new members.

David Parker added: “We decided to hold an open day to showcase what our Shed has to offer and invited locals to come along and check it out for themselves.

“As a result of this, we welcomed 20 new visitors to the Shed and two even signed up to become members on the day.

Follow Forres & District Men’s Shed at:

[www.facebook.com/Forres-District-Mens-Shed-376675806179868](https://www.facebook.com/Forres-District-Mens-Shed-376675806179868)

## Are you passionate about Men’s Sheds?

## Do you support the Men’s Sheds Movement?

### Then, join the Scottish Men’s Sheds Association for FREE today!

Individual Members receive:

- A welcome pack and pin
- Latest news on the Movement
- ‘The Scottish Shedder’ newsletter
- Full access to the SMSA website
- Advice and assistance



**SCOTTISH MEN’S SHEDS ASSOCIATION**

SMSA is the only organisation solely dedicated to supporting Shedders to create Men’s Sheds in their communities across Scotland

Follow the SMSA at:



Pick up an SMSA leaflet in your local Shed or visit [www.scottishmsa.org.uk/join-smsa](http://www.scottishmsa.org.uk/join-smsa)

SMSA is a charity registered in Scotland (No. SC045139)





## Forthbank Care Home residents thrive with Shed life

*The SMSA talks to Ann Brown from Forthbank Care Home in Kildean, Stirling which offers nursing and specialist memory care for those living with dementia. Ann shares how their male residents have formed their own Men's Shed that has really kept them going through lockdown and beyond.*

Wellbeing Co-ordinator, Ann said: "There is a perception that when someone suffers from dementia that they come to a care home to sit and drink tea until the end of their life. This couldn't be further from the truth.

"Forthbank Care Home creates personalised care plans delivered in a family atmosphere with support designed around residents' mind, body and soul. It is not a downward spiral. These men can still function like everyone else and take pride in doing tasks. Our residents come here to fulfil their lives and have a sense of purpose.

"We have always had regular practical, health and activity talks here at the home and our Men's Shed journey all began when Michael Maher aka Tipp from Stirling Men's Shed (pictured inset with Ann) came to give the residents a talk about his Shed.

"There was not a huge amount of activities geared just for men so, after hearing Tipp's story, our male

residents expressed a keen interest and wanted to start up their own Shed.

"Tipp is a lovely man who took time to explain how to set up a Men's Shed and worked alongside the men on projects, like bird tables, to get them started. Tipp regularly checks in with us and supports us with anything we need.

"The men then joined the Scottish Men's Sheds Association and we got some Forthbank Men's Shed t-shirts printed for the men and when they put them on, their personality instantly changes into Shedder mode. It is so great to see the Shed members in action—working together and helping each other.

"No matter what their level of dementia, our team see the person, and their skills and abilities and let them try their hand at projects and activities that bring them joy. "The Shed has really kept the residents going during COVID. The banter and the purpose it gives them really is life-changing.

"Some of the men are retired joiners and the projects can certainly bring out the friendly competitiveness in them. They joke that it is men-only, no ladies allowed in the Shed, so we are only happy to oblige and a male carer will attend.

"We were building up good links with the local College's gardening group and they were going to come along to visit. Things had just got going when COVID hit. Although, we are still living in a cocoon with no outings

or shopping trips, the men are still thriving with their projects and need that purpose in their lives. The Shed still meets regularly—albeit in smaller groups over the course of two days at present.

"I see such a difference in them in the days following a Shed get-together. They really are buzzing. They just need to dabble in a wee project and we just watch these men bounce off of each other with chat, sharing ideas, support and banter.

"The men just want to feel useful. These gentleman, along with the support of our handyman, have recycled all of the garden furniture, fixed trollies, made bird house etc. More recently, they had a Skype call where Stirling Men's Shed showcased their metalwork skills to our residents. Hopefully, some time in the near future, Stirling Men's Shed can attend in person to share their experience.

"When we first started, we invited the local community to join us for Shed get-togethers which was great for the residents but that unfortunately all stopped in lockdown.

"We now have 21 members at present after welcoming three new men to the club recently and we hope, one day soon, we can reopen to the public as well as get the men out on some outings together—maybe even a visit to other Sheds."

## Pre-loved tool donation to Kinross & District Men's Shed

Men's Sheds often receive welcomed donations of tools, equipment and materials from members of the community and local businesses for their members' use or to sell on to generate income. Passing these items on not only saves these items, otherwise destined for landfill, but with a wee repair and polish here and there, Sheds are also ensuring that someone's once much-loved tools end up in the hands of a new owner for their list of upcoming projects and DIY jobs.

In July of this year, Mrs Whittington from Milnathort donated her husband's woodworking tools to the [Kinross & District Men's Shed](#). David and Graham from the Shed spent a morning packing up all the tools and taking down the display boards on which they were mounted on in his workshop.

The boards, along with all the tools, are now proudly mounted in the Shed's woodworking workshop. Recently, Mrs Whittington along with her daughter visited the Shed to see her husband's tools in place and enjoyed a tour from Duncan (pictured right).



## Orkney Men's Shed secures new premises on 10-year lease

Orkney Men's Shed has received some great news ahead of Christmas! The Shed, along with two other charities, has secured the former Herring Factory on the Garson Industrial Estate in Stromness on a 10-year lease through Orkney Islands Council.

In August, the Shed had to vacate its store on Maitland Place in Finstown and had no premises to operate from resulting in the members having to rent a meeting space in a community hall.

Orkney Men's Shed expressed an interest in leasing approximately one third of the factory unit. Stromness Drama Club and the Orkney Historic Boat Society subsequently noted their interest in the space.

Shed Chairman Morgan Marcus said: "There is quite a lot to be done to the building but we are hopeful to be in before the end of the year.

"We would like to have our new workshop up and running at the turn of the year. So guys, time to look out the flat caps, bibs and braces/boilersuits and get the chisels and plane irons sharpened ready to go.

"We must thank elected members Mr John Mundell, Mrs Karen Greaves and other supporters who have helped get us back in a Shed so that our charity can get back to promoting men's health and wellbeing."

Follow Orkney Men's Shed at [www.facebook.com/groups/1756755127930640](https://www.facebook.com/groups/1756755127930640)

## Paisley Men's Shed's work with local school recognised in Parliament

Paisley Men's Shed has been recognised through a Parliamentary Motion raised by Neil Bibby MSP following their transformation of an outdoor space at Glencoats Primary School.

The motion ([S6M-01084—Paisley Men's Shed Transforms Outdoor Classroom](#)) welcomed the completion of the new outdoor learning space at Glencoats Primary School in Paisley. It was recognised that the work could not have been carried out without the support of the Paisley Men's Shed, whose members worked alongside pupils all summer to tidy up and renovate the space with help from IKEA.

The new space provides pupils with a new outdoor classroom, a planting station and a bird hide, which teachers hope will allow pupils to learn about the environment and nature in a brilliant outdoor space, and wishes the pupils at Glencoats Primary School all the best as they return to school and begin to use their new outdoor environment.

The motion was supported by: Michael Marra, Bill Kidd, Stuart McMillan, Miles Briggs, Paul Sweeney, Meghan Gallacher, Donald Cameron, Douglas Lumsden, Fulton MacGregor, Finlay Carson, David Torrance, Jamie Halcro Johnston, Ruth Maguire, Paul O'Kane, Alexander Burnett, Clare Adamson.

Follow Paisley Men's Shed at [www.facebook.com/PMensShed](https://www.facebook.com/PMensShed)



## The Inverclyde Shed receives a visit from Houston and Killellan Shedders

Some members from the recently opened Houston and Killellan Men's Shed dropped by [The Inverclyde Shed](#) to learn a bit more about their excellent wood carving facilities and see their pen making skills in action.

The Shedders received a demonstration from Trustee Barrie Baker at the Captain Street premises (pictured top right). Bruce Newlands, Treasurer of The Inverclyde Shed, said: "The guys visited us after one of our Trustee's approached them about joining their Shed—as he lives closer to them than us.

"Bob 'The Train' McNair has subsequently volunteered with their Shed as a supervisor and we have exchanged some documentation including our health and safety risk register. There is no point in re-inventing the wheel when Sheds can share these type of things and support each other—especially new ones that are just starting up.

"But, it wasn't all work and no play and we also had a chance to sit down and have a cuppa and good blether with them. It was a great opportunity to discuss and share ideas Shed to Shed."

**The Houston and Killellan Men's Shed was officially opened in mid-October and they are already welcoming a steady stream of new members and have a number of projects on the go (pictured right in the new Shed). The Shed is open on a Wednesday morning from 10am-12pm and is located beside the West Halls on Main Street, Houston. For further information, please contact [mensshed.houstonkirk@gmail.com](mailto:mensshed.houstonkirk@gmail.com).**



## Community events make a return at Cromarty Firth Men's Shed

Cromarty Firth Men's Shed has played host to the Invergordon (Easter Ross) branch of the Armed Forces & Veterans' Breakfast Club for its gatherings.

The club, started in March 2019, offers a social get-together opportunity for the armed forces and blue light community. David Chambers from Cromarty Firth Men's Shed said: "We were delighted to join forces and host the breakfast club at the Shed in early October and again for the Halloween BBQ.

"The club holds regular meetings at various venues and we were delighted to have them return now lockdown measures are easing. In some ways, the club has very similar aims to Men's Sheds so it is great for their members to all meet up with Shedders too.

"Our Shed members have really enjoyed organising and getting involved in community events and projects again. We recently delivered a garden swing chair, built by member George, to our biggest supporter, Dorothy (pictured right). I think she was quite pleased.

"We are also in the process of organising our 'Festive Fun' event which will feature a fire engine visit and the main man, Santa, will be making an appearance."

For more updates from Cromarty Firth Men's Shed, please visit their website at <https://cf-ms.co.uk>



## SHED LIFE



### Pentlands Men Shed has their very own Shed!

It has been all go with the Pentland Sheddors the last few months. Christmas has come early and they are proud to announce that they now have a Shed to call home! The Shed, formerly Currie and District Men's Shed, is situated within a portable cabin on site near the 42nd Pentland Currie Scout Group Hall on Forthview Crescent in Currie.

Allister McKillop said: The 42nd Pentlands Scouts very kindly allowed us to place the Shed on a sizable piece of spare land which we have been busy preparing over the summer. Geoff, John, Stewart, Iain and many others have worked tirelessly basically rebuilding the Shed which was not in the best of condition.

"We are all very excited to have our own home especially as it is our biggest project and we have all been involved in one way or another. This is what Men's Sheds are all about—a fun project bringing us all together, sharing skills and ideas and having the opportunity to make new friends."

For more information, please visit the Pentlands Men's Shed website at <https://pentlandsmensshed.org> and follow them on Facebook at [www.facebook.com/pentlandsmensshed.9](http://www.facebook.com/pentlandsmensshed.9)

PENTLANDSMENSSHED.ORG

▶ Click here to watch their video

### Community rallies together to support Shed following break-in

In mid-November, St Andrews Men's Shed was the victim of a break-in with over £1,000 of tools, electronics and cash stolen.

Shed Chairman, Henry Paul, said: "Whilst we do have insurance, much of the loss experienced was donated goods or members' belongings which are unfortunately, not covered in our contract.

"We appealed to the public to offset our losses and have been overwhelmed by the amazing support and offers of donations from the public, local businesses and organisations.

"We have received £910 from [Fife Charities Trust](#) and recently collected a cheque for £500 from [Howdens](#) (pictured right) and for this, we are truly grateful.

"We have also received many offers of tools and equipment which has been fantastic and we thank everyone for their generosity."

"Members of the public have offered to set up a Go Fund Me page for the Shed however, we have asked that this be put on the back burner for now as we have exciting plans for expansion in 2022 which would require large funding and this avenue would be perfect for this. Watch this space!"

For more updates from St Andrews Men's Shed, visit their website at <https://standrewsmensshed.org.uk> and follow them on Facebook at [www.facebook.com/standrewsmensshed](http://www.facebook.com/standrewsmensshed)







## Three Towns Men's Shed finds new (temporary) home

Three Towns Men's Shed has signed an 18-month lease and moved into its new temporary premises on Glasgow Street in Ardrrossan.

The Shed, which has 40 members and has been running for three years, moved to the new base on Tuesday 19th October 2021 with a sneak preview for members on Friday 15th October 2021.

Former Secretary and new Treasurer, Donald McLarty, said: "Our new premises are a large, former housing department office in a row of shops in the middle of Ardrrossan. Although only about half the size of our previous Shed premises at the Focus Centre, which is facing imminent demolition, it is well placed on a busy street and has the bonus of a shopfront window which will help to raise our profile with the local community.

"To compensate for the smaller size of the premises, we will be opening on Tuesdays, Thursdays and Fridays

from 9.30am to 3.00pm. Some adjustments will be necessary in the way we work and some new equipment has been purchased to make working together easier.

"We plan to stay here for around 18 months to allow time to apply for funding for something more permanent with a lot more space for all of our belongings.

"After virtually meeting on Zoom twice a week and working on projects at home, it is great to all be back meeting again in the Shed and we have got off to a great start. We recently received £1,119.23 from Kilwinning Co-op after being selected as a local cause their customers wished to support (pictured below left).

"Our focus at the moment is encouraging members to return to the Shed with confidence but also attract new members with some willing to join the Committee too."

Follow the Three Towns Men's Shed's journey in their new Shed premises at [www.facebook.com/Three-Towns-Mens-Shed-814651748731498](https://www.facebook.com/Three-Towns-Mens-Shed-814651748731498)







## Carluke Sheddens celebrate progress with a nice brew as they near official opening

The Carluke Sheddens are enjoying a well-deserved brew at their new Shed following months of hard work to transform their two portable cabins at the High Mill site into their new 'home' as they come another step closer to an official opening date.

Until now, its members have been holding weekly meetings every Friday at the Carluke Leisure Centre hall to physically meet after 15 months apart. The Sheddens are now enjoying meeting up and working together 'shoulder to shoulder' to create their Shed base.

One of the portable cabins will be used solely for recreational purposes whilst the other for woodworking activities. The Shed plans to open three days a week to begin with and review this once they have gauged interest from the local community.

On behalf of the Shed Committee, Treasurer Tom Kennedy said: "There has been huge progress made at the site to spruce it up the last few months. We are trying to be fully up-and-running, with our members safely using both cabins, as early as possible in 2022. We have worked closely with the Carluke Development Trust (CDT), who oversee the site, at every step of the process and delighted to have established an electricity supply to the two cabins.

"We are delighted to now have the basics of our set up complete—including recreational area, workshop, kitchen, toilet and of course, a working water boiler for those much-needed cups of tea. There are still a few projects we are working on, including the installation of ramps to make both cabins fully accessible for wheelchairs and to install the external cabinet for our defibrillator but we are on the case with the CDT.

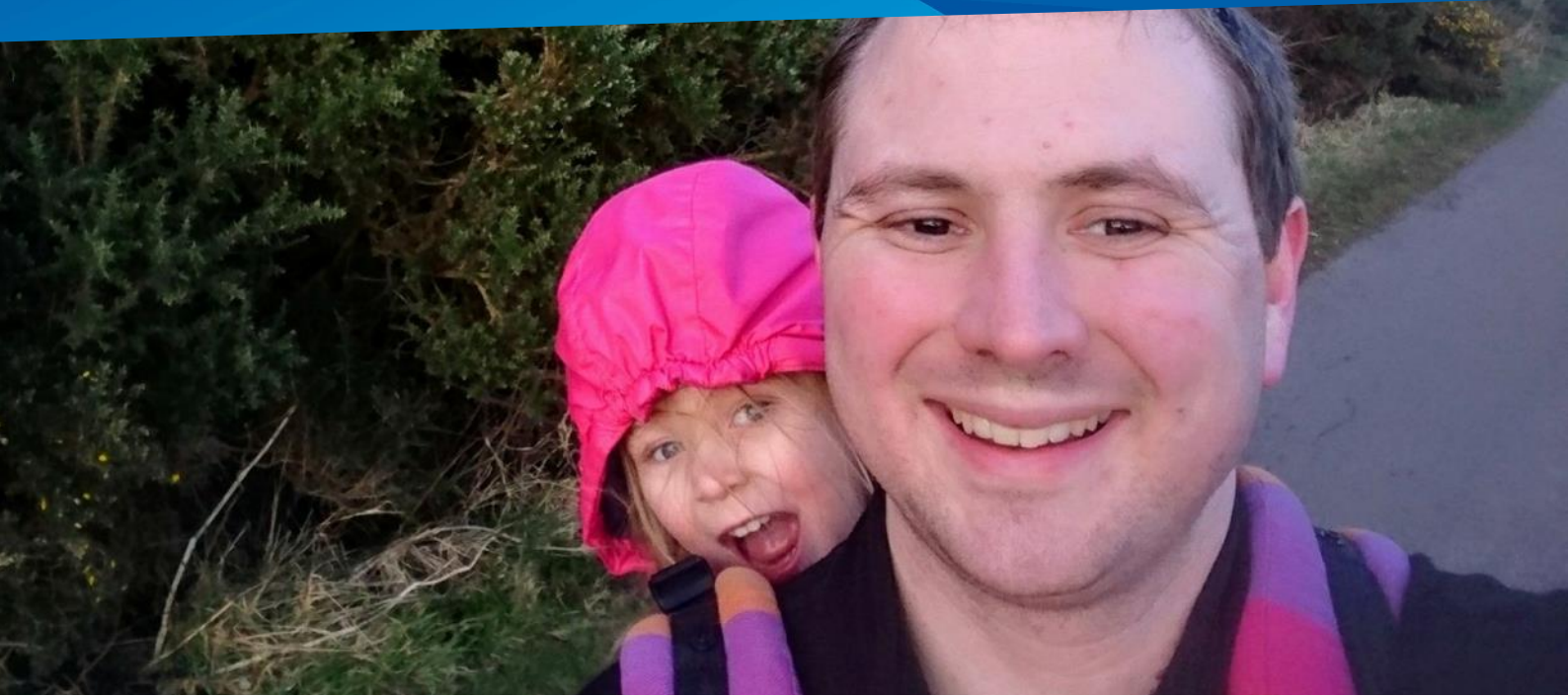
"To celebrate the festive season, we are looking forward to holding a Christmas get-together on the 17th December featuring some of the very talented musicians from Stonehouse Men's Shed."

Keep up-to-date with progress at Carluke Men's Shed through their Facebook page at [www.facebook.com/groups/1077129169396971](https://www.facebook.com/groups/1077129169396971)





## A PERSONAL STORY



***The SMSA talks to a young father of two, Simon Shaw (34), from Livingston who has identified a need for a Men's Shed in his area and is on the case to get the ball rolling.***

Data Analyst and former Air Cadets and St John's Ambulance volunteer, Simon said: "The pandemic gave us all a chance to slow down and really take stock of what matters.

"Things will only get better if we look after each other and through my involvement in the Round Table, I volunteered in lockdown to assist local schools to collect and deliver the meals for kids to ensure that they got out to families that were struggling.

"Livingston is a young town, designated in 1962, and now has a population of just over 57,000 people – most young to middle aged. We are a close-knit community however with the world becoming so digitally-focussed – we buy online, get our shopping delivered, play computer games etc. – for some, there is becoming less of a reason to leave the house anymore. We talk online through messaging and email and this is resulting in a significant increase in loneliness and social isolation.

"I feel people need a reason to get out of the house these days, to get together with others and speak face-to-face. I strongly believe that there would be a good demand for a Men's Shed in Livingston. I have a friend who works for [Axminster Tools](#) and, after talking to them about it, they mentioned Men's Sheds and that they have a partnership with the Scottish Men's Sheds Association (SMSA). I went on to [SMSA website](#) to find out more and searched the '[Find a Shed](#)' map to see if there was one in Livingston but unfortunately, there was not.

"I love nothing more than tinkering in my garage and making projects out of wood and other materials in my spare time. However, I want there to be a place for men, like me, to go to make things together, work on projects, share knowledge and skills and have a cup of tea and a

good yap.

"We need to break down perceptions that Sheds are for retired men only and actively promote the 18+ model in Scotland to get the younger generation involved. This is an opportunity for us to make a difference in our communities and combat loneliness. I think there is a strong appetite for such a place.

"So, I approached the SMSA team for advice and got the ball rolling – became an [individual member](#), got the Men's Shed toolkit and added my proposed Shed's details to the 'Find a Shed' map. My fiancée Rachel and I have been talking to people in our local area about the potential of a local Shed to get the word out there. Just through this word of mouth, I was contacted by a gentleman, Jim Smith, who is very keen to be involved and another lady who was looking for somewhere for her dad to go, following a stroke. The word is certainly getting out there, which is very encouraging.

"Jim and I plan to meet up very soon and go through the [Men's Shed Toolkit](#), with a fine-tooth comb, and start visiting other Sheds and get along to future Lothians Shed Network Meetings to meet with other like-minded people and share and learn from each other's experiences.

"We feel there will be a demand for it and over time we will create a Facebook page, put up some posters, contact our local paper and organise a public meeting to gauge interest. I am certainly not the kind of guy who wants to run things, but I do see a need for this in my community and I am a do-er. I am stepping up, for now, to help get things rolling and if my computing and woodwork skills can be shared then I am happy to do so, but I don't want to be the leader of this.

"I am quite introverted and don't feel like I am leadership material, but I have a fantastic dad who taught me to value, respect and hear others and step up for causes I feel very passionate about. If I don't take this leap, I risk waiting for someone else to take the mantle and it might not happen at all. Let's do this."



# 'THE SHED GARDEN'



## Inverurie and District Men's Shed's community allotment project is just blooming lovely

*The SMSA interviews the two men instrumental in the transformation of Inverurie & District Men's Shed's community allotments—Graeme Shepherd and Henry Wilson.*

**Inverurie & District Men's Shed** (IDMS) has created the most idyllic and tranquil place for its green-fingered Shedders and a broad mix of members of the community—including young families, retired people and teachers and pupils from the local schools—to grow, enjoy the great outdoors, socialise and get physically fit from rolling up their sleeves and getting stuck in.

Founding member, Graeme Shepherd said: "One of our founding members and Trustees, Alistair Smith—who was extremely passionate about gardening—spent many years searching for an appropriate piece of land in Inverurie to site the allotments to offer to our members and community. He acquired this field—on Old Port Road, only a short walk from Inverurie town centre—but sadly passed away in July 2019 before seeing any of this come to fruition.

"The site was acquired through a 15-year lease through J.G. Ross (Bakers) Ltd but then COVID happened.

We were unable to get started initially and then in July 2020, myself and Henry 'formed a bubble' and got going with the project. We are both here most weekday mornings and estimate that we worked approx. 600 man hours to get this project up and running. Early in the new year, we managed to get others, including Murray Main and Bill Stewart, to join the team and by this April we were ready to give allotments over to the community and since then it has absolutely blossomed.

"When we first saw the field, it was overgrown with weeds and the bottom of the field is prone to severe flooding but could see the huge potential with this site and could picture the end result.

"We quickly got to work—we cut it all back and tidied the plot, installed the boundary and compound fencing and relocated and repaired our old 72x21ft polytunnel and summer house. We did all of the work ourselves with the exception of the car park which had to be carried out by a contractor.

"All 28 allotments (36 growing spaces in total, including the polytunnel plots) have now been snapped up. Eleven allotments have been allocated to Shed members and the rest to the community. Some were from the local authority's allotment waiting list and the others were to members of the public that expressed an interest. The allotment is situated on a track that is a very

popular walk with the locals and we received an overwhelming response from people wanting to know more.

"We have no access to mains water, so Mitchell's Dairy in Inverurie provided us with four Intermediate Bulk Containers (IBC) that hold a total of 1,000 litres each and we pump water directly from the River Ury to meet our needs. On a hot summer's day, we can use all 4,000 litres.

"In our polytunnel, each of the 9ft x 6ft plots have been allocated and we also have a winter working area where we can get out of the cold to repair things like lawnmowers which we sell on to raise Shed funds.

"We have also installed communal composting facilities and a composting toilet named 'The Karzee'. Solar panels have also been put on the roof of the portable cabin to charge the battery for their 1954 Ferguson tractor.

*Continued on next page...*





# 'THE SHED GARDEN'



*...continued from previous page*

"The support received from local organisations and the community—including donations, equipment, materials etc—has been absolutely phenomenal.

"Our future plans include planting 60+ fruit trees—apple, plum and cherry—on the bank and in Spring 2022, we will be sowing some bee-friendly wildflower seeds.

"We received a donation of 80 thirsty Willow trees and rooted the cuttings and will be planting 700 of them in the flood zone on the bank. They will just thrive in that environment and guzzle up that water. Willow igloos and arches will be created for the kids to play in and a Willow harvest may be on the cards to sell to crafters in the future.

"Down from the Willows, we have also just prepared the ground with six mini fields for new growing areas for tatties, carrots, neeps, brassica and even a pumpkin patch.

"I got some ideas after watching an episode of Countryfile. It is all a bit of an experiment at the moment but we are certainly up for the challenge to see what works and what doesn't.

"We have already donated fruit and vegetables to Garioch Community Larder and we hope to expand on this with these mini fields as a new place for low-income families to go to source fresh produce and where the community will come to pick a pumpkin next autumn.

"Some local beekeepers have expressed an interest in setting up in

our field and if this happens, we hope it is something that our members can have the opportunity to learn more about and even give it a go themselves.

"This week, we were delighted to hear that we have secured funding through the National Lottery Community Fund to buy solar panels, a small wind generator and a battery to power the heater for the external cabinet for our new defibrillator received through the SMSA. Once installed, the defibrillator will then be accessible to everyone in our community.

"We have created Alistair's dream and I think he would be so proud. It is great to see people of all ages, on site every day, reaping the benefits that allotment life brings. We thank Alistair for his commitment to this vision not just for our members but for the Inverurie community as a whole."



[CLICK HERE TO WATCH THE VIDEO](#)



# SHED PROJECTS



## Westhill and District Men's Shed's latest project makes tracks

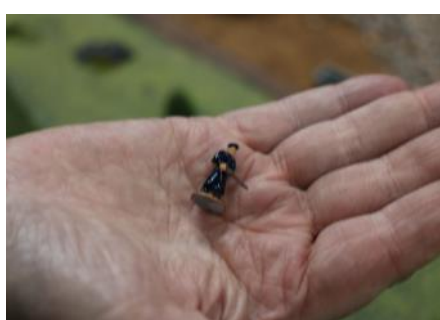
Prior to the pandemic, a dedicated group of Westhill Shedders led by Doug Horne got to work on a very special, challenging and innovative project—a large model of the Peterhead Prison Railway, the first state-owned railway in the UK, 50 years on from its closure.

Peterhead Prison Museum approached [Westhill & District Men's Shed](#) to create the 'step back in time' model after seeing their previous mini-railway project built for the Grampian Transport Museum in Alford.

This time around, the Shedders went large! The impressive 24ft model recreates the system that transported prisoners from the prison's Admiralty Yard to a nearby quarry where, surrounded by armed guards, they quarried granite ready to be transported to the docks to construct the two large breakwaters, which create the Peterhead harbour safe haven. The working model has an immense amount of detail based on local knowledge, photographs and maps, including roads, bridges, buildings and the quarry itself. Streetlights and cranes in the quarry work and trains run on a continuous pre-programmed sequence.

With lockdown measures in place, the team of Shedders worked on the project from home. Each tiny detailed piece taking hours to 3D print and/or paint in acrylics before being brought to life on its large polystyrene base with added electrics, moving trains and cranes and sound effects.

The finished model was on show at the Shed before reaching its final destination at [Peterhead Prison Museum](#) in October 2021—allowing the Shedders full use of their new social area space for the first time.





# SHED PROJECTS

## The Inverclyde Shed supports 'Light up a Life' service

The Inverclyde Shed has supported Ardgowan Hospice to honour late loved-ones as part of their annual 'Light up a Life' service this festive season.

Ardgowan Hospice's aim is that people living in Inverclyde with a life-limiting illness, and those close to them, have access to the care and support that they need. Their service brings the community together to remember the special people in our lives, who are not with us at Christmas time. This year, is the first time since 2019 that the event has physically taken place due to the pandemic.



Photo: Greenock Telegraph

Bruce Newlands, Treasurer of The Inverclyde Shed, said: "Our Shed created a 'Light up a Life' door wreath using a heart-shaped spalted piece of local sycamore, oiled and hand inscribed using pyrography by member, Liz Ness. This was then set within a stainless steel heart frame which Ardgowan Hospice will use to tie individual ribbons in commemoration of loved ones in this festive period.

"It was an honour to support this local charity as part of this special project to celebrate their amazing work and remember the special people we will all be missing this Christmas."

## Shed Christmas Projects

1. It wouldn't be Christmas without a wooden reindeer being constructed in the Shed! Not that size matters but [Stonehaven & District Men's Shed](#) may have built the biggest to date?
2. [Inverurie & District Men's Shed](#) built this fantastic and sturdy platform for their 'Big Switch On' in the town on the 28th November 2021.
3. 80 year old+ Shedder, Syd Haycock, from [Auchterarder and District Men's Shed](#) made this Nativity stable for the Auchterarder Parish Church craft group. He cut tree branches to form the main frame and covered the roof with bamboo twigs. The addition of a manger with real hay for the donkey, plus mini lights completed his beautiful stable. The stable will be exhibited in Logos shop window on the High Street over the next few weeks.
4. [Springburn Park Men's Shed](#) created this Covid-friendly Santa Sleigh for Robin House, a local children's hospice in Balloch, for their Christmas party. The front seat is for the children so they are facing the same way as Santa for photos and the seats are two metres apart.



1



4



3



2



## SHED PROJECTS

### Copper lamp lockdown project helps Dunoon Shedder get back on the road to wellness

For the most part of 2020, [Dunoon Men's Shed](#)—like all Scottish Sheds—was temporarily closed due to the pandemic. Towards the end of that year, their Shed Secretary Geoff Evans' physical and mental health began to deteriorate and he needed a challenging project to get his teeth into at home.

Geoff said: "My health rapidly went downhill with arthritis in my left hip to the extent that I had great difficulty in walking or doing very much at all. As a result of this, my mental health unfortunately also took a turn for the worse.

"My hip replacement surgery was booked in for January 2021 but I needed something to do for the ten intervening weeks. Looking around my garden shed at home, I noticed some 22mm and 15mm copper pipe and a bagful of brass compression joints left over from a bathroom project. I had seen copper structure ornaments in the past but wondered if adding some electrics and a light would be a little more interesting.



"A few sketches later, and armed with a pipe cutter, I had a large collection of pipe sections which I then wired together to make the structure (pictured above). A 12v LED Edison old-style bulb with a spiral thin tube copper surround formed the light with a modified stopcock added as the light switch. Silk covered "old style" twisted mains cable leads back to a plug top transformer, with this much highly conductive metal at the user end, I did not want 240v anywhere near it! The whole thing is polished and coated to keep its magnificent shine.

"Given the lamp is all copper and brass—along with the bulb, fittings and silk cable etc—the project came in at around £130 to create. It took me several attempts to get the design right, and several late nights when the lot ended up on the driveway having been flung through my shed door in frustration! I undertook this project just to take my mind off of my health problems and to keep me busy in lockdown however judging by the feedback to the lamp on our [Shed Facebook page](#), I fully expect there to be a big market for these going forward."

### Black Isle Men's Shed designs beach clean-up box for North Kessock

Black Isle Men's Shed has designed a clean-up box—containing litter pickers, black bin bags, rubber gloves, hi-vis vests, sanitizer and dog poo bags—for North Kessock beach.

The community resource, funded by the Black Isle Tourism Team through the Black Isle Partnership, was built by Shedders Richard Evans, Don Holdin and George Smith.

The storage box is a collaborative project with Black Isle community groups, but primarily the work of designers and craftsmen from the Shed. All materials—with the exception of the fixings—were all recycled from previous projects and the roof is made of rubber to make it weatherproof for coastal conditions.



Anyone from the community, and visitors to the area, are welcome to access the equipment at any time to litter pick on the beach, paths and grass verges by simply collecting equipment from the box, cleaning up and then return the items to the box, before disposing of the rubbish in the bins provided or taking it home.

For more updates from Black Isle Men's Shed, follow them on Facebook at [www.facebook.com/groups/BlackIsleMensShed](https://www.facebook.com/groups/BlackIsleMensShed)



# SHED PROJECTS

## Bats, much maligned and misunderstood

Whether it's the world's smallest bat—the Kitti's Hog-Nosed, weighing in at a tiny 2g—or the Giant Golden-Crowned Flying Fox or the misunderstood Vampire bat, bats in general tend to strike fear into most people. Whilst the bats mentioned do not reside in the UK, the ones that do—[click here for details of all 18 species of UK bats](#)—are very much in danger, from fear and habitat loss.

All UK bat species are protected by European and UK legislation: [The Conservation of Habitats and Species Regulations 2010](#) and amendments and Schedule 5 of the [Wildlife and Countryside Act 1981](#)—this affords complete legal protection to all bats and their roosts.

Bats are known to reside in lofts and like to squeeze their way into very small spaces but with many residents making home improvements to control energy loss, this is sadly endangering our bat colonies.

Bats are a great sign of a green and healthy environment and it is essential we protect them. The Bat Conservation Trust website offers excellent [tips on how to turn your garden into a bat haven](#) and also information on bat boxes.

Bat boxes—artificial roosts designed to provide bats with alternative resting places and to encourage bats into areas—are readily available to purchase however Sheds/Shedders may wish to build their own. There are some really simple designs using only five pieces of wood (like the one pictured right). [Click here for the Bat Conservation Trust's Box Information Pack.](#)



## Banchory & District Men's Shed raises £300 for Legion Scotland Poppy Appeal

Banchory & District Men's Shed—the first Men's Shed in Scotland to be based at a Legion Scotland branch—designed, created and sold 100 tall wooden poppies raising £300 for Legion Scotland Banchory's Poppy Appeal.

Shed members Bill Byth and Alan Pumfrey (pictured bottom right) led the poppy making project and Legion Scotland Area Manager, Alistair Black, accepted the cheque from Shed Chairman, Paul Evans (pictured top right).

Paul Evans said: "Banchory & District Men's Shed is delighted to support Legion Scotland's Poppy Appeal for Remembrance Day. Red poppies have been worn as a show of support for the Armed Forces community since the formation of the British Legion one hundred years ago."

"It is hoped that our Shed, being based at the Legion, will also provide a pathway for friendship and comradeship for our local ex-servicemen and veterans. We are taking particular care to raise awareness of the Shed with our armed forces veterans community, usually already members of Legion Scotland, and hope that they will come along and see what we have to offer.

Follow Banchory & District Men's Shed at [www.facebook.com/banchorymensshed](https://www.facebook.com/banchorymensshed)



## Don't ignore your invitation for AAA screening

Be honest, does anyone know what your aorta is? Chances are, you've never heard of it. So, when men receive an invitation through the post to be screened for something called an Abdominal Aortic Aneurysm (AAA) sometime after their 65<sup>th</sup> birthday, they could be forgiven for being a bit confused.

### What is AAA screening?

The good news is the screening test is far simpler than the name suggests. The aorta is the main artery that supplies blood to your body. It runs from your heart down through your chest and abdomen (tummy). As we get older, the wall of the aorta can sometimes become weak and balloon out. This is called an abdominal aortic aneurysm, or AAA for short. People who have AAA often have no symptoms. AAA screening aims to find aneurysms early in order to either monitor or treat them.



The screening test is a simple ultrasound scan of the tummy, it's completely painless. The person doing your test will ask you to lie down and lift up your shirt or top. They'll apply a cool jelly to your stomach and move a small scanner over your skin. They'll take measurements of your aorta from an image on a screen. Your appointment shouldn't take longer than 30 minutes, with the test itself lasting no more than 10 minutes.

### Why should I go for AAA screening?

Put simply, AAA screening saves lives. The test is quick, painless and extremely reliable and can find an AAA early when it can be monitored and treated.

### Who is invited for AAA screening?

Men are invited for AAA screening in their 65<sup>th</sup> year. Men are six times more likely to have this type of aneurysm than women, which is why women aren't invited to take part in screening.

### What results can I get?

Most men will receive a normal result, which means no AAA was found – fewer than 1 in 20 men over 65 years will have one. If no AAA is found then you won't need to be screened again, as it's extremely unlikely that you'll develop an aneurysm that needs treatment.

If your aorta is a little bigger than normal, your results letter will tell you that you have either a small or medium AAA. This can be worrying at first sight, but it's important to know that AAA grows very slowly and many men with a small or medium AAA may never need treatment. However, it's very important that it's monitored regularly and that's why you'll be invited back for scans every 3 months (medium AAA) or 12 months (small AAA).

If the scan finds you have a large AAA, you'll be referred to a specialist who will carry out more tests and discuss possible treatment options available to you, including surgery. Although serious, large aneurysms are extremely rare.

### What can I do to reduce the risk of getting an AAA or stop it from getting bigger?

It's important to try and live as healthy a lifestyle as possible. Smoking, having high blood pressure and/or high cholesterol and being overweight put you at increased risk of having a AAA. For tips to help you make changes to your lifestyle, visit [www.nhsinform.scot/healthy-living](http://www.nhsinform.scot/healthy-living)

### What to do if you're over 65 and never been screened

If you're over 65 and haven't been screened for AAA you can request a screening appointment by contacting your local screening office at [www.nhsinform.scot/aaascreening](http://www.nhsinform.scot/aaascreening)

### Further information

Visit [www.nhsinform.scot/aaascreening](http://www.nhsinform.scot/aaascreening) for further information, including leaflets in other formats such as audio, British Sign Language, Easy Read and other languages.

**Please note:** SMSA Chairman, David Gardner, is representing the SMSA and Scottish Men's Sheds as a Patient Representative on the Scottish Abdominal Aortic Aneurysm Screening programme.



## Are you aware of Klinefelter Syndrome?

**Raj Baksi, Ambassador of the Klinefelter Syndrome Association, shares his story on his Klinefelter Syndrome (KS) diagnosis at the age of 35—a genetic condition that affects a staggering 1 in 600 men in the UK—to raise greater awareness and understanding.**

Raj (pictured) said: “My KS diagnosis came abruptly and unexpectedly during my mid-thirties when I was trying to start a family. Fertility investigations led to a diagnosis of KS and infertility.

“Many are diagnosed in the same way as me—when trying to start a family. Some are diagnosed for other reasons including developmental delays in children and testicular pain. There also appears to have recently been an increase in the number of cases identified through prenatal testing. Unfortunately, it is thought that many cases (75%) are never diagnosed at all.

“In the UK, it is estimated that the frequency of KS is 1 in 600. Awareness of the condition is low both in the general community and within the medical professions and the set of symptoms combined don’t always point to KS.

“KS is a spectrum condition so not all patients have the same symptoms and the level of severity can vary. Often patients don’t necessarily understand where their symptoms have come from and even that what they are experiencing is a potential symptom of a recognised condition (e.g. in the case of low sex drive, ‘brain fog’, dental issues etc). They just learn to live with it and don’t question why these symptoms exist.

“If the patient doesn’t approach a doctor to explain the collection of symptoms or the symptoms are assessed in isolation, then the condition can be missed. This isn’t the fault of the patient or the doctor. It is simply the circumstances of not looking for the connection with a little-known health condition.

“During diagnosis, testosterone levels should be tested. If low, they may be offered testosterone replacement treatment which can bring many

benefits including improving bone strength, increasing libido, improving clarity of mind/reducing ‘brain fog’, reducing fatigue, improving assertiveness, helping patients to look more mature etc.

“Some people with KS, like myself, are overweight—often carrying the extra weight in the mid-section. Some are underweight and find gaining weight to be a major challenge. And some are a healthy weight. I have always been active; I am a keen cyclist, open water 10k marathon swimmer and enjoy working in a physically active job ([visit Raj’s website here](#)) however, despite this, I am still overweight. I have for many years tried to eat sensibly and stay active yet I still struggle immensely to lose weight.

“Since taking T (Testosterone Hormone Therapy), I have been pleased with the ability to build lean muscle mass. I now have definition in my arms and legs of steel but unfortunately my stomach is still large and I’m still overweight.

“Charities like the [Klinefelter Syndrome Association](#) aim to improve awareness and support people affected by the condition. Their website explores the symptoms and impacts upon health in greater detail. I have also created my own [KS website](#) with awareness raising articles, podcasts, videos and resources.

“I am always happy to speak to people affected by KS. Since my diagnosis, I have become a patient advocate devoting my spare time to develop social media support groups and also volunteer as a patient liaison at London Guys & St Thomas hospital [Klinefelter Syndrome clinic](#).

“I introduce people to the support available on a regular basis. New people are typically men with the condition, parents of patients, parents expecting a baby with the condition and wives/partners of men with KS.

“I run private support groups on social media for all of above where people with similar needs are able to seek and provide peer support to each other.



“Diagnosis can be quite a shock and when coupled with infertility, an even bigger shock! The peer groups help people to learn how to understand their diagnosis whilst developing friendships with other people affected by the condition. There are hundreds of members in the well-established support networks I have created and new members are always welcome.”

SMSA member, Bob Howie (pictured below) was also recently diagnosed with KS and contacted the SMSA to raise awareness within the Scottish Men’s Sheds Movement and introduce Raj. He added: “All my life I have thought that there was something different about me, just little things but the doubt was there.

“It was only recently, when I was having some health problems and got a blood test, that I was asked if I would like a DNA test. Being adopted and having no family history, I thought it would be interesting as it may answer some questions and it certainly did.

“It turns out, I have an exceptionally rare version of KS where alongside 47,XXY karyotype, I also have 46,XX & 46,XY. Usually, men will have one or the other. I have now been recorded as only the second person (that they know of) to have this and have just heard that they have found a third person.

“My journey is just beginning but as DNA testing becomes more frequent, many cases could be caught much earlier on than mine and Raj’s.”



# WHAT'S COOKING?



2020 began with great hope and optimism for Westhill & District Men's Shed. Their new extension had been installed, building works completed and completion certificate delivered and then the next day...LOCKDOWN!

Despite being closed for almost 18 months, the Men's Shed and SheShed members co-ordinated a huge community effort to manufacture and deliver scrub bags and 2,700 face visors for key workers. During this time, the SheShed members also came up with the idea to produce a cookbook to boost funds.

The Shed has now sold 230 copies of the 150-page collaboration cookbook entitled 'Measure Twice, Cook Once, Eat Often' which is an eclectic collection of over 140 recipes from the Men's Shed and SheShed members representing their diverse experiences and tastes.

All proceeds (£10 per book) minus the small cost for professional printing and binding will go towards their next big project—replacing the roof of the original Shed building.

Westhill & District Men's Shed shares their Chicken Dopiaza recipe to tickle the taste buds of our Scottish Shedder readers. So...get cooking then dive right in...and of course, enjoy!

## Ingredients

- 500g chicken thighs (with bone)
- 3 onions (peeled)
- 1 clove of garlic (peeled)
- 1/2 inch of fresh ginger (peeled)
- 2 medium tomatoes
- 1 tbsp fresh coriander (chopped)
- 250g plain natural yoghurt
- 7 tbsp cooking oil
- Spices: ¼ tsp chilli powder, ¼ tsp paprika, 1½ tsp coriander powder, ¼ tsp garam masala, ¼ tsp turmeric powder, ¼ tsp salt (or to taste), ½ cinnamon stick and 2 green cardamoms

## Method

1. Slice half an onion and set aside. Chop the remain 2½ onions
2. Blend the chopped onions with the garlic, ginger and a little water in an electric blender (or pestle and mortar) until smooth
3. Heat half of the oil in a pan and add the blended mix along with the cinnamon stick and cardamoms. Cook on a medium heat, stirring regularly until the onions are slightly brown
4. Add all of the remaining spices and cook for another 10 minutes, stirring regularly
5. Add the chicken pieces and stir well to coat the chicken in the mixture. Cook for approx. 20 minutes until the chicken is cooked
6. Add the natural yoghurt and mix well. Stir regularly and cook for another 5 minutes
7. Blend the tomatoes (in a blender or pestle and mortar) and also add that to the pan. Mix well and then take off the heat
8. In a frying pan, add a little of the remaining oil and fry the sliced ½ onion, that you set aside earlier, until brown
9. Serve the chicken and garnish with the fried onions and coriander leaves. Serve with your preference of rice/Indian bread/side salad
10. Enjoy!

## Chicken Dopiaza

*A delicious 'chicken with double onions' semi-spicy curry*

**Serves 4**

**Prep: 10 mins | Cooking: 50 mins**



## Handy tips:

- Read the recipe right through—checking you have all of the ingredients and weigh them out—before you begin
- Good accompaniments are poppadom, chutneys and/or side salad
- If serving with rice, you can add one stick of cinnamon and 4 or 5 cloves—to give a very nice flavour to the rice. A half teaspoon of turmeric powder and some peas and sweetcorn also add some nice colour to the rice
- Adjust the spice to your own personal taste. However, if you add too much—use some plain natural yoghurt to cool it down
- You can substitute ingredients for your own personal taste e.g. a beef or lamb dopiaza is also very tasty but these meats will require a longer cooking time
- The curry freezes very well



# SHED NETWORK MEETINGS

by Tim Green

## Resilience and recovery

It's marvellous getting back into Sheds reconnecting with some well-known faces and meeting new folk. This has enabled me to see, first-hand, the resilience of Sheds in weathering the pandemic and contributing to the post Covid recovery by keeping a small but growing number of Sheddors safe and welcome.

Festive celebrations are being planned and sheds are being kept open over the festive season to ensure no one is left behind at what can be a difficult time for some. I've visited Armadale, Dumfries, Ferryhill, Forth Valley, Kinross, Moffat, Nairn and Rhins Sheds. I'm triple jagged and follow Age Scotland's risk assessment process including doing a lateral flow test before setting off.

I am working with Sheds to plan a round of Men's Shed Network Meetings kindly being hosted face-to-face in Men's Sheds.

### Aberdeen City/Aberdeenshire

Tuesday 25th January 2022 from 2.00pm to 4.30pm  
Aboyne & District Men's Shed

### Fife

Thursday 13th January 2022 from 1.00pm to 3.00pm  
At Glenrothes Men's Shed

### Perth and Kinross

Date and time to be confirmed  
At Kinross and District Men's Shed

### Highlands, Islands and Moray

Friday 28th January 2022 from 10.30am to 12.30pm  
At Inverness Men's Shed

Numbers are restricted so please let me know if you would like to attend.



**Are you holding a Christmas get-together/festive celebration?**

Age Scotland's Communications Team would love to hear about any festive celebrations you are holding and what your opening times are over the festive season.

Please let me know and I'll share it with them and see if we can get you lots of publicity.

Tim Green, Community Development Officer (Men's Sheds)  
Age Scotland, PO Box 29245  
Dunfermline, KY12 2EH  
Mobile: 07718 579 291 |  
[tim.green@agescotland.org.uk](mailto:tim.green@agescotland.org.uk)

## Try Age Scotland's Power Quiz!

Age Scotland's Power Quiz is a new initiative to get the body moving, fire up the mind and have a bit of fun. Give yourself a wellbeing boost by joining one of their quiz events on Zoom this festive period.

Power Quiz is a multiple choice quiz of four rounds—History, Around the World, Sport and Entertainment. Answer the questions, then score again by moving along to a fun music clip. There are demo videos for each movement, with seated and standing options. Power quiz helps build strength, balance and flexibility. You will need a PC/laptop or tablet, internet connection and a sense of fun!

Age Scotland has a block of quizzes, all one-hour long at 10.30am. You can join any or all of these.

**8th December:** Taking Care of Quizness—[Book Here](#)

**15th December:** The Quizzard of Oz—[Book Here](#)

To find out more, please visit [www.age.scot/PowerQuiz](http://www.age.scot/PowerQuiz)

If your Shed is interested in hosting a session, get in touch with Age Scotland at [healthandwellbeing@agescotland.org.uk](mailto:healthandwellbeing@agescotland.org.uk)



# Support the SMSA

Want to help make a difference? There are many ways to support the Scottish Men's Sheds Association (SMSA) and our vital work.

**Make a direct donation to the Association:**



**Donate while you shop online, at no extra cost to yourself:**



**Fundraising and social media events**

You can raise funds for the SMSA through fundraising and social media events like [Facebook Birthday Fundraisers!](#)

**Legacy donation**

Become a guardian for future generations of Shedders by leaving a gift in your will to the Association. Start a conversation with the SMSA to discuss the difference this could make

*The SMSA is a registered Scottish charity (SC045139), its Board of Trustees—all volunteers that receive no remuneration for their time and efforts—passionately believe in the SMSA's aims and vision for the people of Scotland. The Association's small staff team of three passionate individuals work to promote and support the growth of the grassroots movement across Scotland. From speaking to hundreds of individuals requiring support to start their own Men's Shed; creating pathways and documentation specific to Scottish law; and lobbying policymakers on men's health and wellbeing.*

**Follow the SMSA at**

