

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTTISH
MEN'S SHEDS
ASSOCIATION

Edition 30 | October 2022

SMSA hits **3,000 members**
milestone for its 30th issue
of The Scottish Shedder!



"In Scotland, For Scotland"

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Passage of Men – Andy Caine raising funds and awareness for Men’s Mental Health and Suicide Prevention



On Wednesday 5th October 2022, Andy Caine set off from John O’Groats to walk 900 miles south to Land’s End to raise awareness of men’s mental health and suicide in the UK.

Over 10 weeks (weather-dependent), Andy’s mission is to initiate and take part in as many men’s groups as possible at each of his stops – to offer a friendly and welcoming space and opportunity for men to talk.

Andy said: “Three years ago I was faced with the realisation that I was in an unhappy marriage, a job that was pushing me towards burnout and a distinct dissatisfaction with who I was. I had little energy for my children and happiness tethered to material possessions, titles and a purposeless direction in life.

“I became a recluse, retracted from my friendships and felt isolated in the shame and guilt. Some days I struggled to get out of bed and when I did I was confronted with a heavy sadness deep inside me. It was only when I started to share my feelings with a close friend that I could see the light.”

Andy invites Shedders to join him for as much/little as they can on this journey. Walk with him and/or put him up for the night, donate through [JustGiving](#) or get him a cup of coffee to ensure the funds he raises can support as many men’s health charities as possible. [Click here for more information.](#)

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 3,000 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 (December 2022) by [Friday 2nd December 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

Subscribe to the Scottish Shedder

To subscribe to receive ‘The Scottish Shedder’, you must become an Individual Member of the SMSA. It is FREE to join at www.scottishmsa.org.uk/join-smsa

Past issues

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

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Support the Men’s Sheds Movement in Scotland, follow the SMSA at:



TALKING SHEDS

by Jason Schroeder

There is a nip in the air as the leaves turn into their beautiful autumnal colours but our membership is still showing massive growth like it's the middle of summer. We have reached new membership milestones—we received the highest-ever monthly subscription of 76 new individual members in August and we also welcomed our 3,000th individual member who comes from Wee County Men's Shed (see [page 4](#)).

We can see that communities and Sheds are still in recovery from the Covid pandemic and now with the cost of living crisis going into winter, Men's Sheds are showing an increased and tremendous support need from the SMSA.

Now, the SMSA needs your support...

I cannot fathom why the Scottish Ministers, whose portfolios we fall under, made the decision in February that this unique men's health movement which we underpin should not be of the highest priority but have chosen the opposite by stopping their statutory funding responsibility.

When we see other countries governments increasingly investing in the movement, we have seen a U-turn by ours. Please speak to your local Members of Parliament and lobby for a directional change in this which in my opinion and thousands of others is a grave error of judgement. We encountered this in 2020 and with your help turned it around.

I am asking for your support again more than ever. Together, we are a strong voice and men's health, through the Scottish Men's Sheds Movement, is a voice that needs to be heard, not abandoned.

With all the Scottish academic evidence now in and a celebration in February 2023 marking ten years

since the first Men's Shed opened in Scotland, our three-year development strategy **requires statutory investment now.**

With one of the best financial returns and savings to the NHS in the short, medium and long-term at this critical juncture in our economy, now is certainly not the time to disinvest. The Scottish Men's Sheds Movement and SMSA is a very savvy business investment.

On a lighter note, we celebrate receiving the largest number of entries to date for the SMSA 'Scottish Men's Shed of the Year' awards. Thank you to all who submitted excellent entries and for all the amazing outcomes you have achieved and are achieving in these challenging times.

Only three could go through to the final and the voting, as of Monday 10th October, opened to the public and attracted over 500 votes in the first 24 hours.

With great support from our old and new partners offering fantastic prizes we look forward to watching the race for the last vote in before midnight on Sunday 30th October and the awards ceremony virtually taking place on Friday 18th November. Booking is essential for the awards event, which also coincides with the SMSA AGM, so be sure to [register early](#). The race is on and it's over to you to get the [public voting](#). Wishing our finalists the best of luck and in my eyes, you are all winners.

One of our new partners, the [Scotmid Co-operative](#) is not only supporting the awards event with prize vouchers but is also offering the opportunity for Shed's to 'pop-up' again to mark International Men's Day (Saturday 19th November) after the last great success in their shops earlier in the year. Be sure to check [page 7](#) for the list of participating stores to let your community know all about your Shed and potentially increase your membership.

The challenges around the new social prescribing impact on Sheds was first looked at in a webinar in March and we have spoken to many of you at our regional Shed network meetings about this topic.

We are currently in discussions about a new three-year research project on these impacts as well. Have a look at the Report on Current Views and Experiences of Social Prescribing in Men's Sheds (May 2022) on [page 7](#).

I attended the official opening of the brand new purpose designed and built Aboyne Shed (see [page 24](#)) which many of you have visited utilising our partner [Scottish Community Alliance's Community Learning Exchange](#) grants. Another great flagship of the Scottish Men's Sheds Movement of what can be done with commitment, perseverance, green technology, community support and big hearted men.

In the next edition, we will cover in more depth why Men's Sheds are not being successful due to certain eligibility criteria of the Land Reform Fund and why some have chosen to change their aims and objectives from men's health objectives aka Men's Sheds to a broader all incorporating community of geography to qualify.

I often speak to many people through my job about many things which are often only loosely connected to Men's Sheds and sometimes are very personal to them. One of these phone calls was with a man called Andy Caine who is doing a long 'walk' called 'Passage of Men'. Check out his story and if you would like to support Andy 'shoulder to shoulder' on the road, in your Shed etc read about it on [page 2](#). If you do please be sure to let us know.

Well that's me for another six weeks until the next edition of surely the most longed for magazine in the country, The Scottish Shedder. Biased, absolutely and proud of it, until then keep the kettles on and your big hearts beating to a good rhythm.

Jason Schroeder
SMSA Chief Executive Officer



Figures as at end of September 2022

The SMSA hits two major membership milestones

The Scottish Men's Sheds Association (SMSA) is celebrating hitting two major milestones with its individual membership scheme.

The national association welcomed its 3,000th member—Liam Stuart, 48, from the Wee County Men's Shed in Tillicoultry—and in the month of August, the SMSA also marked its highest intake of new members with a staggering 76 new individual members joining.

Liam, who also joined the Wee County Men's Shed on the same day, said: "I went along to the open day at the Shed and met some nice people—it is a good place, plenty to do and talk about so I became a member of the Shed and also joined the SMSA to support the Movement."

Jason Schroeder, SMSA Chief Executive Officer, said: "We are delighted to see this influx of new members joining and supporting the SMSA and the Scottish Men's Sheds Movement as a whole.

"We are seeing record numbers join the Association in post-Covid times and Men's Sheds are needed now more than ever. The SMSA is here to inspire men across Scotland to create and run Men's Sheds in their communities and/or support the Movement.

"It is free to become an individual member of the SMSA and receive a welcome pack and goodies, regular information updates—including 'The Scottish Shedder' magazine straight to your inbox—as well as access to the SMSA's online resource library."

Individual Membership of the SMSA is FREE

- Full 'log in' access to the SMSA website including all Shed guidance and research documents
- Receive The Scottish Shedder magazine directly to your inbox every six weeks
- Advice and assistance by telephone or email
- Local and regional support as our network develops
- Access to information, events and conferences showcasing the community of Men's Sheds and activities of Shedders

Not yet a member? [Click here to join](#) the SMSA today.



145

SMSA SHED MEMBERS

3,074

SMSA INDIVIDUAL MEMBERS



136

OPEN SHEDS

66

DEVELOPING/
PROPOSED SHEDS



32

LOCAL AUTHORITY
AREAS

UPDATE YOUR DETAILS WITH THE SMSA



New email address?
Moved house?



Change of Office
Bearers? New Chair?



Not sure if you are a
member or not?

If any of your information has
changed, don't forget to let us know

[Click here to notify the SMSA](#)



Voting has now opened for the public to have their say on who will be crowned 'Scottish Men's Shed of the Year' 2022.

The SMSA has announced the top three Scottish Sheds, shortlisted by the SMSA's Board of Trustees, for this prestigious award that recognises and rewards the contribution and life-changing impact that these vital volunteers – also known as 'Shedders' - across Scotland are making to their own lives and in their communities.

The 2022 finalists are [Inverurie & District Men's Shed](#), [Lanark Men's Shed](#) and [Men's Shed Govan](#).

Alex Smith, Chairman of Inverurie & District Men's Shed, said: "We are absolutely delighted to be in the top three! It is a great accomplishment achieved by the hard work of our Shedders. Fingers crossed now for the big one."

Sarah Everett from Men's Shed Govan said: "We are over the moon to be a finalist for this year's SMSA 'Scottish Men's Shed of the Year' awards. We have come so far in the last four years and are delighted with our progress. It's been great to see the camaraderie amongst our members build month on month."

Alan Ross, Chairman of Lanark Men's Shed, said: "We have just celebrated our first year and are overwhelmed with this fabulous news. As far as we are concerned, we are winners

already. This is a big win for every single one of our members."

Jason Schroeder, SMSA's Chief Executive Officer, said: "The awards are a chance to showcase the real difference that Sheds are making in their localities to improve the health and wellbeing of men over the age of 18. We are absolutely delighted for our three finalists. We received an excellent response to this year's awards in their fourth year – the highest number of entries received to date. The standard of applications has been exceptional and it was a difficult decision for the SMSA Trustees to choose their top three.

"The process is done through 'blind judging' and all references to names, areas, regions, partners etc are removed prior to the Trustees having sight of them. This enables our board members to review the applications based on the Men's Shed model, their growth, their response to members' needs and the impact they have in their communities without knowing who the application was from."

The awards event will take place virtually on Zoom again this year and will coincide with the Association's Annual General Meeting on [Friday 18th November 2022](#), 10am to 1pm. The winner will receive the esteemed targe trophy to display at their Shed for a year on top of a cash prize from the SMSA (paid back from SMSA Shed membership fees).

Goodies from sponsors and partner organisations include vouchers from the [Scotmid Co-operative](#) and [Axminster Tools](#); shortbread hampers from Scottish shortbread maker, [Dean's of Huntly](#); Machine Competency and Woodwork training through [David Young Training](#); Shed accounts packages from Thyme Accountants worth £620 to support the Shed Treasurer; and an impressive piece of kit for the winner's Shed workshop from [Cromwell Tools](#) that will be unveiled at the awards event.

The public has until midnight on Sunday 30th October 2022 to [vote to crown the winner](#).

Last year's title went to Westhill & District Men's Shed – the first-ever Men's Shed in Scotland. Shed Chairman Marty Kehoe said: "The recognition our Shed received from winning this prestigious title last year was a welcome boost for our members and raised our profile in the community.

"The trophy is magnificent and a big talking point with all of our visitors. We will certainly miss having it proudly on display but happy to pass the targe on to the next worthy winner."

Event supported by:



SMSA NEWS—DEVELOPMENT OFFICER UPDATE

By Tim Green

Over the last three months, Sheds have been extremely worried about the impact of the 'cost of living crisis' in general and fuel price inflation in particular. Some Sheds have even considered reducing their opening hours or closing through the winter months. Other Sheds have planned to open up warm spaces to their members and the local community.

Some of the pressure has been alleviated through the new [Energy Bill Relief Scheme](#) where the government will provide a discount on wholesale gas and electricity prices for charities whose current gas and electricity prices have been significantly inflated in light of global energy prices.

It will apply to fixed contracts agreed on or after 1st April 2022, as well as to deemed, variable and flexible tariffs and contracts. It will apply to energy usage from 1st October 2022 to 31st March 2023, running for an initial six-month period for all non-domestic energy users. The savings will be first seen in October bills, which are typically received in November.

Sheds do not need to take action or apply to the scheme to access the help. Support (in the form of a p/kWh discount) will automatically be applied to bills. For more details see [UK Government website](#). However, even with this discount, fuel cost are still going to be a huge burden for those Sheds that pay for this and it will potentially eat into reserves and/or threaten sustainability.

Sheds can keep down their fuel cost in three main ways:

1. Making sure they have charity VAT [exemption](#);
2. Energy efficiency, including low energy equipment and lighting, insulation, draught proofing, secondary glazing and/or rocket mass heating using small amounts of scrap wood; and
3. Using renewable sources of energy like solar PV, heat pumps, small scale wind turbines and energy storage.

To find out more, please make contact with the [Community and Renewable Energy Scheme \(CARES\)](#) delivered on the Scottish Government's behalf by Local Energy Scotland. They have a network of development officers across Scotland that provide free, expert and impartial advice and can support to Sheds to explore their energy efficiency and renewable energy options.

[Click here to find your local contact.](#)



Tim Green
SMSA Development Officer
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Various financial support options are also available including:

- enablement grants to get your project started, for example to help with feasibility studies, community consultations, legal fees and other preparatory costs
- development funding (grants and/or loans) to help get your projects designed and consented, as well as helping to procure (appoint) contractors so it's ready to build
- capital funding (grants and/or loans) support with the costs of materials, construction and professional fees to build your local energy projects

For more information about funding, visit the [Local Energy Scotland website](#).

One of the funds that will be useful for Sheds is the [Let's Do Net Zero Community Buildings Fund](#) which offers grant funding for up to 80% of eligible costs up to a maximum of £80,000.

In order to make some of these changes, you might seek help, as some Sheds have done, from construction companies, housing developers and renewables companies. Support can be found in three main ways:

- Project funding;
- They have volunteering strategies where staff take time out to volunteer for community projects; and
- Donation of superfluous or scrap construction materials, so that they can be put to good use by Sheddors instead of ending up in landfill.

Contact the company's Communities and Social Impact Officer, Community Champion or Community Engagement Officer for your area to discuss the possibilities.

More help is coming from funders offering cost of living grants that will fund running costs and the Scottish Government has also launched a [cost of living support website](#) with a list of help and resources available during the crisis.

The SMSA's 'Shedload of Opportunities' bulletin, which is sent to SMSA Shed Members, highlights the latest opportunities relevant to Sheds so remember to check it out!

Sheds to 'pop-up' across Scotland at participating Scotmid stores on International Men's Day

The Scottish Men's Sheds Association (SMSA) has teamed up with [Scotmid](#) yet again to offer Scottish Men's Sheds a promotional opportunity to mark International Men's Day on Saturday 19th November 2022.

During Men's Health Week 2022 back in June, the SMSA partnered with Scotmid to offer a full-day exhibition space to raise awareness of the Men's Shed closest to the store and attract new Shed members.



Carlruke Men's Shed popped up at their local Scotmid store in Law during Men's Health Week in June

Following the success of this, the SMSA and Scotmid are repeating the opportunity for International Men's Day and offering a 'pop-up' space (9.30am - 6.30pm) - to accommodate a 6ft table, banner and up to two Shed representatives - for the local Men's Shed on Saturday 19th November 2022.

[Click here for a list of participating Scotmid stores](#) and to register your Shed's interest.

Scotmid 

 SCOTTISH MEN'S SHEDS ASSOCIATION

A Report on Current Views and Experiences of Social Prescribing in Men's Sheds

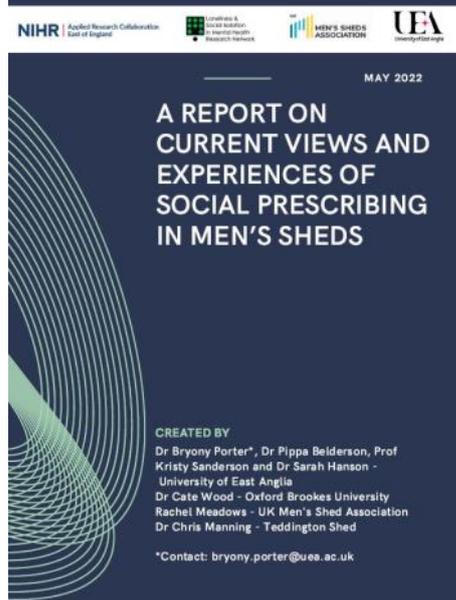
The UK government has invested in social prescribing schemes to tackle loneliness and its associated health impacts. Social prescribing refers people with health problems into community-based support and initiatives to enable group and peer support.

Men's Sheds are one example of a community organisation with involvement in social prescribing and has an overarching aim to tackle loneliness and promote wellbeing. Men's Sheds are friendly, lively, creative places where people can learn new skills, work on projects together or individually, enjoy each other's company and share jokes, stories and maybe even some of the problems and challenges they are facing. The Sheds aim to bring people together, to tackle loneliness through 'making environments', where men come together in a social space,

doing practical activities (e.g. woodwork).

As one of the few community and social opportunities specifically tailored to men, Sheds have attracted the attention of health and social care services professionals, social prescribers and other statutory and voluntary sector agencies who seek to 'refer' their clients to groups and activities that may be able to help them. This project aimed to explore the experiences of 'referrals' to Sheds and the potential impact this may have.

To aid this research, 93 Shed members (from various Sheds across the UK) were surveyed – and 21 interviewed on Zoom or Teams – in the summer of 2021. The survey asked Shed members about their experiences of joining and being a member of the Shed. The interviews further explored experiences in the Shed and perceptions and experience of social prescribing and 'referral' processes. This included positive and negative experiences, concerns and suggestions to improve experiences of social prescribing in Sheds.



In March 2022, an online, cross-nation event "Demystifying Social Prescribing in Men's Sheds", in partnership with Waterford Institute of Technology and Glasgow Caledonian University, also took place to bring together Shed members, national Shed organisations, academics and social prescribers from the UK and Ireland.

[Click here to read the full report.](#)

When veterans need a champion

The [Armed Forces Covenant](#) is a promise from the nation that those who serve, or have served, in HM Armed Forces, and their families, are treated fairly. Public bodies in Scotland have a legal duty to apply the Covenant. But, of course, sometimes things go awry. So, if a veteran feels they have been disadvantaged because of their Armed Forces experience when using healthcare, education, or housing services, what can they do?

Every Council and NHS Board, and many other public bodies, have nominated an Armed Forces and Veterans Champion. For the latest issue of the [Unforgotten Forces magazine](#), we spoke to two Champions about their role and how they can help veterans locally. Jo McBain from NHS Highland said: "I can join the dots for people in a system that's complex, even for those who work in it." South Lanarkshire Champion Councillor Mark Horsham said: "I support veterans with problems, not just for my ward, but across the Council area. I may support directly, linking veterans with Council and other services, or by advising others." You can read the interviews in full [here](#). You'll also find a list of Armed Forces and Veterans Champions in Scotland with contact details online [here](#).

We also have a [Scottish Veterans Commissioner](#), whose role is to get to know and understand the needs of the ex-Armed Forces community and be an advocate for them with the Scottish Government and other key decision-makers. Navy veteran Susie Hamilton, recently appointed to the role, [spoke to Unforgotten Forces magazine](#) about her ambitions for it. "There's a lot of change going on in the veterans' arena," said Susie. "I want to hear from veterans if this is making things better on the ground, And, if not, what are the frustration points? I also want to hear from people for whom things are going well, so we can identify things we'd like more of."

Susie will be keynote speaker at the Unforgotten Forces Autumn Gathering, a free one-day conference on Tuesday 1st November 2022 in Perth for lead volunteers and professionals with an interest in improving support for our older ex-Armed Forces community.

You can find out more and book your place [here](#).

www.unforgottenforces.scot



The graphic features a white door on the right side, slightly ajar, revealing a scene of several stylized figures in military uniforms walking through a doorway. To the left of the door is a dark grey panel with white text. At the top left of the panel is a logo consisting of a stylized snowflake or starburst shape. The text on the panel reads: 'UNFORGOTTEN FORCES Supporting Scotland's Older Veterans. Together our 17 charity partners offer a single doorway to camaraderie and extra support for veterans in Scotland aged 60 and older. Get in touch for our free magazine and older veterans' advice guide. Call us today on 0800 12 44 222. unforgottenforces.scot. Your call will be taken by Age Scotland, Unforgotten Forces coordinating partner, Charity Number SC010100.' To the right of the door, a list of services is displayed in various colors: 'Information and advice', 'Mental health', 'Arts and wellbeing', 'Sight loss', 'Transport', 'Money', 'Disability', 'Independent living', and 'Camaraderie'.

Combat Stress

For almost a century, [Combat Stress](#) has helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder.

Combat Stress provides support to veterans from every service and every conflict. Now with the expansion of Combat Stress within Scotland and three community teams providing support, the charity is looking to raise awareness of its services.

Please consider printing off the leaflet below and displaying it on your Shed's notice board for your members that are veterans:

⇒ [Combat Stress—How we can help](#) (leaflet, pdf)

Call
0800 138 1619

Text
07537 173 683

Email
helpline@combatstress.org.uk

Web
combatstress.org.uk

ARE YOU A VETERAN?

We can help with your mental health



UNFORGOTTEN FORCES—LUMINATE



**Luminate—
Scotland’s
creative ageing
organisation and
a partner of the
Unforgotten
Forces (UF)
consortium—**

**works to ensure all older people in
Scotland can enjoy high quality arts
and creative activities, whatever
their background and circumstances
and wherever they live.**

**Luminate shares details of their
latest project for Erskine Veterans
Village in Bishopton, another UF
partner, to create a new sculpture
trail that has captured the talents
and memories of Erskine residents.**

The 10 sculptures, were created by artists in residence Gill White and James Winnett in collaboration with Erskine residents. The project was devised to engage with residents in new ways and to help bring artistic talents to the fore.

James and Gill worked closely with residents on a wide range of creative activities, from photography to poetry and from soundscapes to painting. They began their artist residencies in 2017 and although interrupted by the pandemic, they returned to Erskine in summer 2021 to complete the art trail project, which was originally part of the Unforgotten Forces, a partnership of 17 charities—including the SMSA—supporting older veterans across Scotland.

Nestled in woodland, the trail is testament to the creativity and joy residents experienced working alongside the artists to create a lasting display. The sculptures draw on nature, and the memories and stories of the Erskine residents, to create an interactive experience.

Derek Barron, Director of Care Erskine, said: “Our residents all have different abilities and live with things that impact on those, whether that is living with dementia, reduced mobility or loss of independence or confidence. Erskine always had an extensive programme of social and recreational activities to support residents’ wellbeing, however we did not have the expertise on art and artistic expression that Gill and James

provided. Our residents loved the full and colourful range of artistic activities that Gill and James brought to Erskine.”

The art trail project valued getting outdoors, working with natural materials and tapping into residents’ adventurous spirit. Some of the most memorable and rewarding moments for Gill and James was seeing a person’s creativity really flourish through an activity that was developed in response to their interests and abilities. It was a process, said James, that brought “moments of shared focus, of working together, often without words, as creative equals.”

Anne Gallacher, Luminate’s Director said the stories, experiences and creativity shared by everyone who had been a part of the project was inspiring. “There is growing evidence of the positive impact of the arts and creativity as we age, and Luminate’s work across Scotland shows the important contribution that professional artists can make to the quality of life and wellbeing of older people. The sculpture trail at Erskine is a wonderful example of the creativity that can be sparked when artists and care home communities come together,” she said.

Luminate has learnt that the more time artists can spend in care homes, the more they are able to design and share activities that are personalised to the interests and needs of individual residents.

The collaboration between Luminate and Erskine has continued to grow. During this year and into next year five artists (visual artists India Boxall, Alex McEwan and Elena Harris; singer Rachel Hynes; and creative writer Lorna Hill) are providing 10 short creative residencies. Funded by the Armed Forces Covenant Fund Trust, this project has a strong focus on the mental health of veterans, and sees artists spend full days working in all Erskine homes, building a close relationship with residents, staff and families.

For more information on Luminate Scotland, please visit their [website](#) and follow them on [Facebook](#), [Twitter](#) and [Instagram](#).



SHED IN THE SPOTLIGHT—FORTH VALLEY MEN'S SHED



Forth Valley Men's Shed's new Chairman Kenny Quinn talks to the SMSA to give an insight into their Shed's six-year journey.

Kenny said: "Early in 2016, a group of men realised that Clackmannanshire would benefit from a Men's Shed based in Alloa.

"The team got together and in April 2016, Forth Valley Men's Shed (FVMS) was born with the aim to improve the health and wellbeing of men (aged 18 or over) in the Alloa, Hillfoots, Stirling, Falkirk and surrounding areas.

"We initially began meeting in a back office in the Clackmannanshire Third Sector Interface (CTSI) building and over the years have had several moves including our time at North Castle Street.

"Our current building, located on the edge of Alloa's Industrial Area, in Unit 5 on 8 Ward Street is within walking distance of the town centre. We began to occupy the building in February 2020—thanks to funding secured through donations, grants and income from our market stall—membership was on the increase and just then, Covid happened.

"The pandemic delayed progress, however our group remained strong due to a long-standing member that started up a WhatsApp group and members were liaising through it and also met two to three times a week to walk together and talk in a local park. This really was a lifeline to a lot of our members and ensured we stayed connected through such a difficult time.

"We have a very strong Board of Trustees including one of the original founders—our Chairman, Graham Reece—supported by our Treasurer Bob Hill and myself in the role of Secretary.

"We have strived over the years to forge and maintain links with local groups and national agencies like Age Scotland, NHS Forth Valley, CTSI and the Scottish Men's Sheds Association (SMSA) who have all supported us immensely.

"We are members of our local Third Sector Interface, CTSI, who guide us on funding as the Shed currently pays a very high monthly lease for our premises. We have also received development and promotional support through the SMSA and regularly attend the regional Shed Network meetings which are extremely useful to engage and network with other Sheds in the area to learn from each other without reinventing the wheel.

"We have approximately 60 members with an average of 15 attending each Shed session. We have capacity for additional members and are actively promoting for more at every opportunity including having our market stall presence in the Alloa High Street to reach locals and raise awareness. We are stakeholders in the new Alloa Hub information centre and are proud to support the Alloa monthly market which really gets us seen in the community.

Continued on next page...



SHED IN THE SPOTLIGHT (Continued)



...continued from previous page

“Our workshop is always bustling with members creating items to generate income but also personal projects for the members to get their teeth into—their project at their own pace. We also get involved with community projects to improve our area—we made large planters for Alloa High Street, benches for a local community park and fencing for the community garden.

“But it is not all work and no play. Most importantly, our premises has a very popular social area and our new games room has seen many a competitive game of table football, dominoes, board games and also on the PlayStation. Due to the recent influx of new members, we are fortunate to have a good mix of crafters and the social area is now becoming a hive of activity. Creations include novelty gifts, bird boxes, pens, Christmas decorations and hand-crafted guitars that we sell through the Shed or at market.

“We recently gave our social areas a wee makeover for those members that just fancy a blether and a brew. Going forward, the goal is to make the Shed more accessible to disabled members and also have a quiet area for members who wish to read, use computers, play games or do a jigsaw puzzle, model making, writing etc.

“We are now enjoying getting out and about as a group again. We had the privilege of a very special guided tour of the Argyll and Sutherland Highlanders Museum at Stirling Castle ([see page 20 of the June issue](#) of The Scottish Shedder magazine). If any Sheds would like an exclusive tour, they should feel free to contact me.

“The future does look very good for our Shed. We just held our AGM, where I had the honour of being elected the new

Chairman, and also welcomed our Provost Donald Balsillie as Patron to our Shed. He visited the Shed and received a full tour of the workshop and social areas last month. We are delighted to have him on board.

“We have received so much support from the community over the years, the Co-op, Asda, Tesco and Morrisons regularly stock up our tea bar—the necessities for our social gatherings.

“We also received a £3,000 funding boost through the Youth Philanthropy Initiative (YPI) Scotland where pupils from Lornhill Academy presented to their peers and the YPI judges on the work that we do and won.

“We also received an incredible donation from Thornbridge Sawmills and a trailer full of quality timber from All Thingz Timber. More recently, in May this year, we were awarded £3,500 from the National Lottery Awards for All Scotland programme and in October 2021 received £2,000 towards running costs from The Robertson Trust.

“In the coming months, we will be getting ready for the busy Christmas period and making some items for the popular Christmas Alloa market which is a good income generator for the Shed.

“Forth Valley Men’s Shed is currently open Mondays, Wednesdays and Fridays from 10am to 2pm however this is under review and subject to extended days to accommodate some members’ wishes. The kettle is always on for existing and potential new members—why not come by and take a look.”

Follow FVMS on [Facebook](#) and [Twitter](#) for the latest news.





Newton Stewart Men's Shed secures new Pavillion home

The SMSA chats to Carl Annall, Secretary at Newton Stewart Men's Shed who received the keys to their new home at The Pavilion on Kirroughtree Avenue in Minnigaff last month. The Shedders are currently busy in painting mode and transforming the facilities to meet the needs of their 46 members.

Carl Annall said: "The idea for a Men's Shed in Newton Stewart began back in 2019 however the pandemic unfortunately put our plans into hibernation. In November 2021, we organised an open meeting to see if there was any interest to get going with the idea again and were delighted when 35 people attended to support the initiative.

"A follow-up meeting on the 4th December 2021 then saw the formation of our Committee (Lex Muir was appointed Chairperson, Ian Petrie as Treasurer and myself as Secretary). We then applied to become a Scottish Charitable Incorporated Organisation (SCIO) which was granted in January. Our friends at Dalbeattie Men's Shed were extremely supportive in the early stages of our formation— giving advice, sharing their experiences and gifting us some surplus equipment and we will be forever grateful of that.

"Our search for premises has been a long and tedious one and in the interim period, we met at various venues including The Hut on Church Street. We have had get-togethers,

social gatherings, games nights, presentations, talks on life experiences and demonstrations from experienced 'Shedders'. One of our members, William Reid, has also entertained us with a few songs, including one of his own compositions, accompanied by his ukulele.

"The Minnigaff Pavilion was certainly a building of interest to us. It was used as changing rooms for the all-weather pitch right up until the pandemic and a few community groups were using the building to meet and deliver their activities. The charity Home-Start Wigtownshire, which provides practical and emotional support to families with a child under five, was one of these groups and we plan to keep providing them with use of the facilities on the days that the Shed is not in use.

"It has been a slow process with the lease—with many revisions and back-and-forth—but we are delighted to officially take on the building on a two-year basis from Dumfries and Galloway Council and received the keys on Friday 16th September 2022.

"The former changing facilities include two changing rooms, main reception area/clubhouse, meeting room, kitchen, toilets and shower. For being built in 1990, it is in really good order.

"We plan to turn the changing rooms into two decent sized workshops - one for woodwork and the other for



[Click here for a peek inside Newton Stewart Men's Shed's new premises](#)

metalwork - and then have our social area to meet, relax, play games and crafting/hobbies.

"Now, we are excited to be decorating the premises, maximising the space available to us and kitting out our Shed with tools and machinery.

"This week, we received a wood delivery from Rembrandt Timber Ltd for free which will go towards constructing our woodwork workshop in the first instance. At a recent SMSA Regional Shed Network Meeting, after promoting the news of our new premises, we were delighted when fellow Shed [Glenkens Men's Shed](#) offered us one of their lathes that was surplus to their requirements and we were more than happy to accept.

"One step at a time, we get closer to opening and plan to hold our official open day before Christmas and will invite the community as well as partners, funders and supporters. Everyone we have talked to is delighted that this building is to be used again and for community benefit."

Newton Stewart Men's Shed will be open initially on Tuesdays from 10am - 4pm and Thursdays 3pm - 9pm. Like Newton Stewart Men's Shed on [Facebook](#) to follow their journey.



Armadale Shed: Making intergenerational connections in the community

Over the last four years, Armadale Shed has worked in partnership with Armadale Academy to mentor and support their students to develop skills for life and work.

Shed Chairman Ian Smith said: “We have worked closely with Armadale Academy’s Head Teacher Mr Graham Paris to reach pupils that are interested in learning some new skills at the Shed—mostly working with wood, our machinery and tools—and may be struggling a bit with school.

“The pupils are offered the opportunity to come to the Shed on a voluntary basis, over the course of the full school year, and learn new

skills and get their teeth into some real projects to give back to their community.

“Projects have included making stands for the wooden crosses for Remembrance Day for the Armadale & District War Memorial Association, planters for Colinshiel Care Home and creating a quiet area in the school courtyard with benches, planters and wishing well for their fellow pupils to have a tranquil place to enjoy.

“The initiative has been a great success and we have no plans to stop supporting these youngsters anytime soon. The feedback received has been phenomenal.

“Some of these pupils, after becoming involved in the Shed, have now become re-engaged with the school and returned to their studies.

“Some have also requested a reference for job applications and we have also created a certificate to present to the pupils as a record that they have carried out this basic training to complement their CV’s when looking for employment opportunities.

“One day in the future, I also hope to see some of these students return to the Shed to sign up as a member.”

Julie Beckett, CLD Development Officer with Education Scotland, added: “It was great to visit Armadale Shed and see their partnership with Armadale Academy in action with the young people working on their projects and developing valuable life skills in a supportive environment.”

Follow Armadale Shed on [Facebook](#).



Kinlochleven Men's Shed is fulfilling the dream

Tony Walters, Secretary/Treasurer of Kinlochleven Men's Shed (KMS), shares their Shed's story so far over the last three years and highlights the current catch 22 situation they find themselves in.

Tony said: "Back in early 2019, we embarked on a journey to turn a great idea into a reality. A small group of ordinary guys formed a steering group to develop a facility to provide opportunities for men in South Lochaber to meet and pursue recreational activities in their own building.

"There was no shortage of work to do including creating a strategy, applying for charitable status, business planning, fundraising, a PR campaign to attract new members and most important of all, find suitable premises to operate in."

"We attracted 20 active members who started meeting together to socialise and input ideas to the overall strategy to get a Men's Shed up and running. Then, at the end of 2019, we acquired a large garage in Kinlochleven with the support of the Highland Council and other local organisations who wanted to work in partnership with us to tackle the high incident rates involving male mental health issues.

"Although the building was basically sound there was still quite a bit of renovation work to do. The internal electrics needed replacing and there were no toilet facilities.

"We developed a three-year business plan which was also essential to support our fundraising activities. In April 2020, our application to become a Scottish Charitable Incorporated Organisation (SCIO) was accepted. To achieve this status, it was necessary to appoint Trustees who will remain in office serving as a steering group until the first AGM.

"We ended our first year of operation on a high with a celebratory curry night to recognise all the hard work and achievements.

"But then suddenly, our normal became not normal anymore when the Coronavirus pandemic brought a stop to all our renovation and social activities.

"There was however plenty of work to do in the background. As an essential requirement of being a SCIO, we had to comply with the Data Protection Act (DPA) and this involved me contacting every member to obtain accurate personal data and their permission to send them electronic communications to keep them updated. We also have to compile a DPA policy to protect members' personal data. Fortunately, the SMSA have been able to provide good advice to make this a less arduous task.

"Before the pandemic, KMS was invited to participate in a food distribution initiative. David Ogg (our founder member) and a small team of volunteers, in liaison with the Co-op, started a scheme which has provided a regular supply of food and support to a network of 12 families and 20 individuals in and around Kinlochleven.

"Fortunately, the scheme was already in place when the pandemic hit and the Shed was in a position to meet the urgent needs of the community. We were also partnered with Morrisons to distribute spare food locally to those in need.

"Thanks to the generous donation of a chest freezer, more food could be stored ready for distribution and once the government funding was made available, our village resilience committee was able to take over responsibility for the scheme.

"When our 'Black Shed' was purchased, it required renovation before we could use it for activities. The roof required strengthening and a major upgrade of the electrics was required. An initial quote to connect the Shed to mains water was £10,000, a major stumbling block to a small charity operating in a pandemic environment where the need for frequent handwashing and cleaning down is essential.

"To date, the steering group is still looking to find solutions to these problems and prepare for a restart of operations. Our renovation schedule also includes the installation of fire exit doors; construction of a temporary composting toilet facility; re-organising the internal set up to



meet operational requirements; and to timber clad the front exterior and repaint the exterior and signage.

"After all the setbacks, we eventually held our first AGM at which we elected our first 'Trustees'. We also realised the route forward had significantly changed through no fault of our own. We found that the original quotation for the electrical renovation had increased significantly and timber for the toilet had doubled in price. It was also evident that to obtain the required certification to operate the building we needed more funding than originally planned to meet fire and health and safety regulations. All of this was quite a shock when we had already received funding to cover our original requirements.

"This dilemma triggered off an urgent campaign to raise additional funding. To date, the campaign has been met with mixed results. The main stumbling block being that some funders are reluctant to support facilities that are not yet open and providing service.

"So, we face a catch 22 situation. We require funds to open up fully but can't seem to secure funds as we are not yet open. But, we carry on—we have come a long way and are determined not to fail at the last hurdle. We hope to open fully within six weeks of receiving the extra funding, wherever it comes from."

Follow the Shed on [Facebook](#) for their latest news.



A 'new beginning' for Bridge of Don and District Men's Shed

...and a sneak peek at their new premises

On Tuesday 13th September 2022, SMSA's Development Officer Tim Green and Communications & PR Officer Michelle Wibrew visited Bridge of Don and District Men's Shed to hear all about their big announcement that they have secured new rent-free premises at the former Oldmachar Community Preschool building on Jesmond Drive in Aberdeen.

After a catch up at their current Shed at the Old Guardhouse at the Gordon Barracks, which they are currently packing up after three years, the SMSA team was treated to a peek of their new fully-accessible premises offering ample social, workshop, office, garden, kitchen and storage space to meet the needs of its thriving 80+ membership.

The Shedders have been busy over the last few months getting the old and new Sheds ready and on the day of our visit, were transporting their well-used pool table and having lino laid in the workshop.

The Shedders have been going to the new building in small teams to paint throughout; lay flooring; install new ceilings; knock down a wall to create additional space in the social area; build the new workshop; update the wiring; and floor the loft in addition to moving in all the donated items of furniture—desks, tables and chairs—from Shell in Aberdeen.

Kittybrewster Primary School, where the Shed helps out in the garden, also offered up some worktops that were perfectly rehomed in the workshop and one member's daughter also donated her old conservatory windows to finish off the impressive new workshop.

Shed Chairman John Smith said: "This new building will ensure the Trustees sleep much easier without the worry to raise funds to cover our current £8,000 per annum lease.

"For too long, it has been too much work and not enough play. We are going back to Shed basics. The new building meets our needs perfectly and will allow for more of the social aspect—just the way it should be—and this is a fresh start for our members. This really has been a godsend for our Shed post-Covid.

"The new location is right next to Forehill Primary School and we are already in talks with the headteacher on how we can work in partnership. We have also been in talks with Bob Donald, Chairman of the community growing initiative, [One Seed Forward](#) here in Aberdeen, to discuss their school becoming a 'garden school' with the aim to teach outdoor learning and the school receives a certificate for their achievements.

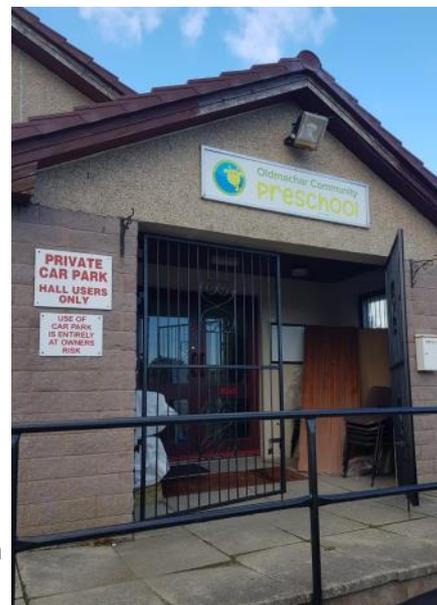
"We still have quite a bit of work to do at the Shed—indoors and out—and want to add in new paint and timber stores and a water butt to harvest rainwater. We also want to transform the garden area with the 1,000 crocus and 500 Mascari bulbs that were supplied by Aberdeen City Council and trim back the large tree to allow as much light in as possible and see a colourful display come alive next Spring.

"There is so much potential for the outdoor space to be utilised by members in the warmer months and there are even discussions around the summer house becoming an arts studio to be run by our member, Alex Bowes, who is a retired art teacher.

"Once we are settled in, we plan to restart our shed outings, lunches and sports competition and also ask the members if there is anything new that they want out of the Shed. There is also scope to hire out the facilities to generate funds on non-Shed days. The possibilities are endless but for now we just want to get in and settled into our new home."

The Shed hopes to move in to Oldmachar Community Hall before Christmas and have the lease at the current Shed until February 2023 to ensure a smooth transition. The Shed will be open Monday to Friday, 9am to 12pm offering a range of activities including arts and crafts, computing, darts, pool, dominoes, wine making, wood turning, metal work, gardening, lending library and the popular Friday breakfast club.

Follow their journey on [Facebook](#).





Bothwell and Uddingston Men's Shed reflects on first year success

It has been an eventful first year for Bothwell and Uddingston Men's Shed. As they approach their inaugural AGM, David Little reflects on the year's highlights.

David said: "We started this project with the help of Paul Creechan from Seniors Together in August 2021, with the aim of getting guys back out and about after a crazy past two years.

"We quickly formed a committee made up of Joe Kennedy our Chairperson, Brian Anderton as Secretary and myself as Treasurer along with help from other Sheddies and the SMSA we established what needed to be done going forward.

"Since inception, we have recruited Eric Rennie and Jim Mason to the committee taking us to five Trustees. We explored a variety of options regarding a permanent site as we were only meeting once per week at a local church hall for a couple of hours. During this time, we established what we wanted in a Shed and what members needed. We identified a site and went full steam ahead—funding application after funding application, donation letter after donation letter.

"Eventually, it all seemed to come together nicely. We managed to get a long-term lease on the land at the Uddingston Cricket and Sports Club where they have been amazing with our vision and what we want to do in the community. After a lot of negotiation, we managed to source and buy a permanent home thanks to

the [National Lottery Community Fund](#), [The Robertson Trust](#), [Foundation Scotland](#), South Lanarkshire Council and [Tesco Groundworks Grant](#). This help and awards have got us to where we are today and we are forever thankful.

"During this time, we sadly lost one of our founding members Auld Reg Saltwell who passed away at age 96. He was with us from the very first meeting at the church hall and did not get to see the opening of the Shed so in his memory we named one of our Shed's 'Reg's Shed'.

"We officially opened in March 2022 with 28 members after a very successful open day and local advertising. Today, we have 43 official members so our recruitment campaign has been successful. We have had stalls at local gala days, been recognised by the local council and received great feedback from the wider community, so B.U.M.S (acronym was voted to stay!) are enjoying great success.

"As we are located at a sports ground, there are a lot of visitors to the area. This summer, there was a very high-profile tournament held there which saw eight nations trying to qualify for the world cup and European championships. Considering these games were being televised worldwide, the SMSA very generously donated a 'Head to the Shed' banner.

"This banner was erected above our Shed and was visible throughout the games which had over 200,000 views online via the various team's social media and YouTube. There were many comments about this and we were more than happy to fill everyone in on what we do.



"Since opening at our permanent site, we have been involved in community projects from building benches for the local Old Parish Church to now having commissions from a variety of council organisations who wish to explore playground activities for children. I can't wait to see where this will take us as a community group.

"We have a fantastic group of guys where everyone gets involved. We are considering opening additional days to ensure everyone get enough time in the Shed. Also, weeknights and potentially weekends. The membership has been consulted on what direction they want the Shed to take and we now have a wide variety of activities and will hopefully soon start up new specific clubs from introduction to music and astronomy to pyrography (wood burning) and computing.

"We would like to thank everyone who has supported us over this first year, especially the other Sheds and Sheddies, we look forward to working together in the future."



Stonehouse Men's Shed hosts 'An Evening with the Shedders'

On Saturday 8th October 2022, Stonehouse Men's Shed hosted an event at St Ninians Church Hall inviting surrounding Sheds and supporters for an evening's entertainment and socialising—'An Evening with the Shedders'.

Graham Curtis from Stonehouse Men's Shed said: "The object of the evening was to bring together the Sheds of South Lanarkshire and to celebrate and thank local companies and individuals for their support in establishing our Shed in the village.

"Entertainment was provided by our Shed's own band 'Simply Shed' and we also had a tasty buffet from County Bake. It was great to hear everyone in the full church hall singing along with them. 'Simply Shed' are now playing regularly at care and residential homes including a wonderful afternoon with our friends from The Jubilee Club in the Lifestyle Centre Stonehouse.

"The evening was concluded by popular local band Holm Street who with the help of sound engineer Les, all provided their services free of charge for the fundraising event. The event was supported by Paul Creechan, Men's Shed Development Officer at South Lanarkshire Council, and through the hard work of our committee.

"Our Shed is now well underway with a rewilding project to the rear of our building and portacabins. This is an exciting project that will almost double our footprint in the village."

For more news from Stonehouse Men's Shed, please follow them on [Facebook](#).



Forth Bridges Men's Shed secures new home

Developing Shed, Forth Bridges Men's Shed, who previously met at the Rosebery Hall on the High Street, South Queensferry is celebrating the news that they have secured a new permanent home to improve the lives of men living in the Queensferry and Kirkliston areas.

The new venue is located at their local community centre—South Queensferry Community Education Centre on School Lane, South Queensferry—and is meeting every Wednesday, 10.30am to 2.30pm. The Shed also plans to also install a separate portacabin for their activities.

For more information, please contact Tony Jones at tonyjones@f2s.com



Carluke Shedders are off on some jaunts...

The members of Carluke Men's Shed (CMS) have a jam-packed social diary at present—and are taking full advantage of getting out and about together—with many more jaunts in the pipeline.

Upcoming events include some self-funded musicals at the Lanark Memorial Hall—Twist and Shout, Sweet Caroline and Barbara Dickson—and a Santa Barge Cruise for mid-December where it will be up to Santa to determine if the members have been naughty or nice this year.

In the [last issue of The Scottish Shedder](#), we heard how Shed member Brian Taylor created a set of wooden steps for their local horse riding stables—Dillars Hill Livery Yard near Lesmahagow which Brian's wife, Eleanor attends—to allow riders to mount the horses easily. Following on from this, Myra Costello from the yard invited them for a learning visit and they were more than happy to take her up on the offer.

Carluke Men's Shed Treasurer Tom Kennedy said: "A great time was had by all on what turned out to be a lovely couple of hours with our hosts Myra, Eleanor and

Emma and the four horses, Cola, Rosie, Eurostar and Ace. It is great for the members to have these outings together, to keep their spirits up and it is always nice to learn and experience something new."

Another initiative getting the members together is their new music group, the 'CMS Strummers'. Tom said: "The newly formed group have been practising hard and launched themselves into the big-time at our get-together in mid-September at Carluke Leisure Centre. This is a great step forward for our members and I am sure it will not be long until they are taking bookings!"

Last week on the 11th October, CMS also launched weekly woodturning classes on Tuesday evenings (7-9pm)—to accommodate working members—in their woodworking cabin and supervised by Brian.

Tom, who visits Stonehouse Men's Shed on a regular basis, also supported them at their music function event on Saturday 8th October (see [page 17](#)) at St. Ninian's Church. Tom said: "Their events are always really great and we like to support other Sheds as much as we can. When we organise our own social events, we always like to extend an invitation to the Stonehouse Shedders to join us too."

Follow Carluke Men's Shed on [Facebook](#) for their latest news.



Stonehaven Shed Chairman attends St Giles' Cathedral service for the Queen

Bill Allan, Chairman of [Stonehaven and District Men's Shed](#), had the honour of being invited by the Lord Lieutenant of Kincardineshire to represent the Shed at the service in St Giles' Cathedral for Her Majesty, Queen Elizabeth.

Bill said: "I arrived at Waverley at 10.30am and sauntered up to the Royal Mile via the City Chambers at Cockburn Street where we were scheduled to meet at noon with the rest of those invited by the Lord Lieutenancy of Scotland.

"It was exceptionally busy and crowds had gathered all the way up and down the length of the street. I met a Fijian soldier wearing a feather bonnet who told me he had been in the Black Watch, and he had come all the way from London to pay his respects.

"We assembled at the City Chambers at mid-day and I was privileged to be asked to sign the book of

condolences on behalf of the Shed. The meeting place was a mixture of celebrities, Lord Lieutenants and their invited guests and I was pleased to be introduced as Bill Allan of Stonehaven and District Men's Shed.

"We then went across the quad, through the crowd and over the Royal Mile to St Giles and entered by the West entrance and were seated five rows back from the entrance aisle.

"We saw the Prime Minister, the First Minister, Lord George Robertson, Menzies Campbell, Alex Salmond, David Steele, Douglas Ross, Anas Sarwar and John Swinney, to name but a few, as they passed.

"From 2.30pm, the place went into almost complete silence before The Choir of Westminster Abbey started to sing. The funeral procession then arrived and the coffin was carried up the aisle followed by the Royals, the new King Charles III and Queen Consort, followed by Princess Royal, Princess Anne and Vice Admiral Sir Timothy James Hamilton Laurence; Prince Andrew; and Prince Edward and Sophie, the Earl and Countess of Wessex.

"The service was truly magnificent, in particular a homily on her life by the Moderator of the General Assembly of the Church of Scotland who summarised her devotion to a lifetime of service beautifully.



"When the service ended, we all took our turn to stand, individually, in front of the coffin and show our respects. It was very emotional as I, like most there, had a tremendous admiration for our Queen over the last 70 years.

"On going outside, I was amused at having the Edinburgh "Polis" stop the traffic for me as I made my way back across the Royal Mile to the City Chamber.

"This was a once in a lifetime experience and I was delighted and honoured to be representing Stonehaven Men's Shed".

Race night success for Inverurie and District Men's Shed

Inverurie & District Men's Shed held their race night on Friday 23rd September 2022 at the Hopeville Social Club.

Local DJ Neil Mellis was MC for the night and added to the excitement of the evening with the mission to raise as much funds as possible for the Shed.

The Shed had phenomenal support for the event with an impressive line-up of sponsors—Automasters Inverurie, GPH, Laings Kitchens, Logie Country House, Strachans and Tawse Tyres. Follow IDMS on [Facebook](#) for their latest news.





East Kilbride Men's Shed's doors are open at new base with promising future

East Kilbride Men's Shed held its successful official open day, attracting over 150 people to check out their new premises, last month.

The event on Saturday 10th September 2022 provided the opportunity for the Shedders—who have been busy converting the vacant St Leonard's Hall since March this year—to proudly showcase their impressive new social space and workshop.

Representatives from the council and rotary club were in attendance on the day and 'Metamorphosis', a folk instrumental quartet, provided entertainment for the guests. A crystal opening plaque was gifted to the Shed from Glencairn Crystal of East Kilbride to mark the occasion.

The Shed began in 2015 and, until last year, was based in the College Milton estate. Shedless and with all their belongings in storage, the Trustees—with the support of South Lanarkshire Council and local councillors—began the search for new premises and found St Leonard's Hall which was ideal for their requirements and future plans.

In addition to supporting their local community and charities with projects, the Shed offers an array of activities for its members including woodwork, craft work, engineering, electrical work, mechanics, repairing items and most importantly, a friendly and welcoming environment to socialise.



Councillor Miller said: "I worked with the Men's Shed to get them into their new home. I would strongly recommend a visit and so proud that we have this fabulous service on our doorstep."

East Kilbride Men's Shed is open Monday to Friday from noon until 4pm. For more information, follow them on [Facebook](#).





Men's Shed Dalry gets off to a flying (and fly-tying) start

Once upon a time, the nearest Men's Shed to Dalry—a small town in the Garnock Valley in Ayrshire—was in Kilbirnie, five miles away, and there was a feeling that an appetite existed for such a facility in Dalry itself.

Gus McLafferty from Men's Shed Dalry said: "Our Shed's story began back in April in Dalry Public Park when two men out walking their dogs discussed that very subject.

"I was one of those men and the other—John Woodside, already a Trustee at Garnock Valley Men's Shed (GVMS)—was the catalyst for us to pursue a solution to the issue and bring something to life for Dalry."

Having recently retired from work after 44 years with BT, Gus was no stranger to challenges and his

maverick attitude was just what was needed to move things along.

Gus said: "As it happened, there were already plans afoot to set up a Shed in Dalry, something which was on the agenda of Dalry Community Sports Club (DCSC). The Chairman of which, Allan McGinlay, was a long-standing work colleague of mine. So, after a few encouraging calls, a meeting was quickly set up to discuss the proposition of creating a Shed."

At that meeting, Gus was introduced to David Gardner, Chairman of the Scottish Men's Sheds Association (SMSA) and Chairman of GVMS, and the ball which had only started rolling, picked up considerable pace.

"I had a preconceived idea of what a Men's Shed was," said Gus. "I had this image of retired guys gathering around a workbench making things out of wood, while drinking tea.

"David was at pains to put me straight on this and when I see how things have panned out for the Dalry

Shed, I realise just how misguided my original views were.

"Less than a week after that initial meeting and a quickly-thrown-together poster campaign around the town, Stewart Beck (Community Development Office for North Ayrshire Council and a GVMS member) accompanied me on a two-day recruitment drive to reach local men and raise awareness of the developing Shed.

"Those initial discussions drummed up enough interest to run four taster sessions over the next fortnight and on the 9th May 2022, Men's Shed Dalry opened its doors in the pavilion in Dalry Public Park to start shedding!

"The naming convention was decided upon due to the fact that Dalry's Shed currently exists as a satellite of the existing Garnock Valley Men's Shed, so the name Dalry Men's Shed was a bit premature for a Shed which is not really bearing its own weight yet.

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“We still rely on the GVMS guys to carry us. When we started out, we had the grand total of two packs of cards and two sets of dominoes, neither of which have actually seen the light of day yet. GVMS has donated much of what we have today, along with some items from locals who have shown magnificent support these past few months.

“All of our guys have been made most welcome when visiting the GVMS, even if we have to bring our own biscuits. The advice I’ve personally had from David Gardner has kept me moving at a more moderate speed than would have been the case had he not grabbed my reins. He’s my voice of reason. Like a wise owl that sits on my shoulder and hoots when my focus is in the wrong direction.”

“So what has the first five months brought for the guys in the Shed in Dalry? Funnily enough, not much in terms of woodworking although a magnanimous gesture by DCSC last week in making more space available to use as a wood shed will mean the chop saws will now be buzzing.

“The main activity in the Shed in these early months has been fly-tying—producing an artificial fly to be used by anglers to catch fish—brought about by the relentless enthusiasm of Brian Colwill, one of the founder members and an artisan of this particular craft, earning him the nickname of Captain Hook, the latter part of that sobriquet, being his area of vast expertise.

“Brian’s patience and method of delivery encourages others to get involved in the therapeutic art of turning

bent bits of wire into works of art which would fool many entomologists.”

Brian said: “We have about six regulars who come to pick my brains and borrow my tools but we are gathering our own equipment in the Shed which will mean the guys can just come along and join in, without having to carry all their gear down to the Shed. I’m also looking to get some of the other guys involved too in local fishing trips.”

Gus added: “Those other guys however spend their time in the Shed doing other things. We secured funding for four of the Dalry Sheddors to gain their Bronze Awards from Velotech Cycling Ltd, an organisation which trains people to maintain and repair bicycles.

“The upshot of this has been a regular flow through of donated bicycles which have been professionally restored for distribution among the refugees who have settled in and around North Ayrshire, a really worthwhile and rewarding activity.

“There’s also a bit of model building going on in the Dalry Shed too, all based on kits and tools donated by GVMS. Apart from that, it’s just a place where the Dalry guys gather to reminisce, drink tea and watch that nobody goes to the toilet too often. A place where it’s safe to offload. WHAT HAPPENS IN THE SHED - STAYS IN THE SHED.”

David Gardner said: “GVMS is extremely proud of the advances made by Men’s Shed Dalry and can only complement Gus and the team of guys for making a dream a reality by their endeavours.”

Members of the new Men’s Shed Dalry are also Shed members of the GVMS and vice versa.

Follow the new Men’s Shed Dalry on [Facebook](#).





The high rollers of Milngavie & Bearsden Men's Shed

A group of Sheddors from Milngavie & Bearsden Men's Shed recently enjoyed a day away from the Shed for a bit of fun and a buffet lunch before a bit of ten-pin bowling.

Competition was fierce, at the Hollywood Bowl at The Quay in Glasgow, and many suffered aches and pains the next day. The top score was achieved by Dougie H (pictured above centre next to Bill P) closely followed by runner-up Stan C. Each was presented with a carved award donated by Bill. A great day was had by all.

Milngavie and Bearsden Men's Shed is open 10am to 4pm on weekdays and they are based at The Pagoda, King George V Park, Borland Road, Bearsden. For more information, please visit their [website](#) and follow them on [Facebook](#).



Pancake Day at Milngavie and Bearsden Men's Shed

Milngavie and Bearsden Men's Shed member Stephen McGuigan has been cooking up a storm in the Shed kitchen for his fellow Sheddors for their third 'pancake day'—their first since lockdown—on Friday 9th September 2022.

Skilfully prepared and presented and thoroughly enjoyed by those in attendance, Stephen created something a little bit different with the addition of raspberries and blueberries—to go towards our five-a-day—through the pancake batter and topped it all off with some crispy bacon and a drizzle of delicious maple syrup for some.

Shed Secretary Hamish Livingstone said: "Stephen regularly comes up

with great ideas to encourage members and promote the Shed.

"His family recently visited him from Canada and brought him the ingredients as they know he enjoys the authentic Canadian pancakes. He enjoyed sharing this with the members and also raised funds for the Shed whilst doing so."

Follow the Shed on [Facebook](#) for their latest updates.

Aboyne and Mid Deeside Community Shed Official Opening

SMSA's Chief Executive Officer Jason Schroeder was one of the invited guests of the Aboyne and District Men's Shed to the formal opening of the Aboyne and Mid Deeside Community Shed last month.

Over 150 guests attended as The Earl of Aboyne cut the ribbon to officially open the Shed to the community.

Jason said: "This has been many years in the making. From when I did the first Shed presentation in the village to receiving huge support from The Earl of Aboyne to offer land for new custom-built premises as there were no other buildings fit-for-purpose or Council land available. It is heart-warming to say the least.

"To raise over £400,000 for a complete new build for their community is nothing short of remarkable. The tenacity of these men when the goal looked impossible - searching for a home to realise their dreams in these trying times - is a feather in all their caps."

In addition to using the building for Shed activities, the space is also rented out to local groups. One such group is [James Cooper Bagpiping](#)—that provides bagpiping services for weddings, funeral, corporate events and more—and played at the Shed's opening event.

James Cooper, a Pipe Major with Ballater & District Pipe Band (pictured above playing the bagpipes at the opening), said: "We are fortunate that the Shed offers us a room on a Monday evening to teach and give lessons to pupils of all ages whether they are just starting out on the practise chanter to some that are even on the bagpipes.

"Ian Smith was the one that managed to secure the room and has been teaching for over 30 years. Ian was the one that taught me how to play with countless others around the Deeside area and further afield, you could say he is a local legend.

"I have just recently become full time in playing my bagpipes and have started to help him out with the teaching. I will be trying to follow in his footsteps and keep the teaching going to continue his legacy and help promote the piping around the area.

"Teaching and bringing members into the band is such a big priority for us and passing down tradition and techniques also is key for whoever that is willing to learn."

Follow Aboyne & District Men's Shed on [Facebook](#).





Glen Urquhart Shedders gather for the 'Games'

Glen Urquhart Men's Shed (GUMS), which has recently joined the SMSA as a new Shed Member, had a prominent presence at the 28th annual Highland Games last month to raise awareness, reach potential new members and raise some Shed funds.

A successful raffle took place at the gathering on Saturday 27th August 2022 with prizes and fine craft items made by their talented Shedders. The money raised will go towards their goal of building, kitting out and maintaining a permanent home for our Shed.

Dick Beach from Glen Urquhart Men's Shed said: "We had a great day at the Highland Games. Not only did we make a few bob for the Shed but the effect on us all was excellent - a reason for us all to get out and get on with things! Our Shed continues to work on proposals and initiatives to make a permanent home for our members into a reality."

Glen Urquhart Men's Shed (GUMS) is currently located at Ancraig House, Bunloit, Drumadrochit in Inverness-shire and was formed in July 2019 by local handyman, Bruce Nelson.

The Shed meets every Wednesday evening to work on projects and socialise. Follow the Shed on [Facebook](#) for their latest updates.

Bikes for Ukraine

Denny and Bonnybridge Men's Shed, which began in 2016 and created a bicycle repair workshop area in the heart of the Forth Valley, offers a high quality bike repair service to its local community.

Recently, the Shed collected donated bicycles which were stripped, repaired and tested in their bike section before being shipped out to Ukraine to help those in need.

Follow Denny and Bonnybridge Men's Shed on [Facebook](#) for their latest updates.





Aberchirder & District Shedder helps fellow members forge welding skills

Despite Covid delays, Aberchirder & District Men's Shed's (ADMS) new welding Shed is all fired up as their metal and forge master, Stan Smart starts mentoring his fellow Shedders.

Shed Chairman James Paterson said: "Way back when we started our Men's Shed in 2016, our member Stan talked about getting a welding shed. The members all thought it was a great idea and Stan offered to teach them what he knew.

"We sourced a container unit from a local business man. It was just perfect for our plans—a door on the side and double doors at one end with windows fitted. Our member John started to install the electrics assisted by new member Gary.

"Covid delayed the 'Introduction to Welding' project so this was put on stand by until we were clear to roll it out. In May of this year, welder Stan started putting the final steps in place—purchasing all the equipment, materials and protective gear—to get everything ready to start.

"We also checked with our insurance provider—[Greenwood Moreland Insurance Brokers](#)—to ensure we were properly covered for this type of project.

"We were then ready to advertise this project to the public—highlighting that forge work would be included but this would be done at his premises. We started to receive a very positive response from the community.

"So, we were all clear to start. The sessions started on the 9th August 2022 with a good response from near and far with 10 participants of all different ages signed up.

"Most surprising was that some young school boys came along asking to get lessons in forge work and welding. Unfortunately, they are just a bit too young at the moment but it just shows you that they all do not want to just play computer games. We look forward to their return in a few years.

"It is great to see so many young men taking part in the welding and forge workshop. Stan is delighted to see these traditional skills and techniques be passed on. At the end of the day, this is where his passion lies and it was great to see him leave the Shed smiling."

ADMS is offering the course on Tuesdays and the occasional Saturday afternoon. Follow the Shed on [Facebook](#) for the latest news.



A fascinating insight into Scotland's military past

Penicuik and District Men's Shed Secretary David Russell said: "Possibly one of the best kept secrets in the Central Belt of Scotland is the award-winning [Military Museum Scotland](#) located at Linburn, Wilkieston near Kirknewton in West Lothian.

"On the 27th August 2022, I took our elder statesman of Penicuik and District Men's Shed, Tom Smith (88), to deliver some military artefacts which had belonged to his late father, Jack Smith, and receive a tour of the museum.

"Jack was a Squadron leader with 603 (City of Edinburgh) Squadron at RAF Turnhouse which saw some of the earliest air action of World War 2 and

later served in Burma as a liaison with the American Air Force.

"Until two weeks previously, I was unaware of the existence of this place and was astounded by their comprehensive display of vehicles, weapons, kit and even a World War 1 replica trench. It is staffed by welcoming former service people and it is an absolute credit to them.

"While there, the organisers expressed an interest in developing a Veterans' Shed and we have arranged a return visit with a group of Shedders with this in mind.

"It is a great day out for all and one that I would thoroughly recommend to other Men's Sheds. As American philosopher George Santayana once said— ***'Those who forget history are condemned to repeat it.'***

Follow Penicuik and District Men's Shed on [Facebook](#) for their latest news.



Roslin Men's Shed recognises support for meeting venue

Roslin Men's Shed currently meets fortnightly at The Mustard Seed on Main Street. As a thank you for allowing its members to use the premises as a meeting place, Shed member Colin created an impressive new sign to display at the entrance.

A celebratory unveiling took place with Belle from Rosslyn Chapel Congregation.

Roslin Men's Shed meets on a Friday morning in the Mustard Seed for a get together and also holds evening workshops at Loanhead on Tuesday and Wednesday evenings (6-9pm). All welcome!

Follow Roslin Men's Shed on [Facebook](#) for their latest news.



A PERSONAL STORY

The SMSA interviews veteran Richard Packer (52) from Fraserburgh and District Men's Shed on how joining the Shed—along with his service dog, Ace—and becoming a Trustee has impacted on his life.

Richard said: "I was in the Armed Forces but was medically discharged. I then became a civil servant and worked until I got cancer and took redundancy in 2008.

"My wife Lynne and I moved up from Somerset to Aberdeenshire in 2014 into veterans housing and I struggled with post-traumatic stress disorder (PTSD). We were also told, after some scans, that we might be unable to have children but low and behold, were blessed with our son.

"It was in 2019 that I first heard about Men's Sheds. I read about it on Facebook and my wife and son were also part of the Fraserburgh Sea Cadets, where Fraserburgh and District Men's Shed was based at the time and my wife and son encouraged me to attend.

"I was apprehensive at first but went along and realised straight away, just how much I had missed this camaraderie amongst men.

"Prior to this, I had not been out in a very long time. The Shed felt welcoming, like I had always been there. I mingled in and they accepted me. The Shed has built up my confidence immensely, I am now able to do other things in my life and it has really brought me out of my shell.

"My service dog, Ace, and I go along to the Shed regularly. Everyone loves him and treats him as their dog—they have adopted him really.

"Although he is my assistance dog, he also knows when someone is upset at the Shed and goes over to them but knows to return if/when I need him. The members' faces light up when they see him.

"Through my newfound confidence, I was inspired to get involved with my local cricket team and from that, we now have some of the cricketers coming along to the Shed and the Shedders are also joining the cricket club too. We are going to have a Shed banner displayed at the cricket field to raise awareness with other potential new members.

"I recently brought a couple of the young cricket lads, in their 20's, along to the Shed and now they have become members and regularly attend. One is also keen to join the Committee. The strong link with the cricket club is really working for us.

"Lockdown was hard for all of us, especially with losing our Shed. Our former base in the Sea Cadet building had



become unsafe and required a lot of work to repair it and then the Sea Cadets were evicted from the building so we also had to vacate the premises.

"Our Chairman Ralph Grantham offered up his barn for us to continue with some local projects and keep us active like making picnic benches for the cricket club. Most importantly, it kept us connected.

"The future is now looking very bright for our Shed. We are currently in the midst of setting up our workshop at our new base and meeting regularly for social gatherings within Fraserburgh Sea Cadet's premises in the heart of the town at the former Grampian House on Commerce Street. It is a new beginning for our 60+ members after being without premises for so long.

"At home, I am also currently working on a very special project—a trophy for our 'Member of the Year'. The award is an old plane mounted on wood and will have gold gilding and will be passed from Shedder to Shedder each year. We are very much looking forward to our inaugural awards to present this to a stalwart member.

Continued on next page...

A PERSONAL STORY

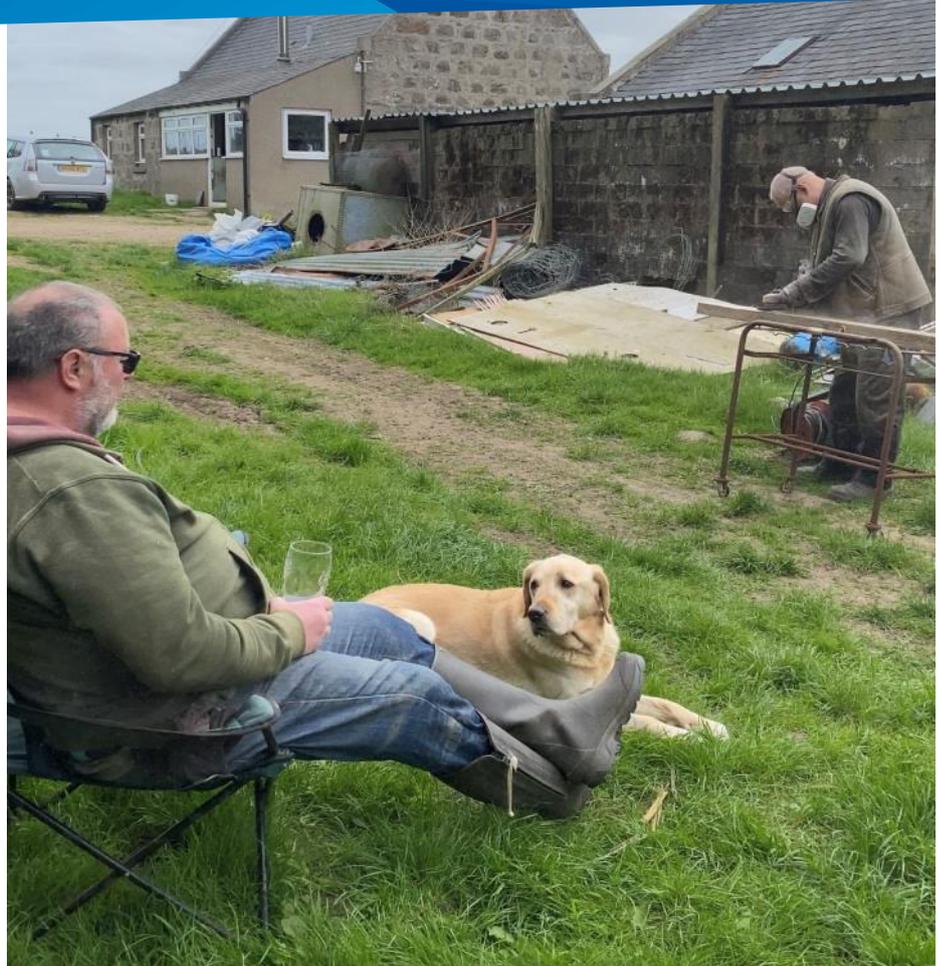
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“The community has really stepped up to help us over the years. Put simply, without the Sea Cadets we just would not be here. Local companies like Gray & Adams Ltd donated supplies which we can use for our upcoming projects and last winter, we had the use of The Lighthouse Museum to meet and have coffee for no charge when we had nowhere else to go.

“We have found that if we need help, we need to ask for it and people really do step up. If they know it is for a good cause like the Men’s Shed they often offer to support us. It really restores your faith in humanity.

“After Storm Arwen, we were delighted to return the favour and help with repairs. We also plan to open our Shed up over the winter as a warm space. We hope to work with the local food bank or maybe get produce from the Fraserburgh Secret Garden to offer a hot bowl of soup once or twice a week to members and visitors. The community know we are there for them which makes it all worthwhile. It is an extremely rewarding role.

“I recently asked my son what he thought about the impact the Shed has had on me and his response was, ‘You are calmer, Dad’. And, I totally agree. The Shed has not only turned my life around but has impacted on



my health too. I feel less stressed. My mood has improved and I don’t get annoyed at the little things anymore.

“I have gone from staying at home feeling isolated to joining the Shed, becoming a Trustee and changing other people’s lives too. I now feel like anything is possible and am proud to take an active role in improving my community and impacting on the health and wellbeing of people in our local area.

“Now, if I have a problem, I talk to my family and my friends at the Shed straight away. I used to go to the Shed once a week to get me out of the house but now, I am there pretty much every day due to the stage we are at setting up the Shed at the moment.

“Ten years ago, I was deemed unemployable and thought that was it for me. If someone had said a few years back that I would be a Trustee and have access to so many opportunities, I would never have believed them.

“Now, I am setting up a new Shed with my fellow Trustees and attending regional Shed Network meetings representing our members’ interests and loving every minute of it. It is exciting times for all of us and I am immensely proud to be a part of this journey.”

Follow Fraserburgh & District Men’s Shed on [Facebook](#).



'THE SHED GARDEN'



Men's Shed Govan transforms derelict site into a beautiful community garden

Men's Shed Govan has transformed a derelict piece of land next to their Shed into a beautiful garden for its Sheddors and the community to enjoy thanks to a £10,000 grant from the [National Lottery Community Fund](#).

After four months of hard graft by the members and community volunteers, the garden was officially opened complete with six raised beds for growing vegetables and four flower beds, a potting shed and games pitch.

Sarah Everett, Men's Shed Govan's Funding Manager, said: "The area next to our Shed, which was a former nursery site, had pretty much become a dumping ground. It was making the Shed look untidy too so the members made the decision to turn this neglected space into something truly magnificent that everyone could benefit from.

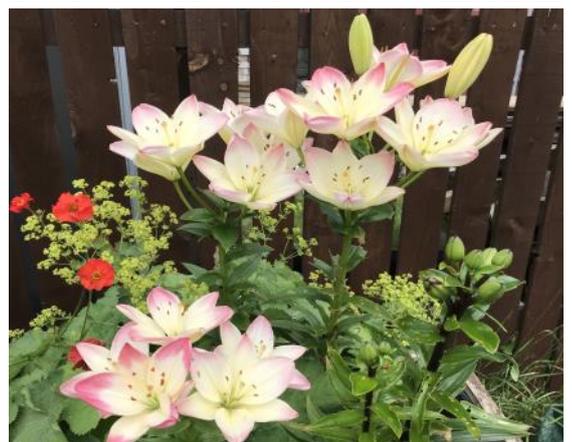
"The members have big plans to not only grow produce for the Shed's use but also donate supplies to local food poverty projects and charities. Lots of the members have got involved in this exciting new project—not just the green-fingered ones. It really has been a team effort.

"To encourage the members to stay physically active, we have also incorporated a new pitch for boules and quoits and a swing ball area to get those competitive juices flowing and heart rates up.

"Thanks to the £10,000 lottery funding, we can also afford the opportunity to start up our cycle leader and maintenance course with 'Bike for Good' through the Shed and purchase two e-bikes for members' use. Some funding left over will also go towards our running costs to give us a real sense of security—especially to ensure we stay open over the winter months with rising energy bills."

Katie Still, Chair of The National Lottery Community Fund Scotland, said: "This project delivered by Men's Shed Govan is a great example of community activity in action, showing just what can be achieved when people come together for a common cause or to help others. National Lottery players can be proud to know that the money they raise is helping to support this vital work and to help communities thrive."

For the latest updates, please visit the Men's Shed Govan [website](#).



SHED PROJECTS



Many hands make light work at Inverclyde Shed's Boatbuilding Club

It is literally all hands on deck—planking, gluing, carving, clamping and painting—for The Inverclyde Shed's latest 'Wee Shipyard for Wee Boats' project.

The Shed's Boatbuilding Club—which meets every Thursday from 4-6pm at their Captain Street premises (anyone welcome)—has been busy over the last few months working on a 1/6th scale St Ayle's Skiff and its

extremely delicate pieces including the gunwales, stern and thwarts.

The group recently completed the outer hull before carefully turning the piece over to clean the inside and will then finish the internal fit out with seats and paintwork.

Chairman Bruce Newlands said: "It has been a great learning experience for the club members who are eager to get started on the second boat soon. We are using this as a way to learn to do a full size 18' one."

Follow their project on [Instagram](#).



Perth Men's Shed points the way to hidden gem

This summer, Perth Men's Shed was asked to make a sign for the 'Secret Garden'—a little-known biodiverse gem hidden within the grounds at Perth Railway Station.

Adrian Harris of Perth Men's Shed said: "At present, the garden which is located next to the Station's main entrance is being tidied up and restored so that it can be a quiet resting place for travellers and staff alike.

"The intention is that it will become a natural habitat for birds and wildlife in the city centre which is reflected in the name chosen, 'The Pollinator's Pantry'.

"In keeping with the theme, our members made the sign using reclaimed pallet timber with the lettering being chiselled out and then painted in. Shed members look forward to being invited to the 'Open

Day' in the Spring when the garden is starting to wake up again after the winter months."

Perth Men' Shed has also been busy representing their Shed at local events. The Shed was invited to attend and exhibit at the 20th Anniversary conference of Scottish charity [Asbestos Action](#) to support people suffering from Asbestosis and related illnesses.

The conference at the Perth Concert Hall on the 7th September 2022 was attended by people from all over Scotland and the Shed display received many good plaudits from attendees.

Adrian said: "Not only was I able to promote the Shed but I also had the opportunity to promote other Sheds and pass on information about making contact through the SMSA and their '[Find a Shed](#)' online map."

For more information on Perth Men's Shed, follow them on [Facebook](#).



SHED PROJECTS

Wee County Men's Shed's refurbishment of 'The Devon Way' Sign

In July 2019, Wee County Men's Shed (WCMS) received a request from the [Dollar Community Development Trust](#) (DCDT) to restore a large sign that had spent many years out in all weathers.

The 1,500mm x 1,200mm solid wooden board, painted to show the locations of landmarks throughout the county of Clackmannanshire was in extremely poor condition.

Because it was Cedar wood with little or no decay, the Shed accepted the challenge as a project with no time scale.

The sign, comprising of four solid cedar tongue and grooved boards 300mm x 50mm thick, was saturated to 60%, and was badly warped, twisted and bent.

The first task was to eliminate the warping. This required the wood to be soaked, clamped, and progressively straightened then allowed to dry.

Three 3mm saw draughts were cut in the rear of each board, to relieve compression during clamping.

The board was laid horizontally face up, on two 100mmx50mm battens on edge, and with two similar battens on top, the battens were then clamped sandwiching the sign between.

The sign was kept wet, and the cramps slowly tightened till it was flat, it was then laid aside to air dry. This took over a year. The drying time included the lockdown periods, till the moisture content reading was less than 10%.

The rear was then painted, and covered with 18mm plywood, that was itself painted prior to fixing.

All cracks were ploughed out to parallel, then Cedar fillets glued in the grooves.

The raised letter characters were



made good/repared with two-part filler then the entire board was primer painted.

The Shed then got Caroline McCourt on board when she "volunteered" to repaint the sign.

WCMS also called upon Kinross & District Men's Shed to assist with their 3D printing expertise to help with the new place names. Kinross did a first-class job, printing the 3mm thick letters.

The outer edge was sealed with a flashband, protected by a 3mm aluminium plate, screw fixed.

The face is protected with a 9mm polycarbonate sheet, fitted after the sign was bolted on to two 100mmx100mm recycled plastic posts set in concrete.

Now installed, the signboard stands 800mm above ground, and two metres high. The sign was officially unveiled by the Provost of Clackmannanshire Council Donald Balsillie on Saturday 24th September 2022 at a DCDT event to celebrate ownership and the conclusion of the Community Asset Transfer process for 'The Hive' building.

Keep up-to-date with the latest news from Wee County Men's Shed on [Facebook](#).

A little secret about this sign...

A time capsule memory stick has been placed within the board which shows all of the photos from start to finish of the project.





Before the transformation

Finechty Men's Shed's garden makeover for community patients

The patients of Seafield Hospital in Buckie's Muirton Ward are delighted with their new and improved garden thanks to Finechty Men's Shed.

Muirton Ward—an older adult assessment unit for people with dementia—had a garden area that had been sadly neglected and needed a bit of tender loving care. The new garden now offers a tranquil space for patients and their family members and friends to go for some fresh air, peace and quiet and/or to roll up their sleeves and get involved in tending to the garden themselves if they want to.

The Finechty Shedders were invited by [Friends of Seafield Hospital and Community Patients](#) to get involved in the project following a donation from a former patient. The Shed then stepped up to transform the space into a beautiful and low maintenance space for patients to enjoy.

The members installed artificial grass, slabs, raised planters, new outdoor furniture and revived the old potting shed in addition to giving the existing fence and lick of paint.

Jimmy Bremner from Finechty Men's Shed said: "It has been a very busy time for the lads that went over to Muirton. The members never missed a day at the Shed though and carried out the garden work on the days we are not open. It just shows their commitment to this very worthwhile cause. We are delighted with the final result and to give something back to the community."

Friends of Seafield Hospital Chairwoman Megan Walls said: "We're delighted to see the garden looking so good and are really grateful to Finechty Men's Shed for all their help and hard work.

"We were contacted by the family of a former Muirton patient who gave us a donation which made all this work possible. It'll really make a difference to the Muirton patients to be able to sit outside here on a nice day."

Finechty Men's Shed is open on Mondays, Wednesdays and Fridays from 10am to 2pm. Follow the Shed on [Facebook](#) for their latest news.





New services from Prostate Scotland for men with prostate cancer

Research undertaken by [Prostate Scotland](#) highlighted that while 93% of men were satisfied with the medical care and treatment they received, there was a clear need for more support on living with the disease. In response to this, Prostate Scotland's [COMPASS project](#) was launched aiming to help men across Scotland navigate prostate cancer through a range of support and wellbeing services.

Prostate Scotland has partnered with [Maggie's](#) to develop the '[Living Well with Prostate Cancer](#)' course for men diagnosed with prostate cancer. Specifically designed for men undergoing or having recently finished treatment for prostate cancer, the course runs over a six-week period with an optional catch up a month later. Men meet others in a similar situation and discuss various topics including managing side effects, the practicalities of living with prostate cancer, diet, exercise and finances. Each session lasts around 1.5 hours and the course is free. Feedback from participants attending the courses is proving that involvement is extremely beneficial:

The course broke my isolation – I feel better knowing there are others like me and it makes me feel I'm not alone.

I found my personal mood lifted as a consequence of the session.

I'm doing more exercise to help my fatigue and liked the tips to help my cloudy mind.

The Living Well with Prostate Cancer course is currently being delivered online by Maggie's Edinburgh and Maggie's Highland, in person by Maggie's Lanarkshire and will launch in person this month at Maggie's Dundee – if you or someone you know may be interested, then please contact dundee@maggies.org. There will be further Living Well with Prostate Cancer courses at Maggie's Fife and Maggie's Forth Valley coming soon.

Men living with prostate cancer in Lothians and Borders and the Highlands can also access one-to-one support in a partnership between Prostate Scotland and Maggie's, where they can receive individual support in relation to treatment decision making, side effects or any other aspect of living with prostate cancer. The one-to-one support is available for men in the Lothians and Borders from Maggie's Edinburgh and for men in the Highlands from Maggie's Highlands.

In another exciting partnership, Prostate Scotland has linked up with the [Scottish Professional Football League Trust](#) and the [University of Glasgow](#) to develop Prostate FFIT. Based on the highly successful Football Fans in Training programme, Prostate FFIT will be delivered at professional football clubs and participants will have the chance to train where the professionals train! A 12-week supervised exercise and lifestyle course for men with prostate cancer in Scotland, including aerobic and resistance exercises as well as information on nutrition. There will be two pilots running in January, one at Ibrox, home of Rangers FC with the Rangers Charity Foundation and the other at Tynecastle with Heart of Midlothian FC – further clubs will follow! If you or someone you know may be interested in attending one of the exercise courses please contact us at info@prostatescotland.org.uk.

Prostate Scotland also has an online exercise video (on their website) for men with prostate cancer although it's important to remember that men need to check with their Clinical Nurse Specialist (CNS), urologist, oncologist or GP before undertaking any exercise, especially if they haven't exercised for a long time.

Could your Men's Shed help spread the word by putting up posters or distributing leaflets in your local area about our Living Well with Prostate Cancer course and Prostate FFIT? If so, contact Prostate Scotland on 0131 603 8666 or info@prostatescotland.org.uk. Please visit prostatescotland.org.uk for more information.



sporting topics or reflecting on a historical sporting moment either from a local, national or international sporting perspective. This is followed by some activities to get the mind firing included quizzes and Spot The Ball competitions.



The power of sports reminiscence and physical activity – bringing older people together across Scotland thanks to Sporting Memories

Do you have a love for sport? Remember those glorious sporting events from the past like it was yesterday? Enjoy making friends from the local area whilst sharing your stories? Then perhaps a Sporting Memories club is the place for you to join!

Sporting Memories run **FREE** clubs across Scotland that welcome people aged 50+ from all backgrounds and aim to support those who also live with long-term conditions, living with dementia or face challenges such as being isolated or lonely.

What happens at our clubs?

The aim is to bring older people together from the local communities in which they are situated across Scotland, for a cup of tea and some biscuits and a chat about sport and so much more.

All clubs start with a welcome, followed by a chat about the latest

After this, our clubs undertake some gentle physical activity to keep members moving and grooving as well as exercises that help keep people active in and away from the sessions.

Alongside the usual sessions the clubs provide, they also invite some very special guests on occasions to speak about their careers in sport! In recent times, some of the clubs in Scotland have welcomed Scottish sporting icons such as former national football manager Craig Brown, and Commonwealth Games 10,000m champion from 1990, Yvonne Murray!

The proof is in the pudding! But just don't take our word for it! John started as a participant at our club in Gilvenbank but eventually became a volunteer at the club and loves what the club provides him and members.

"I moved here (Gilvenbank) two years ago, and I saw an advert for a Sporting Memories club down the high street one day and I thought 'you know what, I'm going to attend that' – and I liked the idea of talking about sport.

"I get a buzz on a Thursday morning about what we're going to do at the session. I've succeeded if we can have a blether, a laugh and a cup of tea during our time together whilst

chatting about sport and reminiscence about times gone by.

"I think the members get camaraderie out of the session with their fellow members. Also, I think they get out of the house and out of their normal routine and environment, which I think is massively important for their mental health."

Donna Mackey, Sporting Memories Partnerships Manager, encourages anyone who has a passion for sport, or is interested in getting involved in the local community to become part of the Sporting Memories family.

"We always say to anyone just to give our clubs a try – whether you want to come along for a cup of tea and a blether, or to help the running of our groups by volunteering – we know you won't regret it.

"We believe Men's Shed members share the same passion as those at our clubs now in getting together to support each other and share stories of life in the local community. We invite Sheddars to attend a Sporting Memories club near them!"

To find your local Sporting Memories club, visit the [Sporting Memories Foundation website](#) or get in touch at media@thesmf.co.uk



Why not grab some fellow Sheddies to try this **Literary Quiz** together, kindly shared by Dunfermline Men's Shed!

1. Hospital department has a drunkard
2. I saw three ships
3. In total, it comes to 103
4. Initially, I sat between Abraham Lincoln & Clint Eastwood
5. Islanders check out a famous pen
6. It's hidden when Apollo lit a cigarette
7. It's not unusual to hear Delilah when he's around
8. It's when the drummers started drumming
9. Japan and Mexico capitals ban Russian, Indian and English leaders
10. Jeremy Fisher and Kermit
11. Juliet and the King paddle to Heather
12. Jungle swinger's mate comes from Texas we hear
13. King, 1049, a real heavyweight
14. Less able are angry about Scrooge
15. Listen, I own a garden tool
16. Manner of working carried out by Little Richard
17. Mary's husband knows the value of Etymology
18. Mercury bores this author
19. Mona Lisa
20. Monte Carlo house for a monarch from the East
21. Mr Bond sits next to Ms Grenfell?
22. Mr Hamilton, right in the middle of a Christmas song, left
23. Mr Jones was looking around for foreign currency
24. Not the fastest lad to be awarded first place
25. Olaranello
26. On reflection, it's evil and, in a way, edited
27. Perfect timing for a Dutch household
28. Poverty, indigence, penury
29. r
30. Ragkoole
31. Reed actor does a quick turn
32. Right at the end of where you live
33. Saga of Paris & London
34. Scarlet woman from Belgium

Can you match the question to one of the answers below?

Answers shown in alphabetical order. [Click here for the answers.](#)

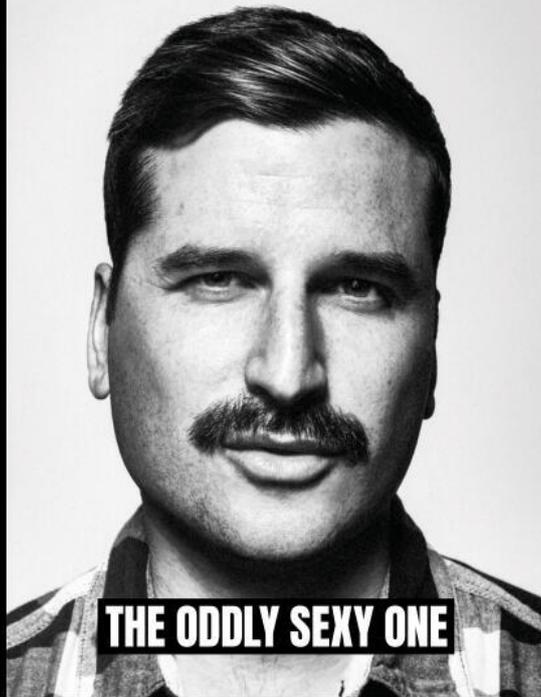
A Christmas Carol
A Clockwork Orange
A Tale of two Cities
Aesop
Alice
Casino Royale
Charles Dickens
H G Wells
Hard Times
Homer
Ivanhoe
J K Rowling
J M Barrie
James Joyce
Jane Austen
John Milton
Les Miserables

Lewis Carroll
Live and Let Die
Lolita
Look Back in Anger
Middlemarch
Moby Dick
Moll Flanders
Nineteen Eighty Four
Oliver Twist
The Frogs
The Portrait of a Lady
The Winslow Boy
Tom Jones
Tom Sawyer
Twelfth Night
William Wordsworth
Women in Love

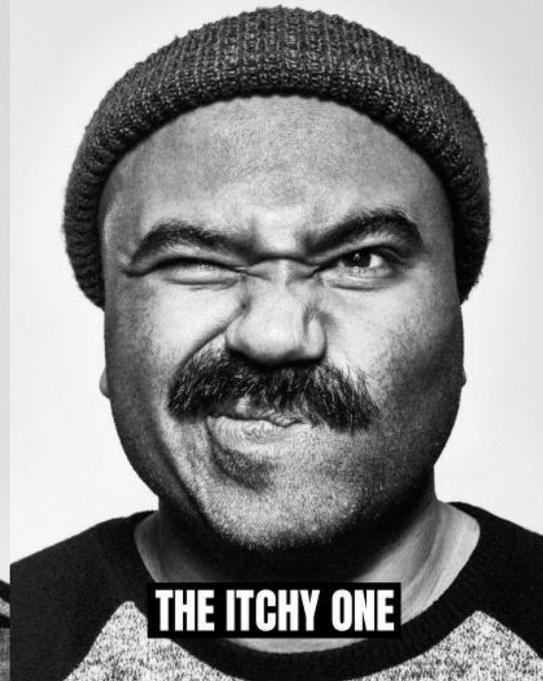
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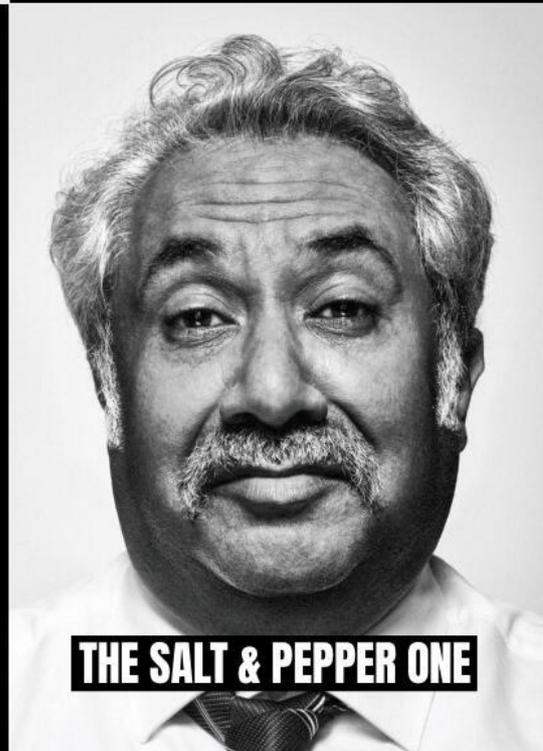
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THE SALT & PEPPER ONE



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

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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 four 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.

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