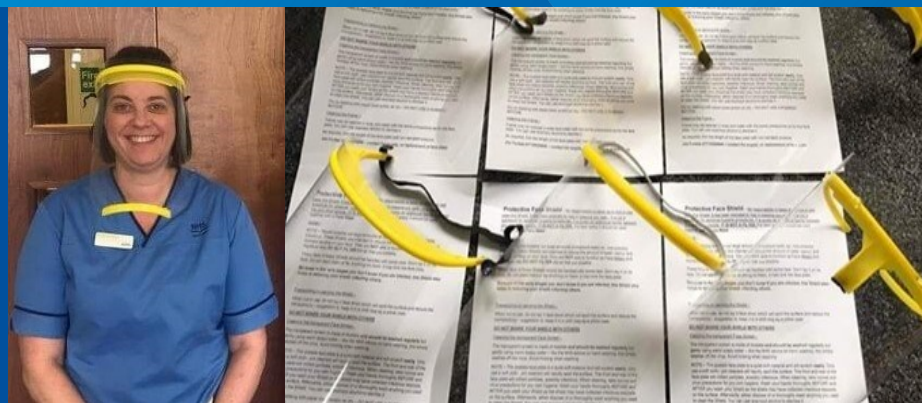


THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

Kinross & District Men's Shed 3D Prints Face Shields For Key Workers

Kinross & District Men's Shed (KDMS) is producing face shields to protect key workers on the front line during the Coronavirus pandemic.

This vital piece of kit provides a barrier to stop workers from touching their face and also protection from the patient if they cough or sneeze.

KDMS is using 3D printers to make the Polylactic Acid (PLA) face shields and requests are coming in at a tremendous rate from the community.

KDMS Chairman, David Conner, said: "We wanted to help and one of our Shedders, Jim Forbes, started working in his shed at home to come up with a solution to meet the demand for this life-saving protective equipment. The Shedders have really stepped up and there is a team of around 12-15 of us involved in taking and recording orders, administration, printing, assembly, quality checks and delivery. More and more Shedders are becoming involved

each day to lend a helping hand to this cause.

"Orders are coming in thick and fast from NHS workers, carers, testing hubs, postal workers and shop workers across Ayrshire, Perthshire, Fife, Forth Valley and Clackmannanshire. We had to set up a business model quickly and efficiently to get this right.

"Everything is done safely from our homes and we communicate through phone and video calls. We have fulfilled over 1,800 orders so far and we have about 650 in stock to meet further demand. We have been receiving photographs and video calls from the key workers when they have received their face shields and it makes everything that we are doing worthwhile."

Jim Forbes, 81, said: "I had a vision to do this and researched face shields online and came up with a quality product – quick to produce, washable/reusable and light – consisting of four simple parts: the shield's top frame; standard A4 acetate sheet protector screen; bottom support; and elastic to keep the shield firmly on the face.

Continued on page 6...

WHAT'S INSIDE?

- 2 TALKING SHEDS
- 3 THE SCOTTISH MEN'S SHEDS MOVEMENT
- 4 SHED IN THE SPOTLIGHT
- 6 SHED LIFE
- 16 A PERSONAL STORY
- 18 SHED PROJECT
- 19 SHED QUIZ
- 20 UPDATE FROM AGE SCOTLAND
- 21 HEALTH MATTERS
- 23 FUNDING OPPORTUNITIES

'THE SCOTTISH SHEDDER'

'The Scottish Shedder' promotes news from the Men's Sheds around Scotland to showcase their successes in addition to promoting relevant events, funding opportunities, DIY projects, recipes and much more.

Each issue is sent digitally to over 2,300 Individual Member subscribers.

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 by [Friday 17th July 2020](#). We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland.

Email: comms@scottishmsa.org.uk

TALKING SHEDS

by Jason Schroeder

A few new words have been introduced to our daily vocabulary over the last few months—lockdown, unprecedented, social distancing, face shields, masks and shielding to name but a few. These words have become the focus of so many of our discussions as we tackle a new normal.

The Third Sector, which the SMSA is a part of, responded incredibly fast and efficiently to offer support to the public and our respective members in new ways.

Our Sheds have risen to the challenge to create personal protective equipment for our frontline workers and communities across Scotland and this has been covered extensively in this issue of The Scottish Shedder.

To witness the community concern and ‘can do’ attitude of Sheddors has not just been exemplary but life saving. These are incredible acts of selflessness and you are all heroes in my eyes.

It is important, now more than ever, that we stay connected during this time to ensure we support each other through this and come out the other side stronger than ever. All SMSA staff are mobile technology wise so we quickly transferred into our home environments, set up a WhatsApp group and started having board meetings on Zoom with our Trustees all across Scotland.

After spending a week at home, what a difference it made to me to see and hear work colleagues in the sector sharing, discussing and formulating new plans. We looked at different hosting platforms available and decided that Zoom was the most stable and, more importantly, the easiest to access.

A lot of Sheddors are now tech savvy—some learning through their Shed—but we also know that some are not (read Gazza’s story on page 9). So having as gentle a slope of a learning curve as possible, in an already challenging situation, is so important. Zoom came out on top for simplicity, functionality and reliability and it also has a free basic package option.

Another challenge we had was that due to the pandemic, all ‘business as usual’ came to a grinding halt which included our annual funding right at the year

end. Our development expansion plans for 2020-2023 had to be shelved and a new immediate support plan created.

Today, we received news that some funding has been released to us from Scottish Government, due to this revised Covid-19 plan, and we will be able to continue supporting our members and the Scottish Men’s Sheds Movement. This plan will be of a more digital format face to face rather than shoulder to shoulder.

A BIG thank you to all who sent us letters of support recognising the importance the SMSA makes in your lives to help start and keep your Sheds open and sustainable.

I am also over the moon about the appointment of SMSA's first patron, Sir Harry Burns. For the movement to have the support of the calibre of such a person is a real feather in our cap. I am looking forward to benefiting from his wise council over the years to come.

In the coming weeks, we will be sharing with you our new development plans which will help keep the communication flowing but also enable us to innovatively create new pathways to social connectivity amongst the Men’s Sheds Movement in Scotland.

I am looking forward to seeing some of you in our new ‘Zoom Room’ very soon and do watch out for our social media posts and press releases keeping you up to date with what is coming next.

If you have ideas on how we can support you further, please do get in touch.

All the best and keep safe!

Jason and the SMSA Team



THE SCOTTISH MEN'S SHEDS MOVEMENT

Figures as at 31st March 2020



Sir Harry Burns announced as patron of the Scottish Men's Sheds Association

In these unprecedented times, we all need some positive news and the Scottish Men's Sheds Association (SMSA) is delighted to announce the appointment of Sir Harry Burns - the Professor of Global Public Health, University of Strathclyde - as patron of the charity for the next three years.

Sir Harry Burns was the Chief Medical Officer for Scotland for nine years (September 2005 to April 2014) and became renowned for his accomplishments in addressing health inequalities. Sir Harry was knighted in 2011 in recognition of his outstanding achievement and service to society. He is a member of the Council of Economic Advisers in Scotland and in December 2014, First Minister Nicola Sturgeon presented him with the Lifetime Achievement Award at the inaugural Scottish Public Service Awards, recognising his lasting contribution to public service.

Sir Harry joins the SMSA - the national charitable body of Men's Sheds for Scotland – that works to support and inspire men to set up and run their own Sheds in their local communities to improve health and wellbeing. A Men's Shed is a shared space where men – from all walks of life - attend voluntarily to work on practical projects or simply find camaraderie, conversation and friendship.

Jason Schroeder, Executive Officer of the SMSA, said: "We are honoured to welcome Sir Harry Burns as our patron. The Men's Sheds movement began in 2009 in Scotland and there are now 188 known open and developing Sheds (engaging over 7,000 men) across Scotland and they are continuing to grow at a rapid rate. Sir Harry's support will be key to create awareness and gravitas of the vital work that we do to improve men's health and wellbeing. We are very much looking forward to working closely with him."

On his appointment, Sir Harry Burns said: "I have always admired the concept of Men's Sheds and the growing grassroot movement in Scotland and am delighted to become the patron of the SMSA. I look forward to supporting the great work that they do in my new role."

Join this rapidly growing Movement today at www.scottishmsa.org.uk/join-smsa



126

SMSA SHED MEMBERS

2,331

SMSA INDIVIDUAL MEMBERS



131

OPEN SHEDS

58

SHEDS IN DEVELOPMENT



32

LOCAL AUTHORITY AREAS

SHED IN THE SPOTLIGHT



SMSA interviews David Chambers of Cromarty Firth Men's Shed (CFMS) for this issue's 'Shed in the Spotlight'. In this feature, we cover how this Shed has faced many barriers in its growth but has still come out shining as Runner-Up in the SMSA 'Shed of the Year' Awards 2019.

David said: "We were originally based in a large wooden shed behind the Joss Street Hall in Invergordon, however, over time, several issues came to light and we found that it just didn't work and we could no longer work from that location. We decided to look for a new home and instantly fell in love with the log cabins at Milton.

"We were put in touch with a contact listed online as being the Chairperson of the Milton Community Woodland Trust (MCWT) who explained that the cabins had been unused for several years since the collapse of the venture that previously used them. The cabins had been unused and had suffered from vandalism and many repairs were needed.

"We drew up a Memorandum of Understanding between us and the MCWT which would give us exclusive use of the workshop building for no rent, in return for restoration and upkeep of the two cabins. We quickly got to work.

"All was going well until we received an email from an unknown person which threw a huge spanner in the works. The person stated that the MCWT had been dissolved by Companies House in November 2016 and the charity struck off the OSCR Register in October 2017 and suggested we ensure the charity takes over the assets through other channels.

"The person expressed concern over ownership of the properties in the Woodlands and highlighted that this process would be complicated as we would have to arrange for the MCWT to be reconstituted and have a meeting of its members to execute a dissolution clause in its Articles of

Association to make such an arrangement water tight and easier for us in the long run.

"Upon checking again with OSCR, the Trust had indeed been struck off. I contacted the Crown, who knew nothing of this, but said it was the Queen and Lord Treasurers Remembrancer (QLTR) who handled such things in Scotland. I then went on a hunt for the ownership documents and eventually found the solicitor that was holding them and they kindly agreed to email me copies.

"The lease document was for an additional acreage of woodland at a peppercorn rent of £1 per year. When this was not paid for several years, the land reverted to Medatt Farm. We then found out that Medatt Farm – the original owners of the land—were making enquiries about acquiring title to the woodlands.

"We then decided to see if the Shed could claim back the woodlands and cabins on behalf of the community. We consulted with various authorities, including Highland and Islands Enterprise and the Community Ownership Support Service (COSS). COSS has helped several Scottish Men's Sheds gain ownership of their premises, but did say that this situation was unique.

"Much time was spent following leads that unfortunately led nowhere. After contacting QLTR again, they advised that there were three basic options: purchase the subjects (valued at over £60,000); do an Administrative Restoration of the former group running the cabins; or a company restoration through a court petition. Our simplest option was Administrative Restoration, but more than one authority advised us that this route was not possible because the former company was not actively trading when it was struck off.

"At the end of last year, a representative from a newly formed group came to see us. She explained that they wanted to get the woods and cabins back into community ownership. As you can imagine, some of the guys were a bit upset. We have been slogging away for three years improving the place and then when it's looking good, someone else wants to take it over!

"Luckily, we had a visit from Paul Harrington from Highlands and Islands Enterprise (HIE) who explained that it might be better for both groups if we worked together.

A public meeting was called and about 30 people turned up.

"One member, Joanna, volunteered to get involved and took a more direct approach and called Companies House to tell them the situation and ask what can we do to rectify it. They said that there was

no reason that we couldn't do an Administrative Restoration and would need permission from QLTR and we would need to pay the outstanding fines (£3,200) of the old company. She then called QLTR who told her that there was a bank account with approximately £3,500 in it but this would not be released until the fines were paid.

"We gave the new Milton Woodland Community Group (MWCG) £100 for the QLTR letter and just recently, the Outdoor Woodland Learning (OWL) group agreed to lend MWCG £3,000 in addition to making a donation of £1,500.

"So, this is the current situation. We are still a way off yet but it is looking very positive. The Men's Shed will not own the cabins as we had originally hoped, but we will have a long-term lease with no, or nominal, rent. Once the land issue is sorted, we can finally get on with fundraising again.

"We are still a way off yet but it is looking very positive."

**David Chambers,
Cromarty Firth
Men's Shed**

Continued on page 5...

SHED IN THE SPOTLIGHT (Continued)

...Continued from page 4

“CFMS is situated in woodlands, next to the Balnagown river, in Milton and is completely off-grid; no mains power or water. The log cabins are accessed by a track that leads from the village. The cabins are normally hidden by trees until you get quite close – and when you first see them, the reaction is always something along the lines of “Oh my goodness - you said cabins, but this! Personally, I find the setting good for my soul. Even if it is pouring with rain, you can sit out the front of the main cabin and just listen to nature.”

“There are three buildings – the community cabin, the workshop and a composting toilet. There are solar panels on the roof but either they, or the batteries, are failing and produce no real power anymore. The community cabin has an old Rayburn stove, which we fire up on Wednesdays to cook bacon, sausages etc. We rely on an old generator which we inherited. Colin gave it a good going over and it has worked ever since! Unfortunately though, it is not up to powering some of the bigger machines and is costly to run in petrol. Our next goal is to purchase a new “silent” diesel generator. This could live in the container and started by a remote start button in either cabin. This would reduce our running costs and be less noisy.”

“We generate our own income—no grants here—but are also very thankful for the donations we have received from Invergordon and Alness Community Councils, Invergordon Port Authority, Hope Charity Invergordon (for three years running) and gifts of materials from various local businesses.”

“We have been involved in lots of community projects including making planters, fairy doors, bird box kits and a play boat and play equipment for several local primary schools. When we agree to do a job, or make something, we rarely set a price. We see what we can do with materials we have and ask them to make a donation and it mostly works in our favour.”



“We have also produced 130 **mink rafts** (pictured left) for the Scottish Natural Heritage and sell log reindeer at Christmas fairs which has brought in a good sum. Last year these funds enabled us to purchase new single-phase motors for four big machines.”

“We have made and installed two electric buggy shelters and mud kitchens (pictured left) for local residents. One local mum asked us for help with one of her daughters who was born with a tumour on her spine. This was removed but left her

unable to bend her back. We made a custom kitchen to suit her height and delivered it to their garden shed in time for Christmas. A few months later I met the mum and kids on the high street. The mother said to one of the girls “Paton, this is the guy that made your mud kitchen”. She came over, gave me a big hug and said “Thank you so much”. This makes it all worthwhile.”

“We look forward to getting back into it and hosting more community events once we are out of lockdown to increase awareness of the Men's Shed and our services.”

For more information about CFMS, please visit <https://cf-ms.co.uk>



Pictured Above (Top to Bottom): The community cabin, workshop and composting toilet



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

**SMSA will be launching this year's
'Shed of the Year' Awards soon!**

**Get thinking about your applications!
Watch this space!**

#scottishshedoftheyear2020

...Continued from front page

Kinross & District Men's Shed 3D Prints Face Shields For Key Workers

"An advantage of the design is the bridge between the forehead and the face plate which greatly reduces breath aerosol mist (possibly infected) from entering the users' eyes. This 3D printed version needs no tools to assemble except for a pair of scissors to trim the face plate. For Shedders with no access to a 3D printer, we also developed a second product where no tools are required other than scissors.

"Every single item is checked and the shield comes with an instruction leaflet for the end user. We initially had our one Shed 3D printer and my machine but now Culture Perth & Kinross has dedicated their five printers bringing us up to seven solely dedicated to this task. A local lady in Powmill who has been printing hundreds of shields has also bought herself another one and offered that second printer to help us if she has any free space. We are now able to produce an output of 40-50 shields per day. When it comes to delivery, there is obviously no contact. The order is simply placed in our gardens when we are notified that the person is on their way to collect."

Shedders have been creating the products at home but are running low on supplies and have set up a Go Fund Me page to pay for much-needed supplies. The Shed has already raised over £2,000 towards materials to date.

KDMS has created assembly instructions, spreadsheets, instruction leaflet and 3D Printer files (STL files and G-codes) – now available in the SMSA **members' online resource library** (log-in required) – that it is happy to



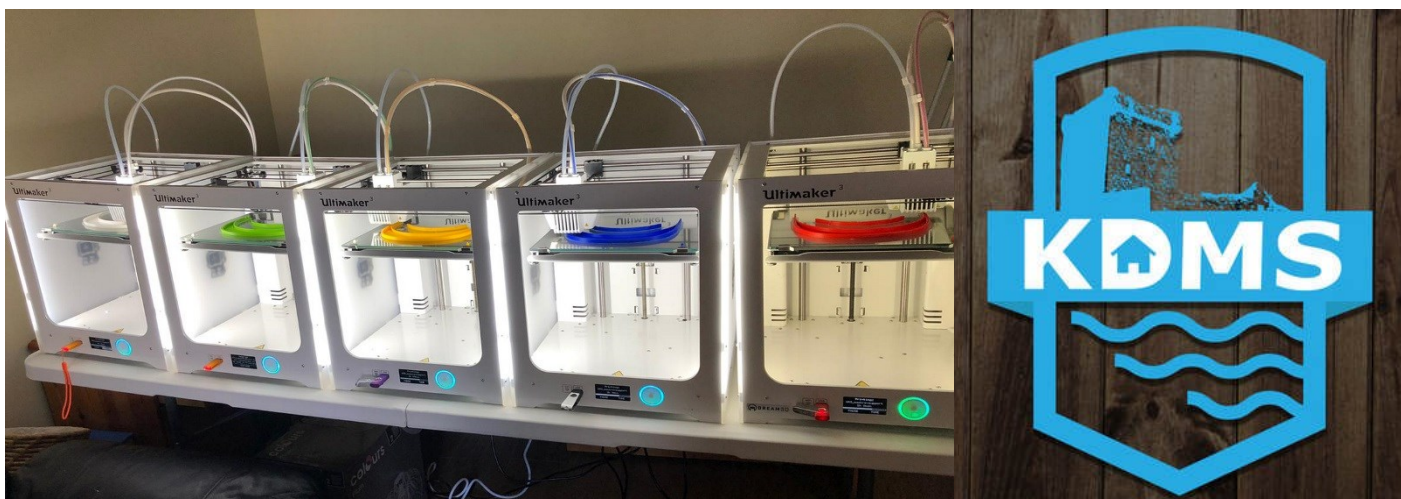
Pictured: Top—Rev Tim Power and his family with the face shields on the 'assembly line' and below—3D printers

share with other Sheds interested in becoming involved to help with their orders or wishing to replicate the model in their local area. Interested Sheds are urged to contact David Conner, Chairman of KDMS.

Jason Schroeder, Executive Officer of the SMSA, said: "It is great to see Kinross and District Men's Sheds take the initiative, with other Sheds following suite across Scotland, and rise to this challenge to protect our health workers.

"These men pulled together to quickly create a business model to produce this much-needed equipment whilst ensuring everyone stays safe at home. It shows what a connected community-empowered grass roots movement it has become over the past six years."

For more information about KDMS, please visit www.kinrossmensshed.org or follow them on Facebook at www.facebook.com/MSKinross



Local business raises vital funds for Stonehouse Men's Shed during lockdown

A family-run plumbing and heating business based in Lanarkshire is fundraising in a unique way during lockdown for Stonehouse Men's Shed.

David Baxter of David Baxter & Sons Ltd is marking his 50th birthday by carrying out a sponsored walk in his garden for the charity. David said: "My wife, Lynn, and I have done several charity walks over the years and this year I decided to come up with a different way to still do this from home. We have previously walked the West Highland Way – a 96 mile footpath running from Milngavie north of Glasgow to Fort William in the Scottish Highlands – and we measured up the perimeter of our garden to see what it would take to walk the same distance. I will be walking on average 265 laps of my garden per day for five days – with my black Labrador, Shadow by my side – to raise vital funds for a local charity that I am passionate about."

David's wife, Lynn Baxter, added: "We wanted to do something big to mark David's 50th year and raise money for a charity that is really making a difference in our local community. As a business and a family, we were already aware of what the Shed is doing for our community and strongly support the concept of Men's Sheds. Our plumbing and heating business was invited to tender for the works to Stonehouse Men's Shed and we agreed that we wanted to offer our labour for free and only charge for the materials required to further support the charity."

Stonehouse Men's Shed plans to carry out a £30,000 conversion on its new Shed – an unused former public convenience block in King Street in the village – to create a workshop, kitchen, meeting space and disabled access toilet. On 6th March 2020, Stonehouse Men's Shed signed the concessionary lease of £1 per year for a new home for its 30 members and before lockdown had demolished the interior of the Shed.



Brian Adams of Stonehouse Men's Shed said: "We are thrilled with the support received from this local business, David Baxter & Sons Ltd, to not only help with the conversion of our Shed but also to fundraise for us during this time. Although we are all currently on pause right now, we are looking forward to planning for the future of the Shed especially now that we have also just received the news that we have secured £17,000 towards the work. The funding – from the National Lottery Community Fund and the Kype Muir Wind Farm Community Trust – will go towards the project and the purchase of a portable cabin to expand the space available to our members."

Jason Schroeder, Executive Officer at the Scottish Men's Sheds Association, said: "We are delighted to see communities really rally together to continue to support Men's Sheds during the outbreak. When lockdown is over, there will be more men than ever in need of Men's Sheds for friendship and to feel connected in their communities again."

Click here for a video of David Baxter starting his walk on Monday 20th April 2020).

Every penny raised through David Baxter's walk will go towards the conversion to form Stonehouse Men's Shed's new premises.

At the time of going to print, David had raised over £5,100 for the Shed! There is still time to donate to this worthy cause, please visit <https://uk.virginmoneygiving.com/DavidBaxter21>

Follow Stonehouse Men's Shed on Facebook at www.facebook.com/groups/329823514442230

“
When lockdown is over, there will be more men than ever in need of Men's Sheds for friendship and to feel connected in their communities again.
”
Jason Schroeder, SMSA

Sheds for Sustainable Development Project: Men's Sheds as an alternative route for male health engagement

The latest briefing from the Glasgow Caledonian University (GCU) Sheds for Sustainable Development Project (funded by the National Lottery Community Fund) is now available at:

<https://scottishmsa.org.uk/briefing-sheds-for-sustainable-development-project-mens-sheds-as-an-alternative-route-for-male-health-engagement>

What the study suggests is that Men's Sheds not only have positive impacts on the physical, mental and social health of their users but also on member's behaviours and attitudes around their health and the health of others.

This includes INCREASES IN MEN'S HEALTH SEEKING BEHAVIOURS, such as learning about health issues in a 'male friendly' way, or improving diet and exercise. IMPROVEMENTS IN MEN'S RESILIENCE AND ABILITY TO

COPE WITH ILLNESS, such as managing pain or stress. And finally, men's INCREASED ABILITY TO RECOVER FROM ILLNESS through physical activity, social contact and sharing experiences with others.

However, what is clear is that Men's Sheds do not have the capacity to become a 'formalised' or alternative health service as this is simply outside of their remit and does not fit with the Shed 'ethos'. Therefore, health practitioners and policymakers may need to find new novel ways of working in partnership in Men's Sheds to benefit.

For further information about the project, please contact Artur.Steiner@gcu.ac.uk.

Although we may be going through some tough times with current lockdowns, we look forward to continuing to share this work and keep the conversations going!

For past publications from the GCU project, please visit:

<https://www.gcu.ac.uk/yunuscentre/research/socialbusiness/projects/>

Westhill Men's Shed completes its extension just before lockdown

The Scottish Shedder updated you on Scotland's first Shed's exciting expansion project in the **February 2020 issue** and now, after years of planning—and blood, sweat and tears—Westhill Men's Shed has completed its extension.

Nick Pilbeam, Secretary of the Westhill Men's Shed, said: "Following a remarkably busy day—racing against Coronavirus and lockdown—the Council planner came to visit us for a final inspection of the portacabin extension.

"As the Council official left the building, we manhandled the coffee table into the cabin to have a farewell drink and chat (pictured) before the Shed temporarily closed.

"We were then absolutely thrilled to receive our Certificate of Completion from the Head of Housing and Building Standards at Aberdeenshire Council very soon after."

Westhill Men's Shed launched a competition to name its new social area which will 'house' many activities such as its guitar group, cards, railway modelling, cooking and meals as well as the coffee table.

Nick added: "The winner of our competition was Dave Thomson who suggested "The Kabin" (named after the manufacturer of the "Portakabin").

"So, now the men who put in so much effort and time as volunteers to bring this major project to fruition are taking a well earned (if unexpected) rest.



"On behalf of the Board and myself, I would like to thank our members for all their efforts and stamina to get this completed.

"We will be arranging a celebration and formal opening when we open our doors again and are very much looking forward to rearranging the workshops and stores to give every section about 40% more space."

To find out more about Westhill Men's Shed, please visit www.westhillmensshed.co.uk or follow them on Facebook at www.facebook.com/westhillshed

See **page 13** for details of how Westhill Men's Shed is helping essential frontline workers.



Shed on Clouds

My fellow Shedder, Garry Edwards (aka Gazza, 75), sent me a WhatsApp message late one night. "I'm going to join the videoconference tomorrow. Do I just click that link you sent me?"

I was gobsmacked. We had talked in depth about the pending pandemic. Gazza had told me that he thought he'd better get a smartphone and get on the Internet but what amazed me was that he had never ever had a mobile phone before or used a computer in his life!

His daughter got him set up. He got onto our virtual **ZOOM** videoconferencing meeting the following day with video and sound with no problems and he chatted and laughed with **Men's Shed St Andrews** Shedders.

At the next online meeting, he fell silent. I suspected what had happened, he had run out of data on his smartphone package. His daughter quickly helped him to get a huge new inexpensive data package and he was happily back online again. We now can't hold him back. He's connected back with his Shed, support network and friends. What an inspiration!

When the Sheds closed in mid-March due to the pandemic, I offered to host **ZOOM** videoconferencing meetings for our Shed. It was an experiment to see if we could stay connected. We are now running regular meetings with our last one having 20 Shedders joining in. We are 'meeting' every Tuesday and Friday from 10am to 11am. We've had Sheds join us from Australia and apart from chatting about parallel Shed development projects, we realise that we're in the same lockdown scenarios as each other.

The guys from **Somerset Community Shed** in Brisbane, Australia joined us and taught us some computer tricks.

Using videoconferencing really isn't that difficult, as Gazza will testify. You need a smartphone, computer or mobile device such as an iPad with a camera and microphone. The ZOOM software is easy to use, you click the joining link which now includes a password to join. The free ZOOM version will give you 45 minutes of free conference time for up to 100 people. ZOOM certainly seems more stable than Skype or Microsoft Teams. There were concerns about privacy and Zoombombing, where the whiteboard can get taken over, but the recent security upgrade seems to have sorted that out. If you can install the ZOOM app and create a personal profile on your device, it makes future calls easier and we know exactly who you are. I'd rather be talking to 'Gazza', rather than 'Galaxy S20'.

We decided that we'd open up the virtual meeting to all Shedders and call ourselves "Shed on Clouds". To join our virtual meetings, email mensshedstandrews@gmail.com and tell us your name and Shed location and we'll send you the joining link with included password.

We don't seem short of stuff to talk about. The ZOOM software copes well with everyone trying to talk at once, but if it gets unruly or we need some order the chair leading the meeting can mute everybody. Speakers can then draw attention to desire to be heard by putting their hand up and then the leader can unmute them.

We have tried to have something to talk about for each meeting, but an agenda isn't really required. We've talked about our projects, how we're keeping fit and at our last meeting we had a wife of one of our Shedder's give us a Fat Chance Belly Dance demonstration! Some of our Shedders are planning to give us talks on their recent travels. We're planning a competition where we submit a photograph of when we were younger and guess who it was.



I've been amazed at the capacity for our Shedders to stay connected.

We've certainly tried to keep our Shed together in these unprecedented times. It's been a lot of fun. We realise however that some Shedders just can't cope with the technology, so we are still using the telephone and email. Our Shedders have realised the power of videoconferencing and have used the same software to set up regular meetings with their families. So, if you haven't already, give ZOOM a try for your Shed.

Prof Chris Oliver
Men's Shed St Andrews Shedder
and Scottish Men's Sheds
Association Trustee
Twitter: [Twitter.com/CyclingSurgeon](https://twitter.com/CyclingSurgeon)



Pictured (Top to Bottom): 'Gazza' and a Zoom meeting



Craigentiny community voices need for Men's Shed

SMSA interviews Glenn Liddall, Chief Executive of People Know How, who is one of the key people at the very early stages of setting up Craigentiny Community Shed.

Craigentiny is a suburb in the north-east of Edinburgh with a population of around 3,000 people. In 2017, the 'Shaping your Future' community consultation was launched to capture the ideas of local people and identify any areas for development.

Glenn said: "Craigentiny boasts a thriving community, however, it also faces many challenges such as poverty, social inequality and research also identifies that 40% of local residents live alone and often face social isolation. People Know How is supporting this community to have a voice and empower them to be socially innovative by helping them transform their ideas into action.

"At the start of the consultation, we heard people's sense of despondency with how things were. People often said that's just the way things are round here – it'll never change.

"However, when discussions around a potential 'hub' and shared community space came to the table, this soon changed. There are now lots of ideas for how the building could be brought back into community use; including a Men's Shed as one of a range of groups and activities".



"The building (pictured above) has lain vacant for almost a decade after the Council's Social Work team relocated. The building is like a tardis with around 20 rooms and a large entrance space. It's early days and the building might be completely remodelled or the community will work out how to make the most of the current layout".

"A group of passionate locals have now joined forces and are taking action to restore the dilapidated building and develop Craigentiny Community Hub to house some new and existing projects in the area."

"During the community consultation, it became evident, early on, that there was demand for a local Men's Shed to utilise some of the space at the hub."

"The hard work is just beginning, and the consultation continues with a new phase to involve even more people locally. The findings must be actioned to benefit the whole community. The project has not only highlighted the need for a Men's Shed but has also prompted action to restore Craigentiny's local children's play area, Loganlea Park - which had been left vandalised.

"There is a real energy in the area with a recent gardening project taking over a disused piece of land and the local school is being extended. All the ingredients are here to make real changes for the people and community. The Community Council has been very active and supports the development of the Hub along with local councillors and council officials. The Craigentiny Primary School Parent Council has got involved as well – it's great seeing people of all ages getting involved. The Hub will be a place for children, young people, families and adults of all ages to use and come together.

"The Shed is at the very early stages of development – we have held regular meetings at the existing Community Centre, the group has formed an official committee and we are in the process of applying for charitable status. With the help of local residents, the Committee is looking to apply for a Community Asset Transfer (CAT), which will allow them to bring the building back into the community, from the local authority, and set it up as the Community Hub. This will give them the authority to raise much-needed funds and restore the building to welcome individuals, groups and activities on a daily basis.

"We have a lot of people to thank for all of this - including the Santander Foundation, the Hunter Foundation, Queen Margaret University and the University of Edinburgh - for funding, volunteers and students but most of all, we thank the local community for driving this change forward.

"With fundraising underway, the committee hope to begin renovations in 2021; creating a space which is fully accessible, flexible for multiple uses and accommodating of larger groups and activities.

"A designated amount of this space will be made available to local businesses to rent and provide a viable source of income to continually improve the facilities.

"Our recently established committee consists of a councillor, local activists, local businesses and members of the community and we would urge anyone who wants to get involved to get in touch. We are thankful that we have a good strong relationship with the City of Edinburgh Council who has been very encouraging and supportive of the entire project.

"Covid-19 has obviously delayed things. Whilst in lockdown, we are working on running online consultations with the community to gauge their views on what they want from a Shed and the community hub and ensure they are involved and informed of progress. We plan to consult on what days the Shed will be open and what activities people want to take place there—with a good mix of both social and workshop project ideas.

"Once established, the newly developed Craigentiny Community Hub and Craigentiny Community Shed will become a focal point, allowing the local committee to continue running fantastic initiatives and support local people.

For more information on the Craigentiny Men's Shed, follow developments on Facebook at www.facebook.com/craigentinyhub/ and the People Know How news page at www.peopleknowhow.org/about-us/news



Tom's Lockdown Monologue

You don't know what you've lost til it's gone, eh? There's some of us guys in here spend too much time alone, we don't need 'lock down'. But some are vulnerable too, you know. Strange times. And we're a brooch church. Over 100 of us. We cover every ailment in there. Every underlying health condition in the over 60s - you name it, we got it. We're experts. They should send medical students down here to study us.

But we had to close it down like everything else, or else we'd be at risk of collapse. We can't afford to lose our men. We're a brotherhood, you know? Looking out for each other.

The challenge is... how can we be a community if we are apart? There's only so much you can do on social media, you know? That's for those who are into all that. Me, I'm more analogue than digital. I like my Roberts radio and although I have a mobile phone I don't want to be putting all these 'apps' on it. Drives the kids mad. It gets muddled and I forget whether someone has texted me, sent a message via facebook, emailed - I just want to talk face to face. Best way. Now they are even saying we can't do DIY. The painters and the railway model chaps'll be fine. They can keep calm and carry on. But the wood turners? The metal guys?

I know that we have to protect the NHS and that means staying home. My daughter is a Doctor. In intensive care

unit. It's a worry, you know? But we have to look at the bright side. She's getting up every morning and heading into hospital with her head held high so least I can do is keep positive and keep busy. And some of the shedders are ex-army. They've been through all sorts. I'm a retired banker, never seen the front line - all I have to do is stay in and be good and avoid carpentry. Harder than it sounds, mind.

When all this is over - we will be back in the shed. We'll appreciate it even more than we already did and that was going some. It was - it is - a great place. And it will be again. We'd only just started getting the workshop up and running, knocking out the social areas, you know?

I've spoken to a few guys from the shed in lockdown. There is real kindness and concern. Particularly for folks like me, you know. On my own. Some have wives keeping them going and although I'm fit and healthy otherwise - it's nice they get in touch. I really appreciate it. I miss Anna. They know that.

Some things don't change though. I am eating as many biscuits as I do at the shed. Maybe more. If that's possible?

I miss you, shedders. They'd really started to become a big part of part of my life. We had a coach trip planned. To Beamish. Postponed I hope. Like everything.

The future is merely...postponed. And in the meantime, we hang on in there. 'Cos when this is all over, we've got work to do.

Written by Clare Prenton
Director, Writer & Lyricist
www.clareprenton.com

Lockdown projects: How are your 'Shedding at home'?

Here are just some of the many projects being carried out by Shedders safely at home!



Inverclyde Shed: Some resourceful and fun 'for the burds' projects. Four more bird houses for the Shore Street Gardens courtesy of Ross Lambie



Men's Shed Glenrothes: Shed members have been preparing at home for when Sheds re-open by practicing their designs for garden furniture, baby rattles and musical instruments



Paisley Men's Shed: Shedder Alan Pollock started building a model railway project in the Shed and is now starting to learn how to detail it from home



Stonehaven & District Men's Shed: SDMS's world famous bike mechanic, Peter the Cooper, is taking on bike refurbishments to upcycle and sell on to generate Shed income in lockdown

Volunteers rise to the challenge to produce 'Selkirk visor'

Selkirk Community Shed (SCS) has pulled together a team of volunteers to produce fundamental personal protective equipment (PPE) for keyworkers during the COVID-19 pandemic.

SCS member, James Maybury, has developed a simpler yet equally effective product - named the "Selkirk Visor" - to be used in conjunction with a face mask, if required (pictured).

Barry Sutton, Secretary of Selkirk Community Shed, said: "Our saying is 'Where there's a Shed, there's a way' and although we were lacking access to sufficient 3D printer capability, we are delighted to have come up with a solution—along with other Men's Sheds—to produce this essential kit."

"James has pulled together a small local network of seamstresses to whom he is supplying materials. The completed finished visors are then safely collected by one of our other members and brought to the Shed for matching with orders for despatch or collection. Safety is, of course, our utmost priority—for our members, volunteers and the end users.

"By the end of April, the operation had produced just short of 2,000 visors with 950 having been sent out; a

fantastic effort by the team. We have now built up a stock that we can send out nationwide if required.

"The visors are being supplied to care homes, care workers, pharmacies as well as local shopkeepers and we are waiting to hear back from Borders General Hospital on their assessment of samples provided.

"The visors are lightweight and, importantly, comfortable to wear all day.

"SCS is not making any profit on the visors but we do need to cover rapidly rising costs in order to keep buying materials. We received a £500 grant and matched this with Shed funds to help get the operation going. We are supplying the product free of charge, where we can, but are asking for a small donation where possible to cover material costs and, where required, postage costs."

If you know of any organisation or individual frontline worker who might benefit from a pack of 'Selkirk Visors' or would like to get involved with this project, please get in touch with SCS at selkirkshedders@gmail.com



Pictured: A Tesco pharmacy worker wearing the visor in conjunction with a face mask

Westhill Men's Shed produce face visors to help frontline staff

Westhill Men's Shed (WMS)—along with volunteers and other community groups across Grampian—are putting their skills to work to produce face visors to protect essential frontline workers.

The team is making the visors using 3D printers in their homes scattered around the North East of Scotland.

Nick Pilbeam, Secretary of the Westhill Men's Shed, said: "We are making the visors as fast as we can—currently producing around 600 a week—for key workers.

"We received a grant from Aberdeenshire Council through the Aberdeenshire Community Resilience Fund—topped off with donations from our members and supporters—and because of this, we can supply the product free of charge.

"The visors are being distributed by Aberdeenshire Council to staff in the NHS, sheltered housing, care homes etc. Interested parties must apply directly to Aberdeenshire Council to obtain them.

"The rest are supplied directly by us to frontline workers in our community, shop staff and others who work with the public."

WMS has produced help and guidance for users—in regards to cleaning and replacing the visor or for other community groups wishing to help make additional visors—on their website at www.westhillmensshed.co.uk/covid

For more information on Westhill Men's Shed and the completion of their Shed extension, please see [page 8](#).



Pictured: Nick Pilbeam, Secretary of WMS, wearing the visor

Virtual Inverclyde Shed launches

With support from The Corra Foundation, Inverclyde Shed has launched a Virtual Shed to ensure its Shedders stay connected during the course of the Covid-19 pandemic.

The first weekly Virtual Shed started on Wednesday 22nd April 2020 and Shedders can pop in every Wednesday at any point between 10am and 3pm for a chat.

Bruce Newlands, Chairperson of the Inverclyde Shed, said: “We are extremely grateful to the Corra Foundation for affording the opportunity for our members to stay in touch online whilst we are in lockdown.

“Our members will have the chance to catch up with other members and have a blether over a cuppa. Corra offered an additional £2,000 to all previous recipients of their funding if they could spend it to alleviate the issues arising from Coronavirus.

“We applied for a Zoom and You Tube subscription, some carving kits and laptops for our most vulnerable members so that we could launch a regular Virtual Shed weekly with a view to increasing it to three times a week.

Gala Men’s Shed joins forces to create face visors for key workers

The Gala Men’s Shed (along with Sheds in Selkirk and Coldstream—see [page 13](#)) are manufacturing, collecting and distributing face visors—of a similar design to the Bauer face visor—to care workers, care home health workers and NHS workers.

Ross Hall, Men's Shed Development Officer at Volunteer Centre Borders, said: “The Gala Men's Shed and pupils from local Gala schools have collectively produced around 250 face visors so far.

“Following government guidelines, the sanitising process for the first batch of visors ended on Monday 20th April 2020 and they were then made available for collection and distribution locally.

“Should you work in any part of the care sector, NHS, a care home or are a key worker—or know of anyone who may need a face visor— then please get in contact with me on 01896 754 312 or email r.hall@vcborders.org.uk.



Pictured: Zoom meeting image from Chris Oliver (SMSA Trustee and St Andrews Shedder) that inspired Inverclyde Shed

“These are drop in meetings for folk to just log in and chat initially and it is open to all members including the 280 followers on our Facebook page. In due course, we plan to have a more structured day plan of practical videos and discussions.

“Another great announcement is that—although we are waiting for our lease offer for review—our Shed lease from Inverclyde Council has been confirmed and will be offered for 25 years at £1 per annum. This is a huge step for us and we just can’t wait to get back in the Shed when this is all over.”

For more information on Inverclyde Shed, please visit their website at www.inverclydeshed.co.uk or follow them on their social media channels (Facebook, Twitter, Instagram and LinkedIn).

“The visors are being donated, however the charity is asking for a donation of at least £1 per visor to help cover the cost of raw materials.

“The Shed is particularly short of 12mm elastic tape and foam (jumbo car wash sponges) so if you have any unused materials or have access to any stores of it, donations would be gratefully accepted.”

For more information on Gala Men’ Shed, please visit their Facebook page at www.facebook.com/GALA-MENS-SHED-2055907984456874



SMSA wants your stories for the Shedder!

To promote and showcase the Men's Sheds Movement and its growth, we want to hear from Scottish Sheds

What are you doing to stay connected with your Shedders during lockdown?

How are you 'Shedding from home'?

Do you have a big announcement to make?

Do you wish to share the personal journey of a particular Shedder?

Have you recently won Shed-loads of cash?

Do you have a DIY project that you would like to share?

Do you have a healthy recipe you are whipping up in the kitchen?

Then we want to hear from you!

Please contact SMSA's Communications & PR Officer, Michelle Wibrew, at comms@scottishmsa.org.uk



Cyber resilience during the COVID-19 outbreak

As a result of the significant rise in COVID-19 related scams, the Scottish Government Cyber Resilience Unit shares some important information for Scottish Shedder readers.

'Zoom Bombings'

There have been cases globally of video conferencing broadcasts and meetings being hijacked by malicious users including a recent incident where obscene content was broadcast during an online swimming workout aimed at children in Scotland.

This event, along with other events that are open by design are vulnerable to being hijacked as anyone can join them. There are steps which can be taken to minimise the risk of intrusion which include using a unique meeting ID for each meeting and enabling a 'waiting room' feature so meeting hosts can add guests manually.

Using Zoom securely is one of the topics covered in the webinar mentioned below right and in a recent [blog by Alison Stone](#) at SCVO.

Each platform has security features and it's recommended that you take the time to familiarise yourself with configuring security settings to meet the needs of your organisation.

[Zoom Security](#) | [Skype Security](#) | [Microsoft Teams Security](#) | [Cisco Webex](#)

There are numerous platforms out there and it is recommended that you research and select a platform that meets your needs and has appropriate security functions.

Is your video conferencing password for sale online?

It is reported in Forbes and other trusted sources that up to 500,000 hacked Zoom account passwords are available on the dark web. Whilst the passwords appear to be quite old, the aim from the cyber criminals perspective is to take advantage of the fact that many users have the same password over multiple accounts.

If your password for video conferencing is the same as a password for any other service that has been leaked then there is the risk that your account could be compromised. Use a unique password.

As ever, National Cyber Security Centre (NCSC) guidance for strong passwords applies – choose **3 random words** and consider the use of a password manager to ensure that each online account has its own discreet passphrase. Further guidance is available in the password section of the [NCSC's Small Business Guide](#).

A quiz too far?

This week we are hearing details of online COVID-19 focused quizzes being used to harvest personal details for participants which could be used for fraudulent activity.

Taking advantage of the desire for information about the disease, these quizzes appear to be checking our knowledge but are also asking for details such as maiden names, family information, telephone and email addresses – even pet names. This may appear harmless, but this information allows scammers to build up a picture of a target which could be used subsequently for identity theft. As always, be mindful of the information you share online. Further details on this and other scams are available in the latest [Trading Standards Scotland Scam Share newsletter](#). You can sign up for their newsletter [here](#).

If you've been a victim of coronavirus related or any other fraud, report it to Police Scotland by calling 101.

Free Webinar from Scottish Business Cares: The dos and don'ts of video conferencing

This webinar recording looks into video conferencing and how to do it securely.

Learn how easy it is to protect your meetings with ethical hackers; Declan Doyle, Jess Amery and Moe Keir.

<https://youtu.be/LITHJZyplpA>

A PERSONAL STORY



This issue, we speak to the founder of the Scottish Men's Sheds Association (SMSA) – Executive Officer and former SMSA Chairman, Jason Schroeder – to hear all about why he has dedicated the last 11 years of his life to Sheds and has no plans of stopping anytime soon.

Jason, 56, said: “I came to this country from South Africa and started working in community development for Aberdeen City and Aberdeenshire Councils. It was through working with them that I started to notice a pattern in the community centres – where were all the men? There were always much more women than men using the facilities and community activities on offer.

“I spoke to my colleagues across Scotland and they also expressed a difficulty engaging with men – they just don't seem to come to community events. Working with men over the years, in my military and press background, gave me a good understanding of ways to engage men and accept men in different environments and I needed to find out – what are the men doing and where are they?

“It was in 2009 that an email came in about a talk taking place in Inverurie, Aberdeenshire at Wyness Hall – being hosted by the Council about this initiative called Men's Shed. I hadn't heard about it before and googled it and read about the massive Movement in Australia. I went along to the talk by Dr Neil Bruce - a retired GP who is the Chairman of the New Zealand Men's Sheds Association - and was totally inspired by what I heard. After the talk, I had a long chat with him and kept in touch and it was this that got me passionate about getting one up and running in Westhill.

“I worked alongside the Westhill Men's Shed (WMS) committee and Aberdeenshire Council's, Jill Sowden and it took three years to get everything in place to open the first Shed (in February 2013). During this time, I was working as a part-time Youth Development Officer and volunteering my spare time to work on Men's Shed. I was on the ground, speaking to men about the concept and Jill was working strategically in the Council and she secured the Shed's premises.

“In its first year, WMS had 3,000 individual visits and there was a demand for more Sheds in Aberdeenshire. Funding from the Council's Change Fund created a two-year full-time post for a Men's Sheds Development Officer to be hosted by Aberdeenshire CVS. I went for the interview and got the job. I then resigned as a Youth Development Officer and went to work in Banchory to roll out what happened in Westhill across Aberdeenshire.

“I was asked to set up another two Sheds over the course of the two-years and worked to create a Development Plan, talks, films and presentations. I researched maps, demographics, road transport links, retirement ages and went targeting men (and their wives/partners) in those areas to talk to them about Sheds. By the time we got to a year, I was up to six Sheds in Aberdeenshire. Nearing the end of the post, the Aberdeenshire Council's Innovation Fund granted a third year. My remit was to get the existing Sheds up to opening stage and not start up new Sheds, however, by August 2016 there were 11 Sheds in Aberdeenshire in a two-and-a-half-year period.

Continued on page 17...



A PERSONAL STORY (Continued)



...Continued from page 16

“So, why did I start the Association? The fledgling UKMSA which I was part of chose to stay England focussed and with Scotland having different legislation etc it made sense to start an Association just for Scotland and grow the Movement with all my home-grown local development knowledge and experience.

“I had never run a charity in my life but I got on with it – recruiting Trustees, registering the charity and organising a launch event. We received charitable status in 2014 and then we launched in 2015. An Awards for All grant paid for the SMSA website and the launch event at The Lighthouse in Glasgow to an audience of 300 people.

“I then applied for funding for the Association and in September 2016, the Scottish Government grant was confirmed. I had a huge decision to make. In order for the Sheds Movement to grow, I resigned from my Aberdeenshire Men’s Shed job and over a six-month period implemented the development plan; transition from an employee to being an employer and get the whole charity infrastructure in place.

“I got to work on the website – it was the tool to reach a burgeoning audience – creating step-by-step guides on setting up Sheds as well as fit-for-purpose Shed-specific constitution templates, health and safety advice and guidance. It was my vision for the website to supply all the information required for men to voluntarily set up Sheds in their own communities and not reinvent the wheel. Over the years, with many contributors, the website has been finely honed and continually evolves.

“During that time, I also initiated the Social Return on Investment (SROI) document on Westhill Men’s Shed – with Jill and PhD student, Jeremy Watt – which showed that for every £1 invested in Sheds there was a social capital return of £9.34 in terms of health and social care and community learning outcomes. The document is still recognised and used world-wide today.

“I am immensely proud of what has been achieved over the last decade. An accessible intergenerational movement and pathway for men to become purposefully and voluntarily re-engaged about their health and wellbeing has been created – and this has never existed before. SMSA helps policy makers understand that there is not a one size fits all and it was a huge achievement to have this documented in the **Scottish Government’s first national strategy to tackle social isolation and loneliness and build stronger social connections – A Connected Scotland.**

“Today, we are also working with other co-production organisations (e.g. COSS, Scottish Community Alliance, Scottish Government Community Empowerment Team, Age Scotland, Macmillan Cancer) to help create a smoother and more successful outcome in Shed creation. We are also working in partnership with the Glasgow Caledonian University on their three-year Sheds for Sustainable Development research funded by the Big Lottery Community Fund. This for the first time, is generating real peer reviewed evidence which is already showing the benefits of the Scottish Sheds Movement and directly impacts on credible funding.

“The SMSA has developed a two-tiered engagement strategy through a national Shed and free Individual Membership scheme across Scotland. The SMSA delivers tailored support and advice to Sheds and Shedders aligned with Scottish legislation (e.g. Shed constitutions, Community Asset Transfers, funding, health and safety procedures) for those setting up and secondly protocols and mediation for maintaining a Men’s Shed.

“SMSA services are provided free of charge as is Individual Membership in recognition of the support for the

Men’s Shed Movement and the charity’s purpose and aims. A paid membership for a Men’s Shed is also available with many different benefits at £20 per year.

“The future plans for the SMSA are big! Over the next five years, the Association plans to grow its team from three to ten to include regional Development Officers to support the roll-out of Sheds to meet the needs of communities. It is our dream for every man to have access to a Shed in their local area. This is by no means an easy task in the current financial climate. The funding applications are being compiled and there is a demand across the country for more localised support and we aim to meet that need.

“When I started this journey, I made a personal commitment to dedicate 20 years of my life to growing the Men’s Sheds Movement in Scotland. I am now halfway through and we are right on track. It has consumed my life for the last ten years. I have given my heart and soul to this cause to leave a better place for my son and all our sons to have a smart, healthy place to socialise and benefit from having access to intergenerational, positive male role models.

“It certainly is a worthy goal and after ten years my passion has not wavered as, every single day, I am reminded of the difference we are making to people’s lives – not just the men, but their families, friends and communities. Sheds have become my life in so many ways.”

Join the Scottish Men’s Sheds Association today for FREE—and recommend to friends and family.

Join online at www.scottishmsa.org.uk/individual-membership-application





Why make spoons?

by *Chris Oliver, Men's Shed St Andrews*

When I first mentioned that I was making spoons, this was met with some interest in our Shed! A fellow Shedder—**Malkie**, a carpenter and wood sculptor at **Men's Shed St Andrews**—helped me get set up with some simple spoon blanks, some easy carving wood and the essential hook knife.

I'd always wanted to make functional but innovative spoons. My past skills, initially as a neurosurgeon and more latterly an orthopaedic surgeon, could now be reused in precision spoon making. I chose to use locally-sourced woods and as many traditional tools as I could. Each of my spoons were to be hand-crafted and unique.

I had read about greenwood spoons and carving them out of the forest with an axe, I'm not quite in that place yet and have used a small bandsaw to help cut the blanks that make up the spoons initial shape. I have found spoon making aesthetically very pleasing and is one of the most satisfying activities that I have done in a long time, even more so than wood turning.

I attended a spoon making workshop with **Louise Forbes** at **Gill Murray's** workshop in Bridge of Earn. Here I learnt the essentials of spoon making, with lots of tips and

tricks. I learnt from Louise, how to make quality wooden spoons, and it reaffirmed my belief that spoon making is great fun. Louise makes simply lovely spoons and sells them from her **Tayberry Gallery** in Perth, she also runs bespoke spoon making courses and could come to your Shed in the future to teach you.

So, I have now become very interested, almost obsessed, in spoon making. I have plans to exhibit at the **East Neuk Open Studios**, now deferred until the autumn. I have bought some nice blanks from **English Woods**: Ash, Walnut, Apple, Spalted Beech, Hawthorn, Sweet Chestnut, English Walnut, Horse Chestnut, Holm Oak, Cedar of Lebanon, Eucalyptus, English Oak, Mahogany, Brown Oak, Iroko, Meranti, Olive Ash, Beech, Silver Birch, Wild Cherry, Elm, Holly, Lime, Sycamore and Lacewood.

Although I can get wood locally, it's a bit harder to get the specialist woods. I would hope only to use sustainable woods. I've recently invested in a small bandsaw as this seemed to be taking up all my time cutting blanks at my shed. There's still a lot to be learnt but of course there is a wealth of information on the Internet and YouTube. Learning how to hold the knives and hooks is an artform. Feeling the wood being carved feels very natural, having control of the various blades is not too dissimilar to surgery to me. The final tidying up of the spoons with sequential sanding up to 1200 Grade before oiling and polishing is so satisfying. Carving the bowl of the spoon with a hook knife is a beautiful process but can go badly wrong if you go with the grain.

Spoons are the simplest tools we use. You get better the more you make. I expect it may take the rest of my lifetime to perfect. It is great to have a passion in life.

Prof Chris Oliver

Men's Shed St Andrews Shedder and SMSA Trustee





Why not grab a cuppa and take part in this fun quiz!

With us all in lockdown and enjoying our gardens and daily walks, we thought it fitting to cover a theme of **popular garden flowers** for our green (and not-so-green) fingered Shedders!

Compiled by A Shedder, Three Towns Men's Shed

Example: Opium Flower (5) **Answer:** Poppy

1. Went up (4)
2. Saffron (6)
3. Tinned milk (9)
4. I had AI around for this flower (6)
5. TV's Mrs Bouquet? (8)
6. Ling, Erica for example (7)
7. A vile fraction (7,6)
8. Take me away, James belongs to me (7)
9. Wise man's wax stamp(8,4)
10. The animal wears protective hand clothing (8)
11. South Asylum seeking order (7)
12. Love it, somehow (6)
13. Within the plasterboard, a star-like flower appears (5)
14. Little imps lie yonder, initially, making this (4)
15. A make of rubber gloves (8)
16. Put back fifty one inside (5)
17. Greek youth in love with his own image (9)
18. One of Wordsworth's golden hosts (8)
19. English Cathedral rings out (10,5)
20. Urge on after mischievous bird (8)
21. Wee paste provides Popeye and Olive's progeny (8)
22. Lucky shone east to get a sweet drink (11)
23. Winter weather causes this (8)
24. Namby-pamby (5)
25. Too hot to handle + card game (3-3,5)
26. Carefree Siamese produce endless blossom (7)
27. Ahiimnrrtu (11)
28. With the start of tea, her many chums change (13)
29. Fifty in sanctimonious wine (9)
30. One name was turned into a sea creature (7)

UPDATE FROM AGE SCOTLAND



At Age Scotland, our teams are working from home staffing the Age Scotland helpline through a virtual call centre. Even Tim Green (Men's Shed Development Officer) is manning the phones!

Watch Liverpool player and Scotland skipper (pictured right) promote the helpline at www.youtube.com/watch?v=lypl9_8WrMo.

If you need medical help, please follow the guidance on the **NHS Inform website** at www.nhsinform.scot/coronavirus. For non-coronavirus symptoms, the NHS is still open so please contact your GP, hospital, NHS 24 or other healthcare environment for management of existing and/or new conditions.

If you are at higher risk of severe illness and you need help with food or medicine deliveries, you should contact your Council's **shielding support service**. Visit www.gov.scot/publications/covid-shielding-contacts for more information.

To keep on top of the definitions including who is classed as high risk (strict social distancing) and who is classed as extremely high risk (shielding) visit www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/social-distancing-shielding-and-self-isolation

Staying active and well: www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/your-wellbeing

Useful phone numbers and websites:

- Official Scottish Government updates on Coronavirus: www.gov.scot/coronavirus-covid-19
- Official UK Government updates on Coronavirus: www.gov.uk/coronavirus
- Charities and information services that can help you during this current crisis including general welfare, money, debt and consumer advice and volunteering: www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/useful-contacts-and-resources/#Charities
- Information on how to help your community is on the Ready Scotland website: www.readyscotland.org/coronavirus
- World Health Organisation (WHO) myth buster: www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Our helpline team are working tirelessly to offer information, friendship and advice during the coronavirus pandemic.

Record numbers of people need our help.



Age Scotland
Love later life

0800 12
44 222

Age Scotland Helpline 0800 12 44 222

- advice, support and friendship for the over 50s.

Ready Scotland National helpline 0800 111 4000

- provides essential assistance to those who are high risk and who do not have family or existing community support and cannot get online.

NHS Inform 0800 028 2816

- no symptoms but looking for Coronavirus advice

NHS24 111

- for use only if Coronavirus symptoms worsen

Emergency services – Ambulance: 999



The health benefits of sharing your life with a dog

by *Chris Oliver, St Andrews Men's Shed*

We know that there are many health benefits of sharing your life with a dog. Dogs don't just fill your heart; they make it stronger.

Whilst we are all in lockdown, dog walking is an approved activity as part of our daily exercise however, don't be tempted to drive your dog to a favourite spot for a daily walk!

Studies show that having a canine companion is linked to lower blood pressure, reduced cholesterol, and decreased triglyceride levels, which contribute to better overall cardiovascular health and fewer heart attacks. What's more, dog owners who do have heart attacks have better survival rates following these events.

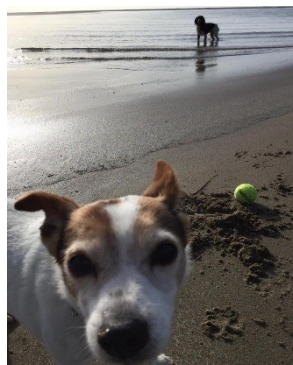
Canine companions help you meet the UK Chief Medical Officers guidelines of 150 minutes of physical activity per week. Evidence shows dogs help you lower body mass index (BMI), are associated with fewer doctor visits and more frequent moderate and vigorous exercise. Studies have shown that if you walk a dog five days a week you may lose a stone in weight over one year.

Significantly, scientific studies have shown that sharing your life with a dog and being physically active reduces the risk factors for a few diseases, including cardiovascular disease, respiratory disease, some cancers, and Type II diabetes.

I don't think people really appreciate that dogs can have very positive effects on mental health and general wellbeing. The mental health and neurological benefits include reduced risk of depression,

dementia, improved sleep quality, and a greater sense of wellbeing. Dogs can give a structure to your day especially in retirement. Dogs certainly help if you are lonely.

One of the downsides of a dog is to fall over it. I've certainly treated past patients with knee or hip fractures from either being run into or fallen over a dog, so you must be careful.



Once lockdown is over, you may want to take your dog to your Shed, but please check with the other Shedders to make sure it is ok first. Most dogs seem very happy at the Sheds and their visits are much appreciated. Does your shed have a dog mascot or other pet?

However, the overall evidence is that the health benefits of sharing your life with a dog outweigh any potential health risks and harms.

Happy walking!

WHAT'S COOKING?

As we spend more time at home than ever before, Quality Meat Scotland (QMS) is encouraging people to use this time to cook delicious and nutritious meals with free virtual cookery lessons! The lessons will be brought to life by leading Scottish chefs on 'The Scotch Kitchen' Instagram TV (IGTV) channel.

Why not try this delicious and healthy beef stir fry from QMS's meaty new website—packed with over 100 recipes for Scotch Beef, Scotch Lamb and Specially Selected Pork inspiration— at www.scotchkitchen.com

Ingredients

- 600g lean Scotch beef rump steaks
- 150g tenderstem broccoli, thinly sliced
- 1 x large red onion, thinly sliced
- 1 x tsp Chinese five spice powder
- 20ml light soy sauce
- 2 tsp oyster sauce (this can be substituted with one dessert spoon of Worcestershire sauce)
- 15g piece fresh ginger, peeled and thinly sliced
- 1 x large clove garlic, thinly sliced
- 20g tomato puree
- Juice of 1 lemon
- 50ml sherry or white wine (this can be substituted with 25ml white wine vinegar)
- 30ml Scottish rapeseed oil - plus extra to fry the steaks, approximately 1 tsp

Method

1. In a wok, fry the red onion, garlic and ginger for a few minutes
2. Add the Chinese five spice, soy sauce, oyster sauce, tomato puree, lemon juice and wine (or sherry)
3. Cook for one minute, then transfer to a bowl
4. Put the thinly sliced broccoli into a bowl, cover with boiling water and leave for 10 minutes
5. Heat the additional rapeseed oil in a wok
6. Cook the thinly sliced rump steaks in hot oil in the wok for 6 - 7 minutes until browned
7. Drain the broccoli
8. Add to the wok along with the red onion mix
9. Heat the mixture gently for a few minutes until heated through
10. Serve with rice or noodles

Scotch Beef with Broccoli Stir fry



— THE —
SCOTCH KITCHEN

For more recipes, practical "how to" video content and key messages on health and nutrition, please visit www.scotchkitchen.com or follow 'Scotch Kitchen' on Facebook, Instagram or Twitter.

COVID-19 - important messages for healthcare in Scotland

NHS 24 wishes to promote some key health messages for the people of Scotland during the current pandemic.

You may be aware that people are anxious about seeking health care for conditions other than COVID-19 and we very much want to get across the following messages:

- our NHS is open and people shouldn't hesitate to use our services
- people who are unwell or have concerning symptoms should still contact the service
- www.NHSinform.scot is available 24/7 with advice for many common concerns, including when and how people in Scotland should contact their GP or call 111



NHS 24 has created a toolkit (available at the link below) with messages for people with **health concerns other than COVID-19** – common symptoms, minor ailments, dental health and concerns due to screening programmes being temporarily paused. There are links throughout to clinically approved advice from our team at NHS 24 – the same team who take care of people when they call us out of hours.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/communications-toolkits-and-leaflets/coronavirus-covid-19-communications-toolkit>

The national health service is still here for everyone. It is important that people seek help and when they need to, contact their GP or, if it is out of hours, contact NHS 24.

Now more than ever, it's important we look after ourselves.

Scheduling time to keep active helps you manage stress, and is essential for a healthy mind and body.



YOU CAN GO OUTSIDE TO EXERCISE A MAXIMUM OF ONCE PER DAY.



Observe distancing rules (stay more than 2 metres from others) and workout alone or with only your household group.

Here are some ideas:



Go for a walk or a bike ride

Being in the fresh air will help improve your mood.



Challenge a friend remotely

Who can do the most keepie-uffies? Who can hula hoop the longest? Post your attempt to social media.



Lots of exercises can be done at home

Search for a video online and learn some new moves.

FUNDING OPPORTUNITIES



Scotch Whisky Action Fund - Tackling Alcohol Related Harm

The Fund aims to invest in groups and organisations that have innovative plans to reduce the impact of alcohol-related harm in Scotland's communities.

The Fund is focused on supporting new/innovative or pilot initiatives which deliver targeted interventions designed to tackle alcohol-related harms in Scotland's communities.

Awards of up to a maximum of £25,000 for a one year period can be made through this Fund.

Apply online by the 2nd July 2020 at www.foundationscotland.org.uk/programmes/scotch-whisky-action-fund



The Response, Recovery and Resilience Fund

Local charities and grassroots organisations that are responding to the outbreak of the coronavirus pandemic can apply for grants of up to £5,000.

Small charities are leading the effort to support communities throughout the COVID-19 pandemic from providing vital food supplies to the vulnerable to producing and sourcing vital equipment for key workers.

This fund is aimed at helping these organisations through what are unprecedented times. It has designed a quick and simple online application form where eligible groups can apply for grants between £1,000 and £5,000.

From the 20th April 2020, the criteria changed making only organisations with an income of less than £125,000 eligible to apply.

The aim is to have grants to organisations within 72 hours of an application being made.

For more information, please visit:

www.foundationscotland.org.uk/programmes/community-response,-recovery-resilience-fund



Third Sector Resilience Fund

The Third Sector Resilience Fund (TSRF) is a £20m emergency fund for charities, community groups, social enterprises and voluntary organisations working in Scotland.

The fund will support organisations that already deliver services and products but find themselves in financial difficulties directly as a result of the coronavirus pandemic.

The primary intention of the fund is to help third sector organisations to stabilise and manage cash flows over this difficult period.

The Fund will be delivered by **Firstport**, **Social Investment Scotland** and the **Corra Foundation** and will provide grants between £5,000-£100,000.

The fund will be complemented by specialist business advice from Just Enterprise to help grant recipients maximise the impact of the financial support.

To find out if your organisation could be successful in gaining support from this fund please use the [eligibility checker](#).

Organisations must be:

- a charity, social enterprise or voluntary organisation based in Scotland and/or primarily delivering services/activities in Scottish communities;
- already delivering those products or services prior to March 2020; and
- require funding to stabilise cashflows directly as a result of the impact of COVID-19, as opposed to pre-existing financial difficulties

For more information and/or to apply, please visit:

<https://scvo.org/support/coronavirus/funding/for-organisations/third-sector-resilience-fund>

Have you won shedloads of funding?

SMSA wants to hear about your funding success stories so that we can share it with others. Please contact comms@scottishmsa.org.uk



The Scottish Shedder is the official free newsletter of the Scottish Men's Sheds Association (SMSA). It inspires and informs Scottish Shedders and Movement supporters of the achievements, changes and ongoing requirements to successful Shed creation across Scotland.

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Support the Men's Shed Movement in Scotland, follow the SMSA at:

