

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION


SMSA hits membership milestone

The Scottish Men's Sheds Association is celebrating reaching a significant milestone as it welcomed its 2,000th Individual Member (now 2,121) on International Men's Day.

International Men's Day, on the 19th November each year, celebrates the positive value men bring to the world, their families and communities - putting the spotlight on positive role models and raising awareness of men's wellbeing. Men's Sheds provide community-based places to connect men through activities and social interaction and epitomise what International Men's Day is all about.

Brian Tait, Chairperson of Dalkeith Men's Shed - which opened its doors at Dalkeith Thistle FC to Sheddars within six weeks of its first public meeting - registered as the 2,000th Individual Member of the SMSA. Mr Tait said: "By becoming an Individual Member of the SMSA - and also Dalkeith Men's Shed becoming an official Shed Member - we can already see the benefits and our members are very keen to be involved in the growth of this movement."

Jason Schroeder, Executive Officer at the SMSA, said: "We are delighted to support the advancement in this grass roots men's health movement

which recognises men from all walks of life and the contribution they make to society. In addition to our 2,000 supporters, Dalkeith Men's Shed is amongst almost 200 Sheds in Scotland that can access a wealth of support, guidance and resources through SMSA to assist with their development and aim to improve the health and wellbeing of men."



SMSA's 2,000th Individual Member—Brian Tait's Story

"I took early retirement at the age of 56 in 2018 from management in the plastic industry. I still felt the need to have something practical to do. So, when I heard there was the possibility of a Shed starting in Dalkeith I went along to the first public meeting in September.

"After visiting an established Shed in Macmerry, I felt I could offer more from my past management skills and took on the role of Chairperson at Dalkeith. With support from Dalkeith Thistle we opened our doors to Sheddars within six weeks."

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'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 2,000 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 31st January 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

Wow, 2019 has flown by for us at Shed HQ and what a busy exciting year it has been for us!

Some significant milestones have been reached this year with our 2,000th member joining the SMSA since we launched in November 2016, the inaugural SMSA 'Scottish Shed of the Year' Award and The Scottish Shedder is back in production thanks to our funding from the William Grant Foundation which allowed us to employ the charismatic Michelle Wibrew.

Every day we support you in the numerous challenges faced in starting and running a Shed and all three of us are as passionate as the day we started doing this. For me that will now be a decade since I heard the talk by New Zealand's Men's Sheds Association's Chairman, Dr Neil Bruce, while he was on holiday in

Aberdeenshire. That inspirational presentation started me on this journey of co-creating new places where men can meet in an enjoyable and productive environment. My dream is to have a Shed in every village and city in Scotland. Since the first Shed in Scotland opened in Westhill, Aberdeenshire in February 2013, the Movement has grown to have Sheds in all the 32 local authority areas across Scotland. We are nearly at the 200 mark and I would wager we are not even half way there!

I would like to thank the thousands of men and women who support this Movement in Scotland around men's health and having a better quality of life. I thank you for using all of our resources and benefits of Shed membership to make your lives easier as often we men try doing it all on our own. I am glad to report that the majority of Shed start ups are now using our guidance models and get going much



quicker than they did even three years ago.

Utilising the wisdom gained from co-ordinating the Movement and making this available to you, I believe, is having a major impact on its growth.

I wish you all a peaceful and relaxing time until the bells chime heralding in 2020. We look forward to catching up with you all in January 2020 and continue growing this incredible Shed Movement together into the new decade.



SEASON'S GREETINGS FROM SMSA

Our offices will be closed on Friday 20th December and will re-open on Monday 6th January 2020. We look forward to working with you all in the New Year!



NEW SHEDS ON THE BLOCK

The Scottish Men's Sheds Movement Continues to Grow...

2,121

SMSA MEMBERS



129

OPEN SHEDS



52

IN DEVELOPMENT



32

LOCAL
AUTHORITY
AREAS



The SMSA is delighted to welcome four new SMSA Shed Members:

- Chryston & Muirhead, North Lanarkshire
- Musselburgh, East Lothian*
- The Shed @ Bayview, Fife
- Mintlaw, Aberdeenshire



NEW MEMBER FOCUS

***Musselburgh Men's Shed**
Our Lady of Loretto & St. Michael's
17 Newbigging, Musselburgh, EH21 7AJ

Contact: Kevin Young
Tel: 07833741768 | Email: dadswork@hotmail.co.uk
Facebook: [musselburghshed](https://www.facebook.com/musselburghshed)
Opening hours: 2pm-4pm every Tuesday



SMSA Website Accessibility:

Have you spotted our little red person on our website?

This new feature ensures our comprehensive 50-page website is fully accessible to all—offering the opportunity to increase/decrease text, change the font, contrast or background. Visit www.scottishmsa.org.uk

Is your Shed on the Map?

SMSA's '[Find a Shed](http://www.scottishmsa.org.uk/find-a-shed)' webpage receives over 2,000 hits a month from people looking for Scottish Sheds to connect with. The map includes a directory of Scottish Men's Sheds already up and running and details of those in development or proposed. Make sure your Shed is featured on the map and your details are kept up-to-date with the add/change form next to the map.

The SMSA team strives to respond to feedback and continuously improve our website and communications to meet the needs of our members and supporters. The website has recently received some upgrades, including an alphabetical list of Sheds beneath the map as a different option to search for Sheds.

To find out more about your local Shed and make connections, please visit the SMSA website at <https://scottishmsa.org.uk/find-a-shed>

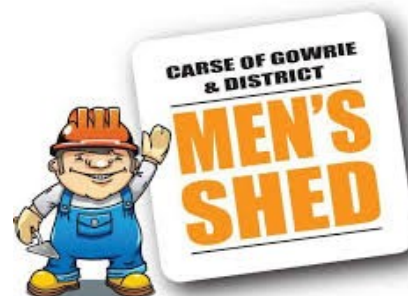


SHED IN THE SPOTLIGHT



To refurbish or not to refurbish? That is the question.

Sheds can develop a life of their own. Like its members, they grow and change and reflect the experiences of those who attend. They become comfortable places, less concerned with the difficulties experienced at their conception.



Sheds also reflect men's need to collect rubbish (sorry, I mean old tools, paint tins, wood and half-finished projects). After some six years, the Carse of Gowrie & District Men's Shed has become a bit like middle aged men. If it could, it would sit in a nice comfy chair, and put off until tomorrow, jobs that need to be tackled today, but comfort has a price!

Beware the member, who in the middle of the coffee break says, "I have had a great idea, why don't we refurbish the Shed?" After a period of several weeks, members warmed to the idea. With little understanding of the amount of work involved, they plan, change the plans, discuss ideas, and drink more coffee.

Work starts with the rubbish that needs to be removed, rehomed or recycled. In our case, twenty, three-piece suites, nine assorted beds, two ton bags of assorted junk, and one and a half tons of assorted scrap wood!

A rest period is now needed before the real work starts. We have built thirty metres of new walls, changed the location of five doors, for fire safety purposes, and re-wired over twenty new strip lights. We now have a newly refurbished Shed with a wood turning section housing ten lathes, plus a dust extraction system, in a light spacious room. Also, a large metal work section, again with a lot of space and light. Next, a machine room for the noisier wood working machines. We now have a very large general purpose workroom, stocked with tools and eight work benches.

In line with our focus on members' health and wellbeing, we have a great kitchen and coffee/meeting area, which is very important in the life of any Shed. We are in the process of developing our "keep fit/ healthy living recreation area. I know that some members think that this means only one biscuit, NOT three!

To launch our new-look Shed, we held an open day with a sale of work for family and friends which was well attended. We always welcome members from other Sheds to drop in for a coffee and a chat at any time.

Can we take this opportunity to wish all Shed members around the country, a very Happy Christmas and Guid New Year.

Terry Howson
Vice-Chairman of Carse of Gowrie & District Men's Shed

Locals 'take a seat' thanks to Coldstream Men's Shed

Coldstream Men's Shed, at the request of the Honour Our Troops charity, constructed a bench that surrounds one of the trees in its local War Memorial Gardens.

Honour Our Troops wanted to bring the gardens back to a place of quiet contemplation for members of the community to be



able to sit and talk. The Coldstream Shedders designed and built it and it is now being used every day for a variety of reasons—to chat, contemplate, eat, meet up or rest.

Honour Our Troops raised the funds to give the Coldstream Men's Shed a donation to invest in their future and further projects within the community.



Peebles and District Men's Shed team up with local school for intergenerational showcase

With a £3,000 prize up for grabs, pupils from Peebles High School championed for its local Men's Shed - Peebles and District Men's Shed - to win at its **Youth and Philanthropy Initiative** (YPI) grand final presentation on the 21st November 2019.

The YPI, funded by the Sir Ian Wood family, is an active citizenship programme which empowers young people to make a difference in their local communities whilst developing a host of valuable life skills. Each

year the participating schools are responsible for granting £3,000 to a local grassroots charity through a unique programme of teamwork, research and competition.

The pupils, who selected to showcase the Peebles and District Men's Shed, worked as a team to research the social issues that affect their local community and the impact that Men's Sheds have on men's health and wellbeing. A group of pupils also visited the Shed to learn more about its day-to-day activities and meet and talk to some of the Shedders.

The project allows young people to support the work of local charities and play an active role within their communities. In this case, it afforded the opportunity for some unique intergenerational working.

Malcolm Bruce from the Shed said: "Even though we did not win, we were honoured to work with the next generation to promote the Men's Shed movement and how attending a

Shed can make such a positive impact on people's lives.

"We were thoroughly impressed with the standard of presentations on the evening. The initiative provides vital hands-on experience for today's youth to develop their skills and confidence.

"It was so inspiring to see these young adults recognise the work we are doing to improve health and wellbeing and reduce social isolation in our community, and the many barriers we face on a daily basis. We would also like to congratulate the worthy winners who were supporting young carers in the Borders."

Peebles and District Men's Shed is open Mondays and Wednesdays, 10am-4pm. For more information, please search for Peebles Men's Shed on **Facebook** and **Twitter**.

SHED LIFE



Kirkcaldy & District Men's Shed Chairman competes on Channel 4 crafting showdown

Chairman of the Kirkcaldy & District Men's Shed, John Milne, has featured on Channel 4's Kirstie's Handmade Christmas.

The series—which started on Monday 25th November 2019 and aired (Monday to Friday) for three weeks—is packed with competitions and makes, decorations, gifts, food and drink

to inspire every crafter.

The programme focusses on tightly-fought competitions, bringing together the 'cream of UK craft' from every corner of the country to compete to create a handmade trophy at Kirstie's Christmas HQ.

The episode featuring John Milne (proudly wearing his SMSA pin badge) was aired on Tuesday 3rd December 2019 and showcases the talents of four festive crafters each fighting it out in Kirstie's 'Best Christmas Gift' competition. The competitors must race against the clock to create a stunning seasonal present but only one can be crowned the winner!

The show is now available to view online at:
<https://www.channel4.com/programmes/kirsties-handmade-christmas/on-demand/69837-007>

Watch as John turns a decorative wooden bowl – a heavy, luxurious feeling piece that is, in John's own words, "like a hedgehog on the outside and smooth as a baby's bum inside."

A former mechanical engineer in the electronics industry, and then janitor at a college, John is now retired. John first did woodworking at school, getting back into it as an adult under the watchful eye of his mentor Jimmy Clewes, to create beautiful pieces. He now shares his skills with his fellow Shedders at Kirkcaldy & District Men's Shed.

John Milne said: "I was approached by Channel 4 to feature on Kirstie's show and jumped at the opportunity. It is very important for me to share my knowledge and for the traditional skills of wood turning to be passed on. If not, we will lose these skills as craftspeople retire."

Sheds Pop-Up in Local Supermarkets

Many Sheds are changing the way they fundraise and raise awareness of activities by diversifying into pop-up shops at supermarkets in their local communities.

Forres Men's Shed recently held its third successful pop-up shop at Forres Tesco. Tony Hartley, Chairperson of the Forres Men's Shed, said: "Sheds should take full advantage of the opportunities from local supermarkets to raise funds through donations, selling handmade wares and to highlight what Sheds are all about. The support we have received from the public has been overwhelming and I would urge other Sheds to make contact with their local supermarket to see what is available in their area."



A hot delivery from Aberchirder

A delivery of chillies—grown by Aberchirder & District Men's Shed—from James Paterson (ADMS Secretary). Our Executive Officer, Jason Schroeder, placed the order to make his infamous Dragon Lemon Pickle ready for keeping away the cold of winter. Another great fundraiser for Sheds!





Christmas Fair success at Men's Shed Glenrothes

A great day was had by all at the **Men's Shed Glenrothes'** Christmas Fair. Lots of visitors enjoyed the displays of work and made cash donations to take some home with them.

Proceeds from the bottle stall, cake and candy stall, craft stall, bran tub, face painting, tea shop, beat the clock and the grand raffle amounted to a staggering £2,000. The funds will be used to offset the cost of the new heating system for the Shed as well as many other overheads.



Nairn Men's Shed creates sleigh for children's charity

On Saturday 7th December 2019, **Nairn Men's Shed** delivered this magnificent sleigh to the Co-op for the Moray Firth Radio Cash for Kids Appeal.

The sleigh was made in the Shed workshop which was supported by funds from the Co-op Community Fund.

For more Christmas creations from the Sheds, please see [page 14](#).

The big dig begins on Phase 2 of Banchory & District Men's Shed

After five years of intense planning and fundraising, Phase 2 of Banchory Men's Shed's (BMS) conversion project began on the 12th November 2019.

The transformation began with digging up the foundations of the former garages and undercroft at the Banchory Legion Scotland site to begin creating the Shed's social area for its 30 members.

BMS has secured an astounding £60,000 for the Phase 2 build and £10,000 for Phase 1. Banchory Men's Shed Chairman, Paul Evans, told The Scottish Shedder: "We have worked hard to raise funds to make this happen, therefore it is great to see this build begin after years in the making."



"It is thanks to our fundraising efforts and an extensive list of funders - Aberdeenshire Council's Marr Area Committee, Developer Obligations Team at Aberdeenshire Council, The Robertson Trust, NHS Grampian Endowment Fund, Banchory

Community Fund and Apache North Sea Ltd to name but a few that have given £5,000 or more- that this project will come to fruition."

Continued on page 8...

SHED LIFE

...continued from page 7

Phase 2 is to transform part of the garage area into the Shed's social area and involves large scale projects including back-filling the foundations ready for under-floor insulation, timber framing, new concrete floor and lighting. As of the 16th December, the project is about 60% complete.

Phase 1 of the project – the creation of a workshop with a £10,000 budget to redo electrics, cladding, painting and install the Shed's windows and front door – was completed in November and celebrated with supporters including members of the community, an MP, MSP and local Councillors – at an official opening on Saturday 2nd November 2019.

Paul added: "There was a huge amount of interest from potential

new members at the Phase 1 open day and we anticipate that our numbers will continue to grow once the full build is complete."

Banchory Men's Shed meets every Tuesday morning at 10.30am until 12 noon for coffee, tea and a good blether and is open to anyone. Fundraising also takes place through the Shed's tools and works sale (alongside the Legion's monthly book sale).

The project is on track for completion by the end of January 2020. Future plans include model building, a computer clinic, silversmithing and furniture-making classes for members.

Keep up-to-date with progress on their [website](#) or [Facebook](#) and [Twitter](#) pages.



Pictured (top): The Legion's garages and undercroft before Phase 1 began

Pictured (bottom): Progress of the Phase 2 interior as of the 16th December 2019



Banff, Macduff & District Men's Shed supports local Toy Bank

Banff, Macduff & District Men's Shed was approached by three mothers from a local mother and toddler group who had the idea to start a Toy Bank last year for families who were struggling to buy toys for their children.

John Bloor, Secretary of Banff, Macduff & District Men's Shed, said: "Whilst last year's Toy Bank event was successful, the venue did not meet the group's needs and our Shed was approached to help.

"The Shed's reply was a unanimous yes and, despite the space being a bit tight, they have had a great response and our members have joined in to make the whole experience better by decorating the room with a Christmas tree and one member dressing up as Santa for the children."

For more information on the Shed, please visit their [Facebook](#) page.

SMSA needs your photos!

SMSA is building a database of photographs that truly reflect the diversity of activities taking place in Men's Sheds with men from all walks of life.



SMSA requires high impact imagery for promotional materials to promote the Scottish Men's Sheds Movement.

Please send your photos to Michelle at comms@scottishmsa.org.uk giving full permission to use the images in our materials. Thank you!



Development Trusts Association Scotland

Community Asset Transfer for Men's Sheds under the Community Empowerment (Scotland) Act 2015 Factsheet

This **factsheet** has been produced to look at some of the issues particularly affecting Men's Sheds in the asset transfer process. These include finding funding for purchase of an asset, demonstrating wider community benefit and finding ways to "pay the bills". It complements the extensive general information on all aspects of Community Asset Transfer (CAT) to be found on the **COSS website**.



MSP donation for Moffat Men's Shed

Following her visit to Moffat Men's Shed in September, Joan McAlpine MSP returned on the 15th November 2019 to present the Shed with a £100 donation from the Scottish Government.



Joan was extremely impressed to hear about what the Shed had achieved as well as its involvement with the local community and the benefits of Sheds to men's health and wellbeing.

Dick Monaghan from Moffat Men's Shed said: "Our sincere thanks go to Joan for thinking of us with her allocation, it is very much appreciated.

"Joan, you are always more than welcome to drop in any time, the kettle is always on."



Post your Christmas get-togethers on our Forum page

Here is Edzell Men's Shed enjoying their end of year celebration. If your Shed is getting together this Christmas? Then why not post your photos on the **SMSA Forum** Facebook page? We would love to see them!



USE THE QR CODE TO DOWNLOAD THE FREE WELL MAN APP



The free Well Man phone app is now available to download for all men globally and covers information, practical tips and skills about physical, mental and social wellbeing to better cope with life.

www.wellmantour.com.au



grant@mensresourcecentre.org.au



Caption This!

What is our SMSA Executive Officer up to?

Submit a caption to win a First Aid kit for your Shed!

Send your entry by Friday 10th January 2020 to comms@scottishmsa.org.uk for a chance to win.



SHED LIFE



East Kilbride Men's Shed Open Day

The crowds came out for an action-packed open day at East Kilbride Men's Shed.

The day included everything from raffles to demonstrations of what the project – aimed at reducing loneliness and isolation – involves.

It was opened by the daughter of renowned alternative therapist, the late Dr Jan de Vries, Tertia Molenaar.

Chairman of the Shed, Bill Stewart, said: "The day went really well and we had a good turnout. There was plenty going on from a cake stall, coconut shy,

a wet sponge stall, book and plant stalls and raffles.

"We were delighted to welcome along Tertia to officially open the day. We try to do as much as we can to engage with the whole community throughout the year to raise awareness of what we do".

The Shed now boasts a new comfortable social area, extended wood working area and engineering workshop. The space is now much larger, less cluttered and able to safely accommodate more of its members.

For more information, please visit the East Kilbride Men's Shed [website](#) at or visit their [Facebook](#) page.



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- **Free and impartial energy advice**
- **Let Citrus deal with the switch from start to finish**

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Community groups give wildlife a helping hand

The Men's Shed in Galashiels (known locally as Gala Men's Shed) has joined forces with the Gala Waterways Group to provide food for wildlife this winter.

The collaboration between the two community groups will see twelve bird boxes—made from donated and recycled wood—placed around the town over the coming weeks. Men's Shed member, Neil McDougall, said: "Last year, we helped the wildlife trust by making squirrel boxes so that they could collect data and we were delighted to help again this year."

Men's Shed Development Officer, Ross Hall said: "I love that these groups have come together to give back to the community."

The Gala Men's Shed is open every Tuesday, Wednesday and Thursday from 10am to 4pm and situated below Langlee Community Centre.



DAVID YOUNG TRAINING WORKING WITH **SCOTTISH MEN'S SHEDS**

Machine Competence & Woodwork Training Courses

Welcome to David Young Training.

Based in Perthshire, David has been delivering on-site woodwork training to education and industry for over 17 years. We are now delighted to be offering bespoke training to suit the Scottish Men's Sheds Association Member Sheds individual on-site training needs.



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

BUILDING YOUR CONFIDENCE

**How to safely set up,
operate and
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SMSA CHAIRMAN VISITS KATOOMBA MEN'S SHED



By Derek Keiller, SMSA Chairman

Katoomba Men's Shed, affiliated to the Australian Men's Shed Association, is situated 2,200ft up the Blue Mountains to the west of Sydney.



The Blue Mountains, given that name due to the blue haze that hovers above them, is an area renowned for spectacular scenery, plant and wildlife and densely populated forests of oil bearing Eucalyptus trees. The 'blue' haze blanketing the mountains is created by the atmosphere whereby dispersed droplets of Eucalyptus oil combine with dust particles and water vapour to scatter refracted rays of light which are largely blue in colour. Hence the name.

The Shed started in 2005 and is now well-established and supported by many local businesses in the area, including Bunnings, a B&Q type major store. Membership is steady around the 110 mark and they are open four days a week from 9am to 2pm.

We received a very warm welcome from Bruce Ward, their Treasurer, and the other members visiting on the day. Like all good Men's Sheds a good cuppa was the first thing on the agenda, then we had a good chinwag and swapped anecdotes. The building itself was kindly donated by Blue Mountains City Council and was originally stables

for the Light Horse Brigade and, latterly, the Trotters Pavilion for horse racing. The building was in a state of disrepair and required major rebuilding and renovation. Many dedicated volunteers have donated their time and skills to breathe new life into the Shed.

They are lucky in that they have a very skilled membership. As with many Sheds, safe working is paramount with training in place for all machinery. They offer woodworking, metal working, welding & steel fabrication, wood carving, leather work, motor mechanics, computing, gardening, workshops and courses on first aid, chain saw skills and basic home maintenance. They also have a well-attended poets group, artists group, a new dad's group for first time dads, and a book club and exchange library.

They carry out varied work within their community and take on any project that can be produced within the Shed.

Their skills with 3D printing are impressive and they currently use a 'Creality 3D Ender 3' printer with an optional heated glass plate which was purchased from China at a cost of only \$500 (£275.00) and I must say turns out some real quality pieces. They use Autodesk's 'Fusion 360' software, a CAD design tool which is basically free for private and not-for-profit use at present. They also use 'Ultimaker Cura' software, which slices the 3D model into layers for the printer and produces the computer code required by the printer. You can use this software directly on a saved file, or the Fusion 360 software

integrates directly with it as well. Well worth checking out if your Shed is considering the purchase of a 3D Printer.

Membership is \$40 per year with prospective members able to attend several times before deciding to join. Some members who need special assistance are able to attend with a carer.

As you would expect, the old barbeque is put to good use and they have even built their own impressive brick pizza oven outside the Shed.

All in all, we (myself and my wife, Marilyn) were extremely impressed with the warm, friendly welcome, the 'get up and go' Aussie attitude, the quality of the building and their comprehensive equipment. Men's Sheds in Australia, having started in the '90s, are well ahead of the Sheds in the UK and have the support of Government who, following comprehensive studies, realise the great benefits to health and wellbeing that Sheds provide to members.

Dr Danielle Kelly and the team from Glasgow Caledonian University are now into the third year of a comprehensive research project and hopefully, following this, more funding will be forthcoming for the SMSA and its member Sheds.

We will be back in Australia in December 2020 to revisit Katoomba Men's Shed and hopefully to get round a few more Sheds in the Blue Mountains.

For more information, please visit <http://www.kms.org.au>

A PERSONAL STORY



By Fred Brown, Garnock Valley Men's Shed

I had been in the building game all my life before losing the sight in one eye in an accident. It felt like the end of my world. I sat at home – kept myself to myself - and got seriously down with not being able to do what I did before.

I kept being told to go along to the Men's Shed by friends and the job centre, and then I got chatting to a member of the Garnock Valley Men's Shed (GVMS) at a local event about my hobbies and told him all about my passion for Airfix modelling and that I was known internationally for it. In June 2018, I was invited to lend a hand with a model that one of the members was working on at home and would bring in to GVMS.

I started going along to the Shed to work on my models in the social area before moving to a larger room with some other members joining me. The Shed was in a state of disrepair, so I put my joinery and building skills to good use. As a result of this, I was offered the position of Assistant Manager of the Shed and then made up to Manager within six months. My confidence started to grow as I utilised my building experience and saw the transformation of the Shed's derelict rooms into a fully working kitchen, toilet, office and model building room for members' use.

I was contacted by Models for Heroes and asked to be their representative for Scotland to mentor veterans in model building as therapy and, of course, I jumped at the chance. The GVMS is now the only Shed in the UK with a dedicated **Models for Heroes** modelling room.

Model building today is expensive, it is no longer a pocket money hobby. My followers and supporters kindly donate model kits and funding for paint and tools so it is a completely

free hobby for the community, and I intend to keep it that way so everyone can take part without cost being an obstacle. The club currently has 16 members, with on average around 8-12 attending on a Wednesday evening, and I mentor the members to make their models as life-like as possible and work on their techniques.

"The biggest buzz I get is seeing the progress made by these men. This mentoring is changing lives and I am just being me!"

Fred Brown, 46

I was so down when I lost my eye and now, thanks to the Shed, I have so much to focus on. I am now in the Shed welcoming new members, mentoring men and making friends for life. It is so rewarding to see the change in these men and teach a new skill.

It is very important for our model club to take place in the evening. Scottish Men's Sheds are all about the health and wellbeing of men aged 18 and over so we offer this to ensure men working during the day are able to attend.

The biggest buzz I get is seeing the progress made by these men. This mentoring is changing lives and I am just being me! The men come in, pick their model and I give them advice and tips on different techniques along the way in addition to teaching them the history of the project they are working on.

A highlight of my time with the Sheddies was at a recent model

show - Edinburgh Scale Scotland Capital Model Show at BT Murrayfield in September – and seeing the growth in their confidence. The hobby has sparked some friendly competition in them, and I just love hearing comments like "My spitfire looks better than that!". The excitement from the day was so encouraging to witness and they just couldn't wait to get back and work on the next creative project.

The Men's Sheds and modelling gives these men the opportunity to experience the kind of banter and camaraderie that they are used to and hopefully also result in them enjoying both a practical and sociable new hobby.

The future is looking great, I am currently looking for a new job but will still be involved with the model club. I was recently approached by two other Sheds that are interested in incorporating a model room and asked for my advice. In an ideal world, I would want to see the modelling rolled out to all the Sheds in Scotland.

The model club is open every Wednesday evening from 6pm to 8pm and everyone is welcome.

Check out the social media pages at www.twitter.com/GarnockM and www.facebook.com/GVMS.Modellers



SHED SHENANIGANS

Christmas Creations from the Sheds



St Andrews Men's Shed



Stonehaven Men's Shed



Forres Men's Shed



Kinross & District Men's Shed



Banchory Men's Shed



Broadford & Strath Men's Shed



St Andrews Men's Shed
(created by Jim Blair)



Ellon Men's Shed

Three Towns Men's Shed – Cryptic Christmas Quiz

Compiled by: A Shedder, Three Towns Men's Shed

1. A quiet evening for a song (6,5)
2. A class aunt changed (5,5)
3. Magi (5,4,3)
4. Sounds like you will be short (4)
5. Yesterday's tomorrow is today, a gift! (7)
6. Crazy! (8)
7. Mean man of Christmas (7)
8. Fifty people go five rounds with twenty three birds in this! (6,4,2,9)
9. Ottoman Empire (6)
10. Four year contract (3)
11. Vanity it is not. His birth it is (8)
12. He is now managing to emerge from the cold (7)
13. One thousand to range around to lie here (6)
14. CAST HIS NOL gives a nom de plume of number two! (2,8)
15. He was a ballet dancer (7)
16. Most elite plant (9)
17. Twenty five twelve twenty nineteen (9,3)
18. Nylons (9)
19. Silvery T-lines (6)
20. Judy! (7)
21. American gello takes wings within (5)
22. Clink, clink, clink; ring, ring! (6,5)
23. Ties in a pot makes a pot plant (11)
24. Sounds like an initial illness! (5,4)
25. Meat pastries? No, sweetmeat! (5,4)
26. Washing up liquid for a sparkling finish (5,6)
27. Fir, Spruce, Pine (9,5)
28. Will David do this to Goliath, perhaps? (6)
29. Pugilism for twenty four hours (6,3)
30. O, the rats feast around to shine over Bethlehem (4,2,3,4)

Example: Every answer has a festive season theme e.g. girl's name (5 letters).....answer: Carol

AXMINSTER

Tools & Machinery

5% Shed Member Discount
Remember that SIMSA has an agreement with Axminster for a 5% discount on most purchases for SIMSA Shed members!

WHAT'S ON?

Update from Age Scotland by Tim Green



It has been another super month where I had the privilege of supporting and enabling new and existing Men's Sheds. Dalkeith Men's Shed is now open and they have been very quick off the mark constructing benches in one of the portacabins they are using at Dalkeith Thistle FC.

I was at the Dumfries and Galloway Men's Shed Fest hosted by Moffat Men's Shed with the following Sheds in attendance: Dalbeattie, Glenkens, Lockerbie, Gatehouse of Fleet, Dumfries and Castle Douglas. There was a good representation of South Lanarkshire Sheds including Stonehouse. North Ayrshire had a presence in the form of Garnock Valley and SMSA Secretary, David Gardner. Wilson George (SMSA Trustee and Chairman of Hawick Men's Shed) was part of a Scottish Borders contingent. These SMSA Trustees including Charlie Miller, SMSA Treasurer, greatly assisted Jason in assuring the SMSA's standing as Scotland's Men's Sheds Association. The event was opened by the Lord Lieutenant of Dumfries, Fiona Armstrong, who said that "the Sheds were giving many men a sense of purpose".

I wholeheartedly agree with Third Sector Dumfries and Galloway Engagement Officer Christine Clarke, who helped organise the Shedfest event, when she says "It's always humbling being in the same room as so many fantastic advocates for Men's Sheds and hearing the tremendous

things they achieve for their members and their community." There were tears when Lockerbie's Ken Harvey and Moffat's David (Vaz) Huntley gave individual testimonies about the difference their Sheds have made to them personally.

Having not been able to make the grand opening of Stonehaven and District Men's Shed, I made a visit to see it for myself. I was totally blown away by what they have achieved. The art group were framing some wonderful copper etchings they had produced over the last few weeks. On display were very creative reindeer and various beautifully crafted festive items to be sold at the Christmas Tree Light Event on the 30th November. In the fantastic workshop I was able to see the health and safety and dust management equipment an Age Scotland grant had supported. I was also able to see engineering skills being used to reinstate prosthetics for the Limbs4Africa project.

Later on in the day I met with the Trustees of the Culter Men's Shed. The Shed is located in the Army Cadet, Drill Hall purchased from Aberdeen City Council for £500. They have achieved a huge amount since my last visit. There is a large workshop area for metal/woodworking projects; a social area; computing/electronics area; kitchen; and wheelchair accessible toilets. I arrived too late in the year to see the sunflowers in the Helianthus Reach for the Sky competition held by their Gardening Group. I was warmly welcomed by members when I gave a presentation about Age Scotland and my role.

The following day I visited Dyce and District Men's Shed where, as well as being shown around their well-equipped workshop, I watched a couple of games of pool in their social area accompanied by some fierce Doric banter.

An exciting 2020 awaits, I have been working with Carol Buchanan—an enthusiastic Community Education student—who is doing her placement with Fife Council's Dave Manderson. We have been organising open meetings to start up Sheds in Rosyth on the 13th January, Valleyfield on the 22nd January and Oakley on the 23rd January.

At long last Fife is beginning to have the number of Sheds commensurate with Fife Council's status as the third largest Scottish local authority. The new Sheds are in good company with Sheds in Glenrothes, Kirkcaldy, Kennoway, St Andrews, Kinghorn Loch, East Neuk, Buckhaven CLEAR and the veterans-led Dunfermline Man Cave. The other new Shed on the Fife block is Methil Men's Shed. The Shed is, according to Eamonn Walsh another dynamic Communication Education student, "...in partnership with Buckhaven Community Trade Hub who have projects with intergenerational groups opening on the 31st January 2020, hopefully moving in to Bayview (East Fife FC) in March once the hub has finished making all the things they need."

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Sheds Open Over the Festive Period

Christmas can be one of the loneliest times of year for some people. If your local Shed is closed, why not travel to one of these events and make some new friends...

- **Glenrothes Men's Shed** will be open Christmas Eve and Boxing Day, New Year's Eve and the second of January
- **Forres Men's Shed** is hosting a soup kitchen at St. Leonard's Church Hall, on 27th & 28th December between 10am and 3pm, providing free soup and coffee for lonely and isolated men, women and children for those of Forres
- Why not check on the festive season opening hours of your local Shed?

Upcoming Shed Network Meetings

Perth and Kinross Men's Shed Network
Tuesday 14th January 2020 at Auchterarder and District Men's Shed at 11am (for 11.30am) to 2.30pm

Fife Men's Shed Network
Wednesday 15th January 2020 at East Neuk Men's Shed at 9.30am (for 10am) to 12.30pm

Ayrshire Men's Sheds Network
Friday 24th January 2020 at Three Towns Men's Shed, 1-5pm

Lothians Men's Sheds Network
Friday 31st January 2020 at Pentland's Men's Shed from 10am-12pm

Highland and Islands Men's Sheds Network
Wednesday 4th March 2020 at Cromarty Firth Men's Shed at 10.30am-1.30pm

Don't cry over spilt milk

For many years research has suggested that there may be a link between eating dairy products (like milk and cheese) and an increased risk of prostate cancer. In part, this arises from observations that, in countries where prostate cancer is high (like UK) so too is dairy consumption whereas in Asian countries where few milk products are taken prostate cancer rates are lower.

The World Cancer Research Fund investigated this topic in their review published last year and concluded that the evidence was "limited". Scientists working in this field have identified a link between milk intake and insulin-like growth factor (IGF) pathway. IGF is a protein that interacts with cells, causing a cascade of chemical reactions in the cell that result in cell growth. However, they concluded that "we still don't have enough evidence to make a recommendation on consumption".

This month a new review on diet and prostate cancer (<https://www.wcrf.org/dietandcancer/prostate-cancer>) covering data from 47 papers was published which concluded that higher amounts of dairy products

may be associated with increased prostate cancer. The Press have enjoyed reporting about this review paper, but the bottom line remains the same ... there is still not enough evidence to advise men to drink less milk.

It is also important to note that higher intake of dairy products appear protective against bowel cancer and are the most important source of calcium in the UK diet—an essential for ageing bones. Vitamin D is also essential for healthy bones and there are also small amounts of vitamin D found in dairy products but the main source for this nutrient is from sunshine. When it isn't summer, we do need a supplement especially in winter so stock up on the cod liver oil or other vitamin D supplements (we need 10 micrograms per day so avoid super strength tablets).

There is only one lifestyle factor that has strong evidence for increasing the risk of prostate cancer and that is obesity. So be wary of seasonal feasts and plan your New Year's resolutions early.

Professor Annie S Anderson
Professor of Public Health Nutrition
University of Dundee

WHAT'S COOKING?

Once the Christmas meal has been devoured and you are left with tons of leftover meat or poultry, why not try this fast, easy and delicious healthy curry recipe filled with lots of nutrient-filled veg! Even better, why not try cooking this winter warmer in the Shed and enjoy with friends!

Ingredients

- 1 tbsp olive oil (or vegetable oil)
- 1 large onion, chopped
- 2 garlic cloves, chopped finely
- 1 large tomato, chopped
- 1 tbsp tomato purée
- 1 medium chilli, chopped
- ¼ tsp chilli powder
- ¼ tsp coriander powder
- ¼ tsp cumin powder
- ¼ tsp turmeric powder
- 2 tbsp water
- 250g boneless turkey, chopped
- 1 tbsp low-fat yoghurt
- pepper, to taste
- 130g basmati brown rice, uncooked
- 160g cauliflower

Garnish

- 2cm cube of ginger, finely chopped
- 1 tbsp chopped fresh coriander

Method

1. Heat the oil and fry the onions until soft. Add garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes and then add 2 tablespoons of water and allow to reduce.
2. Add the turkey and cook for 10 to 15 minutes on a medium heat, then add the yoghurt, stirring slowly. Season with black pepper and simmer for a further 5 to 10 minutes.
3. Meanwhile, cook the rice following the packet instructions and boil, roast or steam the cauliflower until tender.
4. Garnish the curry with ginger and coriander.
5. Serve with rice and cauliflower.

Healthy Turkey Curry Serves 2 in 60 minutes



Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This recipe is just one of a wide range of healthy recipes available on the NHS website. For more recipes, food tips and 'eat well' advice, please visit the website at <https://www.nhs.uk/live-well/eat-well>

OPPORTUNITIES



B&Q Community Reuse

B&Q stores have been donating unsellable materials and products to their local community groups for many years. It's a great way to reduce waste whilst helping out the community.

The types of material includes:

- Wood, including off cuts and single use pallets
- Plastic plant pots and trays
- Part filled cans of paint. This might be used for a mural or for covering graffiti as well as for decorating
- Broken tiles and slabs
- Ends of wallpaper rolls
- Plants that are not in peak condition and other compostable materials
- Old products that have been written off

If your Shed would like to find out more and be added to the database, please visit:

<https://www.diy.com/corporate/community/waste-donation>

Endangered Spaces

As part of their three year community plan, Co-operate 2022, the Co-op is aiming to save, improve and protect spaces that matter.



Individuals can fill out a short form to highlight a local space they want to save, improve and protect. Locality's Save Our Spaces team will be in touch to let you know what support is available.

For more information, please visit:

<https://www.coop.co.uk/communities/endangered-spaces>

Scotland's Gardens Scheme



Scotland's Gardens Scheme's Guest Charity Grants will provide funding for projects that are concerned with the physical, mental and emotional wellbeing of adults and/or children across Scotland. The projects must be directly associated with gardens and/or gardening and clearly indicate the positive impact that they will bring to health and wellbeing.

Funding for up to £5,000 is available. Apply before the 31st December 2019 at <https://scotlandsgardens.org/annual-guest-charity-grant-application>.



FareShare: No good food should go to waste

10,943 charities and community groups are already benefitting from the FareShare scheme. FareShare has distributed surplus food to charities that turn it into meals. Sheds can collect free food from local supermarkets as and when it becomes available.

Find out more at <https://fareshare.org.uk>

Have you won shedloads of funding?

We want 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. It inspires and informs Scottish Shedders and Movement supporters of the achievements, changes and ongoing requirements to successful Shed creation across Scotland.



We aim to publish eight editions of the newsletter each year and send it digitally to all of our subscribers. All editions are archived in the [SMSA online library](#) for Individual Members to access at any time (log-in required).

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