

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

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Kinross and District Men's Shed (KDMS) inspires Shedders to get on their e-bikes

Following the success of KDMS's bike repair and servicing project, it became evident that there was a real desire from a significant amount of Shedders and members of the local community to cycle again but there were various reasons stopping them from doing so.

KDMS Shed Supervisor, Glen Douglas, proposed—at a Shed committee meeting—to build a prototype e-bike to trial with Shedders by converting a donated bicycle and raising funds to cover the cost of an e-bike conversion kit (almost £550) to meet this demand.

The Shed raised the funds to buy the first kit through its bike sales and monthly market stall. Glen Douglas said: "Our Shed bike expert, Tom Wilson, donated his bike for the project and the result was a big hit. Riders boasted the ability to reach speeds of up to 16mph easily. We found that people that thought they could not or should not cycle could easily manage the miles and felt

great, both physically and mentally, afterwards.

"The plan going forward was to convert more donated bikes into street legal electric bikes—with a 40-50 mile+ range and an assisted speed of 15mph—to be offered on loan free to Shedders to improve their health and wellbeing.

"Perth and Kinross Health and Social Care Partnership Healthy Communities Project Officer, Shona Fowler, recommended that we apply for the Perth and Kinross Community Investment Fund (CIF) to fund additional conversions following the success of the prototype. The Shed applied for not only the kits but also the tools, equipment and ancillaries needed to build the bikes as well as a car rack for Shedders to borrow should they wish to take them further afield to start their cycle."

Continued on page 7...

What is an e-bike?

An electric bicycle (known as an e-bike) is a bicycle with an integrated electric motor to assist with pedal power. E-bikes do not require a licence or insurance on public roads as long as the motor has no more than a 250 watt power rating and up to three wheels.

'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 2,200 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 13th March 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

This edition I want to talk about the importance of growing the grass roots Men's Sheds Movement across Scotland.

There are various strands to achieving this and I want to share some of the ways the national association plays its part in this role and what opportunities there are for Sheds and their Shedders.

Firstly, as the national support association for the Scottish Men's Sheds Movement we promote the movement through:

- The 50-page **SMSA website**, which receives over 2,750 visits a month. The **'Find a Shed'** webpage is hugely popular so it is important that your group and Shed details are always up to date
- The development and operation of a Shed and Individual membership scheme across Scotland
- The distribution of thousands of SMSA 'Open the Doors' leaflets
- Promotion of Shed news, events, opportunities and personal journeys in The Scottish Shedder newsletter. We urge you to take full advantage of the Shedder and let us know about your progress and announcements to reach an audience of over 2,000 readers
- The delivery of talks and presentations across the country from key note addresses to

television and radio. Most recently, I was interviewed by BBC Radio Scotland's Cathy McDonald for the 'Sunday Morning with...' programme—which aired on the 5th January 2020—covering both my personal life and my involvement in the Men's Sheds Movement in Scotland

- Representation on various boards and organisations who are responsible for community development and health. SMSA last week attended its first meeting of the Scottish Parliament's Cross Party Group on Health Inequalities representing Sheds to ensure our voice is heard
- Presence at national events and exhibitions like Gardening Scotland and The Gathering (see event details at bottom of page)

We believe that for this movement to not only grow but be sustainable and thrive it also needs to keep happening at a local level.

We are seeing that after the big push to launch a Shed—which unfortunately at present still takes years to get the doors open—and is usually carried out by the original four to six men (who are now exhausted), that they now just want to enjoy the Shed. Quite right, but after a while we are now seeing in some of the older Sheds that they are not continuing to go to local galas and promote all the good things happening in their Shed locally.

Promotion at local events is not just about selling wares to generate income for the Shed but is a huge opportunity to showcase the Shed to people who might not know of it or have just moved into the area.



It is essential that Sheds find new men who are looking for a role and who might have past work experience or younger men who want to get experience in publicity are asked to step up and take on these roles.

It's not for the board to do yet another job. Why not create a sub committee for Shed publicity and get your face out amongst the locals? This not only generates awareness about the benefits of a men's shed to the local community but it's a great way to attract new members and make local connections. Most importantly it is a great day out amongst yourselves promoting what you love to others and having a great time doing it.

Out of sight is out of mind, so remember what you did in the beginning to get known. Well if you can keep doing that, it's a necessary recipe for sustainable success.

SMSA will continue to work on a national level on behalf of our members and look forward to promoting you at your local events in the Scottish Shedder.

Happy 2020 and here's to a new decade of great Shedding!



SMSA presence at The Gathering 2020

The Gathering, organised every year by SCVO, is Scotland's largest free event for charities, social enterprises and voluntary organisations.

This year's event will take place on Wednesday 19th and Thursday 20th

February 2020 at the SEC in Glasgow. SMSA will have an exhibition ready to spread the message of Men's Sheds to an estimated 3,000 visitors from across Scotland!

If you are attending, pop along to our stall (No.22) to chat to us and find out more about the SMSA and how you can get involved in the Men's Sheds Movement and our future plans.

If you would like to have a 10-minute appointment at the event with our Executive Officer, Jason Schroeder, please email your request to comms@scottishmsa.org.uk.

Explore The Gathering's bustling marketplace, workshops, seminars and training opportunities.

With over 110 exhibitors – and a packed programme showcasing the work of the sector – this flagship event is a fantastic opportunity to find out more about the voluntary sector in Scotland and make connections.

For more information on the event or to book a place, please visit:

<https://scvo.org.uk/the-gathering-2020>

THE SCOTTISH MEN'S SHEDS MOVEMENT

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



2,223

**SMSA
MEMBERS**



130

**OPEN
SHEDS**



51

**IN
DEVELOPMENT**



32

**LOCAL
AUTHORITY
AREAS**

Figures as at 31st January 2020

2019 Highlights



This infographic depicts the main milestones and highlights of the SMSA from the 1st Jan to 31st Dec 2019

MEET THE NEW SMSA TRUSTEES



Professor Chris Oliver

Chris is a retired orthopaedic trauma consultant surgeon and King James IV Professor, Royal College of Surgeons of Edinburgh. He was previously Honorary Professor in Physical Activity for Health at the Physical Activity for Health Research Centre, University of Edinburgh.

Chris worked at The Royal Infirmary of Edinburgh as a major trauma surgeon saving lives and limbs for over 22 years. He initially trained as a Neurosurgeon at The National Hospital for Nervous Diseases in London and was a council member of The Royal College of Surgeons of Edinburgh for ten years during which time he was Chairman of the surgical membership exam (MRCS), which all doctors take if they wish to pursue a career in surgery.

He has a prolific research portfolio with over 400 academic papers and presentations and has appeared frequently as an opinion influencer in the mainstream media; television, radio, newspapers and internet. He has championed many health issues including; physical activity, obesity and transportation development. He is a Patron of Mobile International Surgical Teams (MiST), Trustee of: Drugs, Alcohol and Psychotherapies Ltd, Fife (DAPL) and Edinburgh and Lothians Greenspace Trust (ELGT).

Since retiring, Chris has lived both in Edinburgh and Fife and is an active member of Men's Shed St Andrews. He is currently researching the health impact and outcomes of Men's Sheds with the School of Medicine, Medical & Biological Sciences at The University of St Andrews.

On social media, he is known as the 'CyclingSurgeon', follow him on [Twitter](#), visit his [personal webpage](#) or [Wikipedia page](#) to find out more.



Jon Searle

Jon retired in 2011 from Standard Life Assurance Company where he led a team of 15 that designed, built and maintained their global telecoms network. Jon was responsible for an annual budget of £13.5m.

Following retirement, Jon soon became bored with his 'permanent holiday' and searched for something to occupy his time.

Jon volunteered with Braveheart, a charity that worked with elderly people who suffered from heart problems, before moving on to work on a project sponsored by the Institute of Physics in London for four years. This project, called Lab in a Lorry, entailed visiting every secondary school in Scotland with a mobile laboratory to provide practical experimental experience for students. In recognition of his volunteering, the Institute of Physics awarded Jon full membership status at the end of the project.

Two and a half years ago, Jon 'found' Men's Sheds ([read his story in Edition 10 of The Scottish Shedder](#)). He joined Wee County Men's Shed and has been the Chairman for almost a year. During this time, the Shed has more than doubled its membership, delivered projects to many local community groups and has gained a reputation for quality work, friendly welcoming members and responsible management.

Jon is passionate about the Men's Sheds Movement and strongly believes in the concept and ambitions of Men's Sheds.

He welcomes the opportunity to be a Trustee of the SMSA to make a positive contribution to the future success of Men's Sheds in Scotland and beyond.



Dick Monaghan

Dick trained as an electrician but was fast tracked into a site management program. He spent most of his working career involved in the management of major construction projects around the world.

Dick made his first senior position at the age of 25 where he worked as the M&E Construction Manager on the MPA project in the Falklands Islands for four years.

He has managed projects in the Far East the Middle East and within the UK with his biggest project being the Construction Manager on the channel tunnel project. Dick was then approached to build up a family business which, after 12 years, he sold for £38 million.

Following retirement, Dick got involved in his local Shed (Moffat Men's Shed). It was a concept that appealed to him to 'lend a hand' and the thought of joining a team excited him again.

Dick wanted to use his experience but found that building a Shed was a steep learning curve even for him! He found friendship—the ethos of Shedding—and could see the benefits of the connections being made with the local community.

His interest in people allowed him to connect with Shedders and assist others where possible. As a listening Samaritan, he believes that everyone has a voice that should be listened to without prejudice or opinion.

As a Trustee, Dick plans to bring all Sheds in his region into a connected framework under the SMSA.



SHED IN THE SPOTLIGHT

The Scottish Shedder caught up with Nick Pilbeam, Secretary of the Westhill Men's Shed - the first ever Shed in Scotland - to check out its latest expansion project and its plan for its seventh year and beyond.

As you walk into Westhill Men's Shed (WMS), you are greeted with a warm, friendly and welcoming environment with every man in there having a purpose or a project to do.

It was a Monday morning visit to the Shed and already at 10am it was bustling. Lots of different chats were taking place in the social area, several wood and metal work projects were on the go in the well-equipped workshop, model railway tools were being made on the 3D printer in the office, the kitchen was being installed in the new extension and of course the kettle was on for endless cups of tea and conversation.

The Shed - the former Westhill library which was secured through a Community Asset Transfer from Aberdeenshire Council for a peppercorn rent - officially opened on the 13th September 2013 and boasts a workshop, social area, kitchen, toilets and store for its 200 members and has recently undergone a significant transformation with the addition of two portable cabins in September as an extension to the Shed.

Portable cabins were the best cost-effective solution to the Shed's expansion needs. The second hand cabins, formerly owned by a school, have been refurbished to an exceptionally high standard by the Sheddars to provide a dedicated office space, kitchen, social area and new entrance allowing more workspace in the original area. The



cabins were funded by the Shed itself, Aberdeenshire Health and Social Care Partnership and Aberdeenshire Council's Developer Obligations with The Gordon and Ena Baxter Foundation supporting the fitting out of the cabin's interior.

The new extension will also provide space for the model railway group to work on its latest commissioned project for Peterhead Prison Museum - a model of the first state-owned railway in the UK - to be proudly displayed at the museum.

The railway group was started up by a Shedder in 2015 and they got to work and built a model railway, called Normington Brook. When word got out it was quickly snapped up by the Grampian Transport Museum and exhibited there before going to a youth group in Aberdeen. A representative from the prison museum saw the model and approached the Shed for this piece of work.

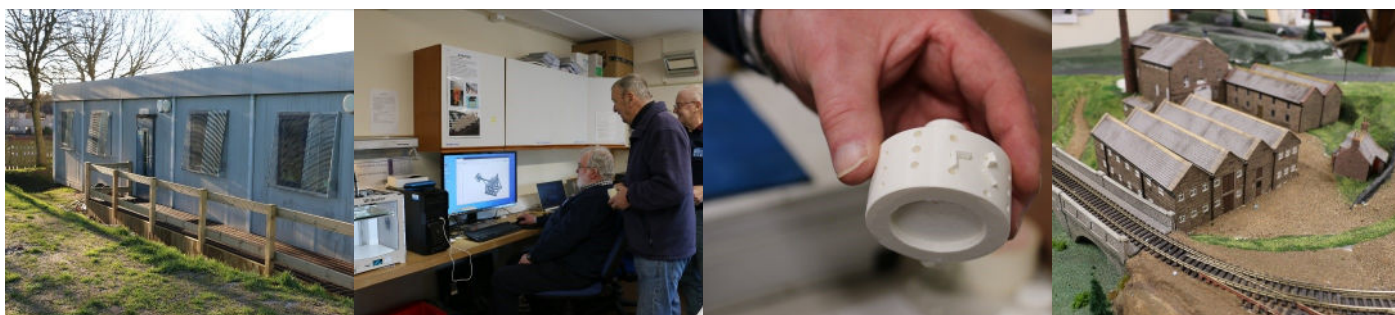
An average week can see 80-90 Sheddars attend and they are

certainly never short of things to do. There really is something for everyone. If Sheddars are not interested in the workshop side they can get involved in the bridge club, music group, computing, 3D printing or just hang out and play games in the social area. WMS has created a range of 3D printer projects including a chess set, Mercedes car parts, tools and model railway items.

Community projects that its Sheddars have undertaken include an oak bench for the Royal Aberdeen Children's Hospital requested by the Archie Foundation; planters, mud kitchens, an eco greenhouse and mini bug mansion for local schools; and musical instruments and toys for local charity, SensationALL, that helps children with support needs and disabilities.

...continued on page 6

Pictured (left to right): the new portable cabins, using the 3D printer, a tool created on the 3D printer and a sneak peek of the model railway for Peterhead Prison Museum



SHED IN THE SPOTLIGHT *(Continued)*

...continued from page 5

WMS is also helping its community save costs and reduce waste by offering its repair services. Nick Pilbeam said: "Through a partnership with Westhill Recycling Centre, we receive lawnmowers and gardening equipment for repair and then sell these items - ultimately saving them from landfill and generating income for the Shed. It is a win-win situation. Once a year we also organise a repair workshop where Westhill residents can bring in their items to be fixed. The event is extremely popular and, although the event is free, we are overwhelmed with the donations received as a thank you for our service. The next workshop is planned for Spring 2020."

Nick expressed: "It is thanks to these projects, generating income for us, that we are able to sustain our Shed and extend our space to meet the needs of our growing membership. Just recently, we were delighted that Robertson Homes commissioned us to produce ten picnic tables for staff building The Event Complex

Aberdeen (TECA) - Scotland's new, state-of-the-art events venue.

"First and foremost, we are here for our Shedders. One of our much-loved members, Bob Owen (previously on the Russian convoys and decorated by the Russian navy), passed away last June at the age of 94 and we will always remember what he said when asked to reflect on how the Shed, and his fellow Shedders, had impacted on him. Bob shared that the Shed not only gave him a new lease of life following the death of his wife - who had encouraged him to go the Shed - but getting in that workshop took away all his aches and pains. When you hear feedback like this, it makes everything that we are doing worthwhile."

When asked about the Shed's future plans, Nick replied: "The aspiration of the Shed is 'no pressures, no deadlines' and it has been an extremely busy time lately, therefore, I think we need to take some time to just enjoy our new bigger and better Shed."



Pictured: Bob Owen

To find out more about Westhill Men's Shed, please visit their website at www.westhillmensshed.co.uk,

follow them on Facebook at www.facebook.com/westhillshed or pop in for a visit (Mondays 10am-4pm, Wednesdays 3pm-8pm and Fridays 10am-4pm).

WMS is actively promoting its activities for all men aged 18 and over to come along to the Shed. The late evening opening is to allow those still working to join in.

Pictured (left to right): Dunecht Primary School planters, picnic tables for Robertson Homes, the eco greenhouse and the minibug mansion



MSA wants your stories for the Shedder!

Do you have a social area that you are particularly proud of?

Are you open in the evenings to accommodate working men?

Are you offering activities to attract young Shedders?

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

Do you have any recipes being made in the Shed that you wish to share with others?

Have you recently won Shed-loads of cash?

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

Then we want to hear from you! Contact comms@scottishmsa.org.uk

...Continued from front page

KDMS successfully secured its bid for £4,340 in April 2019 and quickly ordered not only the kits for six bikes but also a brand new trike to convert.

Mr Douglas then made contact with Cyclotricity, a company selling kits that were not only better quality but were also less expensive than others on the market. Following discussions and a visit to their headquarters near Glenrothes, the Shed found that this company shared the same ethos on getting people out cycling again to improve their health and wellbeing. The partnership with Cyclotricity not only benefits KDMS through charity discount but the company also offered to donate bike parts for the project.

Glen Douglas added: "KDMS now had all the tools, expertise and kits in place and then came the next challenge to select the right bikes. Front wheel drive or rear; full, part or no suspension; older vintage type or nearly new; rack battery or frame-bottle mounted? So much choice."

KDMS's bike conversions included:

- a couple of 'Dutch style' step-through bikes to allow an easier mount for the less able Shedder which were very well received
- a folding bike—for those wishing to transport the bike easily to a different starting location
- an off road 500w mountain bike
- a trike kit (purchased from Amazon for £250) which was adapted to a front wheel drive 250w e-trike. The trike allows those with balance issues a

way to enjoy the open road the conversion of a vintage Claud Butler hybrid type bike with a front drive 250w e-bike

Glen added: "We now monitor miles used versus any carbon based travel and the reduction in CO₂ and pollution is an obvious plus. We have also recently built more e-bikes for two young Sheddors as well as another e-trike for a local disabled woman who is an armed forces veteran. She had previously relied on an old mobility scooter—which we are also upgrading and servicing for her. It is hoped that the e-trike may be funded by the armed forces charity, SSAFA, to allow her better mobility around her local community."

Another success story came following an approach by the Wee County Men's Shed's, Scott Cameron. His son-in-law, a Consultant Dermatologist at Ninewells hospital, cycles to his weekly clinic in Perth Royal Infirmary as well as his regular teaching at St. Andrews University and wished to discuss the option of converting his bike to allow for a much easier 60-mile round trip commute.

The decision was made not to adapt his own expensive road bike but to offer an almost new, donated, hybrid-style bike and fit a larger rated battery. The adapted bike was a great success and he now regularly uses it and finds it difficult to go back to his ordinary bike.

KDMS also converted a local farmer's mountain bike (which was set to be scrapped) into a 500w off road e-bike used to dart about the farm by him, his wife and young son.

Whilst the project has of course been a huge income generator for the Shed, its success has also put KDMS in the spotlight and brought about some keen interest from the younger generation keen to get involved as they realise the benefits of these e-



bikes. This project not only aims to reduce users carbon footprint and recycle/reuse old bikes and bike parts—that would otherwise go to landfill—but also has huge health implications for riders to get fit, lose weight, reduce stress/anxiety and stabilise the joint muscles without any impact on the joints to name but a few.

So what does the future hold for the project? Well, KDMS is currently in the process of a big move to its new Shed home and with many potential new members in its sights—the possibilities are endless!

A national e-bike initiative for Scottish Sheds could be on the cards with potential opportunities available through the Transport Scotland E-Bike Grant scheme or the Energy Savings Trust E-Bike loan scheme (links below):

- [Scottish E-Bike Loan Scheme](#)
- [Scottish E-Bike Grant Scheme](#)
- [Transport Scotland Active Scotland Scheme](#)
- [Sustrans](#)

If your Shed is interested in e-bikes to loan to your Sheddors, then please get in touch with KDMS to discuss this opportunity further. Visit the KDMS website at www.kinrossmensshed.org or the Facebook page at www.facebook.com/MSKinross



Tools for Africa: local charity's refurbished tools head to Malawi

The Ecology Centre, an environmental charity based in Kinghorn, run weekly workshops in their Tool Shed where staff and volunteers come together to refurbish tools for reuse.

The Tool Shed have recently filled six carpentry boxes with over 250 recycled and refurbished tools, along with ten manual Singer sewing machines and treadle bases that are on their way to be reused in Malawi, East Africa.

As well as supporting other local charities and community groups with refurbished tools for projects, the Tool Shed also work with Global Concerns Trust, a Scottish based charity that aims to reduce poverty and empower vulnerable people with disabilities, equipping them with the skills and tools needed to be self-sufficient and earn a living.


The refurbished tools and sewing machines are shipped to Malawi to be used by Global Concern's partners to provide vocational training in carpentry, tailoring and cane furniture. A fantastic and worthwhile project to be involved in!



Tool Shed volunteers involved in pulling the carpentry kits together. Pictured (left to right): Bob Smith, Fred Varney, Jim Stevenson, Pat Convery, Ken Littlemore and Bill Ashcroft

The Tool Shed staff and volunteers are always looking for donations of old tools and sewing machines that are no longer needed so they can continue with their refurbishing programme and getting them put back into reuse. If you are looking to have a shed or garage clear-out please consider donating them. Tools and sewing machines can be dropped off from Monday to Friday between 9am-4pm.

For more information about The Ecology Centre follow them on Twitter, Facebook, Instagram, sign up to their newsletter or visit www.theecologycentre.org




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
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Tools for Self Reliance

Tools for Self Reliance (TFSR) is a UK charity which contributes to poverty reduction in Africa through supporting people to earn a sustainable livelihood.

The charity does this by working with partner organisations in Ghana, Malawi, Zambia, Sierra Leone and Uganda to deliver programmes of vocational training in trades such as carpentry, welding, plumbing and tailoring.

Trainees also learn business skills, are equipped with start-up toolkits, and supported to set up their own businesses.

Alongside training, the organisation carries out various additional activities with the local community – such as women's advocacy, better



enabling women and girls to earn an income.

Last year, TFSR worked with 4,840 people through its projects.

Men's Sheds in Scotland can get involved in the project to support the charity by collecting, refurbishing and sending tool donations to help equip training projects in Africa—*see page 8 on the Ecology Centre's involvement.*

If your Shed is interested in finding out more about Tools for Self Reliance, please visit www.tfsr.org, call +44 (0)23 8086 9697 or email info@tfsr.org



Easter bunnies multiply at Stonehaven Men's Shed

The Easter bunny creations at Stonehaven and District Men's Shed (SDMS) are multiplying—as bunnies do—with each of its Shedders bringing their own ideas to the various designs which have been selected to attract buyers when they 'hop' to market.

Bill Allan, Chairperson of SDMS, said: "The Easter bunnies and chicks have been a real team effort—all the Shedders have been helping each other and utilising the variety of raw materials that we have foraged to generate income for the Shed and its activities."

For more information on SDMS, please visit www.stonehavenmensshed.co.uk or like SDMS on Facebook at www.facebook.com/Stonehaven-Mens-Shed-1095753717148589

The Five Principles Of SHED SCIENCE

- 1 **NEVER THROW ANYTHING OUT.**
You never know when you might need it.
- 2 **I KNOW WHERE EVERYTHING IS.**
I know by instinct – it only appears to be a mess.
- 3 **YES I NEED SEVEN OF THOSE.**
You can never have too many tools.
- 4 **LEAVE THAT ALONE.**
Can't you see that's work in progress.
- 5 **IT WORKS BETTER THAT WAY.**
Stop asking stupid questions.

Source: *ManSpace*

Letter to Editor

At this time we must all remember our Shedder friends in Australia, all affected in some way by the horrendous bushfires racing through their country leaving such catastrophic results.

Our brothers in arms—the Australian Sheddars—have been affected. Be assured that the Sheddars here in Scotland send our best wishes, thoughts and prayers as we truly think of your predicament and pray for an ending to such misery.

Mike Webster (Brechtin Men's Shed)

MacMerry Men's Shed Donation to NSW Auxiliary Fire Service



Members of MacMerry Men's Shed in East Lothian have generously donated £500 to the New South Wales Auxiliary Fire Service.

David Dickson, Chairman of MacMerry Men's Shed, said: "A few of our members have relatives that live in areas affected by the bush fires. Despite Shed funds being tight, the decision was made to make a donation in recognition of the work the fire service has done to contain the fires."

Men's Shed St Andrews branches out to save the shore

To kick off 2020, the Men's Shed St Andrews worked with local volunteers—in conjunction with the **Fife Coast & Countryside Trust**—to help recycle 900 Christmas trees to help reduce coastal erosion at West Sands Beach in Fife.

The trees were buried into the sand dunes to help slow down worrying erosion from wind and tides as part of the New Dunes for Old Trees project. The environmentally-friendly solution will then involve the trees being covered in sand to ensure long-term preservation of the coast.

A Guide To Toxic Woods

Important information on potentially toxic woods that all woodworkers should know

The free information guide from Roy's Woodworking was created following an incident where a wood turner from California almost lost his life to anaphylactic shock after turning pieces of exotic wood.

If you work with wood, it is good to arm yourself with the information in this guide which includes a list of different woods and potential reactions. You can access the free guide at www.royfoley.com/toxicwoods

Community Learning Exchange



The Community Learning Exchange is an opportunity for communities to learn through the exchange of ideas and the sharing of common solutions. The Exchange funds up to 100% of the costs of a visit by members of one community to another community project up to a limit of £750, including a host fee.

The CLE budget for 2019/20 is now fully committed, however they are still accepting applications. These applications will not be approved however until the SCA has confirmation of continued funding for 2020/21.

To find out how your Shed can apply, email exchange@scottishcommunityalliance.org.uk, call the Exchange Coordinators (Jane on 07581 216246 or Amanda on 07843 481790) or visit <https://scottishcommunityalliance.org.uk/community-learning-exchange/>

Chairman of Men's Shed St Andrews, Henry Paul, said: "Recycling the Christmas trees avoids them going to landfill and is a win-win situation for both the environment and the local community."

The project was a great success with over double the amount of trees donated in comparison to last year. The event initially had to be rescheduled by a day due to storms but this didn't prevent Men's Shed St Andrews joining the other scores of volunteers the next day.

To stay updated with the activities of the Men's Shed St Andrews, follow them on Facebook at www.facebook.com/mensshedstandrews or through their new Instagram account at www.instagram.com/standrewsmensshed



Inverclyde Shed awarded funding to attract young Shedders

Inverclyde Shed has been awarded £1,710 funding from the pilot 'Wee Grants for Wee Groups' fund.

The Robertson Trust Grant will primarily cover the running cost and sessional staff required to extend the Shed's hours of operation to encourage men working during the day to attend.

Bruce Newlands, Chairperson, said: "We currently have 45 signed-up members and a further 200+ on Facebook. Many of our Facebook members are a younger demographic and we are receiving feedback that our opening times do not suit them because they are often in employment and share child caring responsibilities outside work."

The Shed has extended its hours from being open three days a week (10am-3pm) to five days a week and Saturday mornings and is also looking into extending to evening hours and longer over the weekends.

The grant will also cover training for three Shedders—with full health and safety qualifications—to take on supervisory roles and potentially pay for some additional classes for Shed members.

Bruce added: "These changes may result in us paying supervisors a sessional fee to open extended hours



Pictured (left to right): David Hutcheson (56), George Banks (Sitting, 64), Bruce Newlands (42) and Laughlin Smith (50)

including evenings and weekends but we are reviewing this as a group at the moment to see how best to manage that. It is clear to us that relying completely on a 100% volunteer model is great but has its limitations and puts pressure on a small group which can sometimes be stressful.

"We are also currently making connections with other local charities that work with younger men to raise awareness of the Shed so that they can signpost to us. We also work with Combat Stress to try and help younger veterans."

Keep up to date with progress at Inverclyde Shed on their website at www.inverclydeshed.co.uk or follow them on their social media channels (Facebook, Twitter, Instagram and LinkedIn).

Fundraising concert secures a year's rent for The Men of Leith Men's Shed

On the 29th November 2019, The Men of Leith Men's Shed hosted a fundraising concert which included the first public performance of the Shed's own band, Splinterz. The fundraising event attracted 300 people and raised £1,600—enough to cover the Shed's rent for a year!

Founding member of The Men of Leith Men's Shed, Alan Silcock, said: "This was our first ever fundraising event. It was all new to us and as well as raising the money to pay our rent, it afforded the opportunity to get the men to work together on a major project that's not about building or making something in a way they have done before.

"The Shedders decided that if we were going to do something—then we should do something really



special that people would want to come and see."

The evening concert at St Mary's Star of the Sea Church also gave concert goers the opportunity to see the Edinburgh Rock Choir and the Ukulele Orchestra of Sunny Leith perform.

As well as raising vital funds, the Shed also wanted the event to raise awareness of the Shed to local men over the age of 18.

The Shed—at the Tool Library in Customs Lane—is open every Tuesday with sessions running from 10am-1pm and 2-5pm. The Shed's music group also runs at Restalrig Lochend Community Hub 5-7pm on Wednesdays.

Check out The Men of Leith Men's Shed Facebook page for performances from the band and latest updates from the Shed at www.facebook.com/LeithMensShed

Drama at Peebles Men's Shed

Peebles-based theatre director and writer Clare Prenton is about to embark on a new theatrical adventure being offered to Peebles and District Men's Shed thanks to funding from the mental health and wellbeing charity Inspiring Life - The Evie Douglas Memorial Fund and Eastgate Theatre, Peebles.

Clare commented: "The Peebles and District Men's Shed now has over 130 members and I am interested in exploring how membership has impacted on their health and wellbeing.

"Over the past few months I've seen this community of men settling into their premises at School Brae and rapidly transforming it into a creative hub - it's truly inspirational. Now members will help inspire a fictional piece of dramatic writing through highly spirited conversations and activities. The finished play will be performed later in the year as a rehearsed reading at Eastgate Theatre with a cast of three professional actors.

"We gratefully acknowledge the financial assistance of Eastgate Theatre and Inspiring Life - The Evie Douglas Memorial Fund to make this project happen. Both organisations have a focus on men's health and wellbeing this year which is a big part of what the growing Men's Shed movement is all about."

Peebles and District Men's Shed is open Mondays and Wednesdays, 10am-5pm. You can contact the Shed through Facebook at www.facebook.com/Peebles-and-District-Mens-Shed-667561866967353 or email peeblesmensshed@gmail.com.

MEN DON'T TALK by Clare Prenton
in conjunction with Peebles and District Mens Shed, Eastgate Theatre, Peebles and Inspiring Life - The Evie Douglas Memorial Fund

Three men who have never met before find banter, bird boxes and biscuits in a fictional Men's Shed in this play created in collaboration with Peebles and District Men's Shed.

The one-act play was created in early 2020 when Peebles Shed members explored male isolation and men's mental health and wellbeing, to inspire the writing of a new play about camaraderie, companionship... and custard creams.

The play is presented as a rehearsed reading with a cast of three professional actors and explores - and perhaps explodes the myth that 'Men Don't Talk'.

Friday 22nd May 2020, 4-6pm
Eastgate Theatre, Eastgate, Peebles, EH45 8AD

4pm	Refreshments
4.30pm	Reading
5.15pm-6pm	Post-play discussion

www.eastgatearts.com

For tickets, please call the Box Office on 01721 725 777.





Dingwall Men's Shed receives biggest funding boost to date

Dingwall Men's Shed (DMS) has received a huge boost to its funds—bringing them one step closer to their £60,000 target—thanks to an £6,800 award from the National Lottery Community Fund.

Steve McKeever, DMS Treasurer, said: "It is our biggest amount received from a funder to date. We now have a 30-year lease from the Highland Council for our new Shed site, at a disused skate park, and full planning permission should be coming our way very soon.

"The last hurdle, which is a major one, is getting fresh water and sewer lines to our site. Once this is achieved we can start laying down some of the buildings on site.

"Fundraising goes on, in earnest by the members, to reach the £60,000 target we need to realise our dreams and complete this project. We are all eager to get to our new home as soon as possible."

Dingwall Men's Shed currently runs every Wednesday from 11am—1pm at Ross County's Community Hub. Check out progress from DMS on their Facebook page at www.facebook.com/DingwallMensShed

SMSA visited Dingwall Men's Shed in April 2019 to view their current Shed which they have now outgrown and is situated in two different locations. Check out the video on the SMSA You Tube channel at www.youtube.com/watch?v=PKY0-pq95jA



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Scottish Men's Sheds Association is a charity
registered in Scotland. No: SC045139

Pictured below: DMS Sheddors receiving their cheque from the National Lottery Community Fund



Alford and District Men's Shed secures LEADER funding

2019 was another extremely productive year for Alford and District Men's Shed and the pace certainly isn't slowing down as its trustees continue to bid for funds to complete the conversion of its Shed at the former technical department of Alford Academy, Aberdeenshire.

Just before Christmas, the Shed—which was acquired from Aberdeenshire Council through a Community Asset Transfer in July 2018—welcomed the news that its bid for LEADER funding had been successful.

The Scottish Shedder spoke to ADMS's Shed Secretary, Dr John S H Reid, regarding the announcement. John said: "We are delighted with the recent notification of our success with a bid to LEADER, who have awarded us £28,000, if we can secure matched funding of £8,000. The Trustees are already hard at work to achieve this sum.

"These funds will permit us to equip the café and meeting room with carpets and blinds, provide conference style seating for the meeting room and to complete the accessible parking and paths around the building."

During the course of 2019, the Shed members strived to ensure that every penny raised through its fundraising efforts brought them one step closer to the ambition to create a community hub that will have something for everyone in the Alford district and beyond.

John added: "To date, the allotments and security fencing on the Shed site are almost complete and the compost bins are being erected. The polytunnel (54ft x 30ft) has been erected and 16 raised beds set out—each comprising of two beds each. Raised beds, which are fully accessible for wheelchairs and mobility scooters, have also been completed and already booked. We will be filling the beds over the next few months (weather permitting) and the orchard trees have been planted thanks to our sponsors.

"In 2020, we hope to have the electrical work completed and will then be ready for the plumbers. The roof is not due to be replaced until the next financial year but we are working to have this achieved early as the newly erected canopy will need protection. The window replacement may have to be postponed until the next financial year.



"On a personal note, I would like to thank my fellow Trustees, the volunteers who have given so much of their time and to those who have motivated the donations which we have been so fortunate to receive.

"We are extremely grateful to our funders and supporters: the Marr Committee, Aberdeenshire Council; the Marr Partnership; the Climate Challenge Fund of Keeping Scotland Beautiful; the Robertson Trust and Emeli Sandé for their financial support. Significant thanks also go to the local community and companies for their support and particular thanks go to W&W Mackie who have been truly magnificent in their support over the years.

"Also, I would like to acknowledge the support from Symon Simmers, Simmers Contracts, who provided the steel and steel erection as a donation, Andy Watt Joinery and KNC Groundworks who have helped us work over the years within the restricted resource available to us".

The Shed has around 60 members—with on average 20 to 30 actively attending on a Shed day—and is currently open twice a week (Tuesdays & Thursdays from 9am to noon) while they await a completion certificate.

For more information on Alford and District Men's Shed, please visit their website at www.alfordmensshed.org.uk or join their Facebook group at www.facebook.com/groups/alfordmensshed



Disused village hall to be transformed into Scotland's most northerly Shed

Whalefirth Mens Shed (WMS) is located on Yell, Shetland's second largest island, sharing its latitude with Anchorage in Alaska!

With many of the younger generation eager to leave the island, affordable vacant properties are attracting people from the UK mainland looking to 'downsize' and embrace the peaceful island lifestyle.

Many find the support of family and friends to be compromised by their re-location, in some cases leading to social isolation.

Scotland's 'most northerly' Shed was established in 2017, to address the challenges 'men of a certain age' and of diverse backgrounds can encounter, such as loneliness and social isolation.

In 2017, WMS made a decision to take ownership of the Herra Village Hall. Although disused and in a poor state of repair, the hall was located centrally on the island, and WMS could see the potential for re-purposing following an initial care and repair exercise. A steering group was established to: undertake immediate repairs to render the building wind and watertight; facilitate the transfer of the hall to WMS ownership; and establish a fully operational and sustainable group.

WMS is undertaking temporary repairs to the external fabric of the building, with financial support from Yell Community Council. The longer term aim is to re-roof and record the external walls, though this will require significant funding.

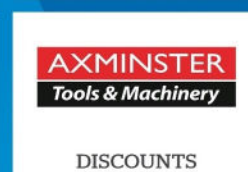
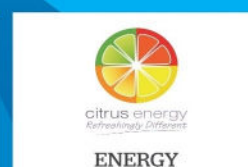
The WMS Steering Group is now working with Herra Public Hall committee to transfer the hall to WMS ownership. WMS has begun the process of repurposing the hall. Costs to date have been offset through the manufacture and sale of picnic benches, garden planters and picture frames.



WMS is looking to underwrite its annual running costs through its own activities. The development of its current workshop facilities, supported by the local Co-op Community Fund (see more in **Funding Opportunities**) will be key to this aspiration.



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Housebuilder bolsters Inverurie & District Men's Shed with £1,000 donation

Barratt Homes has donated £1,000 to Inverurie and District Men's Shed (IDMS) as part of its community fund giveaway programme.

The Barratt Homes' North of Scotland Community Fund donates £1,000 each month to an organisation that works to improve the quality of life for people in the region. Charities are nominated and voted for by employees of Barratt Homes.

The funding boost will enable IDMS to regenerate a nearby field—recently offered to them by a generous local landowner—and allow the Shedders to build a new polytunnel for growing fruit and vegetables.

IDMS previously had a polytunnel and garden area in the community space at the former Harlaw Day Centre—officially opened by Jim McColl (of BBC TV's Beechgrove Garden) in June 2016—however the horticultural area was lost after it was targeted by vandals in at least nine separate incidents over the course of a year.

Archie Peebles (Chairman of IDMS) said: "It is thanks to donations like this that our Shed is able to exist. Local support means everything to us and we are incredibly thankful for this gift.

"This donation and the offer of a piece of land is a great turn of events for our Shed following the loss of our previous polytunnel. The polytunnel project was one of the first-ever ideas put forward by our members.

"Our green-fingered Shedders are keen once again to get their sleeves rolled up and get going with this regeneration project."

About Inverurie & District Men's Shed

IDMS currently has over 100 members and is available for use by men who simply wish to socialise, or use the workshop to carry out projects of their own, or join in with other members' projects or learn new skills.

IDMS has a craft room which is used for model making and other similar activities and its main workshop area houses machines for both metalworking and woodworking.

Its Cabin has a kitchen, toilet facilities and a social area, complete with a wood burning stove. Its Shedders work on skills-based projects including building wooden planters, benches, fences etc; repairing household items at its Fix-It Cafés; or crafting seasonal themed items to generate income for the Shed's sustainability.

There is a wealth of activities and groups on offer for IDMS Shedders including a book group, informal art class, music group, cribbage and other card games.

Regular talks are arranged to inform and discuss various matters including men's health, local community groups and other topics of general interest.

Inverurie and District Men's Shed is open on Mondays and Thursdays from 10am to 4pm. Starting this month (February), IDMS will also be open on the last Saturday of every month from 10am to 1pm.

To keep up with the latest news on IDMS, visit www.inveruriemensshed.co.uk or follow them on Facebook at www.facebook.com/Inverurie-District-Mens-Shed-807408422637968



Sidlaw Men's Shed takes root

As we wrap up 2019, here is an update on the progress to date from Sidlaw Men's Shed and an insight into its plans for the year ahead.

Sidlaw Men's Shed (SMS) was — following recommendation from local Angus Council officers—set up in 2018 to provide a place for men to go to share skills, socialise and connect with their wider community.

Since its first meeting, it has grown a keen membership and formed a strong steering committee to develop a business plan, become a constituted body and seek sources of funding to further develop the Shed and its activities.

The Shed's space - former disused sports changing rooms located within the Muirhead and Birkhill Millennium Village Hall - underwent a huge transformation into an open plan workshop. The Hall is an ideal central location also offering a social area for Sheddors to chat, grab a cuppa and play games.

The Sheddors worked tirelessly over the course of 12 months to renovate the premises with a new water supply and electrics with Chairman, Dave Ritchie, and his master joinery skills at the helm. Funding was secured from the NHS Community Innovation Fund, the National Lottery Community Fund and The Robertson Trust for tools, equipment and workspace.

Adrian Zealand, SMS Shed Secretary, said: "It is thanks to our funders, Sheddors and members of the community hall that this project has come to fruition. We have been overwhelmed with the support received and donations of tools and timber."

The official open day in Autumn 2019, attracted a lot of interest - as the only facility of its kind in Sidlaw— and four new Sheddors joined the team.

On the day, the first range of products—wooden planters, bird tables and tree-log clocks—were put on display and very well received. It was also a chance to promote the Shed's work in the local community which, since its inception, includes refurbishing furniture and revamping the vestibule of the local bowling club in Muirhead.

Now that the Shed has a permanent place to call home, future plans include developing its services with the aim to grow its active membership.

SMS recently purchased a new marquee to take to local fairs and shows not only to sell its wares but also to showcase what the Shed is all about through face-to-face interaction with the public. The Shed Chairman is also currently liaising with and working in partnership with local health professionals and outreach programmes to raise awareness of the Shed and its benefits to men's health and wellbeing.

Adrian added: "We have been busy getting the project up and running and now that it is, the next stage is to develop a programme to meet the needs of our Sheddors and attract new ones. We are keen to network with other Sheds in the region and learn from their experience.

"As our membership expands, so will their needs and we aim to offer a place for people to go to learn new skills, mentor others or just be a friendly and welcoming environment if all you want is a cup of tea and a blether."

Over the next year, it is planned to expand the range of products to include bird boxes, hedgehog hibernators, garden gates and tree cages to protect young saplings from deer grazing—all made from natural and recycled wood. Also, in the war against plastic, the Shed plans to devise a range of wooden children's toys for Christmas.

The Shed is normally open every Tuesday and Thursday, 10am—4pm (please check the Facebook page regarding any changes to times). For more information on Sidlaw Men's Shed and to keep up-to-date with its progress and activities, please follow them on Facebook at www.facebook.com/DAVEHRITCHIE



A PERSONAL STORY

By Stewart McLean, Roslin Men's Shed

When SMSA heard about a Shedder described as a stalwart member and nicknamed 'Duracell' because he is always on the go, we just knew we had to find out more about him.

The Scottish Shedder spoke to Stewart McLean, 70, to hear about his personal journey to Roslin Men's Shed and how it has impacted on his life. Stewart said: "I heard about Roslin Men's Shed through an advertisement in September 2018 and went along to find out more. I suffered with depression and just needed to get out of the house.

"I feel that you get out of a Shed, what you put in. I like to keep myself busy and immediately started making things in the Shed to sell to the public—hedgehog boxes, bird houses and apple bird feeders are all big sellers to raise funds for the Shed."

The grandfather of two grandchildren (Nathan and Hannah)—is also known by his fellow Sheddies as the 'sourcer' for his negotiating skills—and is always on hand to find the right materials, equipment and machinery for the Shed's latest projects. Stewart added "I used to be a union rep and like to exercise my bargaining skills to get things for the Shed—either gifted or discounted—whilst raising awareness of what we do."

Some of his most rewarding projects include the collection of Christmas trees for shredding, the creation of hedgehog boxes to help our wildlife and restoring a bench for an 84 year old local lady. Stewart said: "I like to help people, give back to my community and put a smile on people's faces. It makes everything that we do worthwhile."

Stewart—who previously worked for BT and the Royal Mail—is heavily involved in the Shed's events—making creations for the Christmas Fair, Roslin Fete and more recently a Christmas get-together for the Sheddies. As if that wasn't enough, keen gardener and cook Stewart also grows fruit and vegetables at his home to turn into his hugely popular jams and chutneys to sell at local events.

Stewart said: "Men's Sheds get people out of the house—it is a win-win situation for me, the Shed and the community. Going along to the Shed gave me a new outlook on life.

"Sheds have such a positive impact on men both physically and mentally. Here, I am making friends for life, keeping active, passing on my skills to others and learning new ones at the same time. I would urge other men to pop along and check out their local Shed."

The future plans for Roslin Men's Shed includes increasing its membership and potentially diversifying into other activities including helping Sheddies with computers, internet and email to support their needs.

The Shed holds evening workshop meetings at Borthwick View, Loanhead on Tuesdays and Wednesdays from 6-9pm and fortnightly morning meetings from 10am-12pm (second and fourth Fridays of the month) at the Mustard Seed, 7 Main Street Roslin.

For more information on the Shed and its activities, follow them on Facebook at www.facebook.com/pg/RoslinMensShed



Roslin Men's Shed



Pictured (top to bottom): Stewart with the Christmas trees (main image); Stewart (left) with his fellow Sheddies; the hedgehog houses; the restored bench; and Stewart 'sourcing' more wood for the Shed

SHED SHENANIGANS

Shed Projects from Portlethen & District Men's Shed

Over the last few months the Portlethen & District Men's Shed (PDMS) has been working in partnership with various community groups to deliver some exciting projects.

The first of these projects was a mud kitchen (pictured below) for the children at Newtonhill Primary School. This was presented to the school on 1st November 2019 and the pupils were delighted with the kitchen and have already spent many hours playing with it.

For Sheds thinking of creating mud kitchens to generate funds for their Shed, there really is much more to these outdoor pretend play cooking areas than meets the eye.



A mud kitchen is a small scale, child height, role-play kitchen with a real sink and worktop area, real pots, real utensils and storage. The 'food' is made from mud, sand, pine cones, petals, sticks etc.

Primary One Teacher, Jorgi Matthew, said: "We are so grateful to the Men's Shed for this mud kitchen which offers so many opportunities for learning for children—it is not just about messy play.

"The kitchen helps a child with their numeracy skills through weighing/measuring using kitchen scales and teaches more, less, heavier, lighter, full, empty, volume, dividing, counting to match the correct amount of plates and filling different sized pots and pans.

"It also helps with literacy in that the children are asked to write menus, recipes, take 'food' orders and make shopping lists.

"Science and tech skills are also taught as children look at the properties of different materials and mix soil and water, water and lux flakes, sand and water and collect natural materials that are available in each season. There really are tons of great opportunities for learning all done under the disguise of playing and having fun."



The second project for PDMS was the refurbishment of two benches. These benches had originally been donated to the communities by the rotary club and were in need of some TLC. Members of the Shed were only too happy to take on this project and restored the benches to their former glory. The benches are now back in situ within the communities for everyone to enjoy.

PDMS is also currently developing the space at the rear of the Men's Shed into a sensory garden to be open to members of the community to enjoy. The space is being designed to be fully accessible and will be furnished with accessories for people of all ages and abilities. The Shed also has vegpods and large and smaller planters which will be cultivated this year with flowers, vegetables and herbs. All community members can come to the sensory garden to work in it or just enjoy it.



All answers end in 'Shed'!
Example: Tired (Answer: Bushed)

- 1) Swept
- 2) Down the toilet
- 3) Drunk?
- 4) Cleaned and rinsed
- 5) Thoroughly defeated the opponent
- 6) Whipped a rope
- 7) Greatly cut prices
- 8) Suppressed and snubbed
- 9) Byre
- 10) Commonly done to peas

- 11) Lacquered
- 12) 'R' dematerialised in above?!
- 13) To expose oneself in an indecent manner
- 14) Thrived with bold strokes of a pen
- 15) Waves arms
- 16) Putting down the rebellion
- 17) Confounded and astounded
- 18) Experience hunger in the extreme
- 19) Ran speedily
- 20) Rubbished
- 21) Consummate or perfect end
- 22) Decorated
- 23) Plated food
- 24) Cut deeply
- 25) Maliciously beaten
- 26) Catchment area for drainage which gives a time and place for late night drinking
- 27) Pureed potatoes
- 28) Pressured and short of money

Compiled by A Shedder, Three Towns Men's Shed

WHAT'S ON

Update from Age Scotland

by **Tim Green, Community Development Officer (Men's Sheds)**

It has been a great start to 2020 with open meetings in Fife in Rosyth, High Valleyfield and Oakley—the highlight of which was 80 folk attending the Rosyth event. Open meetings took place in Muir of Ord on Wednesday 5th February 2020, 10am—12noon at the Muir Hub (contact Heather Gordon at Heather.Gordon@royalvoluntaryservice.org.uk) and Callander at FABB's Trossachs Tryst, Inverrossachs Road, Callander, FK17 8HW on Wednesday 5th February 2020, 6pm—8pm (contact Jan Brereton at Jan@fabb.org.uk).

The Perth and Kinross Men's Shed network was hosted by the Auchterarder and District Men's Shed in the Parish Church with lots of lively discussion and the choice of two delicious homemade soups and the local bakery's Scotch pies.

The East Neuk Men's Shed welcomed the Fife Men's Shed Network where we were able to see the bandsaw and lathe operating in the Coastline Community Church in Pittenwee after hearing about the successes and challenges of the Fife Sheds.

The Ayrshire Men's Shed Network was held at the Three Towns Men's Shed in Saltcoats. Amongst the topics of discussion was how the Ayrshire Sheds could support the needs of armed forces and blue light veterans. Shaun Smith from **Combat Stress** along with George Banks from **Inverclyde Shed** talked about the difference peer support makes in maintaining the mental health of veterans. Maurice Corry, MSP for West Scotland and Convener of the Cross-Party Group in the Scottish Parliament on Armed Forces and Veterans Community reiterated the importance of Men's Sheds as a community resource for veterans and his strong support for the Men's Shed movement in general and the SMSA in particular.

Doug Anthoney, Age Scotland Veterans' Project Team Leader highlighted how the Unforgotten Forces Partnership channelled through the Age Scotland helpline (0800 12 44 222) can give invaluable advice to veterans in Sheds. Doug highlighted how the Cromarty Firth Men's Shed and Invergordon (Easter Ross) Armed Forces & Veterans Breakfast Clubs' joint barbecue had brought veterans and Sheddors together. Councillor Davina McTiernan (Stevenston Ward) and Kenneth Gibson MSP for Cunninghame North enjoyed hearing about the great work the Sheds are doing and offered their warm support.

Tim Green
Community Development Officer (Men's Sheds)
Age Scotland, PO Box 29245,
Dunfermline, KY12 2EH

Mobile: 07718 579 291
Direct Dial: 01383 882 151
Email: Tim.Green@agescotland.org.uk

Pictured: Tim Green (in green jacket) with Comrie and District Men's Shed



Upcoming Network Meeting

The Highland and Islands Network Meeting
Wednesday 4th March 2020
10am for 10.30am start to 1.30pm
at Cromarty Firth Men's Shed
The Community Cabins
Milton, Invergordon
IV18 0PU

Any Sheddors interested in attending network meetings should contact Tim Green and he will send details of the next gathering of the Sheds in your area!

It's great to have been asked to contribute to The Scottish Shedder following a grand chinwag with the inimitable Jason Schroeder recently. I would like to tell you about Care Opinion and why you might find it of interest.

Care Opinion is a website where people can, anonymously, share their experiences of health and social care services, good and bad. When the team at Care Opinion publish an experience, or story as we call them, we try to make sure it gets to the right bit of the health and care system. Staff delivering those services can then see what's working well and what could be better. They can be encouraged by the good stories as well as motivated and inspired to improve things.

Care Opinion is a not for profit, social enterprise – a business that operates for social good. We're completely independent of the health and social care system.

There's a few things you could do on Care Opinion:

- Tell your own story of using a health or social care service in the last three years



What's your story?

- Read other stories about health conditions you are interested in
- Read stories about health and social care services near you

And one more thing, we'd like more people to know about Care Opinion but we're tiny and there's a lot of people out there! Perhaps you can help by telling one person about Care Opinion today (and another tomorrow!). Thank you!

Visit the website at www.careopinion.org.uk

Gina Alexander, Director, Care Opinion Scotland

WHAT'S COOKING?

Fami**SHED**? SMSA wants to hear what's on the **MEN**u in your Shed?

In February, we are all still looking to satisfy our comfort food cravings with easy recipes and hearty food. This simple casserole makes the most of store-cupboard ingredients, even including a tin of baked beans and a big dollop of English mustard, to create a hearty and warming dish that is sure to be a hit with the whole Shed!

Ingredients

- 8 pork sausages
- 1 large carrot
- 1 large white onion
- 1 litre water, cold
- 1 vegetable stock cube
- 1 tbsp of English mustard
- 1 bay leaf
- 4 tbsp of parsley, chopped
- 400g of tinned baked beans with reduced sugar and salt
- 1tbsp of vegetable oil
- 1 pinch of salt

Method

1. Dice the carrots and onions
2. Bring one litre of water to the boil, add the stock cube and stir until dissolved
3. Heat the oil in the pan and fry the sausages until golden brown
4. Add the vegetables to the pan and fry for 4 minutes
5. Add the stock, mustard, bay leaf and 2 tablespoons of the chopped parsley and bring to the boil
6. Once boiling, add the baked beans and turn the heat down
7. Place a lid on the pan and leave to simmer for approximately 1 hour
8. Taste and add a pinch of salt if needed. Remove from the heat, sprinkle with the remaining chopped parsley and serve immediately

Sausage & Bean Casserole

Serves 4 in 60 minutes



Have you tried this recipe in your Shed? Please share your photos on social media and tag SMSA! #whatscookinginyourshed



GREAT
BRITISH
CHEFS

Permission has been granted by the team at Great British Chefs to share this recipe in The Scottish Shedder. Please visit their website at www.greatbritishchefs.com/recipes for more recipe inspiration.

FUNDING OPPORTUNITIES



Local Community Fund

Co-op Local Community Fund set to open in Spring 2020

The Co-op Local Community Fund helps pay for local projects that its members care about. Every time members shop, 1% of what they spend on selected own-branded products and services—and money raised from shopping bag sales—goes to help fund community projects where they live.

The communities choose new local causes every 12 months. Applications will next open in Spring 2020, so keep an eye on <https://causes.coop.co.uk> and be quick to apply. To be accepted you must have a project in mind that will benefit your local community.

See *Whale Firth Men's Shed's success story* on [page 15](#).



COMMUNITY
FUND

Scottish Land Fund

The fund supports urban and rural communities in Scotland to become more resilient and sustainable through the ownership and management of land and land assets. Voluntary or community organisations and public sector organisations can apply for £10,001 to £1,000,000.

All stage 2 applications must be submitted by the end of August 2020. Before this point a stage 1 application must also be completed. This typically takes around six months, so please allow for this when you plan your application.

Successful applicants will clearly demonstrate that their project will help their local community to:

- achieve more sustainable economic, environmental and/or social development through ownership of land and buildings
- have a stronger role in and control over their own development
- own well managed, financially sustainable land and buildings

For more information and to apply, please visit the Community Fund website at www.tnlcommunityfund.org.uk/funding/programmes/scottish-land-fund



ARMED FORCES DAY

Saturday 27 June 2020

Funding for Armed Forces Day Festivities 2020

Funding is available to assist with Armed Forces Day festivities on or around Saturday 27th June 2020.

Why not arrange a get-together in your Shed and local community e.g. a themed barbeque, street party or picnic.

This funding is open to any general public, local communities, Veterans and armed forces personnel and local charities.

Applications for funding close on Friday 27th March 2020. Apply online and find out more at www.armedforcesday.org.uk/get-involved/organise-your-own-event/



TESCO COMMUNITY GRANTS

Tesco Bags for Help

Applications are officially open for Tesco Bags of Help 2020 with more than £1,000,000 to be shared across Scotland.

Bags of Help is Tesco's local community grant scheme where the money raised by the carrier bag charge in Tesco stores is being used to fund thousands of community projects. Community groups and charities across Scotland are being invited to apply and projects must meet the criteria of bringing benefits to the community. Grants of up to £2,000 are available.

For more information, please visit <https://tescobagsofhelp.org.uk/tesco-community-grants/apply-for-a-bags-of-help-grant>

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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