

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

The East Neuk Men's Shed helps to bring back the 'Beauty'

East Neuk Men's Shed, in partnership with other local community groups, is working on a restoration project to breathe life back into a boat with a fascinating history.

The Manx Beauty—a ring net fishing boat built in Cellardyke in 1937—has recently been brought back to the East Neuk of Fife to be restored by the community to her former glory 81 years after she left.

Built for the Isle of Man, she later worked from Ireland, Tobermory, and Cornwall and—for her last 50 years—out of Birkenhead. She was requisitioned during World War 2 and was based in Workington with a machine gun sited on her foredeck, employed to inspect all vessels entering and leaving the port.

The project, managed by 'Bring back the Beauty', is developing many supporting strands from youth music projects to 'tell the tale' of boats, communities and crews, to oral and video history recording.

Schools, groups and individuals are getting involved from the Isle of Man to Fraserburgh, which are areas that are core to this fishing boat's community history.



Cellardyke Harbour, 1937 - Manx Beauty



A main focus of the project is the recyclable nature of a wooden boat which could, with correct management, go on working for hundreds of years. It is said less than 17% of HMS Victory's timbers are original.

David Simpson, Chairman of East Neuk Men's Shed, said: "Virtually every piece of timber on a boat, when it has come to the end of its structural lifespan, can be replaced.

"The group behind the restoration, 'Bring back the Beauty' working team, has partnered with our recently formed East Neuk Men's Shed along with local schools and other organisations to provide practical opportunities to work on the restoration with a secondary challenge to reuse and recycle as much of the removed wood as possible.

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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 2,200 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 24th April 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

Unprecedented times indeed and, for most guys starting and running Sheds for the first time, I am sure that feels quite unprecedented at times too. Welcome to the Scottish Men's Sheds Movement.

Anna Fowlie, Chief Executive of Scottish Council for Voluntary Organisations (SCVO), has praised the positive way community groups are responding to the crisis. She said: "The situation we find ourselves in is unprecedented and ever-changing. It's hard to find positives. But what we can see around us is people and communities acting together to support each other and find solutions. The voluntary sector was born out of individual and community commitment to make things better – to overcome challenges in innovative ways. We can feel that spirit now and feel proud of it."

I agree with her wholeheartedly and have no fear that the Scottish Men's Sheds Movement will again rise to the occasion of these challenges and innovatively create, once again, new pathways to social connectivity amongst the Shed movement.

This week, we took that initiative at the SMSA and put it to the test. Online conferencing isn't anything new to many of us these days in the work domain but for retired guys it might be and this was the case for some of our new trustees. Over the past week we have researched what is available and more importantly what works.

We have opted for the **Zoom** online conferencing option over Skype and some others. With a mission of 'Make video communications frictionless' and a culture of 'Delivering happiness' that in itself fits in with the Men's Sheds ethos.

Simplicity, functionality and reliability - I like it and it worked extremely well for us today with a few first timers who were pleasantly surprised at how well they did and how good it was.

So how will this work for Sheddors? Well, Zoom offers a free version for 50-100 people online at once and up

to a 40-minute time period. We suggest that every Shed sets one of these hosting packages up and invite your members—with computers, smart phones and tablets—to download the software and get connected to each other. You might want to log in at 1pm every day or twice a week for a face-to-face catch up for whoever can make it. Like in all Scottish Sheds, it's up to you to decide what works for you.

For the past week, the SMSA staff have decamped and are all working from home. I live alone on a hill and I have missed the banter in the office and so today seeing five smiling faces looking at me and chatting away really made a difference in how I was feeling. It was only 10 minutes after our call that I realised I was experiencing something positively different in myself and the penny dropped. Cyber shoulder to cyber shoulder so to speak and now face-to-face. We realise that not all Sheddors have the technology but a lot do and we need to make the best of what we have been presented with and with what we have. New strategies can develop for others in the coming months when the foundations are built.

We will also connect with Tim Green, Shed Development Officer at Age Scotland, and see if we can still have our Shed network meetings online. For a paid Zoom option of £12 per month, one can have 100 people online and chat for a single 24-hour period with no cut off. We have taken this option so we can have our SMSA board meetings and host other meetings like the regional Shed network meetings with no time or attendee restrictions.

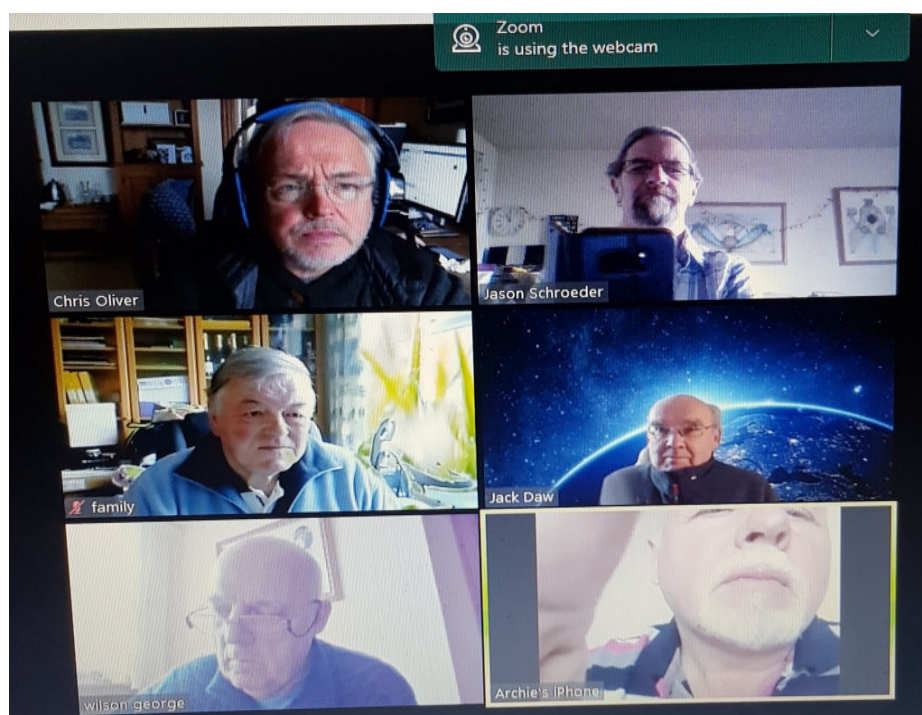
Once again, we are thinking outside the box and adapting to the conditions which are presented to us. I hope that all of your Sheds are **now closed** as the Prime Minister said yesterday: "Clubs, pubs, sporting venues, churches, cinemas, gyms and casinos will all shut their doors across the country" and today: "**Only go outside for food, health reasons or work (where this absolutely can't be done from home). Stay 2 metres (6ft) away from other people and wash your hands when you get home**". We will continue to give updates through our social media channels like Facebook and emails as new ideas spring forth to keep us all connected.

We look forward to your sharing of ideas with us as Michelle, our Communications Officer, needs your content for the next edition of the Scottish Shedder which will be out again in six short weeks.

What will we be promoting in the next edition from the new Scottish Cyber Sheds? Video clips of your creativity, poems, short stories, paintings and photographs, model railways inhabiting your lounge areas, new jokes or maybe a Shed Tik Tok (or maybe not). Also while you are on a Zoom call you can also record what's going on. Maybe those Sheds with musicians will have a cyber jam session and share it with us and with you.

Whatever creativity and social cyber connection you have, enjoy it and feel the purpose of it! I look forward to seeing some of you soon on Zoom!

Happy and creative Cyber Shedding lads— we are in it together!



THE SCOTTISH MEN'S SHEDS MOVEMENT

Figures as at 29th February 2020

The Men's Sheds Movement is growing rapidly. Become a member of the Scottish Men's Sheds Association (SMSA) today (if you are not already) and support this growing Movement and its ripple effect into the wider community.

SMSA is delighted to welcome new member—**Craigie's Men's Shed** in South Queensferry. The Shed has a unit at Craigie Farm and around 12 members that utilise an area of land in West Edinburgh, which includes allotments and a community garden to support and encourage the growing of food locally. Craigie's Men's Shed joins 124 other members to support the Movement, the Association and reap the benefits of Shed Membership.

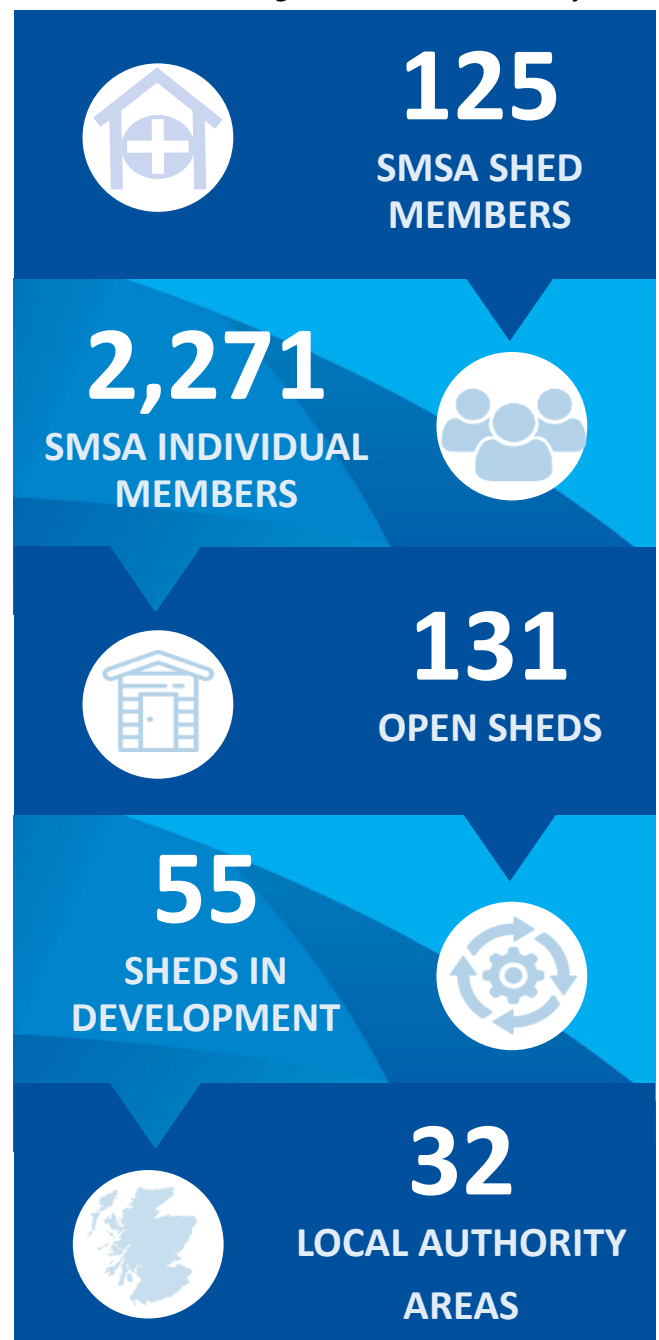
Shed Member benefits include exclusive discounts and specialist guidance from insurance partner, Greenwood Moreland; the cheapest electricity for Sheds through business partner, Citrus Energy Ltd; a 5% discount on all Axminster tools and special offers; and discounted health and safety training through David Young Training.

In addition to this, and through SMSA's international relationship with the Australian Men's Sheds Association (AMSA), members receive access to the AMSA's Interactive Shed Manual - the quintessential guide for developing and operational Men's Sheds.

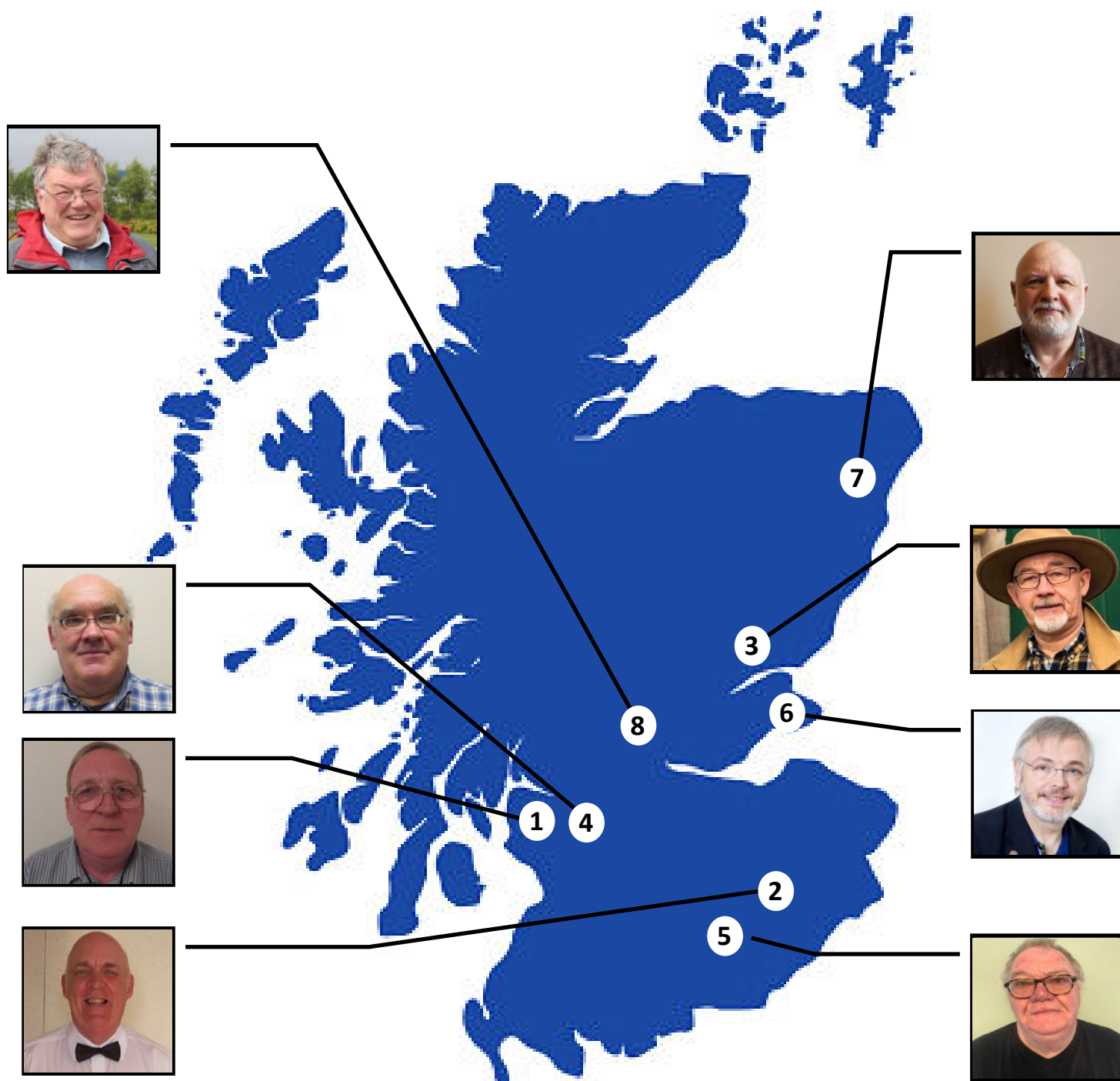
SMSA represents the voice of the Movement both locally and nationally (see page 4 for SMSA Trustee Regional Representation). SMSA promotes and attends regional Shed Network meetings. The purpose of these meetings is to connect with the regional representatives of Scottish Sheds making best use of time and travel. These meetings allow free flow of information in regard to successes, challenges, solutions and building personal relationships with SMSA and with each other 'shoulder to shoulder' and face to face.

SMSA exhibits at a variety of local and national events (including the recent SCVO 'The Gathering' in February—see pictures below) and delivers talks and presentations across the country from conferences to television and radio.

Join today at www.scottishmsa.org.uk/join-smsa



SMSA TRUSTEE REGIONAL REPRESENTATION



SMSA Board of Trustees

- | | |
|-------------------------|-------------------------|
| 1 David Gardner | 5 Dick Monaghan |
| 2 Wilson George | 6 Chris Oliver |
| 3 Derek Keiller | 7 Archie Peebles |
| 4 Charlie Miller | 8 Jon Searle |

SMSA Executive Officer, Jason Schroeder, also represents the whole of Scotland

SHED IN THE SPOTLIGHT

For this issue's 'Shed in the Spotlight', SMSA wished to highlight a Shed on the cusp of officially opening —Midmar Men's Shed in Aberdeenshire.

The Scottish Shedder interviewed Jim Allan from the Shed to discuss progress and challenges to date in the run up to launch day. Jim said: "Discussions to establish a Men's Shed in rural Midmar—18 miles west of Aberdeen—started around 18 months ago to address the lack of facilities for activities and socialising in the area. We received significant local support to set up a Shed and a core team of eight of us began meeting regularly at Midmar Hall from October 2018 to develop the project.

"We were inspired by what has been achieved by Sheds in other areas. A Shed committee was established and we have recently agreed a constitution, joined the SMSA and registered as a SCIO (Scottish Charitable Incorporated Organisation) in March 2019.

"We were kindly donated four portacabins from a local farmer to use as a temporary home behind the upper car park at Midmar Hall in August 2019. After much work joining up the cabins (pictured), they are now wind and water tight with work benches and a bothy area.

"This will serve us well as a temporary home as we move forward with the planning and build of a permanent facility that will be a 80m² timber framed shed to be located behind the lower car park at Midmar Hall.

"Construction of the permanent facility will include groundworks/site

preparation, erection of sleeper walls, pouring an insulated concrete floor, the erection of a prefabricated timber framed/cladded structure with pitched roof, the connection of services, fit out internally with heating and lighting, kitchen, toilet and workshop areas.

"A prerequisite to constructing the permanent Shed premises, and conditional for us obtaining planning permission, included the felling of potentially unsafe mature trees that border the north and west sides of the Midmar Hall. We committed to doing this and the trees were removed in October 2019 and this month we also replanted part of the area with an assortment of native wildlife saplings provided by The Woodland Trust. We have regularly liaised and consulted with the Hall Committee who are fully supportive of our plans for the Shed. In particular, the Hall Committee is very thankful for the Shed taking full responsibility for the long overdue removal of the trees.

"The worst case overall budget cost for the Shed is approximately £90,000. This is based on all works being contracted out. We are currently seeking out the skills and resources within the area to help with establishing the Shed but at the same time recognise the need to secure significant capital funding for material and equipment and for the labour and services beyond the benefit in kind of that we might secure locally. The intent is to reach out and provide work to local businesses.

"Tea drinking is the only skill anyone needs to join our

Shed—the rest is just for fun and banter"

"Once the Shed is established and up and running it is expected numbers will increase well beyond the initial 20+ supporters.

"Activities within the Shed are driven by the Shedders themselves and at present they are working on some great projects. Initially, the intent is to establish the Shed with equipment and facilities for woodworking, appliance maintenance and repair, electronics and IT and computer literacy.

"The Shedders are offering a repair service for garden equipment for the local community in addition to grass cutting and an Innovator's Corner where they are currently looking at renewable energy projects to power homes and possibly the Hall. But most importantly, the Shed promotes that tea drinking is the only skill anyone needs to join our Shed—the rest is just for fun and banter!

"Some of the challenges we face include a lack of a good power supply (we are currently using a portable generator in the temporary Shed) and, like other Sheds, there is the huge task to fundraise and become self-sustainable.

"One of the hindrances to fundraising has been the fact that we are very newly established. While we can secure small amounts for equipment and tools, we have not secured large project funding as we are not yet a sustainable entity. With our premises—albeit temporary—as evidence that we are here to stay, we are hopefully now in a much better place to secure significant funding for the impending capital works for the permanent Shed. Our fundraising events are ongoing with us recently having held a BBQ and Band & Brew evening at Midmar Hall to raise funds and publicise our plans.

Midmar Men's Shed is open 7-9pm on Tuesday evenings and 10am—12noon on Fridays. Once the Shed is officially open, the members will be consulted on the best days and times to open to meet their needs.

With the uncertainty surrounding all Sheds with the Coronavirus outbreak, Midmar Men's Shed's is unsure of its official opening date but watch this space or keep an eye on their website at www.midmar.uk



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The East Neuk Men's Shed help to bring back the Beauty (continued)

"With climate change and mass disposable products, groups like the Men's Shed lead the way in providing good examples of how recycling can create objects that are practical, beautiful and sustainable.

"Recent demonstrations about climate change highlight the plea to reject our disposable culture, particularly surrounding the use of plastics. Here is an opportunity for a project in which the skills of the older generation can be revitalised to bring a vintage wooden boat back to life and highlight the advantages of traditional skills and materials over Glass Reinforced Plastic boats.

"The team will also be working with Eco groups in schools to plant trees to replace the new wood used in the restoration, which will also help with carbon capture."

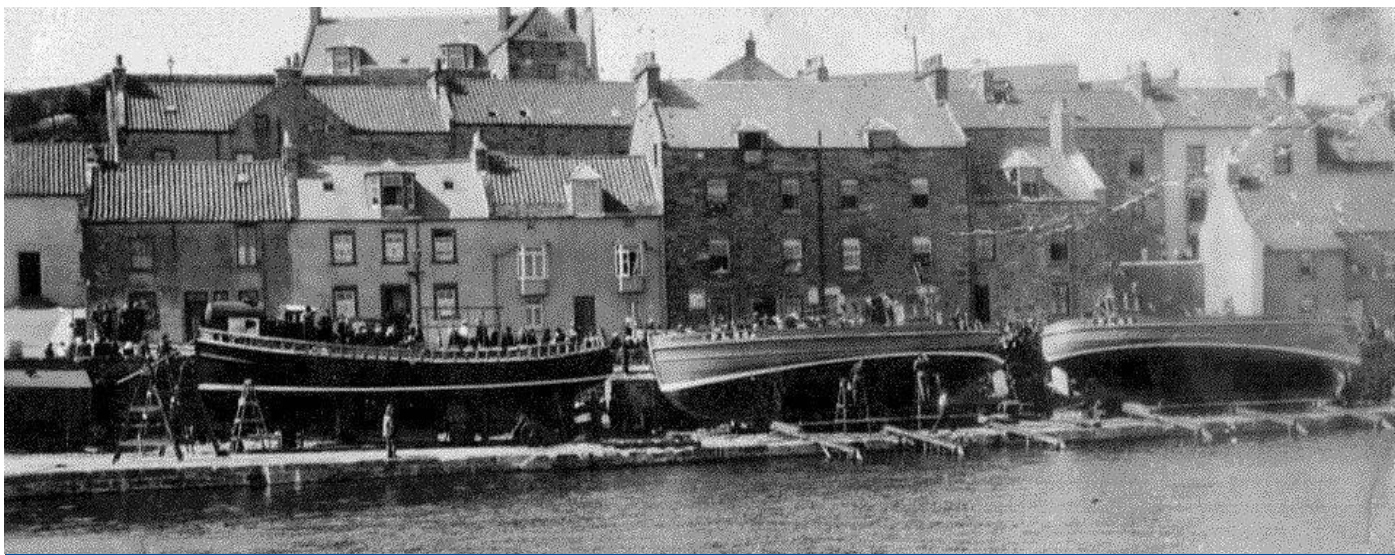
Project Leader, Richard Wemyss, said: "We are right at the beginning of this community restoration, we have several months set aside to photograph, measure and record the vessel, and strip her interior to see the true state of the wood. This will give us a chance to accurately price the restoration to build the funding bid. Our intention is to employ a boatbuilder for three years to work with our groups and youngsters to pass on these traditional skills"

David Simpson added: "We are looking forward to getting stuck into the restoration and work on a big job. Our challenge is to take some of the scrap wood to make things that could be sold to benefit this exciting project. We are looking at turning souvenir pens from some of the smaller bits and our members are keen to develop products from the scrap that becomes available to us."



For further information about the project—and if you feel your Men's Shed could also be involved—please email Richard at bringbackthebeauty@gmail.com or keep up-to-date with developments on Facebook at www.facebook.com/cellardykebuilt

East Neuk Men's Shed is open on Wednesdays and Saturdays, 11am-2pm at Coastline Community Church, 21 Session Street, Pittenweem, Anstruther. Visit their Facebook page at www.facebook.com/eastneuk.mensshed



SHED LIFE

Inverclyde Shed receives £77,000 funding boost from The National Lottery Community Fund

Inverclyde Shed has secured a whopping £77,000 from the National Lottery Community Fund to cover the rent of their base on Captain Street in Greenock for the next five years and to purchase tools.

Bruce Newlands, Chairman of Inverclyde Shed, said: "We are incredibly grateful to the National Lottery Community Fund. This funding gives the Shed continuity and helps us focus on core activities to improve the health and wellbeing of people in our local community and reduce social isolation as well as plan for the future."

"Over the last 18 months we have delivered a number of projects that benefit other voluntary groups and have expanded our membership to include people from all over Inverclyde."



The Shed currently provides facilities for woodworking, welding and model making and has more than 50 members.

Most of its members are over 50 but the group is keen to attract people of all ages.

Shed Treasurer, Laughlan Smith, added: "Anyone can be affected by loneliness, regardless of age, and anyone can become isolated."

"We are trying to reach a wider audience and hope that expanding the number of activities we have will help to bring even more people along."



The National Lottery Community Fund's Scotland Director, Neil Ritch, said: "We can all experience feelings of isolation or loneliness no matter our background, so it's fitting that National Lottery funding is there to benefit everyone. We are proud to support these important projects."

Inverclyde Shed is open:

Mondays (10am—3pm),
Wednesday (10am—3pm)
Fridays (10am—3pm) and
Saturdays (10am—3pm)

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

International Focus—Men's Sheds in Kenya

The Scottish Shedder interviewed George Kuria to chat about Men's Sheds Kenya.

George said: "A pilot Men's Shed was set up Naivasha in the famous Rift Valley region in 2016. We now currently have around 11 Sheds—five of which were set up in the last year. Kenya is a land of diversity and our Men's Sheds therefore need to adapt to the locality and community setting to accommodate 43 tribes with different cultures."

"The Sheds are open two or three times a week—with around 15



to 20 active members for each session—offering a wide range of learning, training and activities. The Sheds' varied programmes include sport, music, drama, farming, woodwork, library and educational workshops on health matters."

"In Kenya, we are blessed to have recognition from local government regarding the health and social benefits of Sheds. Sheds are also seen as a life-changing path to access support into higher education."

"Sheds have impacted hugely on men's lives. We have seen, for example, men dependent on drugs and/or alcohol totally reform and become active citizens, educate themselves and learn new skills. In the future, we will continue to grow the Movement in Kenya

and see the Sheds roll out—potentially two or three in each county. Over the next ten years, we are planning a huge transformation to our community through our commitment to support five young people to go to University each year."

"I connected with the SMSA as I feel it is important to share information and learn about what other countries are doing for the Movement."

"I am currently based in Glasgow doing my postgraduate studies at Glasgow Caledonian University and am happy to give talks to Sheds on what we do in Kenya. If you are interested, please email me at menshedkenya@gmail.com."

Follow Men's Sheds Kenya on Facebook at www.facebook.com/mensheds.kenya

The prostate – a major issue but little known problem?

At the beginning of February, Malcolm Bruce (Secretary of the Peebles and District Men's Shed) organised for Prostate Scotland's Mae Bell (Information and Advice Manager) and Alan Dickinson (volunteer) to come along to the Shed to deliver an awareness talk on prostate disease and prostate cancer.

The event was very well attended with around 40 people coming along to hear about this major issue for men but one that is not often talked about.

Almost one in two men, over the age of 50, in Scotland will be affected by prostate disease at some point in their life. Prostate cancer is the most common male cancer—with a one in ten lifetime risk of a man developing prostate cancer—and it's on the rise with the NHS predicting that the incidence is set to increase by 35% in the years up to 2027.

A little known problem? Well, yes it is. A survey by Olympus Medical UK found that of those surveyed **more than 50% of men aged over 55 years didn't know the symptoms of prostate disease or where the prostate is located in the body.**

There are three diseases that can affect the prostate:

- Benign prostatic hyperplasia (BPH) this means that the prostate enlarges with age
- Prostatitis is an infection in the prostate
- Prostate cancer

Some of the signs that suggest there may be a problem with the prostate include: passing urine more often than before; having to get up to pass urine several times during the night; having to get to the toilet fast sometimes with the concern of 'getting caught short'; stopping and starting when passing urine; taking longer to empty the bladder then after finishing a little more urine may dribble out or there may be some pain or a burning feeling when passing urine. However, sometimes with early prostate cancer there may not be any symptoms.

If a man notices these signs then the best course of action is to make an appointment with his GP to have this checked out at the first opportunity. It is best not to put it off as early detection, diagnosis and treatment are key to improving the rates of being cured. To help explain symptoms to the GP or if there are concerns, visit www.prostatescotland.org.uk/symptom-checker. This will not give a diagnosis but will give an indication of severity of symptoms.

There are particular groups of men who may be more at risk of prostate cancer: men whose father, grandfather, brother or uncle have or have had prostate cancer; if there is a strong family history of certain types of breast cancer in close female relatives; and men from an African Caribbean background.



Ross Hall, Men's Shed Development Officer for Borders Council, said: "How do you get 40 men to a doctor 'willingly'? The answer is simple. Invite Mae and Alan along to give a talk on the subject! I will never look at a walnut in the same way again!

"Mae and Alan explain why participating in regular health testing, such as prostate-specific antigen testing, is crucial for maintaining a healthy prostate and a healthy life. Men often avoid going to the doctor and no amount of persuasion, coaxing, flattery or sweet talking will change this, until the day we sit down with fellow Shedders and listen to an enthralling talk given by Mae and the first-hand account and experiences by Alan, who between them exploded some of the myths around prostate cancer.

"The highly emotive talk is full of questions and straight answers. Each stage was gently explained in simple terms and the message was clear. Early testing improves the chances of detection and successful treatment! If you have not already been to this presentation, I would suggest it is a must for Shedders and we will actively be looking to roll this out amongst the other 700 or so Shedders in the Borders Region."

The Prostate Scotland ToolBox Workshop is a 30 minute interactive talk that provides lots of information on prostate disease and prostate cancer but in an easy-to-understand way with minimal medical terminology. Prostate Scotland provides a small pack of information for everyone to take away and read at their leisure.

If you would like to know more about prostate disease and prostate cancer, get in touch to find out about the 'ToolBox Workshop' for your Men's Shed.

For more information about prostate disease and prostate cancer, visit www.prostatescotland.org.uk or for the ToolBox Workshop, please visit www.prostatescotland.org.uk/toolbox-workshop

Mae Bell
Information and Advice Manager
Prostate Scotland
Email: mae.bell@prostatescotland.org.uk



Mission impossible made possible at Banchory Men's Shed

In the **December 2019 issue** of The Scottish Shedder (pages 7 & 8), SMSA reported that Phase 2 of Banchory Men's Shed's conversion project for its new social area had begun on the 12th November 2019. After nearly five years, the Shed has now completed its full build on the 7th February 2020.

Banchory Men's Shed Chairman, Paul Evans, said: "Having decided to phase the development due to the timing of fundraising income, we had built and opened our workshop room (Phase 1) by the 2nd November 2019. We used it as a combined workshop and social area for a while but it quickly became cramped as local people generously donated machines and kit for the Shed. **We also welcomed an immediate upturn in the number of new members – it is amazing what your own space can do!**

"At about the same time, we were successful with several fundraising applications, sufficient to cover the then estimated £60,000 cost of the Phase 2 development—the social area. The builders moved in on 12th November, which appropriately— considering our link up with Legion Scotland—was the day after Remembrance Day.

"One interesting challenge was the discovery of a seam of granite (this being Aberdeenshire) right where we needed to dig down for the floor. We had anticipated such might happen but our crossed fingers failed to make it go away. However, it was a modest volume and removed without too much difficulty by the builders.

"In spite of the usual and various unplanned events which such projects produce, the Phase 2 build was



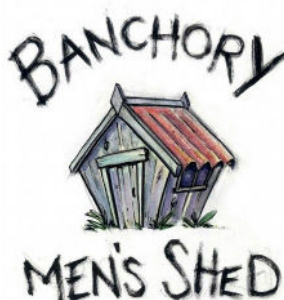
finalised on the 7th February. This left us with a social area echoing to the sound of a concrete floor and only two weeks later we had ourselves a carpet and we could finally say we were done. This major milestone also saw yet another increase in interest and member numbers.

"The reference to an impossible mission is because of the initial projected cost. We originally settled on our present building back in 2015, beneath an upper storey of the Legion building in Banchory. However, the initial cost estimates were onerous (£150,000+) at a time when funding sources were becoming tight. So that we could raise a realistic level of funds—and to ensure we were managing those charity funds with due diligence—we went through two cycles of searching for alternative premises before re-confirming the Legion, but with a considerably smaller budget.

"Our efforts to find alternatives came to nothing as the sort of buildings that many Sheds have occupied simply don't exist in Banchory or, for some ex-Council buildings, were not releasable. We learned a huge amount about the sorts of property in existence, about building regulations, costs, VAT, business rates, and of course fundraising, and in spite of early disappointments we hung in there, with the current result. If other Sheds are struggling to find premises, our experience may be of use to you, so please get in touch.

"As a final point we would like to thank again everyone involved in bringing our Shed to fruition, starting with all the members who have worked so hard. We are particularly indebted to the Banchory Legion, Gerry Robb Architectural Services, Bruce McCombie Builders and Duncans of Banchory who all showed great community spirit by providing their highly professional services extremely competitively."

The official opening of Banchory Men's Shed, scheduled for 19th May, has unfortunately had to be cancelled due to the COVID-19 pandemic. Full details of a rescheduled opening ceremony will be available on the Banchory Men's Shed website at www.banchorymensshed.org and on Facebook at www.facebook.com/banchorymensshed



Inverurie & District Men's Shed band hits all the right notes at inaugural gig

The Inverurie & District Men's Shed band (working title, 'The Garioch Boys') was started up by Shedder Gordon Skinner who wished to bring a musical offering to the Shed.

The Scottish Shedder spoke to Gordon, 75, to find out more. Gordon said: "I have a musical background and wanted to utilise and share my experience with interested Sheddors. When the opportunity arose to play in public, the band members jumped at the chance to rehearse for this performance. Three out of the five band members are relatively new beginners so the first event was a big challenge for us."

The band held its first gig in November 2019 at the Village Hall in New Deer. Gordon said: "The event was a great success with a good turnout. Afterwards, a member of the audience approached us to invite the band to play at Culsh House Care Home, also in New Deer. We grabbed this opportunity with both hands as this allowed the men to gain experience in performing live, promote the Men's Sheds Movement in our local community and also raise some funds for the Shed."

The band plays a whole range of music—mostly with guitars and complemented by Gordon on mandolin and fiddle. Gordon said: "We play a wide variety of music from the 60s and 70s to Scottish tunes—popular songs that everyone can sing along to."

The future of the band —consisting of five Sheddors (Gordon Skinner,



Graham Tough, Bob Little, John Johnstone and Jim Black)— looks very promising and they are currently organising their third gig due to take place at Inverurie Day Care Centre.

The band meets every second Monday, 4-6pm (after the Shed closes at 4pm) at Inverurie Men's Shed.

For more information, visit www.inveruriemensshed.co.uk or follow them on Facebook at www.facebook.com/Inverurie-District-Mens-Shed-807408422637968

Macmerry Sheddors are off to the Queen's Garden Party!

Members of the **Macmerry Men's Shed** have been invited to attend the Queen's Garden Party in July in recognition of their efforts.

David Dickson of Macmerry Men's Shed said: "We are delighted to receive this invitation that reflects the community work that we have carried out through the Shed. It really is an honour for me to be attending this celebratory event along with our Shed Treasurer, Stewart Dearden.

"We cannot thank our members and trustees enough for the work that they do.

"As with many Sheds, a lot of work goes on in the background to keep them running so this invitation is very much welcomed to mark our seventh year."

Congratulations David and Stewart—enjoy those endless cups of tea, finger sandwiches and cakes!



Letter to Editor—*Health and Wellbeing of Sheddors*

Whilst our Shed, Pentlands Men's Shed in Edinburgh, loves getting involved in projects, such as making dominoes, we are well aware of the importance of chatting.

It's often all too easy to forget to down tools, sit back and just talk. Some Sheds seem to "work" on commercial lines producing items to a deadline, perhaps to the Sheddors detriment.

Our Shed was no different but we then took stock and asked the men what they actually enjoyed doing. It became very apparent we needed a healthy mix of tasks, projects combined with lots of tea breaks. Personally, I

find chatting to the boys and listening to their stories fascinating, such interesting lives! From arctic exploration to working in high tech environments or running successful businesses!

So remember fellow Sheddors this is NOT work and you need to embrace the opportunity of learning from others' life experiences. We already prove we are active members of our communities but don't forget the kinship of the Shed.

In my opinion, health and wellbeing is a very very important—indeed vital—part of being a good Shedder. So, say no to deadlines or production lines and just sit down ever so often and have a chat. You will be amazed at what you can learn!

Allister McKillop
Pentlands Men's Shed

SHED LIFE

FREE Sit Less, Get Active online course for Shedders

Physical inactivity and sedentariness are “silent killers”. Do you feel like you spend too much time sitting? Do you feel like you would like to be more active? Are you unsure about how to incorporate physical activity into your daily life? Then this course from the University of Edinburgh could be for you.

Learn about how to sit less and become more active—use this FREE course to learn how to monitor your own activity and set physical activity goals.

The course will feature various examples of how physical activity could be increased in different settings—such as your neighbourhood, home or work—to give you ideas of ones that could best fit your lifestyle.

Are you a health professional? Use this opportunity to learn how to incorporate physical activity into your daily routine and also how to empower your patients to be more physically active.

This course offers a unique opportunity to receive weekly physical activity health messages and monthly video-reminders on how to increase physical activity in various settings for six months after the initial three week course.

Enrol online for FREE from the 29th March—and join 65,604 others—at www.coursera.org/learn/get-active

Scotland's youngest Shedder

Dr Danielle Kelly, the lead researcher on the Big Lottery funded 'Sheds for Sustainable Development' project has welcomed her baby boy into the world.



Wee Arthur William Hutcheon was born on the 16th November 2019. Mum and family are doing very well and Arthur has already visited his local shed at Barrhead and met the oldest member there at 97 years old!

Danielle said: “Arthur is ready to sign up as a Shed member as soon as he's old enough. Thank you to the Shedders for their well wishes. Arthur now has about 200 adopted Grandads and we hope to see you all soon!”

Covid-19 update Community Learning Exchange funding



If your Shed has been granted funding through the Community Learning Exchange please note that in light of the current public health advice, participants wishing to reschedule their learning visits to later in the year can do so without negatively affecting their grant. One of the benefits of SMSA Shed membership!

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 SCA can be contacted at 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>

AXMINSTER

Tools & Machinery

5% Shed Member Discount

SMSA has an agreement with Axminster for a 5% discount on most purchases for SMSA Shed members.

If you have any problems setting up your account, please contact Isobel at SMSA on 07465 202834 or email admin@scottishmsa.org.uk

by Derek Keiller, SMSA Chairman

Woodturning—The possibilities are endless

Woodturning in Men's Sheds across Scotland is on the increase with the majority of Sheds offering it to their members.

A good few decades ago it would be taught in secondary schools alongside woodwork and metalwork but as far as I can gather these are not a feature on many curriculums.

Quite a few of the older Sheddies will recall it well and it will bring back fond memories and their experience then usually means they can pick it up again relatively easily.

For new Sheddies, once the initial fear of the lathe has been overcome and confidence increases, they can turn out good quality bowls, mushrooms, clocks etc.

I took up woodturning five years ago at Carse of Gowrie Men's Shed. After a few months, I bought myself a Record CL4 adjustable speed lathe to the consternation of my better half. It didn't help that the car was relegated to the driveway in order to turn my garage into a workshop.

My initial efforts, I thought, were quite reasonable only to be shot down in flames when my wife would say, "That's not coming into the house!". A year on when my turnings—which included bowls, goblets etc—were allowed to occupy valuable space within the house, I indicated to her that I would need some to take to the Shed for an open day sale. Lo and behold, I was allowed to take only three of the many scattered woodturned items around the house. I was not in the

least bit disappointed but actually elated that my skills on the lathe had progressed to such a degree.

But woodturning is much more than just bowls and goblets. Try to get your members to tackle something a little bit different.

I subscribe to the digital version of 'Woodturning' magazine and it is packed full of tips, advice and practical ideas with comprehensive instructions on how to make everything from tea caddies, vases, pens, Christmas tree decorations, trinkets, rings and much more. Articles in the magazine come with comprehensive instructions and photographs and are supplied by the most respected woodturners in the UK so you are able to expand your personal knowledge.

Carse of Gowrie Men's Shed has a great selection of back copies of the magazine to browse through in their library.

Just recently, I have produced delightful mice, hedgehogs and pigs (pictured) and these are proving to be extremely popular with friends and neighbours.

I have just finished six mice for a close friend's 60th birthday. I intend to place them in a small presentation box filled with shredded paper and will put the wording "live animals, please handle with care" on the front. I can't wait to see his face when he opens it.

Each one takes around 10-15 minutes on the lathe, including finishing and polishing. Then holes have to be drilled for the eyes (small plastic ones), the ears (made from leather) and the tail (again made from leather). It's amazing to see people's reaction when they see

them for the first time. Isobel and Michelle at SMSA HQ were among the first recipients.

Try to encourage your members to have a go at these—although a lot more skill is required, due to the small size—the end product is one that will sell very well at open days for around £4-£5.

I am lucky enough to have a local shop selling my products for me. I try to tell my wife that this income goes towards all the equipment I buy?

At Carse of Gowrie Men's Shed there are members who really enjoy woodturning and are indeed turning out some really good work. The woodturning section (pictured bottom right) has expanded to eleven lathes, allowing many more members to enjoy the experience.

If any Shed wishes more details, please drop me an email at derek@derekeiller.co.uk

Happy woodturning!



Cybercrime Harm Prevention for Sheds

Police Scotland's Cybercrime Harm Prevention Team provides simple advice and guidance for Sheds on how to stay safe online and reduce the risk of becoming a victim of cybercrime—with a focus on passwords.

We use passwords for lots of things, mainly to get onto our computers for accessing email, social media and online shopping. Think of passwords as being like the key to the Shed or your car. If your password is compromised it can lead to your accounts being hacked leading to a loss of private information. So, we want to answer the most commonly asked questions on this topic and provide some guidance which will support and improve this aspect of Cyber security for you.

What are the most common mistakes people make with Passwords?

We often make our passwords quite simple so they are easy for us to remember and in some way relate to something personal to us – something perhaps we have shared on social media. We may also use the same one time and time again on different accounts so that we don't have that hassle to remember too many of them.

The problem is, if you use a single password it can be easy to guess or crack and if you use it for multiple different purposes or online accounts then your personal and financial information can potentially be at risk.

Recent research identified examples of the worst passwords that people used were: "admin", "123456", "password", "qwerty" and even "1q2w3e4r5t6y" – this last one seems really strong and complicated? No it's not, just have a look at your keyboard to find out why.

The thing is, the cyber criminals know how we are creating our passwords and if they just have one to guess or crack, then they can potentially access all your online accounts.

How can someone find out my password?

Passwords can be found in a number of ways and perhaps the easiest is when criminals search social media.

- Social media—we have voluntarily shared almost everything about

ourselves on social media, most likely our privacy settings are not set properly and our accounts are public so this is the best place to start the search

- Social engineering - they send a phishing email, claiming to be from a genuine source such as your bank, asking you to provide personal details. Some people will readily agree to provide their information without taking a second thought and once you reply with your information it's out of your control
- By guessing – using name, DoB, pet names, kids names, hobbies, favourite football team etc. information available online through social media accounts
- Shoulder surfing – watching over someone's shoulder as they type
- Brute-force attack – the automated process of guessing a large number of passwords until one is correct
- Hacking servers - to get a hold of stored passwords

How do I create a strong memorable password/passphrase?

Many people think that to create a strong password you have to have a long combination of random letters, symbols and numbers - you don't.

Numbers, symbols and combinations of upper and lower case letters will of course make your password more secure. But it doesn't need to be more complicated than three random words. For example, where you are just now reading the Shedder – look around you for three random things, phone, apple, pen or plug, cup, keys. It's that easy but make sure the words are memorable to you and perhaps your workplace and if you do this you will find that these three random words are not linked in anyway to your social media profile – much more difficult for a cyber criminal to crack!

You can also consider a passphrase which can be the line of a song, or a poem. Just don't make it something obvious like your favourite song or anything else that could relate to something you share on social media – make it completely detached from anything you share e.g. **IWWFHMAIWWFHM** – this would take a computer two years to break but by adding a couple of numbers and a special character such as !"£\$% it would take about two billion years for a computer to crack.

How can I look after my passwords/passphrases?

Never disclose your passwords to anyone and no reputable person or company will ever ask you to do this.

If you think that someone else knows your password, change it immediately.

The routine changing of passwords is

not recommended unless the accounts to which they apply have been hacked, in which case they should be changed immediately. This also applies if another account or website for which you use the same login details have been hacked. Don't recycle passwords (for example change password2 and update it to, password3).

If you must write passwords down in order to remember them write them in a way that is familiar to you but makes them indecipherable by others and it goes without saying, keep them safe.

One of the reasons people write passwords down is because they can't remember them, however there are alternatives to doing this.

You can use a password manager. Also known as password vaults, these enable you to store all of your passwords in one easy-to-access location so that you do not need to remember them all, you merely need to remember one set of login details.

Read reviews of the various password managers or get personal recommendations to decide which type of Password Manager best suits your requirements.

To re-cap when you make a password/passphrase don't use your username or your real name, family members or pets names, birthdays, favourite sports teams (that information can be easily found on social media sites).

You should also make sure you have a strong separate password or passphrase for every account that you have. This is very important because if one of your accounts is compromised it won't mean you have to change multiple passwords.

Did you crack the password in red?

Take the first letter of every word in a song you like – **I** **W**ould **W**alk **F**ive **H**undred **M**iles **A**nd **I** **W**ould **W**alk **F**ive **H**undred **M**ore and just add some special characters.

For additional information please visit the National Cyber Security Centre website at www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/use-a-strong-and-separate-password-for-email

If your Shed would like a presentation on Cybercrime prevention, please contact PC Gordon Macdonald, Police Scotland (Safer Communities Cybercrime Prevention) at Gordon.Macdonald@scotland.pnn.police.uk who will connect you with one of their team members in Aberdeen, Edinburgh or Glasgow.

Keith and District Men's Shed Anthem

In the freendly toon o Keith
We are members o ae club
Get the gither every week
Keith and District Men's Shed

Chorus

*Members come fae a aroon
Keith, Newmill and Rothiemay
Drummuir, Grange and Mulben too
Could it be the place for you?*

Teacher, farmer, labourer
Car mechanic, joiner tee
Come to hae a blether
Keith and District Men's Shed

Chorus

*Members come fae a aroon
Keith, Newmill and Rothiemay
Drummuir, Grange and Mulben too
Could it be the place for you?*

Some folk compare oor Shed
As a youth club for o men
All the men are young at hert
Keith and District Men's Shed

Chorus

*Members come fae a aroon
Keith, Newmill and Rothiemay
Drummuir, Grange and Mulben too
Could it be the place for you?*

Companionship is fit yel get
Friendships yeal strike up as weel
Banter pert o the Shed ethos
Keith and District Men's Shed

Chorus

*Members come fae a aroon
Keith, Newmill and Rothiemay
Drummuir, Grange and Mulben too
Could it be the place for you?*

Time on yer hands her's whit tae dea
Come along and see yer sel
Hae a look at oor Facebook page
Keith and District Men's Shed

Chorus

*Members come fae a aroon
Keith, Newmill and Rothiemay
Drummuir, Grange and Mulben too
Could it be the place for you?*

Thank you to Keith & District Men's Shed for permission to share their anthem.

For more information on Keith & District Men's Shed, please visit www.kdmenshed.wixsite.com/keithms or follow them on Facebook at www.facebook.com/keithmenshed



Nairn Men's Shed transforms plastic waste into eco-brick planters

Nairn Men's Shed has just recently completed an eco-friendly community project for the Nairn Eco group.

John Rushforth from Nairn Men's Shed said: "The project involved some of our members filling 2-litre

plastic bottles with single-use plastic packets to make them into 'eco-bricks'. We then made the frame out of OSB wood—which was donated to the Shed from Norbord, a local producer of the boards—and filled it with soil to make planters.

"There is potential for the Shed to make and sell the frames to generate income in the future."

Nairn Men's Shed is open on Wednesdays from 10am at the railway station and also other days depending on what's going on.

Check their Facebook page for updates or message them at www.facebook.com/NairnMensShed



Pictured left to right: Nairn Men's Shed working on their planter and a planted example from another community group where the idea came from

A PERSONAL STORY



The Scottish Shedder met up with retired surgeon and new SMSA Trustee, Professor Chris Oliver (60), at this year's 'The Gathering' to find out more about his journey to Men's Sheds and what's happening at the Men's Shed St Andrews.

Chris retired early—aged 58—as a Consultant Trauma Orthopaedic Surgeon in the Department of Trauma and Orthopaedics, University of Edinburgh.

Chris said: “I was morbidly obese for many years—171kg at my heaviest weight—and my health began to deteriorate due to my diabetes. I started to suffer with neuropathy in my fingers and toes—they felt numb—then I had problems with my eyes. Due to this I unfortunately had to retire early.

“I had a gastric band fitted and renewed my passion for cycling which resulted in me losing a total of 73kg and gaining a new lease of life. There was nothing I could do to reverse my condition and work again but I could prevent it from getting any worse and stop myself from suffering from chronic disability for the rest of my life.”

“I went from an immensely busy professional life to being thrown into the abyss of early retirement. It was my wife's friend that suggested I go along to the Men's Shed in St Andrews. It really has changed my life, I got actively involved in many projects including basket weaving, recycling pallets to make practical items and making planters for charities. I did woodwork at school, 48 years ago, and now I had the time to rekindle my love of this hobby in the Shed (see [page 17](#) for Chris's latest project).

“At work, no-one really chatted on a social level—it was always just professional—but now, in the Shed,

we talk about anything and everything. I have a new group of around 20 friends that I can really talk with and who have accepted me.”

Chris is a keen endurance cyclist and in 2013, he cycled 3,415 miles from Los Angeles to Boston, USA with his daughter Catherine. Chris added: “Cycling is my passion and I am delighted that, just recently, myself and another Shedder have been invited to train to become bike mechanics through the Velotech Silver Award. I have also been able to get involved in the Transition University of St Andrews project to refurbish donated bicycles so that they can be put back into the local community through a bike pool/hire scheme.

“What does the future hold for Men's Shed St Andrews? Well, there is plenty to keep me and the Shed members occupied with big plans afoot. We are looking to install two more containers to triple the size of the workshop in addition to an evaluation of the Shed and a drive to increase membership by writing to GPs and community nurses to raise awareness of what we do.

“I am also currently in talks with Dr Gozde Ozakinci, Senior Lecturer, Health Psychology at St Andrews University Medical School to conduct a membership survey at Men's Shed St Andrews to look at the reasons why potential Sheddors might not return to a Shed after an initial visit. We hope to also apply for funding by Autumn 2020 to recruit a Research Assistant and an MSc Psychology student to support this. It is hoped to roll this out to national research in the future.”

Follow Chris (aka the 'Cycling Surgeon') on social media through his [Twitter](#) account, his [personal webpage](#) or [Wikipedia](#).



For more information on the Men's Shed St Andrews, visit their website at www.mensshedstandrews.org.uk or follow them on Facebook at www.facebook.com/mensshedstandrews

SHED PROJECT

This isn't just any biscuit tin guitar ... this is a Shed-made M&S biscuit tin guitar!

A cigar box guitar is a simple acoustic instrument that can easily be made from reclaimed materials.

An old cigar box (or any wooden box or even an empty tin) forms a resonating chamber and a neck is fashioned from either a dowel or a wooden board that is built through the body of the cigar box and then fitted with strings.

Usually unfretted, they tend to be played with a metal or glass slide fitted over a finger. Chords and notes are played by pressing the slide against the fretboard at various points, whilst strumming or finger-picking with the other hand.

Though people have been making cigar box guitars for over a century and the instruments have clearly influenced today's popular music, it is not a practice that seems to have caught on in the UK before the appearance of a guy called Seasick Steve on the Jools Holland 'HOOTENANNY' in 2006.

Glenrothes Men's Shed has two members—Norman Hawkes and Mick Strefford—with a pile of boxes ready for the next batch of conversion. Norman and Mick are experienced in making these instruments, and have recently used "Shed Time" to complete some of their recent projects.

Norman Hawkes, Glenrothes Men's Shed, said: "My fellow Shedder, Mick Strefford, has made quite a few variations of these type of guitars and he is adept at playing them. I, on the other hand, am very much a learner.

"They can take a bit of time to make, as they can be quite involved. My cigar box guitar was made from bits of scrap plywood which I cut to shape and glued together. The biscuit tin (M&S, no less) was bought for 50p at a Forces charity shop, I bought the wood for the necks of both guitars from a DIY store and the strings, pick-ups and tuning pegs were sourced online."

Would your Shed/Shedders like to be able to make these?

Glenrothes Men's Shed is happy to share their knowledge with other Sheds and Shedders and invite you to visit them and perhaps even partake in some kind of regular jam session or even set up a Shed band!



Pictured: Two three-string guitars made by Norman Hawkes at Glenrothes Men's Shed. The one on the left is based on a cigar box guitar and the one on the right is a Biscuit Tin Guitar (not just any tin, a M&S tin!)

Glenrothes



Glenrothes Men's Shed is open:

Mondays
10am—1pm

Tuesdays
10am—4pm

Thursdays
10am—1pm
7pm—10pm

For more information, please visit their website at www.theglenrothesmensshed.org.uk or follow them on Facebook at www.facebook.com/glenrothesmensshed

SHED PROJECT

Here's something a little bit different from Wee County Men's Shed...



The Philosophical Bowl

I was a little disturbed when I turned this cherry bowl at Men's Shed St Andrews. It's my first bowl since woodwork at school in 1973 when I made similar, but that was nearly 50 years ago.

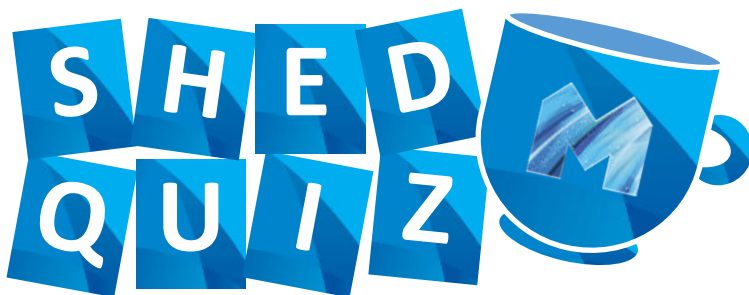
Lovely to relearn old skills, and not too dissimilar to my past life as an orthopaedic surgeon. It's just a slightly different kind of woodwork.

As I went into the dish of the bowl this "ugly" gnarly knot appeared. The chisel started kicking. No longer "perfect". I was disturbed. Fellow Shedders, quickly reassured me and said it was a lovely unique feature. It seems a lot of people really like knots, I never knew!

I realise that this beautiful bowl now represents my acceptance of imperfection. It's a metaphor. Everybody doesn't need to be perfect, I don't need to fix everything in my life, pick my battles more carefully and if it's not broke, don't fix it. Philosophical times for me and a wee bowl.

Chris Oliver
Men's Shed St Andrews





Why not grab a cuppa and take part in our fun Shed Quiz!

Compiled by A Shedder, Three Towns Men's Shed

Tools/items which may be used at a Men's Shed workbench

Example: Jet (5) **Answer:** Plane

(answer derivations)

1. American cocktail? (6,11)
2. One hundred lights held together (6)
3. Miami grip? (4)
4. Five hundred furrows are boring (6)
5. Game of cards by golf club (5,4)
6. Pair and part (5,3,3)
7. Beach component sits next to the Queen (6)
8. Gold football team, in short (6)
9. Mustering a pea (anagram) (9,4)
10. Charles, Edward, Elizabeth and Victoria are these (6)
11. Royal Ascot sees prince, initially (4)
12. Clip east and north to make a marker (6)
13. Ali changes direction between north and south (5)
14. AEHHKOSSV (5,5)
15. Ghost flattens to straighten up! (6,5)
16. Firstly, not one silly error put lives in easy rescue situation! (4,6)
17. Tum Stella McCartney around in part, finding a thumper within (6)
18. A right quest makes for a right angle (1-6)
19. Nips around to secure objects (4)
20. Mas and pa perhaps unite within, being both rough and smooth (9)
21. What the woodsman cries! (6)
22. Braw lad is all mixed up to a point! (7)
23. A backward group of nine spied a cutter (5,3)
24. Would ego provide a sticky result? (4,4)
25. Party drink (5)
26. New broken chisel in a consecutive mix of nine gives an obvious topic! (9)
27. Shame Mr. beats and drives with a talon (4,7)
28. Carve, cut and cheat! (6)
29. Sound like everyone! (3)
30. A short advertisement with half of nothing! (4)

UPDATE FROM AGE SCOTLAND

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



Jason (SMSA Executive Officer) and I attended the Highlands and Islands Men's Shed Network meeting on the 4th March 2020 (pictured left) which was hosted by Cromarty Firth Men's Shed with Inverness, Fort William, Nairn and Fochabers Men's Sheds in attendance.

Participants were given a tour of the log cabins and shed projects. Hot issues discussed were: competition with local traders (e.g. car mechanics); insurance; support for Sheddars living with cancer; engaging armed services veterans; and inconsistencies in local authority leases, contracts and rents.

David Chambers, Secretary of Cromarty Firth Men's Shed said "I feel it went very well - lots of ideas shared across different sheds, and new things to take forward." It was very clear from the meeting that the Highland Sheds are doing their bit for environmental sustainability and biodiversity to the benefit of Scotland's red squirrels, Leach's storm petrels and water vole populations to name but a few.

At the SNP conference last April, Nicola Sturgeon declared a 'climate emergency'. Evidence of the reality of the devastating impacts of climate change was seen in the wildfires in Australia and the record-breaking rainfall in February 2020 that saw Hawick and Dumfries' riversides, and large areas of England, under water.

The Scottish Government Climate Change (Emissions Reduction Targets) (Scotland) Act 2019 sets a target date for net-zero emissions of all greenhouse gases by 2045. Greta Thunberg has put out a challenge to protect her generation's future by dramatically reducing our carbon footprint. Men's Sheds have taken up Greta's siren call by making a contribution to cutting global emissions by: volunteering for community projects; growing their own food; planting and coppicing trees; turning waste wood into useful products; and mending, recycling and repurposing items. The 'maker culture' of Men's Sheds is keeping a great deal out of landfill by giving plastic, wood and furniture, for example, a new lease of life. North Edinburgh Community Shed, which is funded by the Climate Change Challenge Fund, calculate that 10 pallets of reclaimed wood they use to make products is equivalent to one car off the road for half a day.

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Direct Dial: 01383 882 151
Email: Tim.Green@agescotland.org.uk



Pictured: Tim (front row, second from the right) and his happy band of colleagues in Age Scotland's Community Development Team



Upcoming Network Meetings

Ayrshire Men's Shed Network
TBC

Highlands and Islands Men's Shed Network
TBC

Any Sheddars interested in future network meetings should contact Tim Green

Why climb the stairs?

Stair climbing may seem onerous but the effort, and hopefully not discomfort, is worthwhile. Regular stair climbing can lower resting heart rates and improve balance. Each trip up and down stairs helps shape and tone different muscles in your legs and lower body. Overall, being able to climb stairs is a good marker of general health.

The benefits of adopting stair climbing as your exercise of preference include:

- build and tone muscle
- no special equipment required
- it is free!
- can be incorporated at any point throughout the day
- burns fat and calories
- increases heart rate
- builds lower body muscle mass
- reduces cholesterol levels
- increases stamina and energy
- no skill required
- fights diabetes

An average flight of stairs has 10 to 12 steps, so if you climb one flight up and down, one step at a time, you'd burn roughly between two to five calories, depending on your body weight. If you take two steps at a time, you'd burn more, as the muscles must work harder. Climbing stairs is a great way to improve your core muscle strength and it tones and sculpts your body.

Running and climbing will do no harm to your knees if you are fit. If you are overweight or have knee problems, running and climbing stairs must be done in moderation. For healthy and strong knees, it is important to strengthen the muscles of the thighs and those around the knees.

Climbing just eight flights of stairs a day lowers average early mortality risk by 33%. Seven minutes stair climbing a day can halve the risk of heart attack over 10 years. So next time you can use the stairs instead of the lift be proud of yourself! Of course, some people



with disabilities have no choice but to use the lift. Good luck stair climbing, if you can.

Prof Chris Oliver
St Andrews Men's Shed
(formerly Professor of Physical Activity for Health at the University of Edinburgh)
Follow on Twitter @CyclingSurgeon

Reference: Promoting Stair Climbing as an Exercise Routine among Healthy Older Adults. Sports (Basel). 2019 Jan; 7(1): 23. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6359596/>

WHAT'S COOKING?

Fami**SHED**? Then, why not try this very simple and healthy recipe which you can cook in under 15 minutes! Egg rougaille is a one-pot dish of eggs softly poached in a spicy tomato sauce.

Ingredients

- 3 tbsp of vegetable oil
- 1 medium onion, finely chopped
- 2 spring onions, chopped
- 1 tomato, chopped
- 1 piece of fresh ginger, 2cm, finely chopped
- 2 garlic cloves, finely chopped
- 1 bird's eye chilli
- 4 large eggs
- 4 sprigs of thyme
- 400g of tinned chopped tomatoes
- 2 tbsp of coriander stalks, finely chopped (leaves roughly chopped to serve)

Method

1. Heat the vegetable oil in a large ovenproof pan on a medium heat and add the chopped onion. Let it fry for 2 minutes, then add the ginger, garlic, chilli and thyme. Cook for 3–4 minutes, stirring occasionally
2. Add the chopped fresh tomato, let it cook for 1 minute, then add the chopped tinned tomatoes, coriander stalks and a splash of water. Season with salt and cook for 5 minutes
3. Preheat the grill or oven and crack the eggs into the pan over the tomato sauce. Cook for a few minutes, or until the egg whites start to set, then place under the grill or in the oven until the egg whites are softly cooked and yolks are still runny
4. Take out, scatter with coriander and spring onions and serve with fresh bread, rice or salad

Egg Rougaille



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



Bank of Scotland Foundation's Reach Grant

The Reach programme is suitable for charities who can demonstrate they address disadvantage or social exclusion.

This will ensure that the funding will reach the most vulnerable people across Scotland, to provide them with opportunity and equality and making positive, sustainable change.

Up to £20,000 is available and the deadline for applications is the 2nd April 2020.

For more information and to apply, please visit:

<https://bankofscotlandfoundation.org/funding-programmes/reach>

Calor Community Rural Fund

Is your Shed sitting off the mains gas grid and in need of financial support?

Then, you can apply for funding from Calor's Rural Community Fund.

To celebrate Calor's 85th birthday this year, it has bumped up its funding pot to £85,000.

Apply by the 9th April 2020 and tell Calor what your community requires and they might be able to help you make an impact.

There are three levels of funding available:

- 11 £5,000 grants
- six £2,500 grants
- five £1,000 grants

If you are a finalist but you don't receive a top prize, they will still award £500 to your project. Winners will be announced at the end of July 2020.

Check your eligibility and apply online at:
<https://communityfund.calor.co.uk>

Please note: the funding that you apply for must equate to 50% or more of your total project cost.



Stations Community Regeneration Fund

ScotRail and Transport Scotland are seeking applications for a £1.5million community fund, designed to breathe new life into old and disused railway station premises. The Stations Community Regeneration Fund enables business and community groups to transform redundant station rooms into facilities to benefit local people.

Any projects that will aid communities or rail passengers will be considered for grants of between £5,000 and £75,000. Bids may also be made for larger sums, dependent on in-depth feasibility studies. Grants can be used to contribute towards the costs of any structural repairs and to assist with the costs of fitting out station premises for their intended use.

For more information and to apply, please visit
www.scotrail.co.uk/about-scotrail/scotrail-community/stations-community-regeneration-fund



The Wolfson Foundation

The Wolfson Foundation's main grants programme provides support for places.

The Foundation supports organisations that provide services for older people, particularly if they have a neurodegenerative condition or are isolated. Grants (£15,000—£75,000) are awarded towards new buildings, refurbishment work and equipment.

For more information, please visit:

www.wolfson.org.uk/funding/funding-for-places/funding-for-charities-working-with-older-people

Have you won shedloads of funding?

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



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

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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