

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



The SMSA team would like to wish you all a very Merry Christmas and Hogmanay! Our offices will be closed from Friday 18th December 2020 and re-open on Tuesday 5th January 2021

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DATE FOR YOUR DIARY

SMSA National Shed Zoom Meeting

Thursday 21st January 2021
10am—1pm (estimated finish time)

Following on from the last National Shed Network meeting, the purpose of this event is to hear from Scottish Men's Sheds on the last three months and the situation going forward in 2021.

Register today at:
www.surveymonkey.co.uk/r/ShedNetworkJan2021

Emergency Funding for Scottish Men's Sheds

As part of the Scottish Government's winter package funding to tackle social isolation and loneliness, the SMSA has secured vital funds to support Men's Sheds in crisis in Scotland.

The £30,000 emergency pot will assist Sheds, most severely affected by the pandemic, that are struggling with financial pressures and/or facing closure to ensure they are still here to support Shedders when they are able to safely open their doors once again.

For more information, see [page 24](#).



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 2,400 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 5th February 2021](#).

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

I don't know about flying reindeer, but I do know about flying time, it's the end of 2020 already. Did this year seem to drag on for you or did it fly by like it has for me?

Since starting this movement in 2009, this has been the most challenging year to date for the Scottish Men's Sheds Movement and the SMSA on so many levels. So what will 2021 bring for us all? Be rest assured, the SMSA team will continue to keep dreaming big and if we get a sack full of presents from our Santa list then it is going to be a good year.

Like many of you, it has been challenging for us in terms of funding. We saw the SMSA almost close midway through the year but we came good with new and old funders ([The Robertson Trust](#) and [William Grant Foundation](#)) coming to our call for support which for the first time is over a three-year period and not the pressure cooker year on year we have had to work under since 2014.

Thanks to all of your letters of support received, sharing just how much you valued what we do for the Sheds, strengthened our resolve to not give up and so I am delighted to still be writing the 'Talking Sheds' column for you to round up this unprecedented year.

We have continued to see the Movement grow over the year with new development groups joining us and seeking advice on everything from our custom approved OSCR Shed constitutions to 'are the banks still opening charity bank accounts?' requests and queries.

The stress felt by our 'open' Shed members have also taken us into new mediation territory where the Boards of Sheds have come under considerable pressure from their members to open due to the impact of Covid-19 on their personal lives and where Sheds are valued as a salvation and light at the end of a dark tunnel for many thousands of Shedders.

Those Sheds who joined our Regional Shed Zoom Network Meetings were kept updated with the guidance we could give, in alignment with the Scottish Government, which from the feedback we have received took the pressure off them and kept them united.

Like many Sheds, SMSA had to navigate the new world of online meetings with Zoom coming out as the most preferred choice. Constant security updates and learning the software had Michelle and I kept on our toes when we hosted our Annual General Meeting that's for sure. We always try and have a host of guest speakers and of course the SMSA 'Men's Shed of the Year' Awards and this year, we created films using our ingenuity like [David Young of David Young Training](#) filming himself in his new workshop on his mobile phone camera and me recording it live on Zoom in the office and then editing it into a [presentable format](#) for the AGM.

We also created a new partnership with [Thyme Accountants](#) to support Shed Treasurers and [Martin Watt delivered a presentation](#) with live Q&A afterwards. A great success but I left that day with a few more grey hairs and hopefully next year we will be able to hold our AGM shoulder to shoulder again.

As we ventured into the ever-changing Covid guidance landscape—where Sheds came into their own and created thousands of face shields for front line workers (which feels like years ago now) - we sought new ways to get people safely socialising again. This apart from online Zoom meetings took forms of meeting in people's gardens and breakfast clubs where we came across a new invention created by a British firm called [Pathfinder – social distancing assistant](#).



131

SMSA SHED MEMBERS

2,428

SMSA INDIVIDUAL MEMBERS



133

OPEN SHEDS

56

SHEDS IN DEVELOPMENT



32

LOCAL AUTHORITY AREAS

The SMSA continues to seek new innovative ways to support the grass roots Shed movement and we managed to secure £5,000 funding through our membership with [Scottish Community Alliance](#) where we negotiated with the manufacturer for 80 Pathfinder units. These are presently being trialled in ten SMSA Member Sheds across the country with very good initial feedback.

Due to this success, we will continue to seek national funding so all our member Sheds can benefit from this forward-thinking invention which is being used in Royal Bank of Scotland branches and factories around the world.

We are also aware, that due to Shed closures and reduced income, that there is a growing concern that the basic running costs could see some Sheds having to close. SMSA is delighted to announce that we have secured emergency winter funding from the Scottish Government for those Sheds struggling with financial pressures or at risk of closure. See [page 24](#) for more information and details on how SMSA Shed members can apply.

SMSA partnered up with [Macmillan Cancer](#), earlier on in the year, to research what we can do to fill any gaps and save men's lives. Covid-19 slowed down initial development plans but we are still on track and will continue with this in early 2021, speaking to those men who have come forward to help us and then to create the new information in printable and animated forms.

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www.scottishmsa.org.uk

TALKING SHEDS

by Jason Schroeder

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Another celebration this year was seeing our long-time desire for an SMSA Patron fulfilled by none other than Sir Harry Burns who recently became the President of the British Medical Association.

As we move forward into educating people about the Movement and promoting it through the many social media platforms we have, I am often invited to be a key note speaker, join new groups and be a part of others research. Recently, I was asked to join in a discussion around a new project which was hosted by [The David Hume Institute](#) – Action Project, Finding Joy, A Conversation with Change Makers.

We had a full group discussion on the circumstances and environments that can help enable a Scotland characterised by joy. What would help us - individually and as neighbourhoods and community groups - to create more space for joy in our lives and what would enable that? What is (or could be) the role for businesses / employers, charities and funders? What role should local councils and national government play?

Alongside me on the Zoom screen was the President of the Scottish Women's Institutes (SWI). Through the Zoom 'chat' option, we discussed a possible collaboration 'win-win' off-shoot idea which I look forward to exploring in 2021.

But I digress, after an extremely heart opening and sometimes challenging session, an artist captured the sharing and ideas with an info graphic (below). I realised afterwards upon looking at it that what these many organisations had discussed to create a better quality of life in Scotland and how to create more joy into our lives was what Men's Sheds do and the challenges we face in creating them.

Now, we in the Shed Movement are only too aware of this—and what we have been missing with Sheds being closed—but for others to realise how a relatively new idea which Men's Sheds are to our culture ticks all the boxes of being a solution in creating a country not only focussed on GDP but also now on [wellbeing](#).

This is very exciting on a strategic national policy support level and a co-production partner level. I bring this to your attention as many of you might not realise that your humble Shed is connecting the dots to many other humble Sheds and creating a spider's web of joy and wellbeing across our country.

What you are doing in your Shed has a much larger and positive impact

than you might realise on many other connected agendas.



So, to wrap this year up, the SMSA is representing the largest Scottish member-led men's health and social movement ([join here if you have not already](#)) which in the darkest of times this year continues to meet the challenges bravely and compassionately. We are still thriving and Scottish Men's Sheds are needed now more than ever!

It is you, each member of every Scottish Shed and the SMSA, that makes this success happen—your humour, tenacity, camaraderie, vulnerability and HUGE SEFLESS HEARTS that voluntarily beat this life enhancing vision into existence.

Hold fast as we reach the mid-way point to winter and then the light starts returning a little every day.

I look forward to seeing you on our National Shed Zoom Conference on the 21st January 2021. [Register for your free ticket](#) and tell us how you are doing after dodging flying reindeer and Hogmanay.

Thank you for the trust and belief in our guidance and the many conversations to keep you safe and thriving through a very tough year. From myself, the staff and our wonderful SMSA trustees I wish you all the very best for you, your families and communities.

Jason Schroeder
SMSA Executive Officer



SHED IN THE SPOTLIGHT



Aboyne Men's Shed...coming soon!

The Scottish Shedder chats to Aboyne Men's Shed's Chairman, Mike Brooks, about the recent progress at their state-of-the-art new-build Community Shed now that construction has restarted following several months of shutdown and a completion date is in sight.

Aboyne Men's Shed's journey all began back in 2016. After hearing about the Scottish Men's Sheds Movement through the SMSA, Aboyne & Upper Deeside Rotary Club – who still maintains a strong ongoing relationship with the Shed today – facilitated a meeting to gauge interest for a Men's Shed in the village. The productive inaugural meeting resulted in a stand-alone Committee being set up to take the initiative forward.

Over time, AMS was offered one-year's free rent at Aboyne Business Centre in June 2016 which enabled the Sheddors to meet every Monday morning and recruit new members. The Shed then moved on to Aboyne-Dinnet Church continuing its weekly meetings but was still longing for a Shed to call their own.

The search began to find a vacant building to refurbish in addition to approaching local landowners for any disused plot of land to site cabins as Shed premises. Each avenue they explored came to a dead end until one day, the Aboyne Castle Estate came forward with an offer they could not refuse.

A representative from the Estate offered a piece of land at a disused quarry in a near central village location for a peppercorn rent of £1 a year for 30 years. And so, the dream of having a new build Shed in Aboyne was unveiled and the possibilities for such a facility were endless.

The Committee worked tirelessly to source funding to get started. The build project was put out to tender and AJC Construction began construction in August 2019. Steady progress was being made before lockdown halted construction in March 2020 before restarting in the summer.

Retired Control Systems Engineer and Aboyne Men's Shed (AMS) Chairman,

Mike Brooks, said: "This facility is a major new social development for Aboyne and the first of its kind in our village for nearly 35 years.

"From the outset, AMS has worked with Gerry Robb Architectural Design Services to achieve a low carbon footprint design, be sympathetic to the surroundings and have long-term sustainability. The site – which benefits from its own water supply from a local well – also boasts air source heating and solar power generation coupled with future plans for battery storage of off peak/excess solar electricity.

The fully-accessible two-level building with a 360 m² gross floor area will operate under the title of the 'Aboyne and Mid-Deeside Community Shed' (ACS) with the aim to improve social cohesion in the Aboyne and Mid-Deeside community by providing opportunities for social interaction and engagement. It was during the design stage it was realised that the building was going to be more than just a Men's Shed. There was going to be enough space and time slots available for other groups to use it too. Thus the Community Shed was born, whilst retaining a space for the Men's Shed group to follow the ethos of providing a purpose in life as embodied in the movement's constitution.

The building will offer a friendly and welcoming space for local individuals and groups in the village (population, 2,602) and surrounding area to become involved in a wide range of activities, projects and events. The lower level has a multi-use Shed workshop space and upstairs has four multi-purpose rooms (including one with a large training/demonstrator kitchen and dining area for cooking classes and in-house catering).

The two levels allow the Sheddors to utilise the whole of the ground floor with their own tea point and toilet facilities without having to go upstairs and vice versa for the community groups using the facilities upstairs. The community spaces to hire will be available for a variety of social interaction including arts and crafts, exercise and leisure activities, meetings and events.



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SHED IN THE SPOTLIGHT (CONTINUED)



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Mike said: "We have already received a lot of interest from groups wishing to hire rooms for one-off and regular bookings including someone wishing to use it as their base. It is a great situation to be in. Our local community has been right behind the initiative from the very start.

"The total cost of the project is just short of £400,000 and we have tried to reduce costs wherever possible. The cost to install a landline and broadband, for example, was quite substantial so we went down the route of providing this for the building using a 4G mobile signal. We also avoided the high costs of installing and maintaining a lift in the building by creating a ramp and bridge directly to the second floor – one of the benefits of building in a quarry site.

"Like everyone else, we have experienced our fair share of knock backs on our funding applications but you have to just keep applying to realise the dream. We could not have done it without the wealth of support from local individuals and businesses in addition to a variety of **funders and partners** ([click here for full list](#)) including The MacRobert Trust, Aberdeenshire Council, The Clothworkers' Foundation, The National Lottery Community Fund and our local Rotary Club. NHS Grampian is also an enthusiastic supporter and contributor to the project and are fully on board with the stated ethos of the Men's Shed movement in terms of improving the mental and physical wellbeing of the local community. Our largest funder was the South Aberdeenshire Local Action Group (SALAG) that contributed £164,771 towards the project.

"The Aberdeenshire Voluntary Action Supporting Communities Fund enabled us to purchase Covid-19 signage and equipment recently which will bring us one step closer to being fully compliant when the time comes that we can safely open. We have also recently received funding for mobile social distancing screens, a fitted kitchen, CCTV, fire alarms and intruder alarm systems which will all be fitted soon. The interior decoration is also starting to take shape - albeit, slowly, due to the strict but much-needed Covid-19 restrictions in place on site.

"Making our building 'green' and a low operating cost facility has always been

at the forefront of our minds and our funders have certainly backed this vision. The Vattenfall 'Unlock your Future' Fund for example - which encourages charities to invest in community facilities and contribute to a climate smarter world with sustainability – funded us to install 12kW of solar panels on the roof which allows us to generate our own power and offset electricity and heating costs.

"We have also received so many welcome donations. Almost £33,000 has been donated from kind individuals supporting us and we have also received materials from suppliers such as insulation from Actis Insulation to support the project.

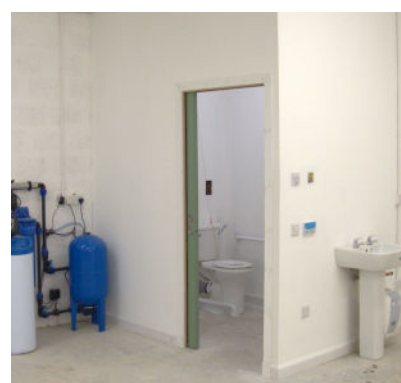
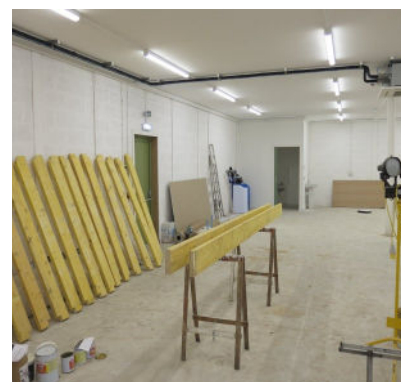
"As we near completion, we have established an ACS Operating Committee that will focus on the community use of the building and develop a dedicated website. The Committee comprises of people from the various groups that will utilise the building.

"This project has been a great challenge for us and a huge team effort. Progress slowed when we went into lockdown but we continued planning as much as we could through our regular Monday morning meetings on Zoom. We are immensely proud of what has been achieved and we are delighted to be at a stage that we are just about fully funded and the building is nearing completion.

"Once opened, we can open several days a week for our members in addition to offering the facilities to local community groups and individuals for training, leisure activities and events. This offering will generate income to maintain and improve the building and surrounding area such as landscaping, upgrading the single-track path leading up to the building and installing a new vehicle and pedestrian gate and perimeter fencing.

"The building has the potential to be used as a community resilience centre in the future and act as a model to showcase an energy efficient community facility and we will strive to work towards that."

All going to plan, the build is expected to be completed by the end of 2020. Keep up to date with progress on Aboyne Men's Shed's new look website at www.aboynemensshed.org.uk



SHED IN THE SPOTLIGHT



The Scottish Shedder catches up with Robert Miller—Chairman of SMSA's latest new Shed member, Kirriemuir & Glens Men's Shed (KGMS)—to chat about the progress at their new Shed unit.

Robert said: "Discussions regarding a Men's Shed in our area began in early 2017. A local council worker organised a meeting for interested parties and half a dozen people turned up and continued to meet monthly.

"After some time, the group started meeting one morning a week for a coffee and a blether at Fairlie House (Angus Council building). We formed a committee, adopted our constitution, doubled our membership and started our journey to look for premises to call our own.

"Over the years, our Sheddors have unfortunately experienced many soul-destroying moments when several potential Shed sites all fell through but we never lost hope.

"This summer, I was tinkering on a motorbike in my unit when I got chatting to a friend who had spotted the Men's Shed sticker on my car and asked about it. I was only too happy to stop and tell him all there is to know about Sheds and my passion for Shed life.

"At the end of the conversation, I was absolutely gobsmacked when he offered to fund one of the other units (Unit One at Delson Industrial Unit) as our new premises! Well, to say I snapped his hand off is an understatement! I was astounded that this chat had led to us now having a local business—the 88 Degrees Café in Kirriemuir—fully backing our work and sponsoring a 20x30ft industrial unit that perfectly met our needs.

"We quickly got to work on the Shed. Now, I am not backward in coming forward when it comes to asking for donations and the

support we have received from locals has been phenomenal!

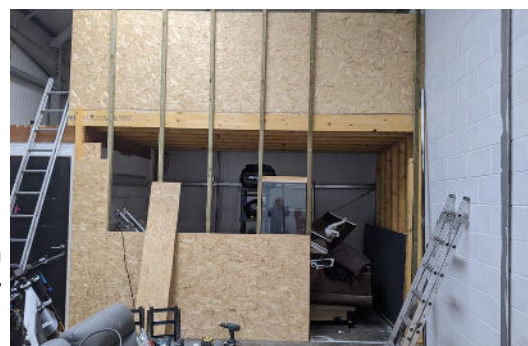
"We have received free labour from a painter and decorator; a sink from a local plumber; cost-price materials; a loan of a telehandler to work on some joists; free Covid-19 signage printed; reduced price glass for our tea room; and even donations of wood, filing cabinets, a steel worktable, two sofas, toasters, kettles and hand gel to get us started!"

In lockdown, Robert has been making it his mission to ensure their members stay connected. Robert said: "I was a psychiatric nurse for 30 years. I am at my unit every day, now I have retired, and members have been coming down for a socially-distanced chat—my kettle is never off—or I have been going to visit them in their gardens.

"We are all missing the banter we had in the Shed. Working on the new unit in lockdown—two at a time, socially-distanced—has given us something good and positive to focus on. Since we started up, our core group has always stayed strong together.

"The future looks bright, we finally have our own Shed, are registering as a charity and setting up a bank account so we can apply for funding. We are all raring to go to get in the new Shed and get making things again like our benches and bird tables (pictured right). Not having the pressures of rent and electric to pay is huge for us. In the future we plan to generate income for Shed activities by selling our wares through the local auction house. The possibilities are endless and we could open seven days a week if we wanted to! We have no crazy agenda—we just want to get back in that Shed and focus on what our members want to do to make them happy."

Follow KGMS on Facebook at
www.facebook.com/kirriemuirmensshed



Pictured (top to bottom):

KGMS's new Shed unit before; progress at the unit; Rob Miller (KGMS Chair) receiving a cheque donation from Kirriemuir Camera Obscura; and a solar-panelled bird house project



A wee update from Comrie & District Men's Shed

SMSA catches up with Tom Harrigan MBE to find out what is happening at Comrie & District Men's Shed (CDMS).

Tom, Vice-Chair of CDMS, said: "Our Shed unfortunately remains closed during the pandemic. We have come a long way since our Shed was first established as a community resource in February 2018, when a duly formed Committee was appointed to oversee its management. By the middle of March 2018, the Committee had secured our current premises—a large double sized Nissan hut (pictured above left)—located at Hut 65 Cultybraggan Camp in Comrie, Crieff at Cultybraggan WWII POW Camp.

"The Hut had lain unoccupied for at least 10 years and was in need of extensive restoration. The biggest challenge was to make the buildings weather tight by replacing windows and doors. The external corrugated sheet metal fabric of the building was rusted through in places. This invariably caused rainwater ingress and attracted many species of local and internationally travelled birds (e.g. swallows) which, to this day, still pay a visit when they are in the neighbourhood. We also had to install the essential services (i.e. water and electricity) with our heating coming from a 'rocket' stove designed and constructed by one of our members.

"The Committee then set about making the premises secure and thereafter, began drawing up project management plans and progress of work schedules. This would enable realistic time frames to be adhered to and allow the renovations to move forward systematically.

"Our Committee then applied to the Office of the Scottish Charity Regulator (OSCR) to have the Shed registered as a Scottish Incorporated Charitable Organisation (SCIO) and this was officially granted on the 18th December thus paving the way for the Shed to start applying for funding.

"Shed membership began to increase and as its popularity grew, woodworking machinery, tools, materials and other necessary equipment became available, thus allowing members—not engaged in the renovation—easy access to craft work, hobbies and other self interest activities.

"The services of the Shed have been called upon by various individuals and organisations in the area to manufacture, amongst many other items, a mud kitchen for the local primary school and the intricate repair and renovation of an ornate antique bird table. More recently one of our members managed—with the use of a 3D printer—to manufacture PPE (face shields, face masks and scrubs) for care homes and hospital wards.

"The Shed participates—with our decorated 'Shedders' Float' (pictured below left)—in the Annual Comrie Fair Fortnight and other local events whereby we manufacture several craft items for sale, and have devised and manufactured several participative carnival games (like the one pictured below where you throw tennis balls to land on a winning colour or number).

"More recently, we created a beautiful vintage Erzgebirge German Christmas pyramid candle carousel nativity scene (pictured below right) which we sell to generate income for the Shed. Since our inception, we have continually raised our own self-sustaining funds by selling the craft items we manufacture and from participants who play our carnival games—allowing us to purchase more tools, equipment and machinery for our members.

"Our woodwork 'shop' has also received donations of industrial style machinery such as band and 'chop' saws, planers, turning lathe, bench drills and a large flat bed table saw. We also have a metalwork 'shop' with Mig/Arc welding and plasma cutting equipment, metal turning lathe, floor standing drill and a sheet metal brake (folding press).

"Last December, before the arrival of Coronavirus, we hosted an extremely enjoyable and successful winter cocktail party at the Shed, with approximately 120 people attending. We had a licensed bar, live music, raffles and a great selection of hot/cold food all 'topped' by a traditional whole 'hog roast' freshly cooked on a spit.

"Unfortunately, with the arrival of Coronavirus, the Shed closed its doors in March, with all work inside and out coming to an abrupt halt. However, onwards and upwards we say. Planning is ongoing for the day we will be given the go-ahead to open our doors once again."

For more information on CDMS, follow them on Facebook at www.facebook.com/comrieshedders



Funding boost for Alford & District Men's Shed

Alford & District Men's Shed (ADMS) has received a £15,000 boost from the [Vattenfall 'Unlock our Future' Fund](#).

ADMS received the top level funding from Vattenfall's large grants scheme to optimise the existing renewable energy system on their site by installing solar thermal and battery storage.

Now in its second year, the Fund provides up to £150,000 per annum to support community projects in Aberdeen City and Aberdeenshire which are innovative, environmentally sustainable and provide a legacy for their local community.

Bill Slee, ADMS Trustee, said: "This support will significantly help us on our journey to net zero by developing an energy system appropriate to 21st Century imperatives for decarbonisation."

For more information on ADMS, please visit www.alfordmensshed.org.uk or follow them at www.facebook.com/groups/alfordmensshed

Moffat Men's Shed set to deliver virtual Shed sessions



Moffat Men's Shed is progressing with plans to hold virtual Shed sessions to enable its Shedders to socialise and get creative whilst keeping safe.

Moffat Men's Shed Chairman, Dick Monaghan, said: "Our normal Shed activities are restricted due to Covid-19 and going forward there is no area within our new purpose-built Shed at The Holm to welcome unrestricted numbers.

"With modern day technology, such as Zoom, we can bring a virtual Shed into our Shedders' homes through laptops, tablets and mobile phones.

"A small number of our Shedders can be supported—under stringent Covid-19 protection measures and fully risk assessed—to be in the Shed to make some tutorial films with step-by-step instructions on building items such as planters, a cold frame, bird boxes or putting up a shelf.

"In essence, we have the ways and means to bring our Shed back into the lives of our Shedders and community members safely for the duration of the pandemic and beyond. The possibilities are endless!"

Keep up-to-date with news from Moffat Men's Shed on their Facebook page at www.facebook.com/Moffat.Mens.Shed



Inverness Men's Shed gets shedloads of help from Norbord

Plans to restore a former 1930's pavilion into a 'new home' for Inverness Men's Shed have been springboarded thanks to a generous donation from Norbord.

Norbord, a world-leading manufacturer of engineered wood-based panel products, made a donation from its plant in Inverness of precision-engineered SterlingOSB Zero board towards the Shed's £115,000 renovation project.

The Shed's Founder and Chairman, Alan Michael, said: "Our fundraising efforts towards the restoration project have certainly been hampered by the pandemic. We still had £30,000 to raise so this kind donation was a very welcome surprise.

"Due to the size of the derelict pavilion in the grounds of Millburn Academy, we are fortunate enough that a few of our members can work at the site—whilst following the strict Covid-19 measures in place. This donation means that we can make even more progress on the renovation."

A representative for Norbord said: "Norbord is delighted to support Inverness Men's Shed. Never has it been more vital—than during the pandemic—to address and battle against social isolation."



For more information on Inverness Men's Shed and the progress on their new home, please

visit their website at www.invernessmensshed.co.uk and follow them on Facebook at www.facebook.com/Shedder19



Sight Scotland Veterans



Scottish charity, Sight Scotland Veterans, shares with the SMSA how they support veterans with sight loss in Scotland whilst highlighting the importance of partnership working with Men's Sheds across the country.

With an estimated 20,000 veterans living with sight loss over the age of 75 in Scotland, Sight Scotland Veterans is on a mission to reach out to even more veterans with visual impairment.

Sight Scotland Veterans gives support to all veterans with sight loss, including National Service veterans, no matter if they lost their sight during or after service.

98% of veterans supported by the charity have sight loss that is unrelated to their service – for example, resulting from age-related sight conditions, illness or accident. The charity recently changed its name from Scottish War Blinded to Sight Scotland Veterans to aid its goal of reaching more veterans.

Their free support ranges from expert rehabilitation advice and specialist equipment to aid independence in day-to-day tasks, to opportunities to make new social connections. For example, veterans who are keen woodworkers and craftsmen, but find sight loss now affects their ability to partake, can benefit from equipment such as electronic magnification (demonstrated below right) provided by the charity to help continue with much-loved hobbies.

With woodworking a favourite pastime for a number of veterans supported by the charity, Sheds across Scotland have proven to be fantastic connections for Sight Scotland Veterans outreach workers as they strive to provide practical and emotional support to veterans with sight loss in their local areas.

Aberdeenshire-based Sight Scotland Veterans Outreach Worker, Ingrid Penny (pictured above), is always looking for opportunities to help those she supports to get back on track with hobbies and make new connections.

Last year, she helped army veteran Max McAuliffe, who has age-related sight loss and was missing his woodwork, to link in with Turrieff Men's Shed.

Max, 81, said: "I used to make hill-walking sticks so I enjoyed getting to do that again. The magnifier I was given meant I could actually see what I was doing. I enjoyed the companionship at the Shed and made good friendships."

Ingrid said: "Rather than start a new group for people who like woodturning, I thought it'd be ideal to get in

touch with Turrieff Men's Shed to see if Max could become a member, start meeting new people and re-engage with his love of woodworking.

"Everyone at the Shed was really supportive and engaging. With the additional help of a CCTV electronic magnifier from us, Max was able to carry on with his workmanship.

"The Scottish Men's Sheds Association is a fantastic partner for us, offering meaningful and friendly networks to help veterans with sight loss across Scotland engage with their local communities."

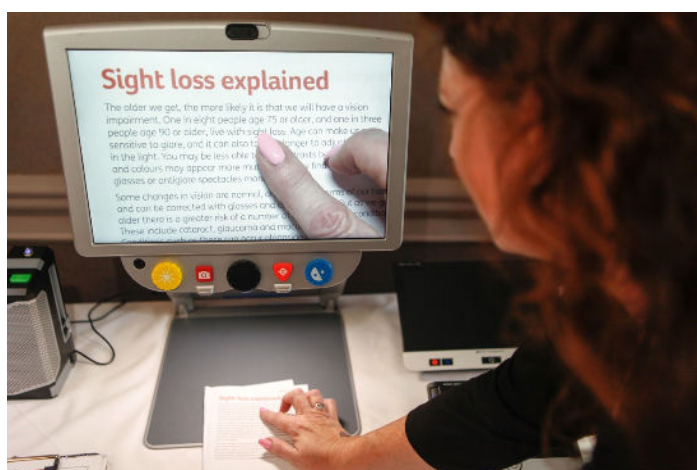
Veterans supported by Sight Scotland Veterans can also access its activity hubs – the Linburn Centre in West Lothian and the Hawkhead Centre in Renfrewshire – which both have workshops with skilled instructors to help adapt to woodworking with sight loss.

Though the centres are currently closed due to pandemic restrictions, the charity is looking forward to the day when they can welcome veterans back to the centres and resume normal activities across Scotland.

Meanwhile, the charity continues to support veterans with sight loss remotely through phone calls/email and sighted guide walks and outdoor visits where possible while Covid-19 restrictions are in place.

If you are a veteran with sight loss or know a veteran they could help, and are interested in Sight Scotland Veterans' support, they would love to hear from you.

Call: 0800 035 6409
Email: hello@sightscotlandveterans.org.uk
Visit: sightscotlandveterans.org.uk





Co-op support for Men's Sheds

Did you know that the Co-op Local Community Fund—which has delivered £15 million to over 4,500 local causes—has funded **42 Men's Sheds** in the last year?

Here are the stories of three Scottish Men's Sheds that have recently been supported by one of the world's largest consumer co-operatives which is owned by millions of individual members. Find out more about the Local Community Fund at www.coop.co.uk/local-causes

Dunoon Men's Shed

Christmas came early for Dunoon Men's Shed (DMS) when they received £5,734 from the Co-op Local Community Fund thanks to the votes and support received from their local Co-op members.

On Friday 20th November, Ian Graham and Iain McNaughton of DMS were presented with the cheque at their local Co-op (pictured right). Ian Graham said: "We are extremely grateful for the funding we have received. It was a smooth and hassle-free process with the Co-Op from start to finish. The grant will be spent on our garden project and on the purchase and installation of a four-post car lift in our Shed. Our members are delighted to be carrying out some small projects in our community again (pictured right) to the rule of two working and two watching. The important thing is having the interaction, company and comradeship that our Men's Sheds' ethos promotes."

For more information about Dunoon Men's Shed, please visit www.facebook.com/DunoonMensShed



Turriff & District Men's Shed

Turriff & District Men's Shed has become one of the latest community causes to benefit from the Co-op Local Community Fund.



Turriff & District Men's Shed Chairman, Ian Murray, said: "At a time when funds for community groups and charitable organisations are becoming more difficult to access, we are incredibly grateful for this opportunity to make a real difference here in Turriff."

"We are raising funds to purchase an industrial radial saw and bench in addition to replacing some of our older tools. Some of our items were purchased when we first opened, like our cordless drills that are used daily, and now require replacing. We are continually looking to improve the efficiency of the Shed and the new tools and equipment will be a real boost for us."

Co-op members can choose Turriff & District Men's Shed as their local cause by visiting the Co-op website, then when they purchase selected products or services the Co-op will donate a share of money towards the cause.

The Shed has recently reopened for members. The number of people who can attend each day is limited—due to Covid-19 restrictions and physical distancing guidelines—and they are unfortunately unable to welcome new members at this time. Visitors are permitted by appointment only.

For more information on the Shed, please visit www.mensshedturiff.co.uk or follow them on Facebook at www.facebook.com/mensshedturiff

Coldstream Men's Shed

Coldstream Men's Shed has received vital funding thanks to support from its local community.



Chairman of Coldstream Men's Shed, Jock Law, said: "On behalf of our members, I would like to sincerely thank the Co-operative Local Community Fund and local shoppers for the magnificent sum of £2,097.21 which we recently received."

"This funding was generated by our supportive Coldstream and district community who chose us as their local cause to benefit from their shop at their local Co-op. We are extremely grateful for this and will use the funds to buy extra tools and machinery to enable us to encourage new members."

"During lockdown, we continue to work from home on projects and continue manufacturing and distributing face visors. If anyone requires a face visor, please get in touch with me on 01890 882333. They are available in return for a small donation towards the cost of materials."

For more information about Coldstream Men's Shed, please visit www.facebook.com/Coldstream-mens-shed-1326342614042542

Can your Sheddars help deliver shopping to those that need it most in your local area? The Co-op is looking for people who are able to buy food/essentials from their local stores and deliver it to people in their area. Interested? Visit <https://co-operate.coop.co.uk/support/offer-support>

Shopping online safely during the festive period and beyond

It's that time of year where we are seeing an increase in deals and sales online. It is fair to say that this has certainly been a year of increased activity and reliance on the internet.

As we now enter that time of year—which traditionally sees an annual increase in online shopping—Police Scotland is focussing on a series of awareness raising alerts on consumerism to support the online shopping experience on the run up to the festive period and beyond.

Online scams reach us in many formats mainly as phishing emails, some of which are cleverly convincing, but as we consider the types of shopping deals that we are seeing online at this time of year and the pressure to buy “before stocks

run out”, Police Scotland wants you to be careful when you shop online as these cheap deals can often be scams and you might not even receive the item you think you have purchased.



**POLICE
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Keeping people safe
POILEAS ALBA

Please make careful considerations before you click and make purchases online. If you don't recognise the business, you have the option to research it or the site and you shouldn't have any doubts of who you are giving your money to. Alternatively, find a recognised seller and do business with them. It might be a few pounds more but at least you know who you are dealing with.

You can report suspicious emails by forwarding the original message to the Suspicious Email Reporting Service (SERS) at report@phishing.gov.uk

If you receive a suspicious text you can forward this to 7726 which spells SPAM on your key pad.

If you have been a victim of crime, and it is not an ongoing emergency, you can report this to Police Scotland on 101. For all emergency calls, dial 999.

The Three Wise Men of Roslin Men's Shed

The three wise men of Roslin Men's Shed—Robert Clark, George Newlands and Stewart MacLean—have restored a Nativity for a cherished member of their community, Belle Dieckfoss, who has lived in the heart of Roslin for almost 40 years.

Belle, who attends Rosslyn Chapel every Sunday, said: “I had been gifted a Nativity which had belonged to the mother of a friend who trusted me to put it to the best possible use.

“Three wise men walked up my path one day, rang the bell and I invited them in. They had come because they were very skilled, very nice and they were offering to help me accomplish an ambition.

“The wise men came bearing gifts of oak, mahogany and skills. I explained what I would like and they nodded and chatted amongst themselves. They assessed the beautiful Nativity and said they had come up with a plan! Now, a man with a plan is a lovely thing but three wise men with a plan is just so much better.

“I had a small stable but these beautiful figurines deserved a more modern stable with the appropriate lighting. What they brought to me at the end was truly amazing. It will be a lasting memorial to my friend's mother and to the Men's Shed for their skills and generosity of time and patience in restoring such a lovely item.”

Jim Hiddleston of Roslin Men's Shed said: “Our Shed is immensely proud of the restored Nativity which is viewed by so many visitors at Rosslyn Chapel. We hope it will be displayed there and enjoyed for many years to come.”

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



Fochabers Men's Shed is 'Returning for Recovery'

Chairman of Fochabers Men's Shed, John Howie, shares with the SMSA how the Shed has recently secured £6,846 from the NHS Grampian Endowment Fund in its quest to recover.

John said: "Since lockdown began, we have not been back in our Shed in the Fochabers Public Institute on High Street in Fochabers. The Shed space and layout makes it extremely difficult to comply with the social distancing requirements and our membership felt strongly that we should not take any risk when it comes to the health of our Sheddors.

"The majority of our members have our own Sheds at home to work on projects and we continued to stay in regular contact with each other online and over the phone but as we all know—it is just not the same.

"We are fortunate enough to have part use of other premises called The Cold Store—owned by the Christie family of Fochabers—but this space was also being utilised by other groups and had no heating or lighting except natural light!

"I contacted Gordon Christie, of the Christie family, and proposed delineating an area of The Cold Store for our Shed to give us more room to do some of the community projects that we are currently involved in 'for no cost'.

"We were delighted when Gordon agreed that we could make an area our own. We had a discussion amongst the Committee and felt that we could put up wooden barriers and make a store for our tools in the Cold Store but...where would the money come from?

"We have a close relationship with our local Third Sector Interface in Moray ([tsiMoray](https://www.tsimoray.org.uk/)) and they have helped us on numerous occasions by pointing us in the direction of potential funding sources and opportunities.

"Our local TSI contact, Michelle Good, was just coming to the end of her one-year contract when she got in touch with me and, in that chat, she mentioned that the [NHS Grampian Endowment Fund](https://www.nhs.uk/grampian-endowment-fund/) had reopened again for a short while.



"After hearing about NHS Covid-19 Returning for Recovery funding we felt that this was an opportunity not only to get funding to make improvements to the Cold Store but to also make Fochabers Men's Shed Covid-19 compliant for our members.

"Michelle helped me immensely with the application and the Scottish Men's Sheds Association (SMSA) provided me with a reference to support it. I applied under item 3 as it identified 'Projects for people or communities who are disproportionately impacted by Covid-19 that pilot ways to remove barriers, connect people to services and support or build self-management skills'.

"We were delighted that the application was successful. The outcomes that we now have to establish are to: adapt our two sites in line with Covid-19 regulations; use appropriate signage and PPE in both sites; incorporate barriers and workstations in all sites; install appropriate heating (Calor Gas) and temporary flooring in Cold Store; create a cabin for tools in The Cold Store; and purchase tools to replicate provision in our main Shed e.g. battery drills, vices, chisels etc.

"The beneficiaries of the funding will be people in the Fochabers area in that it will: encourage good mental wellbeing by reducing social isolation; offering an element of social prescribing - on a case by case basis; help men to live longer by keeping them mentally and physically active and; help men of an older generation stay independent and supported with dignity through socialising, keeping an eye out for each other, offering advice and support and to help identify issues and signpost accordingly.

"So, here we are about to embark on a journey into a new way of Shed life. Watch this space!"

For more information on Fochabers Men's Shed, please visit www.fochabersmensshed.co.uk and follow them on Facebook at www.facebook.com/fochabersmensshed





Digital connectivity for those who need it most

When lockdown began, Scottish charity People Know How began adapting their projects supporting the community through online and telephone support. The social innovation charity supports the communities of Edinburgh and East Lothian, developing innovative strategies and services to address social issues. Their two largest services are the Positive Transitions Service, supporting children, young people and families; and Reconnect, supporting adults to improve wellbeing.

People Know How's projects are now all delivered via phone or online but—with such a drastic move to using technology—it quickly became clear that many individuals simply don't have access to digital devices in their homes. This sobering fact gave way to People Know How's Computer Delivery project. Since April, the charity has been refurbishing donated devices and delivering them to members of the community, with over-the-phone technical support available after delivery. This project allows individuals to access support, home-school children and stay in touch with friends and family.

Thanks to donations and the support of their volunteers, they have been able to deliver over 700 devices so far and have enough donations to deliver 1,000 by the end of the year.

Leading on from the success of this project, People Know How is now leading a campaign for digital inclusion across Scotland and recently hosted an online event in November.



The event, entitled Connect Four: Digital Inclusion, brought together key voices in digital from across the four sectors, towards creating tangible change through collaboration.

Do you want to get involved?

You can get involved with People Know How in a number of different ways. The charity is currently looking for:

- **Befrienders:** supporting a young person one or two hours a week by providing a safe environment and positive role model
- **Wellbeing Callers:** supporting adults experiencing loneliness and isolation by offering a friendly ear to chat
- **Digital Guides:** helping Digital Learners to improve their digital skills and reduce social isolation

Volunteer at: www.peopleknowhow.org/join-our-team/#apply

Additionally, if you know someone in Edinburgh or East Lothian in need of a digital device, you can make a referral at computer.delivery@peopleknowhow.org



Funding boost for 'innovative' Strathmore Community Hub

Ambitious plans to transform an abandoned medical centre into a thriving community hub have taken a giant leap forward with a £500,000 lifeline through Scottish Government's Town Centres Fund.

Coupar Angus residents have been working for more than four years on designs for the former health centre on Trades Lane and the planned Strathmore Community Hub will be home to a café, arts and craft centres and a Men's Shed.

The team behind the initiative can now get underway with renovations after raising a total of £637,000 and securing planning permission at the end of last year.

Strathmore ward councillor, Fiona Sarwar said: "This funding boost will transform the Strathmore Community Hub into an innovative, green, multi-use community asset that I'm sure will be treasured for generations to come. At a time when community resilience and



support has been so critical, I am over the moon that we can fund such a worthy project.

"I have lobbied hard for this project because I have seen first hand the commitment and sheer determination of the local volunteers who got this project to this point."

Strathmore Hub vice-chairman Keith Langelaan said: "This funding will allow us to be prepared to offer community support as we come through this pandemic. One of the aims of the new initiative will be to combat social isolation and promote inclusion amongst local residents."

For more information, please follow www.facebook.com/strathmorecommunityhub

Stonehaven and District Men's Shed scoops 'Member Group of the Year' 2020 national award

Stonehaven and District Men's Shed (SDMS) has been crowned 'Member Group of the Year' 2020 at Age Scotland's annual national awards.

The awards provide an opportunity to celebrate the exceptional commitment and contribution made by groups and individuals who make a positive difference to the lives of older people in Scotland.

The awards presentation—where SDMS was recognised as a "truly outstanding group"—took place online on the 9th November 2020 with SDMS Chairman, Bill Allan, accepting the prestigious award on behalf of the Shed.

Brian Sloan, Age Scotland's Chief Executive said: "This is a truly outstanding group whose work to combat loneliness, build strong social and community connections and support Legs4Africa in supplying parts for prosthetic limbs for amputees in Africa makes them very worthy winners indeed."

Bill Allan said: "We are thrilled to receive this award which truly reflects the team work over the last three years from all of our members and trustees."

Douglas Knox, SDMS Secretary—who received the trophy and certificate in the post and presented it to Bill and Vice-Chairman, Andy Lorimer (pictured right)—said: "Winning this award was a real surprise and a great boost for our morale. It has made a lot of things worthwhile."

Watch the film at www.ageuk.org.uk/scotland/what-we-do/community-development/age-scotland-awards/member-group-of-the-year-2020.

Keep up-to-date with SDMS news on their website at www.stonehavenmensshed.co.uk or follow them on Facebook at www.facebook.com/Stonehaven-Mens-Shed-1095753717148589



Pictured above (left to right): Secretary Douglas Knox, Chairman Bill Allan and Vice President Andy Lorimer outside the shed with the award and certificate

REMEMBRANCE

Bench donated in memory of Springburn Park Men's Shed's founding member

A park bench has been donated in memory of Sam Moore, a devoted Shedder and founding member of Springburn Park Men's Shed (SPMS).

Hugh Pollock, Chair of Springburn Park Men's Shed, said: "Sam was a valued Trustee, founding member and cook at SPMS.

"Sadly, Sam passed away earlier this year after a long battle with cancer.

"Sam is very sadly missed, not least for his cooking skills. He really enjoyed the responsibility of running our lunch club as well as sharing his wicked sense of humour and business acumen. We learned so much from him.

"We would like to thank BAM Construct UK for their very kind and thoughtful gesture of donating the bench.

"SPMS members—along with Sam's son and daughter and representatives from BAM Construct UK, Hub West Scotland & NHS Greater Glasgow Health Board—gathered last month to see the bench unveiled at Stobhill Mental Health Campus in his memory."



Remembering Iain Downie

On the 25th October 2020, the founding member of Paisley Men's Shed, Iain Downie (73) sadly passed away suddenly and unexpectedly.

Iain's daughter, Lynda, said: "We honestly don't know what we will do without him; he was such a big part of our lives and, as we are discovering, he was making a huge impact on the lives of many other people too. The Shed gave him such a great sense of purpose. He was energised and fulfilled by his volunteering at the Men's Shed and the last few years were amongst the happiest we had seen him.

"Dad was heavily involved in securing premises for the Shed and was determined to do his bit to create a place where people could share their skills, have a laugh, find companionship and come together to help the wider community.

"Throughout lockdown and beyond, he volunteered at STAR building shelving and racking for the community fridge and pantry, collecting surplus food from the supermarkets and delivering food parcels. Nothing could stop him going down there and finding things to do and helping people wherever he could.

"Along with some of the other Sheddors, Dad had started work on building a path to the Shed to make it accessible to all, and we'd love to see this work

completed. If you know of men who are at risk of becoming isolated or lonely, or don't have anything enjoyable to get them out of the house, then the Men's Shed can provide ideal support for them.

"Dad loved plants but was never that big on flowers therefore we respectfully suggest that if you wish to pay tribute to Dad, instead of sending flowers, you [make a donation](#) towards developing Paisley Men's Shed.

"It will help provide much-needed support to others in the local area. Funds raised will also support the work of the community fridge and pantry; Dad was acutely aware of the food insecurity facing so many and was quietly determined to do what he could to help. We'd dearly love it if Dad's last act for the projects he loved was to raise their profile and bring them some additional funds. He would be fair chuffed at that."

Heather Kay, Project Coordinator at the STAR Project, said: "Iain worked tirelessly to develop the Shed and even on the day he died, he was working on a poster to recruit new members.

"Iain was an avid reader of The Scottish Shedder and was never seen without his Scottish Men's Sheds Association badge! His dedication to his fellow Sheddors knew no bounds and he frequently assisted them with home projects. His enthusiasm to develop and grow the Shed was evident in every conversation he had.

"His loss is felt by every member and all who met him. Whilst the Shed was closed during lockdown, Iain continued to keep in touch with all the members and continued to generate new ideas for future projects. He volunteered with STAR Project every day to assist on our emergency food response but never lost focus of the Shed and was very much looking forward to it opening again. We will strive to ensure his memory lives on in our successes."

To make a donation in Iain's memory to STAR and Paisley Men's Shed, please visit:

<https://uk.virginmoneygiving.com/SomeoneSpecial/IainDownie>

A PERSONAL STORY



Bill Davidson, Aberchirder & District Men's Shed

The Scottish Shedder chats to Bill Davidson, of Aberchirder & District Men's Shed (ADMS) in Huntly, Aberdeenshire to have a sneak peek and find out more about their brand spanking new—all singing, all dancing—metal workshop which is now ready and waiting for the day its members return.

Bill (81) said: "I have been involved in ADMS—aka Foggie Men's Shed—since the early beginnings when our village librarian got the ball rolling in 2016 by contacting the SMSA after hearing about the Men's Sheds Movement in Scotland.

"I have been in charge of the polytunnel since it was erected in May 2017 and like to grow vegetables such as tomatoes, carrots, leeks etc which we sell to raise funds for the Shed.

"At home it is me and the wife; the family is all grown up now but still live close by. The Shed gives me a second hobby—in addition to my gardening at home—and the banter is an added bonus! I love the social element—lots of cups of tea and lots of chat is what it is all about. We are all certainly missing that at the moment but all stay in regular contact by other means."

When SMSA's Executive Officer, Jason Schroeder was presenting ADMS with their replica trophy to recognise them as Scottish 'Men's Shed of the Year' 2019 in September (pictured bottom right), Bill was keen to show off the Shed's new metal workshop.

Bill said: "Because of my background, I became involved in the metal workshop project.

"I was a time-served engineer in a paper mill, a Technical Education Teacher for almost 30 years and ran my own engineering business for seven years from home before retiring at the age of 65.

"I was certainly not backward in coming forward to express my disappointment in the lack of metal workshop facilities at the Shed. At a committee meeting, I put forward a proposal for the Shed to purchase a good lathe and have a dedicated metal workshop space for members and was delighted when it was accepted and the Shed set about trying to source a lathe.

"After a long search to no avail, I offered to sell my own personal lathe—which I had purchased from Keith Academy—to the Shed. I still used it but not as much as I used to. My only stipulation to selling it to the Shed was that I wanted a whole cabin made up to be a proper workshop! I drew up plans for the layout and we built the benches and added more machinery and equipment including a grinder, metal cutting bandsaw, drilling machine and guillotine and voilà...we had a workshop to be proud of.

"The workshop is now finished, awaiting our return, with many exciting projects in the pipeline. I am very much looking forward to delivering training and mentoring members to pass on my skills.

"On our return, we will have a big recruitment drive to attract more members by promoting all that ADMS has to offer. We have taken down part of the adjoining walls on two cabins to provide a better facility for woodworking and also have plans afoot to provide, in one of the other cabins, a welding and blacksmith area to supplement the metal workshop.

"Seeing this metal workshop come to fruition has been the biggest highlight of Shed life for me. It has been my baby from start to finish and I have thoroughly embraced and enjoyed the challenge."

To keep up-to-date with news from ADMS, please follow them on Facebook at <https://m.facebook.com/groups/1674331272826769>



Pictured (top to bottom): Bill Davidson with the lathe; in the new workshop; with the machine's manual; and far left with his fellow ADMS Sheddars receiving the Scottish 'Men's Shed of the Year' 2019 trophy

SHED PROJECTS

The finish line is in sight for Dalbeattie Men's Shed's replica vintage car project

It is full speed ahead for the Shedders of Dalbeattie Men's Shed (DMS) to put the finishing touches on their latest project—to recreate a replica of an original Dalbeattie-manufactured 1920s car—in time to celebrate its centenary.

The Skeoch Utility Car (pictured top right) was one of Scotland's first affordable cars and was built in Dalbeattie in 1921 by car designer, Mr James Baird Skeoch. The car—of which only twelve were said to roll off the production line before a fire ripped through Burnside Motor Works in December 1921 — provided a comfortable two-seater car suitable for business or pleasure.

The founder's son, Ronald Anderson Skeoch, began thinking about resurrecting the Skeoch and had gathered a number of genuine parts before contacting Martin Shelley, a vintage car enthusiast, for help and advice but sadly died in 2017 before he could realise this dream.



James's granddaughter Fiona Sinclair and her parents Archie and Betty (James's daughter) were clearing Ron Skeoch's house when they came across the car parts and original linen drawings, original photographs and several radiator badges. With a background in conservation architecture, Fiona was keen to see her late Uncle's dream realised.

One day, Martin Shelley saw a BBC Scotland video about Dalbeattie Men's Shed and approached them to ask if they would be interested in the project. DMS Trustees were keen to accept the challenge and at a meeting in February 2018, it was agreed that DMS would raise the necessary funds, retain ownership of the car and receive legal title and a copy of the original drawings from Fiona Sinclair and dedicate

a room at the Shed specifically for the project.

Working from copies of original drawings, contemporary photos, engine, gear box and other parts received from Fiona, the team got to work. It became clear, early on, that the team could drive this project forward at full throttle by exploring new and emerging technologies in addition to traditional methods.

In Summer 2018, a small team of Shed members led by Chairman Robin Gilchrist and Secretary Geoff Allison began bolting together a new steel and ash chassis to carry the 348cc Beardmore Precision engine, two-speed Burman gearbox and twin seats. Fiona also agreed to donate parts of a 1928 Riley 9 to raise funds.

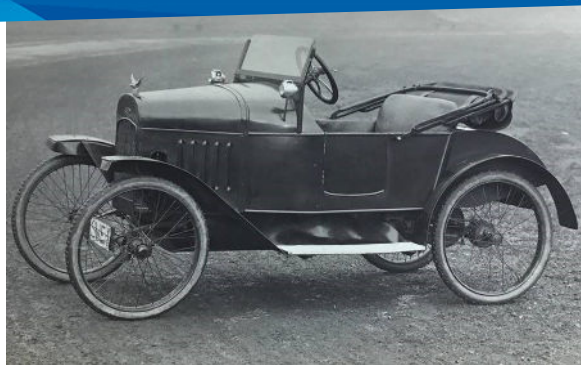
No timescale pressure was put on the Shed but it was strongly felt that it would be fitting to complete the project in time for the 2021 Scottish Motor Show — exactly 100 years after the Skeoch's debut.

Not everything went to plan, some things failed, but it was all an exciting learning curve that drove the team to embrace the challenge even more.

In August 2018, new member, Dave Higginbottom, brought Computer-Aided Engineering (CAE) skills to the table. Dave built a virtual Skeoch and converted the imperial aluminium casting drawings into metric CAD drawings and .stl files.

The virtual Skeoch (pictured above left) allowed viewing from any angle on screen, assisting layout and confirming measurements. The .stl files were used to create the parts in plastic on the Shed's 3D printer and to produce photo 3D printing Skeoch parts, to assist other members to decide how to manufacture the finished parts in aluminium, and to check chassis fit.

continued on next page...



SHED PROJECTS



..continued from previous page

A visit from members of the UK Model T Ford Owners Club along with five of their vehicles in September 2018 identified some similarities in the two designs and a breakthrough that some Model T parts could be adapted to fit the Skeoch. Richard Varley of the Model T Club offered to bid for some parts on the Shed's behalf at an upcoming vintage car auction.

Danny Melville of Hexagon Metrology Ltd then visited the Shed with 3D scanning and metrology equipment to scan the Skeoch radiator badge and the Model T front axle. Using these files, Tim produced the first 3D printed, red on black, Skeoch key fob.

Since its inception, the project attracted much interest, both locally and nationally, and also attracted the eye of the media and none other than Sir Billy Connolly when he [visited the Shed](#) for his BBC2 programme *Billy Connolly: Made in Scotland*.

DMS Secretary, Geoff Allison, said: "The Skeoch was one of very few cycle cars ever made in Scotland and it was manufactured right here in Dalbeattie. It was a local man who designed it and the likes of which have never been built again until now. There are no other cars like this known to be in existence.

"We could not have done this without the support of our Sheddors.

We have drawn on their mechanical and engineering skills (both traditional and new methods) and the expertise of local volunteers and businesses—like TSD Construction, Patterson Engineering, Alan Young Engineering and Galloway Industrial—in order to complete this project in-house. The project has [many supporters](#) and has received funding from Foundation Scotland and donations from individuals and charities including the Dalbeattie & District Lions Club, Tony Goadby, the Bert and Ruth Dunn Trust and the Rotary Club of Dalbeattie to name but a few."

When Covid-19 hit, the car was moved to the garage of DMS member, Tom Parker (82). Tom—who worked at the same location where the original Skeoch cars were made—has lived with Parkinson's for 17 years and suffered a relapse in lockdown which took a huge toll on his mobility and wellbeing. The retired garage owner threw himself into this unique Shed project—five days a week in lockdown—along with a small number of socially-distanced fellow Sheddors and has truly found a new lease of life.

Tom (pictured above) said: "Helping with the car has made such a difference to my life. I can still work with my hands and building it really was therapeutic for me and I am so proud and excited that it is almost completed."

Today, the car is now essentially complete mechanically and ready for

the paintshop ([take a look at the video here](#)). Every step of the car's journey has been extremely well-documented on DMS's website at www.dalbeattiemensshed.co.uk/skeoch


The car is likely to be finished ahead of schedule. The initial target was to complete the project by February 2021 to mark the car's 100th anniversary of when it was first unveiled at the 1921 motor show priced at just £180. It is also hoped to proudly display the finished Skeoch at the Royal Highland Agricultural Show in June 2021.

DMS was recently praised at Holyrood by South Scotland MSP Emma Harper who hailed their work and celebrated their achievements including their recent renovation of a 1950s tricycle.

For more information on DMS, visit www.dalbeattiemensshed.co.uk and follow them on Facebook at www.facebook.com/dalbeattiemensshed

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SHED PROJECTS

Kirkcaldy & District Men's Shed proves it will not be beat by second break-in

Following a second break-in and having virtually all of their equipment stolen yet again by callous thieves, Kirkcaldy & District Men's Shed (KDMS) is maintaining a positive outlook and getting creative with their Shed projects.

Margaret Smith, Secretary, said: "KDMS is very much still alive and kicking despite the fact that we do not have tenable premises at the moment.

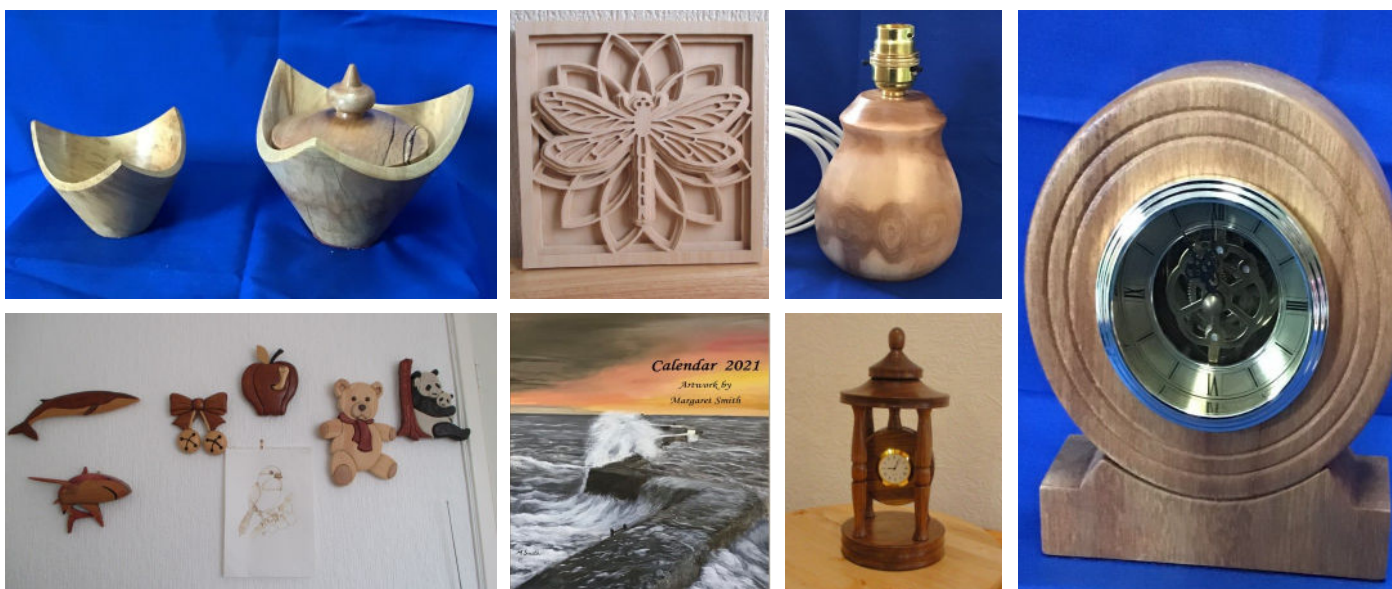
"The thieves may have taken all of our equipment for a second time but they certainly will not steal our spirit! Our members continue to stay positive and in regular contact by phone, email and on Zoom now that it is too cold for outdoor meetings.

"We continue to be in contact with Fife Council and are hopeful of being able to lease a building, hopefully in the not too distant future, which was used as a changing pavilion and has lain empty for many years.

"Our members are keeping busy in their Sheds at home and the skill set continues to be as high as our resolve to keep going!

"We have made some beautiful wood turned items (pictured below) and one of our members is producing some unique intarsia work along with scroll saw items. We also have a calendar from a member's artwork which is helping to raise funds for when we can, hopefully, turn an empty building into a comfortable and friendly Men's Shed one day."

For more information about KDMS, please visit their Facebook page at www.facebook.com/dysartboys



Fochabers Men's Shed sets a very high benchmark

A memorial garden to commemorate famous Fochaberians, situated in Fochabers Cricket Park in Moray, has received a much-needed makeover thanks to its local Shedders.

The garden, which was opened in May 2002 by Gordon Baxter, has seen a number of community groups and individuals get involved in its redevelopment including Fochabers Men's Shed (FMS).

Members of FMS stepped in to renovate the unkempt picnic tables and benches giving them a new lease of life.

Kay Jackson from The Gordon and Ena Baxter Foundation said: "The garden is in a lovely, tranquil spot that overlooks the River Spey—it's one of my favourite places in Moray. The benches and picnic tables were in need of some TLC, which is precisely what they've been given by the Men's Shed group."

For more information on FMS, please visit www.fochabersmensshed.co.uk and follow them on Facebook at www.facebook.com/fochabersmensshed

Check out [page 12](#) for news of FMS's latest funding award to ensure that their two Shed sites are Covid-19 compliant for members going forward.



SHED CHRISTMAS CREATIONS



Sunty's deer are gaithering doon at Stonehaven & District Men's Shed



Bridge of Don Men's Shed created this nativity scene for Bridge of Don Church



Christmas reindeer generating a good income for Ellon Men's Shed

Roslin's 'close-knit' community Christmas tree project

Roslin Men's Shed and some very crafty locals have joined forces to create a unique Christmas tree to proudly display in their community.

The Roslin Shedders constructed a large frame from upcycled materials and a cover—made up of 20x20cm knitted, crocheted and sewn squares donated by the community—to make the quilted Christmas tree.

The tree was erected on Saturday 12th December—by Roslin Shedders Stewart McLean and George Newlands (pictured right)—and is on display on the village green (pictured far right).



SMSA's Communications Officer has been inspired by Shedders' creations to make Christmas decorations for her own garden this year!

Made from leftover fencing and a windblown tree from her husband's tree surgery business, Michelle has got creative with the Shedder ethos to reduce waste, reuse and recycle!





Why not grab a cuppa and take part in our Christmas food and drink themed quiz!

The 'perfect Christmas dinner' discussion can often divide the nation—roasties or mash? Love or hate sprouts? Turkey or ham? Soup or prawn cocktail? Is it just not Christmas without a sticky honey parsnip on your plate? Whatever your favourite Christmas dinner choices, let's see how you fare in this mouth-watering quiz...

This issue's quiz can also be [played online here](#).

E	A	E	I	L	R	I	K	S	S	O	U	P	K
V	R	O	A	S	T	I	E	S	R	M	L	E	R
R	M	I	N	C	E	P	I	E	S	P	A	Y	C
S	P	R	O	U	T	S	S	O	E	B	U	S	E
U	P	P	C	H	O	C	O	L	A	T	E	S	H
O	T	I	A	H	E	R	L	O	G	R	A	V	Y
F	E	S	P	I	N	S	R	A	P	B	E	E	W
P	R	A	W	N	C	O	C	K	T	A	I	L	A
A	Y	E	K	R	U	T	O	C	A	N	N	E	P
M	U	L	L	E	D	W	I	N	E	A	M	U	M
C	R	A	N	B	E	R	R	Y	S	A	U	C	E
M	C	A	R	R	O	T	S	K	I	H	A	M	L
G	N	I	F	F	U	T	S	P	L	E	M	W	P
S	E	C	U	A	S	D	A	E	R	B	E	T	S

SKIRLIE
CRANBERRY SAUCE
PRAWN COCKTAIL
STUFFING
SOUP
MINCE PIES
PARSNIPS
HAM
CHOCOLATES
MULLED WINE
SPROUTS
CARROTS
TURKEY
ROASTIES
BREAD SAUCE
MASH
GRAVY



★ Why is it getting harder to buy advent calendars?
★ Because their days are numbered! ★



Around the House in 80 Days (ATH80)

During lockdown, many of us have not been moving about as much we usually would and this can impact on our strength, balance and flexibility.

Age Scotland wants to help older people move more and sit less and know the best way to stay motivated is to have fun while you're doing it!

ATH80 is a new health and wellbeing initiative aimed at helping older people to increase their physical movement and build strength, balance and flexibility from the comfort of their own surroundings.

Age Scotland has developed a range of simple daily movement exercises with a fun twist. From the 'Bedroom Boogie' to some 'Bathroom Banter', 'Livingroom Laughs' and 'Kitchen Capers', Around the House in 80 Days aims to turn everyday activities around the home into an opportunity to get moving!

Age Scotland has uploaded short 10-minute movement bites to the their YouTube channel at www.youtube.com/user/AgeScotland/videos and health and wellbeing professionals, Jenny and Yolanda, will guide you through the movements and encourage you to build them into your daily routine.

What happens afterwards?

Age Scotland is encouraging people to keep moving and to introduce you to helpful resources via optional phone-based health and wellbeing friendship circles during December and January.

You can join the circles at any stage and dip in and out of sessions as much as you like. These will be open to people who may not have taken part in the movement sets but who want to know a bit more about their health and wellbeing and would like the support of a small group and to make new connections.

What will you need to take part?

You will require loose, comfortable clothing and good supportive footwear for the daily movement sets as well as access to the Internet and YouTube via a smart TV, laptop or computer.

Age Scotland will have a limited number of DVDs available for anyone without internet access. These will feature some of the movements on them and will be available in the new year. To request a copy of the DVD please call 0333 323 2400.

To take part in the health and wellbeing friendship circles you will need access to a telephone.

The StillGoing Project and LifeCurve App

Age Scotland is working in partnership with the [StillGoing project](#) and LifeCurve App which are researching how people are ageing in Scotland and the things that help them age well.

The LifeCurve App has a lot of helpful advice and activities that will support you while you take part in ATH80 and beyond. It can be downloaded to any smart phone or tablet and when registering please link to the ATH80 project as a partner. The research project is based in Strathclyde University and you can contact [Susan Kelso](#) for more information or visit www.stillgoingproject.co.uk

Looking after your health and safety

The ATH80 project has been developed by Age Scotland in accordance with the current evidence-base, with regards to physical exercises and movements that are beneficial and safe for older adults.



Love later life

Please take responsibility for your own health and safety during the movement sets. There will be standing and seated options so you can choose the option best for you.

Make sure you have a bit of space around you to move around safely and have a support such as a chair or worktop at hand if this will help you with your confidence and comfort. The charity will not accept liability for any accidents or injuries taking place during a session.

Please also take note of the following:

- If you have any particular health concerns or conditions you may want to discuss these with your health care professional or exercise leader before taking part
- You are responsible for monitoring your own health issues during the session
- Move at your own pace and intensity and take a break whenever you feel you need to
- Keep yourself hydrated and always have a drink of water near to hand
- Please make sure you can do the virtual sessions safely in your own home

For more information on the ATH80 project and to register for the December and January health & wellbeing friendship circles, please call 0333 323 2400 (Monday to Friday 9am - 5pm) or email info@agescotland.org.uk

Let's move more and sit less!

Join our health and wellbeing team for guided exercises based on everyday activities about the home.



WHAT'S COOKING?



Master the art of letting your leftovers sing with this simple, tasty, healthy and filling recipe for bubble and squeak.

Taking its name from its bubbling up and squeaking noises whilst over the fire, this British dish—traditionally made from cooked potatoes and cabbage (and beef in its early versions) mixed together and fried—is an easy to cook and comforting meal for all.

SMSA Individual Member, James, shares his perfect luscious leftover recipe—using up roast veg and cold cuts—that he indulges in as a brunch or main meal each Boxing Day.

James said: “My top tip is to chop the leftover vegetables quite small and fry off in a large surface pan to get those crispy bits through the bubble and squeak.”

“There are lots of variations for this recipe—some make individual patties or add pancetta or a poached egg on top—but this version is my favourite as it is a quick one-pan meal for my whole family. It is not to everyone’s taste but I personally like to serve mine with lashings of brown sauce but it could also be great served with any leftover gravy.”

Ingredients:

- Vegetable oil, 2 tbsp
- Leftover vegetables (this recipe used roasted potatoes, parsnips, carrots and sprouts but you can use any vegetables you have)
- Any leftover meat/cold cuts to serve (optional)
- Brown sauce to serve (optional)

Method:

- Roughly chop your cold leftover vegetables
- In a large surface frying pan, heat the vegetable oil then add in the chopped vegetables
- Press the vegetables a little to the pan base to brown and crisp up the vegetables for 20 minutes—the trick is to stir only occasionally
- Serve with cold cuts and a squirt of brown sauce (optional)

TIP: Bubble and squeak freezes well, therefore it can be made and left to cool before freezing in containers.

Boxing Day Bubble & Squeak

L Prep: 5 mins | Cooking: 20 mins



Emergency Funding for Scottish Men's Sheds

As part of the [Scottish Government's winter package](#) funding to tackle social isolation and loneliness, the Scottish Men's Sheds Association (SMSA) has secured vital funds to support Men's Sheds in crisis in Scotland.



The £30,000 emergency pot will assist Sheds, most severely affected by the pandemic, that are struggling with financial pressures and/or facing closure to ensure they are still here to support Shedders when they are able to safely open their doors once again.

Jason Schroeder, SMSA's Executive Officer, said: "SMSA is delighted to have secured this crisis grant funding for Scottish Men's Sheds through the Scottish Government. Covid-19 forced our Sheds to close temporarily, calling a halt to much of their fundraising activities and this is impacting heavily on their income generation. This fund will support new and existing Sheds, large and small, to cover core running costs to offset this lost income. We will aim to help those Sheds in crisis to give them the peace of mind to ensure they are still here in the future when Sheds will be needed most.

"A huge area of concern is how this pandemic has impacted on people's health and wellbeing and we need to ensure the survival of our Sheds for when men can attend them again, hopefully in the spring time. This funding has the potential to do so much good. We will strive to stretch it as far and wide as we can to prevent any closures."

The fund is now open for SMSA Shed Members (not a member? [click here to join for free](#)) to apply online through the Association. Sheds can apply for core running costs (e.g. rent, heat and light, insurance etc) to keep them open in the upcoming months. Priority will be made to Sheds with an unrestricted funds bank balance of less than £1,000. SMSA will start to release funds to successful applicants in January 2021.

For more information and/or to apply, please visit the SMSA website at:

<https://scottishmsa.org.uk/crisis-grants-for-scottish-mens-sheds>



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**



**The Scottish
Government**
Riaghaltas na h-Alba

FUNDING OPPORTUNITIES



The **B&Q Foundation** provides grants to registered charities looking for help with a project to improve community spaces.

The Foundation officially launched with an initial fund of £500,000, raised this year to date by B&Q to support charities across the UK. It has already awarded its first grants and is now calling for charities to apply now for the next round of funding, which will be awarded before the end of the year.

For more information, please visit www.neighbourly.com/BandQFoundation



To mark the 10th anniversary of the **Bank of Scotland Foundation**, it is committing to

distribute over £2.5 million of funding in the first six months of 2021 through their Reach and Invest programmes.

Reach's eligibility criteria has been broadened and Scottish charities with an income of £1.5m or less can now apply for funding between £1,000 - £25,000 over one year. Upcoming Reach rounds in 2021 are:

- Opens on Monday 25th January and closes on Thursday 28th January
- Opens on Tuesday 1st June and closes on Friday 4th June

The Invest multi-year grants programme will be reopening on 22nd March and closing on 1st April with a new focus on charities that are supporting financial vulnerability.

Check out <https://bankofscotlandfoundation.org/funding-programmes> for full details.



National Lottery Awards for All offers grants from £300-£10,000 for voluntary or community organisations, constituted groups or

clubs that will support people at high risk, will see an increased demand in this period or that have high potential to support communities with the impact of Covid-19.

For more information and/or to apply (at any time), please visit:

www.tnlcommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-scotland

The **National Lottery Emerging Futures Fund** is funding (£10,001 to £150,000) to support community-led activity and wellbeing. Voluntary or community organisations, constituted groups or clubs in Scotland can apply to support communities to consider how they can start the transition from the immediate crisis, towards recovery and renewal.

For more information and/or to apply (at any time), please visit:

www.tnlcommunityfund.org.uk/funding/programmes/grants-for-community-led-activity#section-2



During the current Covid-19 crisis, the **Burg-Wächter Secure Communities Scheme** changed its terms to focus purely on providing free security kits. Any grassroots organisation that benefits the local community can apply. It remains committed to supporting communities who require extra

security and have limited funds to meet these needs.

To apply, please visit www.burg.biz/uk/community

Having focused their efforts on the coronavirus pandemic for the past nine months, the **National Lottery Heritage Fund**



is reopening for smaller grant applications!

The Fund is now getting ready for a phased reopening of project funding.

Phase 1

Applications will be accepted for grants from £3,000 – £10,000 and £10,000 – £100,000. This will provide some much-needed financial assistance, particularly to those heritage sector organisations who have, so far, been unable to access COVID-19 emergency funds. They will be looking for projects with a particular emphasis on organisational resilience and inclusion.

Phase 2

Applications will be accepted starting from the 8th February 2021 for grants from £100,000 – £250,000 and £250,000 – £5 million. This will mark a return to core business, but the National Lottery Heritage Fund will not be returning to pre-Covid-19 “business as usual” in its approach.

Through their funding and support going forwards, the Heritage Fund will prioritise projects that:

- boost the local economy
- provide job creation and encourage skills development
- support local health and wellbeing
- encourage rebuilding community cohesion
- demonstrate that long-term environmental sustainability and inclusions have been built into plans

Find out about all the upcoming changes at:

www.heritagefund.org.uk/blogs/were-backing-heritage-sector-adapt-and-thrive-again

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

UPDATE FROM AGE SCOTLAND

What a year that was!

The Shed Networks have kept going through Zoom but with one focus - when and how Sheds can open their doors.

Sheds have put their problem-solving skills into action and made a range of decisions all of which demonstrate a strong commitment to keeping connected with their members and a strong duty of care to their Sheddors.

Age Scotland staff were redeployed on to the Helpline in March until the end of June. This gave us a deep understanding of the toll lockdown was taking in terms of mental health and loneliness and isolation especially for those shielding and those whose age put them at a higher risk.

While these were dark days, we were able to put our callers in touch with local resilience groups including Sheds who were able to grow food, distribute healthy nutritious food, pick up the messages and prescriptions and hold doorstep physically distanced conversations.

In addition to this, Sheds distributed jigsaws (puzzles not tools), quizzes, art and craft kits including models and spoon carving. Men's Sheds have led the way in using a range of methods to stay in touch with their members.

We are all acutely aware that there are folk out there who, for one reason or another, we haven't reached.

As we approach, what for some can be, the loneliest time of year we need to keep those we've not connected with in mind and show them they are not forgotten.

Normally, Sheds would be keeping their doors open over the festive period but with a few exceptions this won't be happening this year. We all need to put our heads together and think about how we can support those Sheddors or neighbours we've not seen for a long time.

One of the things you can do is make sure you pass on the number of Age Scotland's free friendship line (0800 12 44 200). You could don your Santa outfits and deliver cards and/or Christmas goodie bags to those spending Christmas alone. Your kindness could bring some joy.

With vaccines being developed and distributed, 2021 looks more hopeful for Sheds getting back to their activities and bringing huge benefits to Sheddors, their families and their communities.

We don't know whether numbers will return to pre-pandemic levels but we will need to ensure Sheds are safe, comfortable and welcoming.

We may need to remind our communities, funders and elected representatives about the magic that happens in Sheds, so that we can continue to multiply the shed effect.

In the New Year, network meetings will allow you to share your ideas on how to inject life back into the Sheds.

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UPCOMING ONLINE SHED NETWORK MEETINGS

Lothians Men's Shed Network
Wednesday 13th January 2021
10am-12pm

Fife Men's Shed Network
Wednesday 13th January 2021
2pm-4pm

**Perth and Kinross
(and Clackmannanshire)
Men's Shed Network**
Thursday 14th January 2021
10am-12pm

**Highlands and Islands
(and Moray)
Men's Shed Network**
Friday 15th January 2021
10am-12pm

**SMSA National Shed
Zoom Meeting**
Thursday 21st January 2021
10am-1pm

[Click here to register](#)



ageScotland
Love later life



Age Scotland's free friendship line is a place to turn if you are in need of support, comfort and reassurance or even just a friendly chat.

Signing up for weekly friendship calls can also offer a sense of routine that's especially welcome during stressful times and give people something to look forward to. In times of uncertainty, one thing is guaranteed - you always have a friend in us.

If you or anyone you know fancies a weekly chat, Age Scotland's free friendship line is open Mon-Fri, 9am-5pm on 0800 12 44 222.

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

