

# THE SCOTTISH SHEDDER



THE OFFICIAL NEWSLETTER OF THE SMSA

Edition 22 | June 2021



## Two Scottish Men's Sheds honoured with Queen's Award for Voluntary Service

*Picture by Highland News and Media*



## INSIDE THIS ISSUE:

- 3 TALKING SHEDS
- 4 SMSA NEWS
- 9 UNFORGOTTEN FORCES
- 10 SHED IN THE SPOTLIGHT
- 12 SHED LIFE
- 21 A PERSONAL STORY
- 22 THE SHED GARDEN
- 23 SHED PROJECTS
- 25 HEALTH MATTERS
- 26 QUIZ & WHAT'S COOKING?
- 27 WHAT'S ON?
- 28 FUNDING
- 29 AGE SCOTLAND UPDATE
- 30 SUPPORT THE SMSA

# Coming soon...

## The SMSA Scottish 'Men's Shed of the Year' Awards 2021

Keep an eye on your inbox for details of this year's Scottish 'Shed of the Year' Awards

Could your Shed be the winner?

**#ScottishShedoftheYear2021**

The Scottish Shedder (the official FREE newsletter of the Scottish Men's Sheds Association) promotes news from Men's Sheds across Scotland to showcase their successes (and challenges)—in addition to highlighting funding opportunities, DIY projects, recipes and much more—to inform and inspire. Each six-weekly issue is sent digitally to over 2,500 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

### Contribute to The Scottish Shedder

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 (August 2021) by Friday 13th August 2021. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle Wibrew at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)

### Subscribe to the Scottish Shedder

To subscribe to receive 'The Scottish Shedder', you must become an Individual Member of the SMSA. It is FREE to join at [www.scottishmsa.org.uk/join-sma](http://www.scottishmsa.org.uk/join-sma)

### Past issues

Archived editions available in the [SMSA online library](#) (log-in required)

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# TALKING SHEDS

by Jason Schroeder

What fantastic news that two of our Scottish Men's Sheds have been awarded the highest honour for voluntary service (see [page 12](#)). You might be thinking, 'well, we do that too' and you're probably right. So, on Sunday 4th July, be sure to get together with your other Sheddies and your community and celebrate that awesome relationship on [Thank You Day](#).



Since the last edition, Scotland has been through an election and we now see some [new faces in Cabinet Ministers and Ministers posts](#). The direct impact on us is to start creating new relationships for the next five-year period on behalf of the Scottish Men's Sheds movement. This will have a direct impact on funding, health policies and new cross party delegations to make sure your voices are heard. So, lots to do over the coming months as they settle into their new positions and we look forward to building those relationships.

It is the last chance for a few brave and creative Sheddies to get building the most over-engineered race cart in history (see [page 6](#)). There must be idle hands just itching to get together with a small group of your mates to enter the race in July and build the winning cart for the Scottish Men's Sheds Movement. Come on lads, it's time to re-engage with life and what better way than to build something together and have an adventure. The long and winding road to Aberdeenshire is waiting for you to burn rubber.

Be sure to pass on the good news and/or enter yourself into our

very generous giveaway guitar competition which our Chairman David Gardner won recently from 12 Guitars (see [page 8](#)). In the true sense of 'passing it forward', he kindly felt it would be better to let some deserving young person have the chance to own such a beautiful guitar.

On a sad note, we have heard that some Sheds have not been able to stay open and have closed. However on a happier note, we are supporting some Sheds who are desperately trying to re-ignite their members enthusiasm and rekindle the Shed fire and on an even happier note I welcome new Shed members who have joined us and are taking their first tentative steps. The full circle of community development being experienced across the Movement.

Recently, I was asked to give a presentation to Hewlett Packard staff and roped in Bruce Newlands from Inverclyde Shed as well as their staff operations are in his patch.

I also gave a presentation as part of the Holyrood Insights [Adult Mental Health Digital Conference](#) on Friday 18th June 2021. There were some big hitters like Dr Alistair Cook—Scottish Government Principal Medical Officer for Mental Health—see [Edition 20 of The Scottish Shedder](#) (page 21). It is heartening to see how far we have all come since starting out in 2009 to now being recognised as a positive and successful engagement model for men's health across Scotland.

So, to end off with hearty congratulations again to Westhill and Aberchirder Men's Sheds for their community work recognition through the Queens Award and to all of you who make up the Scottish Men's Sheds Movement.

**Jason Schroeder**  
SMSA  
Executive  
Officer



Figures as at end of May 2021



**134**  
SMSA SHED  
MEMBERS

**2,549**

SMSA INDIVIDUAL  
MEMBERS



**136**  
OPEN SHEDS

**55**

SHEDS IN  
DEVELOPMENT



**32**  
LOCAL AUTHORITY  
AREAS

## UPDATE YOUR DETAILS WITH THE SMSA



New email  
address?



Moved house?



Not sure if you are  
a member or not?

If any of your contact information has  
changed, don't forget to let us know

[Click here to notify the SMSA](#)



## Last chance to apply for Pathfindr Safe Distancing Assistants

Apply by the end of June 2021 to receive your Shed's FREE devices

The Scottish Men's Sheds Association (SMSA) has so far allocated over 700 FREE Pathfindr Safe Distancing Assistants to 75 Men's Sheds across Scotland - to support safe social engagement and Shed re-openings - but time is running out if your Shed has not yet applied.

Scottish Sheds **MUST APPLY BY THE END OF JUNE 2021** to qualify.

**Apply Today!**

Following a successful trial with ten Scottish Men's Sheds in Autumn 2020, the SMSA secured a £60,000 Scottish Government grant for the roll-out of Pathfindr Safe Distancing Assistants to all 190+ Scottish Sheds and complement the Association's [COVID-19 reopening guidance](#) and Shed support.

This [technology](#) is supporting post COVID-19 recovery across the business sector and our Scottish Men's Sheds. This simple, but highly effective, piece of kit can be worn around the neck or clipped on to clothing and emits a short audible or vibrating alert when another wearer is detected within 2 metres, advising both wearers to check and increase their distance.

The range can be changed from its pre-configured 2m, as a result of revisions to the legislation. There is no complicated set up, no software to install and no training is required.

If you have not already applied to the SMSA, we urge you to apply for this FREE support offer before the end of June 2021 when this funding will no longer be available.

There is no minimum or maximum amount of devices you can request, simply let us know how many you require for your Sheddors and the devices will be posted out to you, it is as simple as that.



"We are in the second week of cleaning/sanitising our Shed utilising the distancing units supplied by the Association. The units have been highly successful in reminding the volunteer members to maintain their social distancing."

**Carse of Gowrie Men's Shed**

"The Pathfindr devices are a much-welcomed safety device for our Sheddors. They constantly remind us to check our distance and avoid those awkward conversations of letting someone know they are getting too close."

**Men's Shed Govan**

"Following our request to the SMSA, our Sheddors received Pathfindr Safe Distancing Assistants in time to wear for a recent site clearance. The devices gave us confidence and ensured that we kept the required two-metre distance apart and were a welcomed health and safety tool."

**Carlisle Men's Shed**

### Case study: Men's Shed



How a wearable technology is helping Scottish Men's Sheds to tackle social isolation between men during COVID-19. [Read the Pathfindr case study here...](#)



Jason Schroeder (SMSA Executive Officer) talks about the Pathfindr Safe Distancing Assistant devices and hear feedback from Moffat Men's Shed and Carse of Gowrie Men's Shed on their experience with the new technology.

## Funding still available for Scottish Sheds affected by the pandemic

*Apply to the SMSA by the end of June 2021!*

- Has your Shed suffered financially due to the pandemic?
- Are you struggling to pay your bills (rent, energy, insurance etc)?
- Is your Shed facing permanent closure?
- Are there costs that are stopping you from reopening?
- Do you require vital training or Personal Protective Equipment (PPE) to reopen your doors?

Then, apply to the SMSA today for this emergency funding - secured by the Association from the Scottish Government to help Sheds in crisis as a result of the pandemic.

Funds still remain and this really is the last opportunity to apply for this pot of funds (by midnight on Wednesday 30<sup>th</sup> June 2021).

Scottish Sheds can apply by completing the short online form at [www.surveymonkey.co.uk/r/SMSAcrisisgrants](http://www.surveymonkey.co.uk/r/SMSAcrisisgrants)

If you have any queries, please contact [Jason Schroeder, SMSA Executive Officer](#).



## Briefing Report: How Men's Sheds are addressing male social isolation and loneliness

The latest briefing report from [Glasgow Caledonian University's Sheds for Sustainable Development Project](#) on how Men's Sheds are addressing social isolation and loneliness is now available on the SMSA website at [www.scottishmsa.org.uk/wp-content/uploads/briefingpaper4.pdf](http://www.scottishmsa.org.uk/wp-content/uploads/briefingpaper4.pdf)

Men's Sheds in the UK have been highlighted for the impact they can have on men's social wellbeing but less is known about their ability to address social isolation and loneliness, especially among retired and unemployed men.

This report outlines findings from in-depth interviews with 62 Men's Shed members from five Scottish Sheds, exploring the ways in which Shed activities address risk factors for male social isolation and loneliness.

The findings suggest that Men's Sheds offer a range of activities that are conducive to meeting new people and forming social networks where this had been previously lacking. In particular, Sheds were found to be beneficial to those who were socially isolated due to retirement or living alone.

Although Sheds are not a formal healthcare service, there is potential for partnership working with policymakers and practitioners through models such as social prescribing or signposting.

The study also explores the role Sheds could take in post-COVID-19 recovery.

**Dr Danielle Hutcheon (nee Kelly)**  
Glasgow Caledonian University



## Are your Shed details up-to-date on the map?

With Sheds reopening across Scotland, Sheds are going to be needed now more than ever to support men's health and wellbeing.

The SMSA '[Find a Shed](#)' online map receives thousands of hits each month from potential Sheddors and their family and friends searching for their local Shed in addition to individuals, businesses and funders looking to work in partnership and/or donate materials, funds and items to Sheds.

The map is also one of the first ports of call for the SMSA team to direct any enquiries therefore it is imperative that your Shed's details are kept up-to-date on a regular basis in regard to your group's name, address, contact details, opening times and current status (e.g. proposed group, developing group, open Shed or closed down Shed).

The SMSA is planning a promotional drive in the near future to reach more men and encourage them to attend their local Shed in post-COVID-19 recovery and urge you to check and, if needed, update your Shed's entry.

**For General Data Protection Regulation (GDPR) reasons, the SMSA is unable to update this information on your behalf. It is the responsibility of each individual Shed to submit your updates online, giving your consent, in order for the SMSA to manually publish this information in the public domain.**

Visit [www.scottishmsa.org.uk/find-a-shed](http://www.scottishmsa.org.uk/find-a-shed) to check/update your details today.





## Cumnock Shedders rev up for cartie race

*Has your Shed entered a team yet? Last chance to register!*

Cumnock Men's Shed is gearing up for this year's Royal Deeside Cartie Race 2021 on Saturday 17th and Sunday 18th July 2021 on the Kincardine Castle drive.

Fraser Stone from the Corra Foundation who is helping to develop the Cumnock and District Men's Shed said: "This project is sponsored by Barr Environmental and supported by the Corra Foundation and Shire Housing. A few weeks ago, we had no Shed, no team and no idea where to start with the cart design and build. The good news is, the stars are aligning, and things are beginning to really take shape.

"There have been some great moments of intergenerational working in our team, with both welding and engineering skills and knowledge being shared between members. The cartie frame began life as an old sit-on lawnmower which has been stripped down and adjusted to suit our needs. It even features a unique 'Tennents Larger' tin element in the front wheel system....a first, I am sure.

"Our build sessions are a little like 'free Jazz' and we are enjoying improvising and having fun exploring this year's caped crusader theme. All will be revealed on the day!

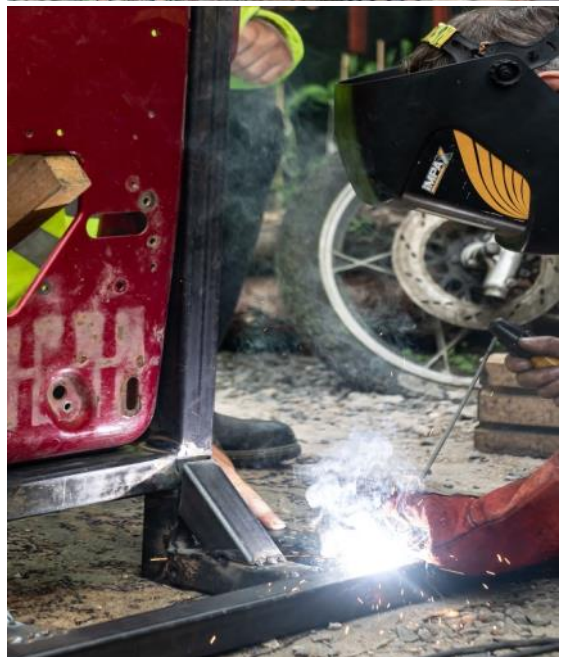
"We are bursting with determination...picture the classic film Cool Runnings but instead of the first Jamaican Bobsleigh team, you have the very first Cumnock Cartie team! See you in July...bring it on!"

**FREE TEAM  
ENTRY FOR  
SCOTTISH  
SHEDS**

*Apply by 3rd July*

To encourage Sheds to enter and attend one race day or even both days, the SMSA—who will have an exhibition at the two-day event—has negotiated the team entry fee down from £45 to £25 but will also reimburse this £25 to all Sheds that race—meaning it is now completely **free to enter!**

Full entry details—including the course map, design regulations and rules—are available on the website at <https://etiom.co.uk/royal-deeside-motor-show/cartie-race>



## Does the Health and Safety at Work etc Act 1974 apply to Sheds?



### Health and Safety at Work etc, Act 1974

The SMSA has previously been of the opinion that Men's Sheds—as charities/community groups in their own right, run by volunteers (with no paid staff) and renting a non-domestic building and operating machinery—did not fall under the [Health and Safety at Work etc Act 1974](#) (HSWA).

However, it has come to light recently—following a query from one of our member Sheds—that this may not necessarily be the case.

*The HSWA is the primary piece of legislation covering occupational health and safety in Great Britain. It sets out the general duties which: employers have towards employees and members of the public; employees have to themselves and to each other; and certain self-employed have towards themselves and others.*

As Sheds are not 'employers' and do not have any 'employees', the SMSA could not see how this Act could apply to Men's Sheds. The Association has always strongly recommended that all Sheds follow good practice and have robust Health & Safety (H&S) policies and training in place and the Association offers template policies and advice to support Sheds with this.

As the national Association, the SMSA wanted to investigate this matter further with the [Health and Safety Executive](#) (HSE) to ensure we are communicating the correct message to 190+ Men's Sheds across Scotland.

An Advice Officer from the HSE stated: *"Having conferred with inspector colleagues, we agree that the HSWA would apply. Although no confirmed 'employment', it does sound like the arrangement (i.e. community project venue, communal tools etc) is, or is becoming, an entity itself. Therefore Section S3 and possibly S4 of the Health and Safety at Work Act would apply. This is likely to be enforced by your local authority.*

*"...Where there is no employment, there should be no intervention by an enforcing authority in the sporting or other activities. There may however be duties under HSWA S4 on those in control of the non-domestic premises. You could contact your environmental health team at your local authority for further advice."*

The HSWA imposes the same duties on a charity as any other employer, both towards its employees under Section 2 HSWA 1974 and to its non-employees under Section 3. The [HSE's Enforcement Guide \(Scotland\)](#) explains that the form of prosecution of a charity varies depending on how it has been constituted.

The [Charities Safety Group](#) (CSG) was established in 1997 to address the provision of a self help and support network for people with health and safety responsibilities, but who are not necessarily health and safety specialists. The CSG is currently lobbying the HSE for an amendment to the HSWA to change the term 'employee' to 'worker' which would automatically bring volunteers the same level of recognition and protection as employees.

Many charities, like Sheds, operate entirely with unpaid volunteers running the day-to-day operations and this could be seen as a 'gap' in the Act however as volunteers, we must all act in a way to maintain the safety of ourselves and everyone around us who may be affected by our actions (prevent harm or injury). We all have a 'duty of care' owed to Shedders under civil law to give the same level of health and safety protection as we would to an employee.

Whilst, the SMSA has no definitive answer on this matter yet, the Association will continue to investigate this further with the relevant health and safety bodies and professionals. In the meantime, the SMSA recommends that to ensure the safety of your volunteers, and avoid any civil claims, that individual Sheds liaise with their local authority and ensure that Shedders are properly integrated into your Shed's health and safety systems, training and policies.



## The Great Guitar Giveaway!

**SMSA Chairman, David Gardner, is offering the chance for a budding young musician to win a dream guitar—a Washburn Festival EA10 Acoustic/Electric guitar in excellent condition.**

David said: "I recently attended a Men's Wellbeing Day organised by North Ayrshire Council, Garnock Valley Men's Shed and The Three Towns Men's Shed (see [page 25](#)) and one of the presentations on the day was delivered by Ken Morton and Gerry Thorogood of [12 Guitars](#).

"The charity aims to make guitar playing accessible to all young people and before their presentation began, they announced that they wanted to put the names of all of the attendees in a hat and the lucky winner drawn would receive a guitar.

"So, you can perhaps imagine my surprise at my name being called. All attendees declared it a fair draw and insisted that I should accept the guitar.

"Having now received it, and spoken with Ken, it is my intention to make this exceptional guitar available to a deserving young person, here in

Scotland, and I am asking for the assistance of Sheds to identify the ideal individual to receive this fantastic prize.

"12 Guitars is a worthwhile social enterprise determined to help upcoming young musicians fulfil their dreams and explore their talent and I personally thank them for their kind donation and wish them all the success."

**If your Shed can think of a worthy recipient, please [submit your competition entry](#) by Friday 2nd July 2021 and SMSA will oversee the draw to pick the lucky winner on Monday 5th July 2021.**

[CLICK HERE TO ENTER](#)

### Is your Shed interested in a partnership with 12 Guitars?

Complete the online questionnaire (link below) to let the SMSA and 12 Guitars know if your Shed/Shedders have an interest in guitars, guitar maintenance and repair and if you have your own Shed band:

[www.surveymonkey.co.uk/r/12Guitars](http://www.surveymonkey.co.uk/r/12Guitars)



**12 Guitars**  
enabling young musicians

## Introducing the skills-sharing app, Kesero!

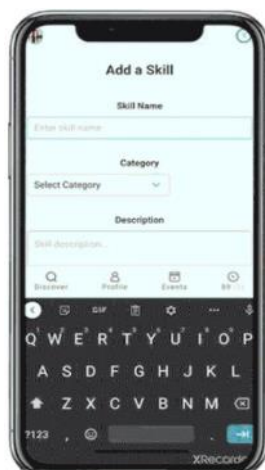
Kesero is a new app helping to break down financial barriers and give people an opportunity to create a better, more fulfilled life by connecting with their community to share skills.

So, what is Kesero and how does it work? The app connects people who want to swap a few hours of their time doing something they're good at, for services that they would otherwise have to pay for. All exchanges are time based, meaning no money changes hands and all skills are valued equally.

Kesero's founder, Emma McConalogue, said: "We

want to make life a little easier for people but at the same time help them support their local community by sharing skills and expertise for mutual benefit. You might think you don't have skills, but your 'easy peasy' could be someone else's sleepless night!

"Individuals, businesses and charities can all use the app to get involved and benefit from the wealth of skills on offer. All you need to do is register at [www.kesero.com](http://www.kesero.com) and create a profile with a short intro and picture. Then just list the skills you are willing to share with some details and duration. You can add as many skills as you like... the more the merrier!



"Each Kesero member begins with two hours in their account, so you can start requesting skills from your fellow skill sharers straight away. At the end of each skill exchange, time is automatically transferred between accounts, leaving you free from any awkward requests for 'payment'. "Two-way ratings and reviews are there to encourage a friendly and supportive environment you can trust. If you want to simply give without taking, that's great too. You can send any time you accumulate to another account as a gift.

"Kesero allows you to share skills, helping you save money and feel rewarded too. There's nothing to lose by giving it a try... and who knows where it might lead?"





# UNFORGOTTEN FORCES

Following the announcement that the SMSA is the newest member of the ground-breaking [Unforgotten Forces](#) alliance, the Association will provide regular updates in each issue of The Scottish Shedder. It is essential that this consortium of armed forces and civilian charities work in partnership to extend our reach and boost the support to our older ex-service communities across Scotland.

With an estimated 220,000 UK Armed Forces veterans in Scotland (a large majority being older men and 58% aged 65 and over), the SMSA was delighted to attend an Older Veterans Awareness Training event on Zoom in early May and felt that it would be extremely useful information to share with Scottish Men's Sheds and Movement supporters.

The training covered many points, based on a comprehensive guide on 'Supporting older ex-service men and women in Scotland'—created by the lead partner of Unforgotten Forces, [Age Scotland](#). The guide is designed to help identify someone who has served in the British Armed Forces, improve understanding of military life and culture and equip you with the knowledge and confidence to support older ex-service men and women including:

- About the Armed Forces Community in Scotland (who belongs in the Armed Forces Community? who is a veteran?)
- The military experience and armed forces culture (military life and values; diversity; physical health; mental health; lifestyle; and wellbeing)
- Comradeship and peer support
- Entitlements and support for older veterans
- Developing support and activities for older veterans
- Details and resources

The SMSA would highly recommend sharing this guide—[www.ageuk.org.uk/globalassets/age-scotland/documents/veterans-project/vet10-support-dps.pdf](http://www.ageuk.org.uk/globalassets/age-scotland/documents/veterans-project/vet10-support-dps.pdf)—with your Shed Trustees and members.



**UNFORGOTTEN FORCES**

Supporting Scotland's Older Veterans

The Unforgotten Forces consortium includes the following charity partners:

- [Age Scotland](#) (Lead partner)
- [Armed Services Advice Project](#)
- [Combat Stress](#)
- [Defence Medical Welfare Service](#)
- [Erskine](#)
- [Fares4Free](#)
- [ILM Highland](#)
- [Legion Scotland](#)
- [Luminate Scotland](#)
- [Music in Hospitals & Care](#)
- [Poppyscotland](#)
- [RAF Association](#)
- [Scottish Older People's Assembly](#)
- [Scottish Men's Sheds Association](#)
- [Sight Scotland Veterans](#)

**Are you/do you know a Shedder who is a veteran? Then SMSA would love to hear from you and all about the Men's Shed experience.**

**Contact Michelle at SMSA at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)**



**Doug Anthony**  
Veterans' Lead  
and Unforgotten  
Forces  
Co-ordinator

[Unforgotten Forces](#) is a charity partnership dedicated to improving the health and wellbeing of older veterans in Scotland and we are delighted to welcome the SMSA as our newest member.

Teamwork, purpose, and camaraderie are central to armed forces life and often sorely missed after service. So, being part of a Shed can give veterans a huge boost. We want to spread the word about Men's Sheds to more veterans—it's a two-way street. The armed forces cultivate practical skills and a can-do attitude, so veterans have a potentially immense contribution to make to Sheds' success.

Of course, veterans are already in Sheds but they can be in stealth mode. For some, their Shedder identity is the one that matters now. Others may not realise they are a veteran. Many veterans' services will support someone with just one-day's service in the UK Forces. So early service leavers, National Servicemen and Reservists, as well as Regulars, can get extra help for practical, health and financial challenges, and get specialist advice.

The [Unforgotten Forces website](#) tells you about key services and Age Scotland publishes a suite of [veterans advice guides](#). In our [Unforgotten Forces magazine](#) you

can read about the difference that support is making to older veterans.

Some Sheds already have a veterans focus. Garnock Valley Men's Shed has a [modelling club](#) in partnership with [Models for Heroes](#) (the Airfix kind!) which veterans are enjoying; Banchory and District Men's Shed operates at their local Legion club; and Cromarty Firth Men's Shed and their local Armed Forces and Veterans Breakfast Club have jointly hosted a barbecue.

We'd love to hear more stories of veteran-focused Shed initiatives. As Sheds reopen, how about creating a [veterans guides section](#), [ordering Unforgotten Forces magazines](#) for coffee tables, and displaying an [Unforgotten Forces poster](#)? We're happy to talk through your ideas, call 0333 323 2400 or email [veteransproject@agescotland.org.uk](mailto:veteransproject@agescotland.org.uk).



Check out the latest Unforgotten Forces magazine ([Spring 2021 edition](#)). The magazine is published three times a year and you can also read previous issues in the [Unforgotten Forces online library](#).

To subscribe, please email [veteransproject@agescotland.org.uk](mailto:veteransproject@agescotland.org.uk) or call 0333 323 2400.

# SHED IN THE SPOTLIGHT



***Trustee and former Chairman of Mintlaw and District Men's Shed (MADMS), Sandy Thom, shares the exciting news that their new Shed premises, within the grounds of Aden Country Park in Aberdeenshire, will hopefully be 'open for business' by the end of the summer.***

Aden Country Park in Mintlaw, Peterhead is a 230-acre popular and family-friendly park with beautiful surroundings that include a café, shop, camping and caravan area, fairy woods, play park, the maintained ruins of Aden House, stunning landscaped gardens and a building called the Gardener's Cottage.

Following a long hunt for the perfect location and right fit for Shed premises, MADMS Trustees were delighted to receive an offer from Aberdeenshire Council that they could not refuse. As part of a conservation programme, the Shed was offered the semi-derelict Gardener's cottage to transform and bring back into public use for community benefit.

Sandy said: "Our story began in the summer of 2018 when a local lady advertised in the Buchan Observer asking if the community would be interested in setting up a Men's Shed. Myself and three others met and were keen to start a Shed. We then held a public meeting, formed a committee and became a registered charity in March 2019.

"We began meeting in numerous places including the bowling club, our public hall and the café at our local garden centre. We would get together to socialise, listen to guest

speakers and discuss and look for potential premises.

"Aden Country Park had secured funding from the Heritage Lottery Fund (HLF) under the Parks for People Initiative and within this was the proposal to give the cottage building a new lease of life whilst preserving heritage features for future generations.

"We were champing at the bit to get started on our new Shed as soon as the offer came in. We began working on two shipping containers, that were donated to us, that could also be sited close to the cottage...our new Shed. We were at such a high point, applying for funding and ready to progress with our ambitious plans, when COVID-19 struck.

"Several of our members are in the shielding category but all our members are in the vulnerable category and are rightly cautious. Social distancing measures called a halt to our plans in the first lockdown. We kept in touch with phone calls and emails to members

and established fortnightly keeping-in-touch Zoom meetings for those that wished to join online. In September 2020, we also held a successful AGM online and all positions were appointed.

"Over time, we resumed some socially-distanced activities in our community such as planting daffodil and tulip bulbs ready for a spring show in addition to refurbishing the attractive sign at the entrance to Old Deer.

"We then returned to site to remove the old security fence at the back of the cottage and replace it with a new one (funded by Aberdeenshire Council). We also added uprights to the containers to support the cladding in addition to tidying up the compound. All of the work done was carried out within government restrictions and following the SMSA recommendations and wearing our [Pathfinder Safe Distancing Assistant devices](#).

*Continued on next page...*





# SHED IN THE SPOTLIGHT

*...continued from previous page*

“Thanks to the Council funding, we were also able to purchase our generator and additional steel carriers for the profile sheeting for the roofs. Some of the money has also been set aside to make our work benches.

“We are extremely grateful for the relationship we have with our local authority and are indebted to them for the support they have given. We are also fortunate to have received support from several other funders (including the [Co-op Local Community Fund](#) and [Shell Small Grants](#)) and local businesses that have donated to the cause. We are certainly well kitted out in tools ready for our opening!

“The interior of the Gardener’s Cottage is unfortunately fire damaged and we are currently applying for additional funding to revamp this. Our plans for the two-storey building is to have a social area and kitchen downstairs and an IT/computing area and store upstairs. The two shipping containers nearby will also become one big workshop with storage. The park is currently undergoing an extensive expansion project and is receiving an upgrade to the electricity grid and we hope to be able to link up to this to power the Shed.

“Despite not yet having a physical Shed, we are still very much up and running and we are thoroughly enjoying getting involved in new projects and partnerships like the maintenance of the Fairy Woods at the Park—making fairy doors, windows and bird boxes—after they were recently targeted by vandals.

“We are delighted to have not only retained our membership, consisting of a dozen active members, but also attracted new ones in lockdown. New members are always welcome and they can email us with their details at [mintlawmensshed@outlook.com](mailto:mintlawmensshed@outlook.com) to join us on Zoom or on site and/or be added to our mailing list to be kept informed.

“By the end of this summer, we will inherit a cottage that has been fully refurbished externally with new windows, disabled access, lighting and even an SMSA-blue-branded front door. We will finally have a place to call home—with no neighbours being disturbed by our hammering, drilling and sawing—in a beautiful location and we are extremely proud to have achieved what we have to date.

“We do not yet know what our opening times will be but this will be member-led and whatever floats their boat. We already have a demand being expressed by our green-fingered Shedders for a greenhouse and raised beds.

“Lifelong friendships have come out of this mammoth task; it is hard work but we are enjoying every minute. We have strived to get to this stage, and there is still much to do but we look forward to what this next chapter will bring.”

For more information on MADMS, follow them on Facebook at [www.facebook.com/groups/900901477009507](https://www.facebook.com/groups/900901477009507)



## Scottish Men's Sheds honoured with Queen's Award for Voluntary Service

Two Scottish Men's Sheds have been announced as winners of this year's Queen's Award for Voluntary Service (QAVS) - the highest award given to local volunteer groups across the UK in recognition of their outstanding and diverse work to benefit their communities.

The announcement, which coincided with Volunteers' Week (1-7 June), celebrated [Aberchirder and District Men's Shed](#) and [Westhill and District Men's Shed](#) receiving this prestigious award.

The number of nominations remains high year on year - evidencing that the voluntary sector is thriving and full of innovative ideas to make life better for those around them - and the Sheds were two out of 241 UK charities, social enterprises and voluntary groups to receive this accolade in 2021.

Representatives from the two Sheds will receive the award crystal and certificate in addition to attending a garden party at Holyroodhouse Palace in July 2022 (depending on restrictions at the time) along with other award recipients.

Aberchirder and District Men's Shed (ADMS), 'Scottish Men's Shed of the Year' 2019, began in 2016 when its Shedders took over an area of derelict land from Aberdeenshire Council. The early months of their existence focused on clearing the ground and creating a Shed from portable cabins.

Subsequently, they have grown significantly over the years and provide an opportunity for men to meet socially, make connections, utilise existing skills, learn new skills, mentor others and serve the community. ADMS provides a facility for wood and metal working; computing classes; volunteers for local events (e.g. stewarding at the Ride of the North cycle event); greenhouse and

gardening; repairs to community assets; community projects for the local school (e.g. making a chicken coop and mud kitchen for the pupils); support for other community groups (e.g. construction of a memorial bench for the Beavers and teaching the Scouts skills to build a Kart); and supports its Community Association whenever needed (e.g. providing power for the Christmas tree lights).

ADMS Chairman, Mike O'Brien, said: "It is a great honour to be awarded the prestigious QAVS. Our members are immensely proud and delighted that our villagers recognise the efforts we have made to create a safe and friendly environment where men can meet to make (and mend), talk, put the world to rights, drink coffee and help to foster a community spirit. Nominating our Shed, particularly during lockdown, highlights the exceptional relationship the Shed has with the Aberchirder and District community."

Andrew Simpson, Lord-Lieutenant of Banffshire, said: "I am delighted that Aberchirder & District Men's Shed has been recognised in this way. The Shed has made a significant difference to the lives of people in their community - not least during the period of the pandemic. During our assessment visits we were impressed by their commitment to serving the people in their area."

Westhill and District Men's Shed (WDMS), the first-ever Men's Shed in Scotland, is a place where men can meet to socialise and work together on a wide variety of projects and hobbies.

Using their well-equipped workshop, men of all ages, backgrounds and interests share their skills working on personal and community projects. It is a unique place where men can socialise and satisfy their wish to be productive and, in turn, improve their health and wellbeing.

Shedders work together on a variety of projects. The members created the Archie bench at the Royal Aberdeen Children's Hospital and its modelling group is currently working on a model of the Peterhead Prison Railway which will be on display in the Peterhead Prison Museum. WDMS repairs, re-furbishes and recycles garden equipment (from spades to mowers) giving them a new lease of life. The Shed also carries out various community

projects including making benches, raised beds etc. for local charities, schools and groups.

WDMS received the QAVS with 'special recognition' for its production of vital personal protective equipment (face visors) for keyworkers in the early days of the pandemic when there was a global shortage.

WDMS Chairman, David Thomson, said: "It is a great honour to receive this prestigious award. Our Shed is an ideal place where men can go and get the benefit of socialising, sharing interests, exchanging experiences, learning new skills and working side by side with other men. This award recognises the commitment of our members, who are all volunteers, for the work they do on a variety of projects for the local community"

Check out WDMS's video on their YouTube channel at <https://youtube.com/video/TZGepldvEQQ>

Jason Schroeder, Executive Officer of the Scottish Men's Sheds Association, said: "Today's announcement recognises the outstanding contributions these Sheds have made in their local communities. This is a wonderful tribute to these men - as volunteers - for all of their hard work, commitment and dedication to support each other whilst also making a real difference in today's society."

The QAVS was created in 2002 to celebrate The Queen's Golden Jubilee and recipients are announced each year on the 2nd June - the anniversary of The Queen's Coronation.

They include volunteer groups from across the UK, including an inclusive tennis club in Lincolnshire; a children's bereavement charity in London; a support group for those living with dementia and their carers in North Yorkshire; a volunteer minibus service in Cumbria; a group supporting young people in Belfast; a community radio station in Inverness and a mountain rescue team in Powys.





## Fraserburgh Men's Shed secures £3,000 YPI funds

Fraserburgh and District Men's Shed has scooped a £3,000 grant thanks to some Banff Academy pupils competing in their [Youth Philanthropy Initiative \(YPI\) Scotland](#) final last month.

The YPI is a powerful active citizenship programme, empowering young people to make a difference in their communities while developing a range of skills.

Four teams from Banff Academy's expeditionary learning class researched social issues within their community and worked alongside their chosen charities to create a final presentation, video/ product that represented their charity and how the £3,000



would impact our local community.

After difficult deliberations, the judges announced Fraserburgh Men's Shed as the lucky recipient of the funds. Ralph Grantham of Fraserburgh Men's Shed said: "Our Shed members thank the pupils for all of the hard work they put in to this project and congratulate them on their success. We look forward to meeting up with the young men once restrictions allow."

Jason Schroeder, SMSA Executive Officer, said: "It is brilliant to see the younger generations supporting Scottish Men's Sheds. In a few years, when they turn 18, they can become Shedders themselves. Growing a grassroots intergenerational movement means nurturing the seeds as well as all of the growing stages to the mature plant. Well done YPI for supporting our young people and community development in Scotland."

For more information on Fraserburgh Men's Shed, follow them at [www.facebook.com/groups/259875868239742](https://www.facebook.com/groups/259875868239742)



## Defibrillator in the Park

Milngavie and Bearsden Men's Shed has funded, taken delivery of and fitted a public access life-saving defibrillator which will be fitted outside its 'Pagoda' in King George V Park in Bearsden.

Shed Secretary, Hamish Livingstone, said: "We were just about to fundraise to purchase a defibrillator for our local community and our 120 members when one of our Shedders and former Chairman, Ralph Halley, generously offered proceeds from the Milngavie Car Boot Sale at Tesco Milngavie that he operates. The unit was then purchased at a subsidised price of £1,000 from [St John Scotland](#) and they will also be delivering training on its use to our members very soon.

"When activated, the locked cabinet is accessible 24/7 and anyone calling 999 can ask for the access code to use the defibrillator while waiting for an ambulance. As this is an expensive and vital piece of kit—our Shed CCTV will monitor the unit and our members will also maintain it."

Milngavie and Bearsden Men's Shed has reopened Monday to Friday, 10am—1pm. The Shed's outdoor gazebo is also being utilised and Zoom chats continue. For more information, please visit their Facebook page at [www.facebook.com/Milngavie-and-Bearsden-Mens-Shed-202484870289266](https://www.facebook.com/Milngavie-and-Bearsden-Mens-Shed-202484870289266)





## Alistair's Dream

Why Alistair's dream? Alistair Smith (pictured) was a founding member and Trustee of Inverurie & District Men's Shed (IDMS). From 2017-2019, the Shed's polytunnel was targeted and damaged repeatedly by callous vandals and Alistair (a keen gardener) tirelessly searched Inverurie for an alternative site for the polytunnel and allotments.

Alistair was introduced to George Ross, of [J.G. Ross Bakers](#), and negotiated the lease of a field in Old Port Road. Sadly, Alistair died on the 22nd July 2019 without seeing his dream come to fruition.

The Shed, and local community, now have an area for the allotments that has been a haven for many, especially in lockdown. This...was Alistair's dream.

For more information on IDMS and their horticultural centre updates, follow them on Facebook at [www.facebook.com/Inverurie-District-Mens-Shed-807408422637968](https://www.facebook.com/Inverurie-District-Mens-Shed-807408422637968)



## Young James runs a mile a day for his local Shed

Nine year old Inverurie lad, James Airzee (pictured), is running one mile every day in the month of June to raise money for his local Shed—[Inverurie and District Men's Shed](#).

James, and his dog Seamus, got up at 6am on day one to do their first mile. James said: "It was a little bit hard but it was a nice sunny day. I really like this charity because they have brilliant things to do and it stops people being lonely and by themselves. Please donate if you can, thank you."

Chairman of Inverurie And District Men's Shed, Archie Peebles, said: "James's mother approached us and informed us of his intention to help us by running on a daily basis. We are absolutely delighted that he wishes to support us in this way."



James' mum, Ruth Henderson, added: "After a visit to the Inverurie and District Men's Shed allotment last month, my James decided he wanted to raise money for the charity and set himself a target of £100. The Shed is a place for men to socialise or use the workshop to do projects and promote healthy minds. They also undertake a wide variety of amazing projects within our community. I am so proud of James and delighted to see him set his alarm every day and show his commitment to this very worthy cause."

At the time of writing, James had smashed his £100 target and raised £595 for the Shed. He will continue to raise funds until the end of this month. If you wish to make a donation through gofundme, please visit [www.gofundme.com/f/Inverurie-district-mens-shed](https://www.gofundme.com/f/Inverurie-district-mens-shed)



## Wee County Men's Shed is wired for success

Wee County Men's Shed (WCMS) has secured vital funds through two major funders to rewire its Shed bringing them one step closer to safely reopen their doors again.

WCMS Chairman and SMSA Treasurer, Jon Searle, said: "In lockdown, we had a small 'construction bubble' team of our members working on our new larger social area, known to some as 'The Howf' ([see February issue of The Scottish Shedder, page 13](#)). Using [Pathfinder Safe Distancing Assistants](#) this work was carried out as part of the SMSA trial of the devices.

"We started experiencing blown fuses in the Shed so I invited a local electrician to check the electrical cabling and was really taken aback when he condemned our Shed as unsafe! I asked for a quote to rewire the Shed and to say it was outwith our budget would be an understatement. I sat on it for a week and then started exploring funding opportunities. After all, if you don't ask—you don't get.

"I applied to four funders including the [National Lottery Community Fund](#) (NLCF) and [The Robertson Trust](#)—who had both previously funded WCMS—and to the [EDF Energy Renewables Burnfoot Hill Wind Farm Fund](#). I was, of course, hoping for at least one to be successful and was therefore delighted when we received enough funding to cover the full amount through two funders—The Robertson Trust and NLCF."

"We now have the funds in place and have commissioned the work. We were still waiting to hear from EDF Energy about our application so I called them to let them know that we wished to withdraw our application due to the granting of funds from two other sources. After chatting to their funding advisor about our Shed, activities and future plans they offered us the special dispensation that they would consider an application towards other elements of the project! I am keeping my fingers tightly crossed for the outcome.

"This work brings us closer to reopening but in the meantime, we continue to offer our Zoom meetings every Monday, Wednesday and Friday from 11am - 2pm which are open for all. [Click here for the Zoom link](#) (Meeting ID: 829 8343 4630; Passcode: WCMS).



"Through Zoom, we offer the opportunity for our members to login to our 'virtual Shed' from the comfort of their own homes and check out what is happening in the Shed and talk to other Sheddies. We are lucky to have a large wall-mounted TV, webcam and laptop (pictured left)—funded by a grant from the Ideas, Innovation and Improvement Fund managed by Clackmannanshire Third Sector Interface. Since our virtual Shed began it has proved very successful and led to a 'virtual meeting room' for Committee meetings and we also have plans for a 'virtual classroom' to help members develop new skills."

For the latest updates from WCMS, follow them on Facebook at [www.facebook.com/theweecountymensshed](https://www.facebook.com/theweecountymensshed)

## Dunfermline set to have its first Men's Shed

A Men's Shed in Dunfermline. That's the aim of a group of local residents who have come together with the support of Age Scotland, the Scottish Men's Sheds Association and Fife Council.

A member of the group, Neil Lyndon, said: "It all started when I decided, last year, that I wanted to build a special kind of hive for my beekeeping activities. This hive is costly to buy (about £700) in factory-finished form but ridiculously cheap and easy to make if you have the materials and a basic workshop.

"As it happened, I did have the wood I needed in the form of some discarded bookshelves at the back of a shed. My only expense, therefore, would be for the appropriate screws – around £5 at most. Quite a saving.

"What I lacked, however, was a workshop with a bench, vices, machine saws and sanders. Though I have been promising myself that I would eventually create such a space at home, I seem never to have got round to it in the 20 years we have been in this house.

"In its absence, I joined the [Glenrothes Men's Shed](#) (GMS). I have known about Men's Sheds for some years so I was no stranger to the concept. What I hadn't realised, until I was given a warm welcome at Glenrothes and shown around its excellent premises, was how it met every need that I could ever have imagined for a workshop of my own. In exchange for a £20 membership subscription, I would be acquiring access to an asset that would cost me tens of thousands to create for myself. Quite a bargain.

"Two hitches though: one was distance as GMS is 24 miles from my home. The other was a global pandemic. No sooner had I gone through the safety induction course than the Coronavirus lockdown closed the doors of GMS.

"During those months, I had plenty of time to lament the absence of the hive but it also made me realise that it would make sense to create a Men's Shed closer to my home near Dunfermline.

"I put this suggestion to the Scottish Men's Shed Association who linked me up with Tim Green, Men's Shed Co-ordinator for Age Scotland.

"Tim brought his experience, wisdom, enthusiasm and guidance to bear on the question. I put out some feelers to groups and individuals in the area. Five of us got together on Zoom to form a steering group where we would blether about the possibility, discuss possible buildings and to try to avoid any office-bearing responsibility. We have been meeting every week for about two months.

"Tim urged us to prepare the ground for a public meeting at which we could invite support from the local community. A couple of local councillors have generously pitched in their support and our local media—the Dunfermline Press and The Courier—have been very helpful in publicising our aims.

"The whole thing is coming together very encouragingly. In addition, the ad hoc group we formed to bring this venture into being seems to be on the way to becoming a group of friends. Watch this space and hopefully, one day soon, I will be making my hive in the Shed."

You can follow Dunfermline Men's Shed on Facebook at [www.facebook.com/Dunfermline-Mens-Shed-104144298498397](https://www.facebook.com/Dunfermline-Mens-Shed-104144298498397). If you wish to join their Zoom meetings, contact [Tim.Green@agescotland.org.uk](mailto:Tim.Green@agescotland.org.uk)



## Is your Shed dual sensory aware?

Touching Lives Take 2 (TLT2), is an innovative project—of interest to Trustees and Shed Supervisors of Men's Sheds across Scotland—where deafblind people deliver

training to increase awareness of how to recognise and support dual sensory impairment.

This specialised training can be delivered through Zoom to interested Sheds—engaging with and supporting the wellbeing of older people—and has been funded by The Robertson Trust and The National Lottery Community Fund over the next three years.

TLT2 aims to transform the lives of older dual sensory impaired people by:

- Equipping staff and volunteers with practical ways to support the elderly when their sight and or

hearing deteriorates

- Supporting groups and organisations to become more dual sensory aware
- Develop skills and confidence to encourage sensory impaired elderly people to participate in their groups

Involvement in this project would provide:

- Specialist training delivered by a Deafblind individual
- Support for the elderly in ways to address the challenges of sensory impairment
- Upskilling with methods to support sensory impaired individuals
- A deafblind awareness toolkit
- Partnership working and specialist advice from Deafblind Scotland

**Interested?** Please contact Alison Wilkie, Project Officer for Touching Lives Fife, [Deafblind Scotland](mailto:AlisonWilkie@dbscotland.org.uk) at [AlisonWilkie@dbscotland.org.uk](mailto:AlisonWilkie@dbscotland.org.uk)



## Trustee Recruitment Cycle

The Trustee Recruitment Cycle (TRC) has been developed by Reach Volunteering in collaboration with the Association of Chairs, the Small Charities Coalition and Getting on Board to support boards to recruit trustees in an effective and inclusive way.

Trustees play an essential role for the charities they lead, setting the strategic direction, making key decisions and ensuring accountability.

To do this well, trustees need to have a broad range of experiences, perspectives and skills and they need to be representative of the communities they serve. Despite this, over 70% of boards still recruit their trustees informally, using their own networks. As a result, some boards lack diversity.

The TRC team spoke to a range of charities to find out what helps them to recruit good trustees and what hinders them and have distilled this research to support others.

For more information, please visit the website at [www.reachvolunteering.org.uk/trustee-recruitment-cycle](http://www.reachvolunteering.org.uk/trustee-recruitment-cycle)



## Edzell Sheddars set to reach the top for prostate cancer charity

On Saturday 7th August 2021, a group of Edzell Sheddars will be walking 939 metres up Mount Keen—the most easterly of Scotland's Munros—to raise funds for [Prostate Scotland](http://www.prostatescotland.org).

Brian Beattie of Edzell Men's Shed said: "Three of our members have recently been affected by cancer and we made the decision to fundraise for a charity close to our hearts whilst also raising awareness of cancer and enjoying some outdoor exercise.

"We have received an excellent response to this fundraising event and people wanting to join in and walk with us—about 11 miles in total. It is a wonderful scenic walk with a lovely crown-shaped monument built over a spring well in Glen Mark, called the Queen's Well, about two miles into it. This was where Queen Victoria and Prince Albert stopped on one of their pony treks in 1861 to take a drink of water.

"Others are welcome to walk with us however we will try to keep the numbers low due to COVID-19 restrictions. If you are interested, please contact us at the Shed."

## Partners team up to send supplies to cyclone-hit Fiji

Vital supplies—including restored wheelchairs, sleeping bags, towels and blankets—have made their way from the Highlands to Fiji to help those in need following the devastation left by tropical cyclones.

The items will assist with recovery efforts as well as support those with mobility issues. The joint project with Inverness Culloden Rotary Club, Inverness Men's Shed, PhysioNet, NHS Highland and Inverness Prison included the restoration of wheelchairs and mobility equipment which were due to be decommissioned.

Derek McRae, the project's organiser for Inverness Culloden Rotary Club, said: "Almost 70 wheelchairs have been despatched from Inverness in the latest consignment along with the equivalent of three car loads of blankets to help with the recovery efforts in Fiji."

Alan Michael, founder and member of Inverness Men's Shed, said: "Our members are delighted to be part of this worthy cause and joint project to assist the storm-affected people of Fiji in whatever capacity we can."

Inverness Men's Shed was in the process of transforming its new premises for its 100 members at the old sports pavilion at Millburn Academy when lockdown hit but is hoping to open its doors soon.

For more information on Inverness Men's Shed, visit their website at [www.invernessmensshed.co.uk](http://www.invernessmensshed.co.uk) and follow them on Facebook at [www.facebook.com/Shedder19](https://www.facebook.com/Shedder19)



You can donate to this worthy cause, through JustGiving, at [www.justgiving.com/fundraising/edzell-men-shed](https://www.justgiving.com/fundraising/edzell-men-shed)

For more information on Edzell Men's Shed and their Mount Keen fundraising challenge, please follow them on Facebook at [www.facebook.com/Edzell2019](https://www.facebook.com/Edzell2019)

**If your Shed is interested in a presentation from Prostate Scotland online or in person (once restrictions allow) to raise awareness with your members, please see [page 25](#).**



## Men's Shed Govan is 'buzzing' to reopen

Sarah Everett, Funding Manager at Men's Shed Govan who started up the Shed, provides an update on their reopening, following the SMSA guidance and utilising the free Pathfindr Safe Distancing Assistant available to Scottish Sheds.

Sarah (pictured top right with the Shedders, pre-Covid) said: "We are delighted to announce that Men's Shed Govan re-opened last month on the 3rd May 2021.

"The Committee used the [SMSA's COVID-19 Re-opening Guidance for Scottish Men's Sheds](#) and did the required risk assessment, put up signage, installed hand sanitiser stations on entry and in every room. The track and trace forms and sign-in sheets are in the entrance hall and [Pathfindr Safe Distancing Assistant](#) lanyards are handed out and numbers recorded on entry.

"The Pathfindr lanyards—worn around the neck or alternatively, clipped on to a belt—are a much-welcomed safety device for our Shedders.

"At the start, there was quite a few buzzers going off but that is exactly what these devices do—they constantly remind us to check our distance and avoid those awkward conversations of letting someone know they are getting too close.

"We have implemented a maximum limit indoors of up to eight people in the main room per session in order to comfortably stay at a safe distance. If anyone else turns up unexpectedly,

then they remain in our outdoor space, but thankfully we now have an outdoor shelter. Our Chairman, Richard Caird, has been rotating people so that if it is a bit cold then no-one is outside for too long. Thankfully though, the better weather has allowed outdoor maintenance and wee projects to be carried out whilst enjoying the sun.

"No food is prepared on the premises at the moment and at the end of each session, we clean surfaces and those heavy traffic/shared areas like the kitchen, toilet and window and door handles. A fogger is also used in the rooms to kill any airborne germs.

"Our plans from well over a year ago are now starting to take shape in our garden. The members have been busy creating and painting the new shelter, chairs and benches and installing monoblock. The place is buzzing again...it is a hive of activity.

"As you will see in our photographs that we have shared with The Scottish Shedder readers, there are smiles on all of the men's faces as they are just so glad to be back and feeling useful again. They are all having a laugh and some banter—and listening to John D's corny jokes again—with familiar faces and some new ones too."

Men's Shed Govan is open Mondays, Wednesdays and Fridays from 10am-2pm and currently running a booking system for sessions.

For more information on Men's Shed Govan, please visit their website at [mensshedgovan.online](http://mensshedgovan.online) or follow them on their Facebook page at [www.facebook.com/mens.shed.govan](https://www.facebook.com/mens.shed.govan)





## Shedders realise the dream as work begins to refurbish former medical centre into community hub

After five years in the making, ambitious plans from some Strathmore Shedders to transform a former Coupar Angus medical centre into the innovative, green and multi-use 'Strathmore Community Hub' are coming on leaps and bounds with local contractors now on site.

Supported by several key funders (Scottish Government's Town Centres Fund, The Robertson Trust, Scottish Land Fund, The Gannochy Trust and the NHS Tayside Community Innovation Fund to name but a few), the building in Perthshire will be transformed to provide a flexible and inclusive space in a central location for the community. The hub will host a number of activities from local charity and community groups—including Strathmore Men's Shed—as well as a new café to fully maximise the potential of the space.

The idea for the hub came from two local Shedders, David Downie and Keith Langelaan. David, Chairman of the Strathmore Community Hub and a founding member of Strathmore Men's Shed, said: "This project has been a long-held dream. Although our Shed has premises on 1 High Street, Coupar Angus—which we receive rent-free but pay for electricity—we were still on the lookout for suitable larger premises for our members. Five years ago, on hearing that this building was to be put up for sale, we looked into it as a potential new home for our members.

"We were advised by a funder that a single purpose, such as a Men's Shed, would be too exclusive a use for this large building so we began to look at the bigger picture—determined to see it reopen to benefit our community—whilst also providing space for use by our Shed members.



"We established the [Strathmore Community Hub](#) as a charity and have strived over the last five years to take the building into community ownership to run for their benefit and meet local need.

"Today's vision is pretty much what came out of the early ideas and our Scottish Government Advisers helped develop this as well as provide funding to carry out the feasibility study and business plan."

Keith Langelaan added: "The new lease of life for this building will offer affordable space and activities for members of our community, of all ages, to come together which in turn will combat social isolation and increase social cohesion."

Strathmore Men's Shed Chairman, Edwin Petrie, said: "The hub building on Traders Lane is only a few minutes' walk from our current Shed premises and small workshop. The Hub will be a great community asset that will provide our members with additional facilities for meetings and more social gatherings, like our darts club, for many years to come.

"The layout and planned use of the building does not currently allow a workshop facility for our Shed however, there may be space to extend the building to include this in the future. Meanwhile, we are still on the hunt for larger Shed premises. Our current Shed is great for socialising but down the line, we would like to expand our very limited workshop activities for our members and attract new ones."

The transformation of the Strathmore Community Hub is set to be complete by September 2021. For more information on Strathmore Men's Shed, please follow them on Facebook at [www.facebook.com/StrathmoreMensShed](https://www.facebook.com/StrathmoreMensShed)



## Lottery funding boost for new craft centre at The Shed @ Bayview

The Shed @ Bayview has secured £10,000 from the [National Lottery Community Fund](#) allowing them to equip and fit out a portable cabin, donated by Fife Council, as a new crafty offering for Shedders in the Levenmouth area.

Ken Whyte, Shed Chairman, said: "Since starting up the Shed in February 2020, our dream was to have a craft group so that our Shed would appeal to a wider group. The money has been spent on purchasing equipment and supplies to support a wide range of crafts to appeal to our members old and new.

"From knitting and quilting to card making and everything in-between, we will be able to support members to develop and learn new skills."

Shed Secretary, Carolyn Simpson, said: "We are really excited to get my 'craft skills - made easy!' project up and running as soon as conditions allow. We have bought a computerised sewing machine that will make many designs and logos and a die cutting machine as well as a Scan 'n' Cut machine which will enable us to cut out all sorts of shapes and designs as well as create cards that will cater for many different occasions.

"Alongside the state-of-the-art crafts, we will also cater for the more traditional crafts like sewing and knitting. We hope to encourage people to take up a new hobby or pastime and learn from each other. The machinery should assist people with dexterity problems with their hands and people who feel their eyesight is not quite as good as it used to be."

Ken added: "All our members would like to pass on our grateful thanks to the National Lottery Community fund and the people that buy lottery tickets for making this all possible. We hope to have it ready by the end of June and are looking forward to welcoming our members back to the Shed. We have also just recently heard that we have secured another grant from the [Corra Foundation](#) so the good news just keeps coming in. This money will be used to create planters and garden features to brighten up many of our local residential homes gardens."

For more information about The Shed @ Bayview, please follow them on Facebook at [www.facebook.com/TheShedBayview](https://www.facebook.com/TheShedBayview) or email them at [theshed.bayview@gmail.com](mailto:theshed.bayview@gmail.com)



## Maryburgh Men's Shed secures £5,000 from the Highland Coastal Communities Fund

Maryburgh Men's Shed is celebrating its latest grant of £5,000 from the Highland Coastal Communities Fund (HCCF). The vital funds will go towards the refurbishment of the former Maryburgh Primary School and grounds to transform it into their new premises.

This award closely follows the group's news that it secured a Community Asset Transfer (CAT) for its Shed under the Community Empowerment Act in February 2021.

For more information on Maryburgh Men's Shed, follow them on their new Facebook page at [www.facebook.com/maryburghms](https://www.facebook.com/maryburghms). Alternatively, please contact Andy Barnett (Treasurer) on 07792 739600 or Sandy Law (Secretary) on 01349 861609.





# A PERSONAL STORY FROM ACROSS THE SEAS

***The SMSA chats to Peter Rayner (82), founder of the [Hume Men's Shed](#) in Craigieburn—an outer northern suburb of Melbourne/Victoria in Australia—as he shares his Men's Shed journey over the last 14 years and his plans to reach out to connect with Scottish Sheds.***

Peter, also known in his Shed as 'Pedro', said: "Our Shed began 14 years ago following a visit to see family in Western Australia. One day, whilst walking down the town streets of Albany—a delightful seaside location—I saw several notices in various shop windows advertising the official opening of a new Men's Shed. I knew I just had to have a look and that visit, sowed the seeds in me to come back home and start up a local Men's Shed.

"In the beginning, we established the Shed in my double garage. We started out small, inviting men that we knew locally and our church also gave us much support and pointed men in our direction. Gradually, we began to grow. It was this humble beginning that has brought us to where we are today and still growing,

"Our day in the garage would start simply with chairs and tables (some borrowed), an urn and some cups and we would come together to chat and enjoy each other's company.

"One of the strong stories that emanate from Men's Shed group meetings is that many men—married or single—simply have no one to talk to. Often, wives would ring up and ask if they could bring their husband down to join the Shed because he is bored or—as was often the case after retirement—the guys were in the way at home and just needed something...a purpose.

"There are many conversations that flow from these circumstances in our Shed, some life saving. Our Shed, like others, has many stories to tell and all discussions between members are strictly confidential—what is said in the Shed, stays in the Shed.

"Over the years, as the Shed grew, we knew that the double garage was becoming too small for the needs of our thriving membership. We began reaching out to our local City Council, and that strong relationship is still maintained to this day.

"The Council has been a tremendous support to bring us to where we are today with two Sheds—one of which is completely brand new and opening this month alongside our original one.

"A typical day in our Shed consists of arrival, signing in—essential for insurance, occupation health and safety (OH&S) and local Government requirements—and a payment of \$5 is made. If a member chooses to have lunch on the day, offered from the new kitchen, that's an extra \$3. Some members bring their own lunch if they have special dietary requirements.

"Our Shed is comprised of members from all ages and backgrounds with ranging life experiences and skills. Our members can participate in meaningful projects, programs and activities or simply relax with their peers in a safe and happy environment enjoying endless tea/coffee and snacks on the tables until lunch time.

"Current activities include guest speakers; cooking; landscaping and gardening; large commissioned/contracted workshop projects; repairs and refurbishment of toys for schools; community odd jobs; and fundraising events such as our Sausage Sizzles. Each member partaking in the workshop has to be assessed first of all for OH&S reasons which we and all other community groups must abide by but the time in the Shed is theirs to enjoy as they wish.

"Personally, I would like to reach out to a Men's Shed or Sheds in Scotland to become linked and share stories and ideas. I know there is international Shed chat taking place on a private basis and it is something I am also very keen to get involved in."

**If your Shed/Shedders are interested in connecting with Peter and Hume Men's Shed, they would be delighted to hear from you. Get in touch with [Michelle at SMSA](#) and she will make the link.**

**For more information on Hume Men's Shed, visit their website at [www.humemensshed.com.au](http://www.humemensshed.com.au) or follow them on [Facebook](#).**





# 'THE SHED GARDEN'



***Girvan Men's Shed shares progress on its sensory garden project and their Shedders' involvement in a very special initiative to ensure Girvan's fallen are remembered.***

Located within the [Girvan Football Club](#) (GFC) grounds at Hamilton Park, Girvan Men's Shed was set up by the Girvan Town Team to provide a facility for local men to socialise and take part in various activities. Roddy MacDonald, Girvan Town Team Co-ordinator, said: "In 2018, the Shed was offered the unused land at the football club and the support received from the Club and the local community has been amazing.

"GFC was delighted with the Shed's proposal to transform the land into a sensory garden for people of all ages and abilities in our community. The garden has received the backing of several funders including £8,398 from the [National Lottery Awards for All](#); £3,026 from [Carrick Futures](#); and £2,010 from the [Falck Assel Valley Community Benefit Fund](#).

"Where possible, donated and recycled materials have been used, even an old bath belonging to member Pat was repurposed as a flower bed. In lockdown, the Shed's woodworking activities stopped temporarily however the garden project continues every weekday (from 9am—12 noon) for members to 'keep gardening' and work safely outdoors in small groups. We have added a tarmacked path up the hill, installed fencing, erected three small mobile greenhouses and put in many hours of planting, digging and weeding. We have plans to add a disabled-access pathway and over 150 trees, plants and bushes from The Woodland Trust. All the hard work is paying off and the space has been truly transformed."



A very special area of the garden is 'The Great War Project' and is something the Shed is immensely proud of. Girvan Men's Shed approached local man, Ritchie Conaghan—the former Chair of Girvan Town Team who, along with his wife Lorna, runs the [Girvan and District Great War Project](#)—when they heard about the Remembrance Stones at the Girvan War Memorial and were keen to also create some kind of permanent memorial at Hamilton Park.

Ritchie and Lorna have spent years researching and gathering the names of those from Girvan and the surrounding villages of Ballantrae, Barr, Barrhill, Colmonell, Dailly and Kirkoswald and maidens who fought and died in the First and Second World Wars. Ritchie said: "Back in 2014, my mum (who lives in Colmonell) suggested that we pick a 'couple of names' from the War Memorial to research. We found discrepancies with the names of the Colmonell men who died—there were only 43 names on the War Memorial yet other names on the Church Roll of Honour and we also found another three names not mentioned at all. In total, we recorded 52 'fallen' men from the area and donated books to all the villages for future generations.

"It just snowballed from those early days and community engagement has been tremendous. We have also got the local schools involved in the research and encouraged pupils to create their own poppy stone for Remembrance Day ceremonies. We must ensure that these men are remembered by future generations.

"We felt that this opportunity with the Shed was a great one. For us to engage with another local group and



their idea of a wildflower garden—to also be inclusive of countries that do not use the poppy as their Remembrance flower—where people can go to reflect and remember in a beautiful and peaceful space ticked all the right boxes for us.

"The Girvan Sheddies quickly got to work—volunteering hours of their time to prepare the ground, add decorative stones, sow 100 packets of wildflower seeds (donated by [The Commonwealth War Graves Commission](#)) and plant surrounding shrubs of juniper and bamboo. Royal British Legion Tommy Soldier silhouettes have been added and we are currently having signs made to recognise 600 men who gave their lives. This project is made even more special as it marks 100 years since the first Remembrance Poppy. We can already see the seeds have germinated and look forward to seeing it in full bloom this summer. The location is perfect as it also overlooks both the football park where many men who fell played and the train station where many last set foot in Girvan never to return."

When the Shed re-opens, members (old and new) can attend every Thursday, 12.30—4pm. The Shed promotes regular garden updates online at <http://girvanmensshed.co.uk/gardening>. You can make a donation to the Great War Project through [JustGiving](#).





# SHED PROJECTS

## Dunoon Men's Shed implements its own electronic login system and introduces contactless payments for reopening

As the COVID-19 pandemic spurs a huge shift to contactless entry and payment systems, Dunoon Men's Shed (DMS) shares their experience of designing their very own token login system for members and reducing the risk of cash handling prior to their reopening.

Shed Secretary, Geoff Evans, said: "In January of this year, the SMSA released its [COVID-19 Guidance for Sheds](#) for consultation and within it there was advice to change the way Shedders/members sign in or book for Shed sessions and activities as well as a recommendation to refrain from handling cash where possible.

"As the official 'DMS tech guy', I set to work (at home) on setting up a system whereby each of our members would be provided with a keyring tag and when they came to the Shed they could login by tapping the tag against a reader on our reception desk.

"They would not have to use pen and paper, hence the decrease in contact with handled items. Of course, I didn't want the Shed to have expenditure on a bought-in system so with about £12 for a tag reader and a bag of tags plus one of the many laptops, that have been donated to us, I developed the system which became fully functional as of the 13th May.

"The Shed admins now have a daily spreadsheet showing names, time of arrival and time of departure on the office PC without having to 'do anything'...and it will provide real data to our funding team on active



membership—to support funding applications and reporting—and so on. We can really reap the benefits of this data in the future.

"To reduce cash handling, I also introduced a contactless payment system. I bought in the [iZettle](#) system which deals with bank accounts, cards etc. We have a daily attendance fee of £3 which was usually paid in £1 coins meaning that the cash handling risk was significantly high.

"In the space of a week, this contactless payment option has reduced that by two thirds. Our 'customers' now also donate by card to the tune of £200-£300 per week.

"These systems are of huge benefit to us. We have 50+ members and attendance is usually 25-35 per day (plus an additional 10-20 visitors) on open Shed days. Whilst smaller Sheds may not gain the benefits of implementing these systems perhaps the larger Sheds might. If Sheds have had not yet introduced such systems then they might find our low-cost solution useful as well as interesting to any tech guys they have."

For more information on Dunoon Men's Shed, follow them on Facebook at [www.facebook.com/DunoonMensShed](https://www.facebook.com/DunoonMensShed)

## Back to Nature

[Paisley Men's Shed](#) had the pleasure of dropping off some fairy doors and bird boxes to [RSPB Lochwinnoch Nature Reserve](#) last month.

No sooner had one of the bird boxes been installed when some new tenants moved in.

A representative from the reserve said: "We would like to thank Paisley Men's Shed for their donation of two nest boxes to the reserve. One of which we are happy to see is currently being used by a family of blue tits."





# SHED PROJECTS

## The Inverclyde Shed



Fifteen schools have benefitted from The Inverclyde Shed's funding secured through the [Local Co-op Community Food Fund](#).

The funding allowed the Shedders to help the schools set up small growing spaces and some with larger community spaces.

In the case of Port Glasgow High, they also had some additional funding from the Climate Change Fund to purchase a flat pack 10' storage container (pictured above) for tools etc. The council put in the slab base and the Shedders helped them put the Shed together as part of its support towards their growing space.



A memorial pew/planter with cherry tree was installed at St Columba's High School in Gourrock.

The kids will also be working with the Shedders to refurbish a donated bench, sand it down, renew fixings and apply some wood oil.



Shed Chairman, Bruce Newlands, setting up some vegetable planters, from recycled scaffolding boards, with staff at The Bluebird Family Centre.

The staff will engage the children to learn about growing produce from a young age.



Shed members learning about different approaches to beekeeping from [Kilbarchan & District Beekeepers Association](#).

The Inverclyde Shed is hoping to establish a hive in their new orchard in the future.



Woodturning will be offered in the re-organised Captain Street workshops when they reopen later this month.

Inverclyde Shed Trustee and member, Barrie Baker (pictured left), has created an [introductory video](#)—ideal for beginners—on wood carving, the materials, tools and techniques.



Members David Maugere, John Mcvey and John Cook have been busy learning the ropes with camera equipment donated by Age Scotland.

The Shedders are currently working on a short film about the difficulties experienced as a result of the pandemic and lockdown.

For more information on The Inverclyde Shed, please visit their website at [www.inverclydeshed.co.uk](http://www.inverclydeshed.co.uk) or follow them on [Facebook](#), [Twitter](#), [Instagram](#), [Pinterest](#), [You Tube](#) and [LinkedIn](#).



## North Ayrshire Men attend health and wellbeing event

In conjunction with North Ayrshire Council, Garnock Valley Men's Shed (GVMS) and Three Towns Men's Shed organised and held a very successful Men's Wellbeing Event via Zoom last month.

The event, on Wednesday 12th May 2021, featured presentations from Mae Bell of [Prostate Scotland](#) (see *more information below*); Ken Morton of [12 Guitars](#); staff from North Ayrshire Libraries; and David Gardner (SMSA Chair and Vice-Chair of GVMS) on the Men's Sheds Movement. The event also featured a quiz based on delegates' knowledge of North Ayrshire.

David Garner said: "I strongly recommend the presentation by Mae Bell as, having personal experience

of cancer, I found it very informative and it was extremely worthwhile to share this with our Shedder community. Mae is willing to attend Men's Shed meetings virtually (and physically in the future once measures allow) and I would urge Sheds to take advantage of this offer to raise awareness amongst your boards and members.

"Ken from 12 guitars showed an insight into how guitars help people to interact and also discussed the [potential partnership](#) developing with the Scottish Men's Sheds Association and individual Sheds. It is also amazing what your local library can now offer and I for one am re-joining after many years of absence.

"A poll carried out at the end of the event showed a 100% wish to participate in further events – a great boost for the organising team. All presentations scored highly in the poll."

## Prostate Scotland Virtual ToolBox Workshops for your Shed

Recently, I had the pleasure of meeting and delivering the [Prostate Scotland](#) Virtual ToolBox Workshop to a group of men from North Ayrshire Men's Sheds (see above). It was a great, well-attended event and before we got started, all I can say is, the craic was good.

**But, is your Men's Shed prostate aware?**

**Did you know that:**

- Almost **1 in 2** men over the age of **50** are at risk of developing prostate enlargement
- Prostatitis can affect men from the age of 18 years, being most common between **30-50 years old**
- Prostate cancer is the **most common** cancer for men in Scotland with a **1 in 10** lifetime risk of a man developing prostate cancer

Probably, most men have heard of the prostate at some time or other, but many men don't have a clear idea of what it is, where it is, what it does, what can go wrong with it or what the symptoms are.

A survey for Prostate Scotland found that **just over 50%** of the general public surveyed and only **1/3 of men over the age of 55** could name a symptom of prostate disease/cancer.

So, how can Prostate Scotland and Men's Sheds work together to help start put this right?

Prostate Scotland is delighted to offer Scottish Sheddars our new Zoom ToolBox Workshop to individual Sheds or with a few Sheds coming together. Our workshop is a short but informative powerpoint presentation that can be delivered through Zoom or Teams or, once restrictions ease, by coming along to your Shed.

Why not get in touch to find out about and organise one of our Zoom ToolBox workshops—it will be well worth 20-30 minutes of your Sheddars' time!

**Mae Bell**  
**Information and Advice Co-ordinator**  
**Prostate Scotland**  
**0131 603 8663 | [mae.bell@prostatescotland.org.uk](mailto:mae.bell@prostatescotland.org.uk)**



# WHAT'S COOKING?



## Support Veterans on Armed Forces Day with the 'Battle of the Burgers'

[Combat Stress](#) is the UK's leading charity for veterans' mental health and, along with the SMSA, a partner in the Unforgotten Forces consortium (see [page 9](#)). The charity exists to help former servicemen and women with mental health problems such as PTSD, anxiety and depression. Combat Stress is inviting Sheds/Shedders to join them during Armed Forces Week (21st - 27th June 2021) and host a BBQ party at your Shed or from the comfort of your home to show support for the Armed Forces.

Their FREE Battle of the Burgers Pack has lots of tips for hosting a brilliant BBQ, including exclusive burger recipes for the Navy, Army, and RAF (created by a former military chef). Also included in the pack are: a military-themed quiz (see below), a Spotify playlist, downloadable decorations, and their 'top 10 tactical tips' to help boost your fundraising.



Armed Forces Day takes place on the last Saturday of each June. In 2021, it will take place on Saturday 26th June 2021. The Armed Forces response to COVID-19 has been the biggest ever homeland military operation in peacetime with more than 5,000 personnel involved. Armed Forces Day this year is an opportunity to acknowledge the incredible work they have carried out and continue to carry out for the nation, and what better way to celebrate than getting together with family and friends. **Join the 'Battle of the Burgers' and sign up for your free BBQ pack at [www.combatstress.org.uk/battle-of-the-burgers](http://www.combatstress.org.uk/battle-of-the-burgers)**

## Armed Forces Day Quiz

If you're bored of online quizzes now, this is a perfect opportunity to hold an actual quiz...in person! You could theme the quiz around the Armed Forces and maybe a food and drink category to go with the BBQ theme. Ask for a donation per team to enter and offer a prize for the winning team.

To make things easier for you, Combat Stress has prepared an [Armed Forces Quiz sheet](#) for Quiz Masters complete with both questions and answers covering nine categories (Scraps & Bevvies, General Intelligence, Army, Navy, RAF, Military History, Military Machines, Military Fame, General Military Intelligence).







# Author Talks

**An Exclusive Scottish Shedders' Audience with Michael Malone**

[Men's Shed Govan](#) is proud to announce the third in its series of free, live, online discussions with Scottish authors exclusive to Shedders across Scotland.

The third author is Glasgow's prize-winning, Scottish crime fiction writer [Michael J Malone](#), who is particularly famous for writing the DI Ray McBain trilogy series.

The Zoom event will take place on Wednesday 14th July 2021 from 7-8pm and is completely free to attend. Previous Author Talk events have been extremely well attended and an enjoyable and entertaining evening for all. Men's Shed Govan is excited to be joining fellow Shedders from all over Scotland and look forward to seeing you all online.

**In order to attend, there are a few things you need to know and do:**

- 1. PUT THE DATE IN YOUR DIARY (WED 14th JULY AT 7PM); AND**
- 2. REGISTER FOR THE EVENT**

Booking is essential in order for Men's Shed Govan to stay within their capacity so REGISTER EARLY at:

[www.eventbrite.com/e/scottish-mens-shed-author-talks-michael-j-malone-tickets-159590749227](https://www.eventbrite.com/e/scottish-mens-shed-author-talks-michael-j-malone-tickets-159590749227)

## HAVE A QUESTION FOR MICHAEL?

The last 20 minutes of the evening will be open for audience members to ask questions directly to the author. If you have a question for Michael, please email it to [greg@fredfertang.co.uk](mailto:greg@fredfertang.co.uk). Men's Shed Govan cannot guarantee that everyone will get the chance to ask their question but will attempt to get through as many as they can in the time available.

# FUNDING OPPORTUNITIES



**In Kind Direct** is the UK charity distributing consumer goods donated by companies to UK charitable organisations working in the UK and overseas.

Founded in 1996 by HRH The Prince of Wales, the charity offers a simple solution to connect companies and their products to thousands of charities, community groups, foodbanks and schools supporting our

communities.

The charity has distributed over £268 million worth of essential products, supporting over 11,000 charitable organisations and millions of people, as well as diverting 30,600 tonnes of usable goods from waste.

In Kind Direct empowers charities to do more for less and put their local knowledge at the heart of their work.

Register your Shed for FREE today at the link below and their couriers can deliver goods directly to your door (there is a small charge for providing products but delivery is free): <https://cat.inkinddirect.org>



Every year, Asda customers have the chance to vote for their favourite local good cause when they shop in store via the **Green Token Giving programme**.

Due to COVID, the programme has been on pause however the **Asda Foundation** is excited to announce that in summer 2021, Green Token Giving will return via an online vote meaning customers can vote from the comfort of their homes whether they shop in person, online or click and collect at Asda.

You can nominate a local good cause online at [www.asdafoundation.org](http://www.asdafoundation.org) and send by email to the Community Champion at your nearest Asda Superstore. You can find Community Champion contact details for your nearest store at <https://storelocator.asda.com>

The group with the most online votes will receive a £500 donation with second and third place each receiving £200.



**Connecting Scotland**, which focuses on supporting skills and training, is open for applications until the 5th July 2021.

Organisations are being invited to apply for funding to help end the digital divide in Scotland. Organisations can apply for support on behalf of the people they work with. This includes: digital devices (iPads and/or Chromebooks); internet connectivity (a mobile WiFi hotspot with 24 months unlimited data); and training and support (for staff and volunteers to become 'digital champions' to support people to use the internet confidently and safely).

Apply online at [www.connecting.scot](http://www.connecting.scot)

Funding is available to support Armed Forces communities through [The Armed Forces Covenant Fund Trust](http://TheArmedForcesCovenantFundTrust.org.uk).



Their current programmes include **Positive Pathways Funding** which offers fixed grants of £35,000 to activity-based projects that are run by veterans, for veterans. The Trust expects these projects to have a positive impact on veterans' mental health and wellbeing. Now in its second year, the programme funded more than 100 projects in 2019/20, ranging from sports, crafts, outdoor pursuits and nature-based projects.

## **Volunteering Matters Action Earth**

has launched support for communities to get back to outdoor volunteering through easy-to-access grants of up to £250 for environmental activities across Scotland.



If your Shed is carrying out practical environmental improvements or wildlife habitat creation in your local green spaces then you are eligible to apply. Previous projects have included wildflower meadow and pond creation, woodland renovations, the establishment of new community gardens and shared foraging projects or food growing areas.

Visit <https://volunteermatters.org.uk/project/action-earth>

This year's **Henry Duncan Grants** will fund community-based support for mental health and wellbeing.



Around one in three people in Scotland are estimated to experience mental ill health in any year. The impacts aren't spread equally across the population, with adults living in areas of poverty approximately twice as likely to have common mental health problems.

It seems likely that the health, economic and social impacts of the coronavirus pandemic will increase people's need for support with mental health and wellbeing. The fund is open to small charities and voluntary groups supporting communities experiencing disadvantage to improve mental health and wellbeing by reducing isolation and loneliness. Organisations should have an annual income up to £50,000.

Apply by the 21st July 2021 at [www.corra.scot/grants/henry-duncan-grants](http://www.corra.scot/grants/henry-duncan-grants)

## **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](mailto:comms@scottishmsa.org.uk)**



# UPDATE FROM AGE SCOTLAND

by Tim Green

I need to give credit to Elizabeth Bryan, Age Scotland's Community Development Manager for first uncovering information about the Penilee Crafts and Hobbies Centre for Retired Men in Glasgow featured in the [last issue of The Scottish Shedder](#) (May 2021 edition).

Elizabeth came across minutes about them whilst carrying out research for Age Scotland project [Speaking Up for Our Age: Celebrating 75 years of national and local older people's groups and organisations in Scotland, 1943-2018](#).

Elizabeth is a keen historian with a particular interest in oral history and was instrumental in guiding the methodology in the [Shed Effect: Stories from Shedders in Scotland](#).

Elizabeth has a wealth of oral history projects to her name including:

- Salt of the Earth: A Scottish Peoples' History
- Bathgate Once More: The Story of the BMC/Leyland Truck and Tractor Plant, 1961-86
- Vivendo discimus, by living we learn: the life and times of Riddle's Court, 1590-2007
- 60 WEA voices, 60 years on: the people's war in Scotland 1939-1945 : Alness, Glasgow, West Lothian
- Timeline: charting key developments and innovations in the Workers' Educational Association's first 100 years in Scotland.

I am currently working on a refresh of our Men's Shed webpages and adding a new one:

## Telling the Story of Men's Sheds

Over the years, we have worked with a number of Sheds to tell their story. There are a variety of different ways for Sheds to evidence the impact they have on Shedders, their families and their community.

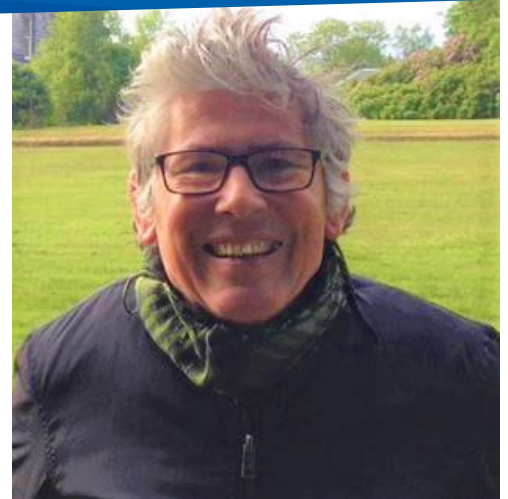
We have found that Sheds provide positive views of aging and later life, tackle loneliness and isolation and help older people be as well as they can be.

Demonstrating the difference your Shed is making can be achieved through a diverse range of sources:

- Existing research
- Using film
- Academic research
- Other ways to tell the story of your Shed

The webpage will provide examples of these and also signposts to sources of support with evaluation.

Tim Green—Community Development Officer (Men's Sheds)  
Age Scotland, PO Box 29245, Dunfermline, KY12 2EH  
Mobile: 07718 579 291  
[tim.green@agescotland.org.uk](mailto:tim.green@agescotland.org.uk)





# Support the SMSA

Want to help make a difference? There are many ways to support the Scottish Men's Sheds Association (SMSA) and our vital work.

**Make a direct donation to the Association:**



**Donate while you shop online, at no extra cost to yourself:**



**Fundraising and social media events**

You can raise funds for the SMSA through fundraising and social media events like [Facebook Birthday Fundraisers!](#)

**Legacy donation**

Become a guardian for future generations of Shedders by leaving a gift in your will to the Association. Start a conversation with the SMSA to discuss the difference this could make

*The SMSA is a registered Scottish charity (SC045139), its [Board of Trustees](#)—all volunteers that receive no remuneration for their time and efforts—passionately believe in the SMSA's aims and vision for the people of Scotland. The Association's small [staff team](#) of three passionate individuals work to promote and support the growth of the grassroots movement across Scotland. From speaking to hundreds of individuals requiring support to start their own Men's Shed; creating pathways and documentation specific to Scottish law; and lobbying policymakers on men's health and wellbeing.*

**Follow the SMSA at**

