

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

ABERCHIRDER AND DISTRICT MEN'S SHED SCOOPS 'SCOTTISH MEN'S SHED OF THE YEAR' AWARD



WINNER - Aberchirder & District Men's Shed. L-R James Paterson, Derek Keiller (SMSA Chairman) and Mike O'Brien

Aberchirder and District Men's Shed has scooped the award and title of the first 'Scottish Men's Shed of the Year' and a £500 cash prize at the Scottish Men's Sheds Association (SMSA) Annual General Meeting on Wednesday 11th September 2019.

The event celebrated the work carried out by Aberchirder & District Men's Shed which began in 2016 with a team of seven men ('The Magnificent Seven') at the helm - fundraising and raising awareness of the Sheds Movement through

popular coffee mornings and applying to local and national funders to secure a Shed.

Aberdeenshire Council granted a lease for the land which the Shed now stands on and in 2017, the founding Chairman cut the first sod with a donated JCB digger. By Autumn 2017, five cabins had been installed with toilets, a kitchen, a computing space and a social area followed by raised beds around the perimeter of the car park.

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The team worked over 30,000 man-hours over the 104-week construction process, all the while, still engaging with its 72 members through monthly meetings and fundraising events and activities. In May 2019, the Lord Lieutenant of Banffshire Clare Russell officially opened the Shed and revealed a

Continued overleaf ...

AGM & MEN'S SHEDS AWARD UPDATE

...Continued from page 1

wall plaque to commemorate the event with over 350 members of the local community in attendance.

A letter from Buckingham Palace, an invitation to the Royal Garden Party at Holyrood Palace and a meeting with Prince Edward were also amongst the celebrations to recognise the excellent work being carried out by the Shed.

During the period of the Aberchirder and District Men's Shed, the Shedders have worked with local schools, charities, businesses and residents to provide planters, fencing, garden seats, hanging baskets, firewood and chicken coups in addition to being the envy of the community with its Shed-grown fruit and veg.

Mike O'Brien, Chairman of the Aberchirder & District Men's Shed, said: "We are so proud to win this prestigious trophy in its inaugural year. We look forward to displaying the Targe at the Shed and wish to formally thank the Shed's 'Magnificent Seven' for all the work they have done and, in particular, the founding Chairman Kenny Christie, whose shoes I will have a challenge to fill. Now that we are at the end of a very busy two years, we intend to do what Men's Sheds are all about and enjoy the company and craic."



RUNNERS UP (L-R): David Chambers (Cromarty Firth Men's Shed), Derek Keiller (SMSA Chairman) and Peter Davison (Aultbea Men's Shed)

The awards presentation - to showcase the commitment, impact and outstanding work being carried out by Men's Sheds in Scotland - recognised 15 entries and saw **Aultbea Men's Shed** and **Cromarty Firth Men's Shed** tie for the runner-up places and each receive a £250 cash prize and a gift voucher from **Axminster Tools & Machinery**.

Carse of Gowrie Men's Shed in Dundee played host to the SMSA event and the engraved Scottish Targe presented to the winning Shed was produced thanks to the help, generosity and skills of several Men's Shed members to truly encapsulate the ethos of Men's Sheds. SMSA Chairman, Derek Keiller, designed the trophy from mahogany supplied by the Carse of Gowrie Men's Shed from a 100 year old billiards table followed by French polishing by Hamish Shepherd of Strathmore Men's Shed in Coupar Angus.

Check out the next edition of 'The Scottish Shedder' for the full story on our 'Shed of the Year' Runners Up

Aultbea Men's Shed & The Cromarty Firth Men's Shed

Jason Schroeder, Executive Officer at the SMSA and co-founder of the first Men's Shed in Scotland, said: "Today's event celebrates the success and growth of the Men's Sheds Movement in Scotland. By showcasing the award nominees and their life-changing impact it is hoped that more men will access Men's Sheds to connect with their communities, to improve their health and wellbeing, and that new Men's Sheds will continue to be developed across Scotland."

'THE SCOTTISH SHEDDER' IS BACK!

'The Scottish Shedder' promotes news from the Men's Sheds around Scotland to showcase their successes in addition to promoting relevant events, funding opportunities, DIY projects, recipes and much more.

Each issue is posted to our member Sheds and online to almost 2,000 individual subscribers.

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions by **Friday 1st November 2019**. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland.

Email: comms@scottishmsa.org.uk



TALKING SHEDS BY JASON SCHROEDER

Wow, a year has flashed by in Shed HQ since the last 'Scottish Shedder' was published and yes we have heard your moans and groans that you have missed it; we have too.

Unfortunately, due to funding challenges we could not reemploy a Communications Officer. However, the **William Grant Foundation** has come to the rescue and we have now employed Michelle Wibrew as our new Communication Officer and low and behold four weeks later you have the first Scottish Shedder to enjoy.

So for this Talking Sheds I am going to give you an update on what has been happening with the Scottish Men's Sheds Association (SMSA) and the growth we have seen within the Scottish Men's Shed Movement over the year since the last edition was published.

SMSA membership has grown from 1,250 to 1,907 Individual Members and Shed Membership has increased from 60 to 116. The number of open Sheds rose from 78 to 123 and developing groups from 47 to 52.

Co-production (that's us not reinventing the wheel and working with existing organisations to help deliver your needs) with new organisations, the **Community Ownership Support Service (COSS)**, Glasgow Caledonian University, Scottish Government - Empowerment Team, **Age Scotland**, **Scottish Community Alliance**, **Axminster Tools & Machinery** and **Citrus Energy** increased. This has resulted in many levels of support from Community Asset Transfer guidance to discounts on machinery to getting you the cheapest electricity for your Shed and in your homes for your Shedders.

We increased our presence of Scottish Men's Sheds at two large national events. Our stall at The Gathering and Gardening Scotland were extremely successful, with

strong attendance figures at all events which resulted in 950 good conversations.

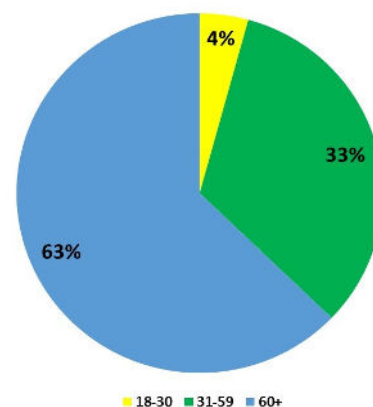
Increased social media following on our two Facebook pages, Twitter and YouTube feeds. On our extensive 45 page website the 'Find a Shed' page continues to be the most used page with over 2,000 individual visits a month. So please do make sure your Shed data is always up to date so interested parties including funders and your new Shedders can find you. Fill in the online form next to the map and we will update it for you.

We received a runners up award in the **Scottish Sensory and Equality Awards** in the 'Outstanding approach to promoting partnership working across all services for people with a sensory loss in Scotland' category.

The impact the SMSA is making by representing our members and member Sheds is giving men's health a voice for the very first time at the highest levels of Scottish Government and Community Development. We attended a meeting with Minister Christina McKelvie, Minister for Older People and Equalities on the first national strategy to tackle social isolation and loneliness and build stronger social connections called, '**A Connected Scotland**' where the SMSA and the Scottish Men's Sheds Movement features strongly for men's health needs.



INDIVIDUAL Members by Age Range
(responses from 1145 of 1907 members)



For the first time, the Scottish Parliament debated the Scottish Men's Sheds Movement in a Members Business Session where our work was applauded (March 2019).

All of our dedicated work since 2015 shows how important it is in supporting the growth of the Scottish Men's Sheds Movement and to keep initiating and inspiring our Shedders and communities to become a sustainable and effective force within Scotland. It has been a great year!

Individual Membership Growth Chart



NEW SHEDS ON THE BLOCK

A warm welcome to 22* new SMSA Shed Members:

Aultbea
Broadford & Strath
Coatbridge
Cove & Altens
Cullen
Dunbar Community Shed
East Neuk
Edzell

Forres
Fraserburgh & District
Irvine New Town
Jack & Jill's Community Shed
Kinlochleven
Kirkcaldy & District
Kirkmuirhill & Blackwood
Midmar Community Shed

Penicuik & District
Pentlands
Pollokshaws
Rhins
Sidlaw
Stonehouse

*Number of Sheds joined SMSA since the publication of the last newsletter

To find out more about these Sheds and make connections, please visit the **'Find a Shed'** page on the SMSA website.

Why your Shed should join the SMSA?

By joining the Scottish Men's Sheds Association (SMSA), Sheds can reap the following benefits:

- Exclusive discounts on Shed insurance and specialist guidance from our insurance partner **Greenwood Moreland Insurance Brokers**.
- 5% discount on all **Axminster Tools & Machinery** and their special promotions. *[If paid-up Shed members have not received an access link for this, please contact Isobel at admin@scottishmsa.org.uk].*
- Enjoy the cheapest electricity for your Shed and Shedders (and in your homes) - which is not available through the mainstream providers—with our new partner **Citrus Energy** (see page 6).
- You qualify to apply for accommodation and travel costs to share ideas and learn from other Men's Sheds across the country through SMSA's membership with the **Scottish Community Alliances** – Learning Exchange grant program.
- Access to the **Australian Men's Shed Association** interactive manuals and updated documents – the quintessential guides to develop and operate your Shed.
- Have up to two editors on the **SMSA Shed Member Forum** on Facebook, allowing you to post directly: requests, for sale items, gifting items to other Sheds and sharing ideas and projects with other Sheds in Scotland.
- Receipt of an **SMSA Shed Member Pack** including your Shed member certificate, stickers and other goodies which help you promote the Scottish Men's Shed Movement in your community.

The BEST £20 p.a. that you will EVER spend! The membership can save you money and adds weight to the Scottish Men's Shed Movement by allowing us to lobby Scottish Government and Scottish Councils for more support; keep national partners in the loop; and helps more Shedders start and run self-sufficient sustainable Scottish Men's Sheds.

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

1,907

SMSA MEMBERS

123

OPEN SHEDS

52

IN DEVELOPMENT

32

REGIONS

SHEDS IN THE SPOTLIGHT



L-R: Douglas Knox, Andy Lorimer, Andrea Brymer of STV and Bill Allan

Stonehaven & District Men's Shed (SDMS) celebrated its grand opening on Friday 13th September 2019 with a special ceremony attended by local councillors, MPs and MSPs.

Following an extensive search for the ideal location in the seaside community of Stonehaven, the Shed has now firmly planted its roots at the Beach Pavilion. The Shed was secured through a Community Asset Transfer (CAT)—a 19-year lease at a nominal rent of £1 per year finalised in late 2018—and a £65,000 refurbishment.

The renovation began in January 2019 and included replacement of the external cladding, new ceilings, partitions, electrics and some minor asbestos removal and was funded through the South Aberdeenshire Local Action Group (SALAG) - also known as Leader funding— and match funded by £10,000 from The Big Lottery (Awards for All) and £8,000 from Aberdeenshire Council, Kincardine & Mearns Area Development Grant. The Shed was also fortunate to receive corporate donations from local companies including Balmoral, Whittaker Engineering, and Macphie Ltd of Inverbervie.



On entering the building, it became clear that the whole roof required to be replaced, therefore more funding was sought and the Shedders received grants from Stena Drilling, Foyle Foundation, Seabrokers and Seacroft Marine and a donation of materials from GPH, Howdens and Deeside Timberframe in Stonehaven. The original main scope of work was carried out by contractors but the trustees and members have been actively involved including refurbishing windows, fitting a new kitchen, renovating toilets, tiling, a complete repaint inside and outside, insulating and replacing the plasterboard on re-clad walls, replacing guttering and drains and installing the new steel buttresses (see photo right).



This work has involved over 3,000 man-hours by the members and trustees which even at a modest £10 an hour equates to £30,000 of labour so this is great added value for a community-owned asset. In addition, SDMS received funding for workshop equipment from Age Scotland, NHS Grampian Health Improvement Fund, Meikle Carewe Wind Farm, Hillhead of Auquhirie Wind Farm and from Shell UK, who donated monies for health and safety equipment for the Shed including a defibrillator.

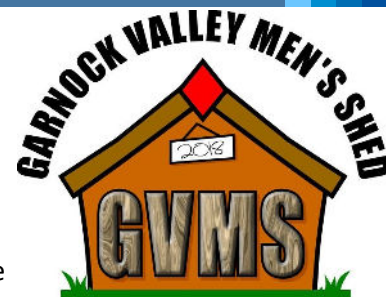
The Shed will start off being open three days a week for six hours a day with a wide array of choices to engage men in a healthy way.

For more information, please visit the [SDMS website](#) or follow them on Facebook.

NEW SHED NETWORK

Ayrshire Sheds Get Together at Garnock Valley

Garnock Valley Men's Shed in Kilbirnie is all set to host the first-ever get together, under the joint auspices of the SMSA and Age Scotland, of representatives of all the Sheds in Ayrshire on the 24th September 2019.



Garnock Valley Men's Shed serves the three small towns of Beith, Dalry and Kilbirnie in North Ayrshire. It was granted use, less than two years ago, of a semi-derelict former grounds maintenance depot in Kilbirnie Public Park. The Shed members, now totalling over 50, have since transformed the building making it more wind and watertight; installed security systems; replaced every component of electrical supply; fitted out a workshop and a new kitchen; installed toilets; created rooms for model making and for music "jamming" sessions; and converted space into an administration office and storerooms.

Necessary funding was obtained from North Ayrshire Council, Jewsons, Asda, the Co-op and Tesco; from local companies such as Advertisign Direct, W&J Knox Ltd and Barr Environmental Ltd; and from generous donations from individuals and organisations throughout the Valley. Most recently a grant cheque from The Screwfix Foundation (see Funding Matters on page 14 for more info) arrived with a letter saying "We would like to donate £5,000 towards your worthy cause. Your charity sits well within our own objectives to support projects that will fix, repair, maintain and improve properties and community facilities specifically for those in need".

The Garnock Valley Shed has come a very long way in quite a short time but has a lot more yet to do – making the building fully wind and watertight, installing improved heating and converting an unused and draughty former tractor garage into a social and recreation area. The Shed trustees are confident that they can get these things done, given time, some more funding and the continued contribution of Shedd's skills and labour. Watch this space or, better still, call in and visit Garnock Valley Men's Shed whenever in the vicinity!

Reduce your Shed's Electricity Costs!

**CHEAPEST rates for SMSA Member
SHEDS and their Shedd's!**

The Scottish Men's Sheds Association has established a new service agreement with Citrus Energy to help member Sheds reduce their costs and receive free, impartial and trustworthy energy advice.

What is Citrus Energy?

Citrus Energy is a social enterprise, set up to provide truly impartial advice regarding gas, electricity and water. It aims to reduce energy costs for other social enterprises, businesses, charities and individuals. Being a social enterprise means that unlike "typical" commercial energy brokers, Citrus Energy is not-for-profit. It reinvests in the community, both in the savings made and the employment it creates.

What can Citrus do for our SMSA Member Sheds?

Citrus has relationships with ALL UK business energy suppliers and will be able to source new prices at a better rate than you would as individual Sheds. They deal with everything on your behalf - from getting new contracts to dealing with any billing issues you may have, taking away the hassle and freeing up your time.

What can Citrus do for you, your family and friends?

Citrus Energy's Lemon Aid and Citrus Switch teams help those who need advice reducing their energy costs and consumption at home. **SMSA Shed members** and their friends and family, can use these services to help with any energy related issues including finding out about financial aid that may be available to help with fuel debt, to checking which supplier is best for them.



citrus energy
Refreshingly Different

Citrus Energy can help you:

- reduce your gas, electricity and water costs
- budget and provide energy management reports
- deal with any issues you may have with suppliers presently
- check you are on the correct rates of VAT and CCL
- secure new prices and contracts

Make sure your Shed is a member of the SMSA

CALL TODAY ON FREEPHONE 0800 221 8089
<http://citrusenergy.businesscatalyst.com>

SCOTTISH SHEDS - VETERANS TO CITIZENS?



A LONG AND WINDING ROAD

The cry that all parents know, coming from the rear car seats on a long journey is of course “Are we nearly there yet?”. This has indeed been the cry from the Banchory Men’s Shed members for the last little while—but the Shed is definitely very near the end of a long road!

Banchory Men’s Shed started in 2015 and has kept going through thick and thin to where they are now—within a few weeks of opening its Phase 1 premises. Its story is a good one for any Shed finding difficulties identifying premises or land, with many lessons learned – the important one being “keep going!”.

The Shed was started early on to be the first tie-up between the Royal British Legion Scotland and the Scottish Men’s Sheds Movement, and early plans were made on that basis, with (unenclosed) space on the ground floor of the Legion building in Banchory being earmarked to build the Shed. The plans and planning permission were complete by early 2016 and the detailed specification and building warrant received in late 2016. But initial cost estimates of the work necessary were well into six

figures and in order to be satisfied they had the best option and were demonstrating the best use of charitable funds, they looked at a number of other options through 2017, including a cut-down approach to building at the Legion. The Sheddies learned all about building and planning regulations, toilets, accessibility requirements, temporary vs. permanent buildings, what sort of land was or was not available, how difficult some of the “easy” options would be in reality, Community Asset Transfer, how funding worked, legal costs and so forth.



What became clear was that in spite of the potential costs, none of the other options was really viable. The Legion was indeed the best option after all and that a frugal approach to the costs would be the best solution – the Shed is now looking at an out-turn cost somewhat less than £100,000. So in late 2017 it was confirmed that the Legion was the best option and fundraising began.

The build commenced in two phases

– Phase 1 once sufficient funds were guaranteed – in April 2019.

Things seem to have snowballed from there during 2019 with a concerted fundraising effort. Phase 2 work, representing over 80% of the total cost is now closer than ever to starting and they are confident of obtaining funding guarantees and receipts to start the Phase 2 work possibly by the time this article is printed, but certainly before the end of 2019.

In the meantime, the Shed has continued using the Legion’s premises for meetings and have had the usual range of activities including car boot sales, talks from visiting experts, social meetings in and outside of the Shed (biking on the Deeside Way for example) and many new friendships formed.

Membership has gently increased, which for a small town with no actual Shed premises has been encouraging, even though they have sadly said final goodbyes to a number of original members.

The Shed is looking forward to the opening of Phase 1 after which they expect to launch another membership drive and publicity campaign. For more information please visit their Facebook /Twitter and/or [website](#) or pop in for a chat and a cuppa.



Men's Shed Oban

While the Oban Men’s Shed may have only a small amount of members it certainly does not lack in vision and performance!

It has produced items for a number of churches, local nursery groups and charity shops including a deep mud workshop, mud kitchen, garden bench and an 8ft Christmas tree for the winter festival. These items and many more can be seen on the Men’s Shed Oban Facebook page!



Community Asset Transfer and Social/Community Value

Having now worked through two Community Asset Transfer requests (both still in progress) we have come to see that this part of the Community Empowerment Act is seriously flawed. It is based on the fundamental principle of comparing 'financial value' and 'community value' and coming up with 'best value' but without any transparent methodological basis for doing this. Community bodies are at the mercy of whatever (usually hidden) evaluation template the 'relevant authority' decides to adopt.

Crucially, it is the financial yardstick that is set as that which the community body must measure up to. To the degree that the latter is judged to approach the set figure, there is provision for a 'discount', in terms of a reduction in rent or purchase price. This is where there is a big black hole as many of the assessors arguably have little understanding of the real nature of community organisations and their value. They are hard up, and need money, as much as possible of it. And so the CAT tumbles into the abyss.

On the face of it, comparisons of the Shed's value over other kinds of valuation—primarily economic—seem impossible to make. In a sense they are in two different dimensions, the one comprising tangible elements of property and profit, the other the social/emotional community health and well-being zone that does not feed itself so easily into a calculator. There is this fundamental divergence in values.

It is easy to go on bemoaning this state of affairs; instead it is necessary to be much more assertive in claiming

social and community value for our work. The problem is the lack of a mechanism to do this and it is no use waiting for 'relevant authorities' to come up with it.

There have been devised measures that attempt to reconcile these differences by converting 'social benefit' into monetary terms. Under the heading 'Think Local. Act Personal' a Personal Social Services Research Unit demonstrated 'that community-based approaches are far from 'soft' and, in fact, have a hard-edged monetary value.' Community projects examined were shown to generate several times their monetary cost in social value.

And especially relevant in the Shed context is the 'Social Return on Investment' pioneered at Westhill, which determines what the input of the members into the work of the Shed is 'worth' in financial terms. Our Shed, on this criterion can project a value of around £100,000 in one or more of the coming financial years, which is a serious contention that the social and community value of the Men's Shed can have a strong equivalence to the monetary value of a property.

Is the time not right for SMSA (and the Scottish Government) to take up the 'Social Return on Investment' model, to replicate it and roll it out in a way that it can be more directly and accurately applied by Sheds? We need to equip ourselves with a community value tool as vital for us as all the other machinery we use on a regular basis. If the Community Empowerment Act is really going to do what it purports to, to 'shift the balance of power clearly towards the community body', the availability of such 'social evaluation equipment' is essential.

George Gammack
Secretary of Carnoustie and Monifieth Men's Shed

Editor's reply

Thank you for highlighting a very frustrating issue for many of the Sheds across Scotland. There appears no consistency across the various sectors who are custodians of the relevant buildings and we at the SMSA are constantly building bridges between organisations and the Sheds. To build this bridge between community development and the fiscal departments we created the **Social Return on Investment** document to do exactly that.

To devise a document which is internationally recognised so that a social return could be monetised to try and help them see the BIGGER picture. I chose Westhill because at that time being the first Shed in Scotland it had been open for a whole year which we based the report on. Westhill is also a place which doesn't suffer from many of the usual health and social challenges and so the 1-10 ratio result will be a lot higher in other areas of deprivation. It's a no-brainer, but if they won't read the report, 'You can lead a horse to water but.....'. However, we are still standing and building bridges. Big breath and onwards we go.

Jason Schroeder—SMSA Executive Officer

A PERSONAL STORY



By Nick Morris, The Wee County Men's Shed

We can easily be defined by our work. In my case, I was a healthcare professional providing specialist services to other professionals and their patients. I was presenting at Continuing Education events and doing product research on behalf of manufacturers. This came to an end.

I had a climbing accident where my foot was jammed in a crevice as the rest of my body wind milled in free air, resulting in a smashed lower leg. I then moved to Scotland with my wife's work but did not find the employment opportunities and ended up feeling miserable working in a multiple, offering general services in my profession but increasingly removed from dealing with patients. I had a mental breakdown.

Rebuilding takes time. I came second in the County's gardening competition. I taught myself bread making. I looked at setting up a social enterprise concerned with food and bicycles. I qualified as a Weltech Gold Standard cycle mechanic and then became a Distance Learning Tutor for those training to enter the profession. The social enterprise failed to attract sufficient funding but

being involved in the Third Sector was a positive and empowering experience for me. However, once that venture was abandoned, I found that too much of my day was spent isolated and staring at a computer screen. I had gone from talking to 40 – 50 people a day in my profession to just talking to my wife.

"Together with the other guys we rebuilt. This was healing me at the same time."

**Nick Morris
Wee County
Men's Shed**

I had heard of the Men's Shed Movement but had not seen one locally. I was delighted to find The Wee County Men's Shed. I thought this would be just the thing for my neighbour John who had just lost his mother. I turned up, John has never joined but I keep on at him! The Shed was in a bad way at that date. There had been a falling out of members. I arrived with the one skill I can give –

enthusiasm and positivity. Together with the other guys we rebuilt. This was healing me at the same time.

So, the bike in the picture? Some might see it as a metaphor. I found the frame stripped and abandoned at the roadside. It became a personal project. I fell in love with the alloy wheels that I saw online. I then had to teach myself how to fit hydraulic disc brakes. It is a lovely bike to ride and shows that rebuilding is possible!

REACH FOR THE STARS!
CONGRATULATIONS

to George Banks (CVS Inverclyde
Shed Secretary) for being nominated for
'Reach for the Stars'- the annual Inverclyde
Community Awards 2019 in the individual
category! We wish you all the best!

**Do you have a Shedder story
that you want us to promote?**

How has your Men's Shed impacted on your life?
Have you made a huge difference at your Shed?

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

SHED PROJECT

Shed project anyone? With winter upon us, why not stay warm in the Shed and get in the game with this DIY dartboard cabinet project from Black & Decker!

The completed unit is 25" square (45" wide with the doors open) and 5" deep. It includes a convenient chalkboard surface for keeping score and is big enough to hold a standard 18" dartboard plus storage for a few game items.

[Click here](#) for details of tools and materials and get set for some friendly competition with your fellow Shedders!



- Skill Level: Intermediate
- Estimated time: 4 hours + dry time



Three Town's Men Shed 'Shedders Prayer'

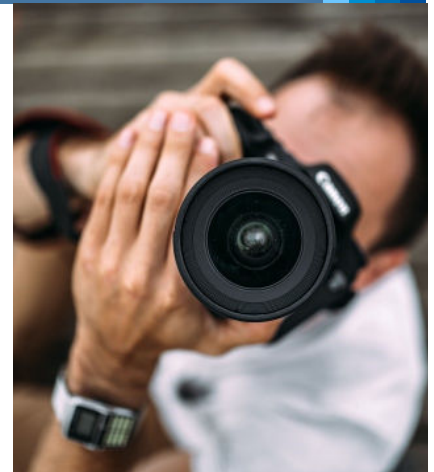
*We the willing
Led by the unknowing
Are doing the impossible
For the ungrateful
We have done so much
With so little
That we are now qualified
To do anything
With nothing*

SCOTTISH MEN'S SHEDS CALENDAR 2020

Do you hold some great photos of your Shedders? Do you have some budding photographers at your Shed? If so, then why not get involved in the creation of the Scottish Men's Sheds calendar for 2020!

SMSA is looking for 12 high quality images to create a unique calendar to capture **what Sheds in Scotland are really all about!** Each member Shed will receive their very own free copy of the calendar to display proudly at their Shed. Get snapping!

Interested? Please submit your entry by Friday 15th November 2019 to Michelle at comms@scottishmsa.org.uk



WHAT'S ON?

Shedders Come-All-Ye with Tim Green

Hot on the heels of a very well attended Scottish Government partnership event hosted by Dingwall Men's Shed in the last month, Tim Green has had the great pleasure of convening two lively Men's Shed Network meetings:

- Perth and Kinross Men's Shed Network, hosted by Wee County Men's Shed and attended by Kinross, Breadalbane, Auchterarder and Comrie Men's Sheds.
- Highlands and Islands Men's Shed Network hosted by the Inverness Men's Shed and attended by Cromarty Firth, Black Isle, Fort William, Oban, Dornoch Firth, Nairn, Beaully and Kinlochleven Men's Shed.

Participants were given tours of the host Shed and an opportunity to report on the journey of their Shed and share their achievements and challenges. All the Sheds have growing memberships and are involved in exciting projects but the majority are in temporary homes. Access to affordable and appropriate premises therefore remains the hottest issue. Some of the more established sheds were able to share their solutions-focussed approaches to other issues like safe operating procedures and inclusion.

Future meetings in September are:

- Ayrshire Men's Shed Network to be hosted by Garnock Valley Men's Shed on Tuesday 24th September.
- Lothians Men's Shed Network to be hosted by Thistle Men's Shed, Craigmillar on Wednesday 25th September.

Any Shedders interested in attending the network meetings please contact Tim Green (details below) and he will send details of the next gathering of the Sheds in your area!

Tim Green

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

Mobile: 07718 579 291

Direct Dial: 01383 882 151

Email: Tim.Green@agescotland.org.uk



**Official Opening of
Dornoch Firth Area Men's Shed
Saturday 5th October 2019
11am to 1pm
Oversteps Care Home
Earls Cross Road
Dornoch, IV25 3PJ**

Pop along and see what they do!

**What's on in
your local area?**

**We want to hear
from you!**

**Please contact
Michelle at
comms@scottishmsa.org.uk**

Technology advice and support in the comfort of your own home or Shed!

AbilityNet provides free computer support to older people and disabled people of all ages.

Visit www.abilitynet.org.uk or call the free helpline number on **0800 269 545** to see how we could help you.

AbilityNet is a registered Charity in England. No. 1067673 and in Scotland No. SC039866



HEALTH MATTERS



The Scottish Cancer Prevention Network has developed a publication to deliver cancer prevention, screening and lifestyle advice.

'Stacking the Odds for Good Health' is now being distributed to men attending AAA screening clinics in Tayside and Fife and through Urology Clinics in Tayside.

Each **SMSA Member Shed** will also receive a hard copy in the post. The publication includes articles on Men's Sheds, walking, football, electric cars, men's health, cancer screening and more.

We listened...to Sheddors, football players, Fire Station staff and so on across Scotland to compile the contents for this **first men's health publication**. Mostly men wrote the articles and we are pleased to share the publication with

you. We have added some Billy Connolly insights, motor info, sportsmen talk and other topics. For those of you receiving a hard copy, there is a free gift from the **British Heart Foundation** of a tape measure to help you assess whether your waistlines might need a bit of attention.

You told us ...how sceptical men are about the importance of lifestyle, confusion about prostate cancer and some of the difficulties about making changes.

We surveyed men ... using an online survey and heard about misleading media stories and people who had poor lifestyles. We discovered that the NHS and charities were trusted sources of information, so we sought help from these organisations with preparing the publication. The results from the survey clearly said that, despite what people think, **men are interested** in finding out ways in which they can reduce cancer risk as 84% said they were interested in

finding out more and 82% said that they would read an article on this topic.

The publication has been distributed widely as well as visiting some Men's Sheds to find out what they think about the content.

There is still time to submit your views on the publication and as a thank you, we will enter A CHARITY OF YOUR CHOICE into a prize draw to win £50.

Submit your views online by the end of September 2019.

Written by Professor Annie S Anderson
Centre for Research into
Cancer Prevention and Screening
University of Dundee

WHAT'S COOKING?

Packed with tomatoes, celery, carrots and beans, this hearty soup offers a great way to include more vegetables in your diet and help achieve your five-a-day on a chilly Autumn day. It's suitable for vegetarians too!

Ingredients

- ½ tbsp vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 celery sticks, sliced
- 400g tin of chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried wholewheat pasta
- 1 litre boiling water
- pepper to taste
- 1½ tsp dried herbs

Method

1. Heat the oil in a large pan, add the sliced onions, carrots, leeks and celery, and fry until sizzling. Lower the heat, cover and cook gently for 5 minutes, stirring occasionally if needed.
2. Add the tin of tomatoes, water, tomato purée, green beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta's cooked, stirring frequently to make sure the pasta doesn't stick.

Hearty Vegetable Soup

Serves 6 in 45 minutes



Chest
Heart &
Stroke
Scotland



This NHS Choices recipe was recommended by Chest, Heart and Stroke Scotland (CHSS).

[Click here](#) for more NHS Choices healthy recipes and/or view the [CHSS Healthy Eating Guide](#).

Bank of Scotland Foundation Expands Funding Programmes for Scottish Charities

Bank of Scotland Foundation, an independent charity supporting people and their local communities across Scotland, has started to expand its funding programmes.

'Supporting Positive Change Across Scotland' is the Foundation's five-year strategic plan which will see a range of new funding programmes open in 2019 and 2020 as the Foundation rethinks its approach to how it invests and becomes a more flexible grant maker. The Foundation's funding programmes will change from small, medium and large grants to Reach, Advise, Invest and Change.

Reach is open until the 3rd October 2019. It can provide funding of up to £20,000 for charities that can demonstrate they address **disadvantage or social exclusion and will reach the most vulnerable people across Scotland, to provide them with opportunity and equality and making positive, sustainable change.**

Organisations that apply must be charities registered in Scotland, operational for more than one year and with an income of less than £1 million.

For more information on the Reach programme, please [click here](#).

The Advise and Invest programmes will open in 2020. Advise will improve Financial Advice and Financial Literacy for people across Scotland. Invest will put charities in a more stable position by providing core funding to relieve the pressures they face of financial uncertainty and increased demand.



The Screwfix Foundation



The [Screwfix Foundation](#) has a clear purpose of raising funds to support projects that will fix, repair, maintain and improve properties and community facilities for those in need throughout the UK.

The Foundation works with both local and national charities, donating much needed funds to help all sorts of projects, from repairing buildings and improving facilities in deprived areas, to decorating the homes of people living with sickness and disabilities.

The Screwfix Foundation currently offers local registered charities and not-for-profit organisations funding of up to £5,000. All applications are reviewed individually on a quarterly basis and the review dates are in February, May, August and November.

National Lottery Awards for All

National Lottery Funding can help make a difference in your community. **National Lottery Awards for All** offers funding from £300 to £10,000 to support what matters to people and communities.



It will fund great project ideas that:

- Shape the places and spaces that matter to communities
- Bring more people together and build strong relationships in and across communities
- Enable more people to fulfil their potential by working to address issues at the earliest possible stage

We want to hear about your funding success stories so that we can share it with others.

**Please contact Michelle at
comms@scottishmsa.org.uk**



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

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

We aim to publish eight editions of the newsletter each year in both digital and printed formats. The digital version is sent to all of our online Individual Members and a printed version to every SMSA Member Shed. All editions are also archived in the SMSA online library resources for Individual Members to access at any time.

The SMSA cannot accept any responsibility for any claims made by external parties. The content of the newsletter does not necessarily represent the views of the publisher or imply any endorsement. No part of this publication may be reproduced in any form without prior agreement in writing from the SMSA.

Subscribe to this newsletter

To subscribe to 'The Scottish Shedder' you must **become an Individual Member of the SMSA for FREE**. You can do this:

- **online** through the SMSA website
- by contacting **Isobel** at the SMSA to request a postal application
- by completing an official SMSA application form at your local Scottish Men's Shed ([click here](#) for a full listing of Scottish Men's Sheds)

By joining the grass roots movement you are possibly helping thousands of people have the opportunity of better quality lives. Glad to have you on board!

Contact us

- **SMSA Newsletter, Public Relations and Communications:**
Michelle - comms@scottishmsa.org.uk or call 07389061498
- **SMSA Executive Officer & Shed Development and Corporate Sponsorship/Donations:**
Jason - jason@scottishmsa.org.uk or call 07397 382533
- **SMSA Administration:**
Isobel - admin@scottishmsa.org.uk or call 07465 202834

SMSA Online Library

SMSA provides **FREE** access to its extensive online library for Individual Members. The library provides a wealth of information and resources on setting up and running successful Sheds in Scotland.

If you are not already an Individual Member, please [click here](#) to join today!

SMSA Facebook Sheds Forum

Full SMSA Shed Members have the opportunity to access the [SMSA Members Sheds Forum](#) on Facebook (an additional communication channel to the SMSA Facebook page). This platform exists for Member Sheds to support each other, share ideas and information and even tools!

Fully paid-up Member Sheds can register up to two Editors for the Facebook Forum (to post directly to the Forum main page) and are urged to take full advantage of this communication tool to connect with other Sheds in Scotland to sell, give away, swap or request from other members.

If you wish to speak to someone about the Forum and setting up your Editor account, please contact Isobel at admin@scottishmsa.org.uk or call 07465 202834.

Support and Follow SMSA on:



Scottish Men's Sheds Association



@ScottishMSA



Scottish Men's Sheds Association

Scottish Men's Sheds Association

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SMSA is a charity registered in Scotland (No. SC045139)