

# THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



SCOTTISH  
MEN'S SHEDS  
ASSOCIATION

Edition 4

## SCOTTISH MEN'S SHEDS ASSOCIATION WELCOMES ITS **1000TH** INDIVIDUAL MEMBER AT AGM



Shaun Bartlett of Perth Men's Shed became the **1000th** person to become an individual member of the SMSA when he came along to our AGM at the end of January. A very surprised Shaun received a beautiful box crafted by Carse of Gowrie Men's Shed to mark the occasion.

It was great to see representation from over 22 Sheds from right across Scotland at what was a very upbeat occasion celebrating the achievements of the SMSA and the continuous growth of Men's Sheds across the country.

Our guest speaker was Alasdair McKinlay, Head of Community Empowerment & Public Bodies Policy at the Scottish Government. Alasdair spoke about the government's commitment in supporting community empowerment and how people and groups can best get their voices heard.

Other speakers included Elaine McGhee of Greenwood Insurances who specialises in the Charity sector and Dr Danielle Kelly who is the Lead Researcher for Sheds for Sustainable Development' (SSD); a 3-year Big Lottery funded project partnership with Glasgow Caledonian

University and the SMSA. You can find out more about the project later in this newsletter.

The special AGM "Outside the Box" Men's Shed video was also shown on the day which chronicles the journey of the Aberchirder Men's Shed building their own Shed from the ground up. You can see it for yourself at our SMSA You Tube channel. Click here - [Special Edition](#)

The event was hosted and catered for by the men of **Carse of Gowrie Shed** in Dundee.

A problem with the heating meant it was a wee bit colder than normal but the warmth of the hosts, who laid on a great lunch for everyone to enjoy, made up for it. Great job guys!

All in all, it was a great day and everyone came away full of enthusiasm for the year ahead and ideas for a bigger event next year. Watch this space!



**Shaun Bartlett**  
SMSA 1000th member

# SHED NEWS



## WOOD CARVING IS A PIECE OF CAKE FOR SHEDDER CRAIG



How's this for craftsmanship?

**Craig Knight** from **Carse of Gowrie** made this amazing 'Dundee Wedding Cake' comprising 17 individual wooden 'pehs', supported by real tins of baked beans. The cake was designed by Craig after he heard a joke about a wedding cake made out of pies on TV.

This is great PR for the Shed and some well-deserved recognition for a very talented man.

You can read the full story, and see more of Craig's carvings in the full page spread which ran in the Courier magazine. Click here to read: [www.thecourier.co.uk](http://www.thecourier.co.uk)

## MEN'S SHED MAY BENEFIT FROM GERMAN POW LEGACY By Tim Green

Heinrich Steinmeyer, a German Prisoner of War who died in 2014 left a bequest of £384,000 to support older people in Comrie for the 'generosity and kindnesses' shown to him when he was a Prisoner of War interned at Cultybraggan POW Camp near Comrie, Perthshire.

A public meeting is being held after a large number of people expressed support for Comrie Community Development Trust to spend some of the Heinrich Steinmeyer Legacy Fund

on a Men's Shed.

The meeting will be held at the White Church Community Centre on **Tuesday 13th February at 19:00** for anyone who wishes to attend.

You can read about the German soldier by clicking [here](#) and the camp he was interned in [here](#).

© COMRIE DEVELOPMENT TRUST



*Heinrich Steinmeyer returned to the site of the PoW camp in 2009*

## HAVE YOUR SAY

The Scottish Government have commissioned a **public consultation** to hear a wide range of opinions and views from people across Scotland on the issue of social isolation and loneliness. **The findings of the consultation will be used to develop a national strategy on how to tackle these issues within society which can affect anyone at any age or stage of their lives. PLEASE DO THIS SHEDDERS!** For more information and to **take part** in the consultation visit: [www.consult.gov.scot/equality-unit/connected-scotland/](http://www.consult.gov.scot/equality-unit/connected-scotland/)

Share your Shed story

Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498

# FUNDING MATTERS

## Funding for Shed learning trip



Through our membership with the Scottish Community Alliance, **SMSA Member Sheds/Dev. Groups** can access funding from the **Community Learning Exchange** programme for fact finding visits to other Sheds or organisations.

The visits are for Sheds to exchange ideas and gain new insights and perspectives on shared challenges, and solutions.

### What will the Exchange fund?

The Exchange will fund up to 100% of the costs of a visit up to a limit of £750, including a host fee.

### How to apply

To qualify your Shed must be a fully paid up member of the SMSA. An application and full details can be found [here](#):

Once you have completed the application, forward it to [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk) so that we can verify your application. We will then send it on to the funders.

The good news is that the application is straightforward and we have been told that the turnaround is very quick.

Sounds like a great way to find out what's going on out there in the Scottish Shed Land! Sorry no trips to Australia :)

**Applications can be made at any time for visits throughout 2018 and up until March 2019**

## Shed Start Up Grant Fund



The next round of funding is open for the 'Start Up' Shed funding programme administered by our partners the **Royal Voluntary Service (RVS)**, with funding from the **Asda Foundation**.

**The Big change:** there is just **one round** in 2018 so please make sure you submit an application by **16<sup>th</sup> March 2018**. If you were not lucky in the last round, send it in again.

### Funding can be used for:

Tools and equipment, building renovation costs, revenue costs & Promotional materials

### How to apply

To apply, Sheds need to be a member of (or willing to join) the SMSA. You can find more information and an application form here: [www.royalvoluntaryservice.org.uk/sheds](http://www.royalvoluntaryservice.org.uk/sheds)



## Receive "Bags of Help" from Tesco

'Bags of Help' is Tesco's local community grant scheme where the money raised from the sale of carrier bags is used to fund thousands of local projects in communities right across the UK.

### How does it work?

Three community projects in **each local area** will be voted on by customers in Tesco stores, with projects changing every other month. The project that received the most votes in its area will receive a grant of up to **£4,000**, second place up to **£2,000** and third place up to **£1,000**.

### How to apply

Take the '**eligibility quiz**' on their website. If you meet the basic requirements, you then get a link through to the application form. Further information and the '**eligibility test**' can be found [here](#): [www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes](http://www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes)

**Not only is this a great way to raise funds, it will also raise your profile in your local area!**



**Share your funding successes with other Sheds**

**Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498**



# How can we sustain our Scottish Sheds?

By Dr Danielle Kelly

This is the big question. A huge amount of work and effort goes in to get a Men's Shed off the ground and keep it running. Many problems are encountered along the way from finding suitable premises, recruiting members to keeping a healthy bank balance. It's not an easy task, this much we know.

*Sheds for Sustainable Development* (SSD) is a 3 year Big Lottery funded project in partnership with Glasgow Caledonian University and the Scottish Men's Sheds Association which will address the issue of sustainability.

The project has two main aims; firstly, to identify key development challenges and to implement action to enhance the sustainability of Sheds in Scotland and secondly, to explore the health and wellbeing impact of Shed activities on their users. From this, we are hoping to create a toolkit for sustainable development of Sheds for the future, and most importantly, **provide evidence to take to policy makers** on the impact of the fantastic work that you are all doing across Scotland.

As the lead researcher (and adopted Shedder!) I'm very keen to learn about all the amazing things that you are up to in your Sheds and to tell you more about the project. In the coming months I will be travelling around Scotland and visiting Sheds, as well as attending SMSA events and would love to talk to you, so if you see me please say hello!

## Get your Shed involved

We want to pull on the wealth of knowledge that you guys have on running your own Sheds and use it for this study. **We are looking for up to six Sheds across the country to be part of the study over the full 3 year period.** If you are interested in hearing more, please contact me at [danielle.kelly@gcu.ac.uk](mailto:danielle.kelly@gcu.ac.uk) to organise an initial conversation.

Look forward to meeting you all!



## About Dani

I am the appointed Project Officer for the SSD project which will run for 3 years.

I have been working with the Yunus Centre for Social Business & Health at Glasgow Caledonian University for the past 3 years focusing specifically on social businesses and enterprises that are created by the community, for the community. The work has focused primarily on the contexts in which these social initiatives are set up, and the health and wellbeing benefits they can bring to individuals and communities, especially in times of public sector cuts.

After completing a mixed methods PhD in Public Health in 2016, I am particularly interested in the use of research methods that engage with communities to understand the cultures and contexts in which they exist, and to really **give people a voice**.

I'm very much looking forward to working with you to create a project that can really **make a difference to the Scottish Shedding community!**

## Strengthening through partnerships



The SMSA is now a member of the Scottish Community Alliance, an organisation that campaigns for a stronger and independent community sector in Scotland whose main function is to promote the work of local people in their communities and to

influence national policy development.

Through our membership, Sheds will be able to access funding for fact finding visits to other Sheds. Full details can be found in our **Funding page**.

## Get your Shed involved in the study

Contact: [danielle.kelly@gcu.ac.uk](mailto:danielle.kelly@gcu.ac.uk)

# Congratulations to...



**Dalbeattie Men's Shed**  
for winning the UKMSA  
**Shed of the Year Award.**  
Well Done!

## Award nomination for Jason



### The Robert Burns Humanitarian Award

We were delighted to find out that our own Executive Officer, Jason Schroeder was up for the **Robert Burns Humanitarian Award 2018.**

The award, which is bestowed annually and named in honour of Scotland's favourite son Robert Burns, applauds the efforts of a group or individual who has shown selflessness and dedication in a bid to save, enrich or improve the lives of others through the protection and promotion of human rights and work to deliver social reform.

Unfortunately, on this occasion he didn't go through to the final, but I think we can all agree that it was a great honour just to be nominated. Well done Jason.

## CV Magazine Award

While we're talking about Awards. We recently received this award for the **Best Volunteer and Community Group Support Advisory - Scotland** from CV Magazine. Supporting and inspiring you is what we do best!



## Charity status awarded to:

- Culter & District Men's Shed
- Govan Men's Shed
- Aboyne Men's Shed & Community Facility
- Roslin Men's Shed

Charitable status means more funding opportunities for Sheds. Good move!

Here's the happy crew at **Westhill Men's Shed** receiving their goody bag for winning the caption competition in our last edition. Hope you enjoyed it!



The Scottish Men's Shed movement continues to grow

**1011**

SMSA MEMBERS

**67**

ACTIVE SHEDS

**45**

IN DEVELOPMENT

**24**

REGIONS

# POETRY COMPETITION

Thank you to everyone who sent in their poems. They were all very good but there can only be one winner and this time it goes to **Shaun Robertson from Milnathort and Kinross Men's Shed** for his poem THE MEN'S SHED. I'm sure you will all agree that he is a worthy winner. Well done Shaun your prize is on it's way to your Shed.

## THE MEN'S SHED by Shaun Robertson

There once wis a shed  
Awa' far awa'  
In a land whaur it's warm  
No like oors wi' snaw

Whaur a bunch o' men  
Said I'm sick and I'm tired  
Haen nothing tae dae  
Noo I've been fired :)

It's actually true  
That they were men o' guid  
character  
Who for some reason or  
ither

Hid reached the end o' a line

Or maybe they jist wanted  
mair  
oot o' life  
Than sitting at hame  
Jist biding their time

So they a' got the gither  
And said ken whit tae dae?  
Why dae we no' meet  
And share part o' oor day?

Being the gither  
Makin' new friends  
Sharin' oor skills  
Tae defeat depressing ends?

So the gither they got  
And found a wee place  
An brought a sorts ae things  
Tae fill up the space

A place they could sit  
Drink coffee or tea  
Hae a wee bit o' chat  
And guid company

One would work wi' a lathe  
Wan wi' a drill  
Wan would make guid use  
O' an auld windae sill

They'd hammer and saw  
And turn nuts and screws  
Or maybe build train sets  
Or racing sets too

And soon the word spread  
A ower the world  
That a place could exist  
Whaur men could meet

And a banner unfurled  
Ower the hale o' Scotland

The idea took hold  
And sheds popped up  
everywhere  
And soon, behold!

The Men's Sheds were filled,  
wi men o' aw types  
Fae young tae old, and  
middle wans like

And they aw worked the  
gither  
Sharin' their dreams  
And sharin' their skills  
And drinkin' their tea

But maist important o' aw  
A sense of purpose was felt  
By everyone there, who once  
had dealt

Wi' boredom or loneliness,  
or nothin' tae dae  
Long live the Men's Shed  
For makin' lives new the day!



### A word from Shaun

Poetry, if you can call what I have written that, is not a regular pursuit of mine-although I have been known to sing whilst cleaning the house! I'm both surprised and grateful for being chosen as the winner.

Share your Shed story

Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498



# SHED PROJECT

## Power Tool Storage and Charging Shelf

Keep your tools neatly stored and ready for action with this tidy design.

The storage unit is very simply made with either Ply, OSB or MDF (if you really have to) preferably either 12mm or 19mm thick. Make it to any number of specific items you need stored or charged. There's no real sizes, just whatever you want, plus a surge protected electrical extension plugged in via an RCD.

Thanks to **Kinross & District Men's Shed** for sharing this project with others.

**Do you have a great idea like this that you could share with other Sheds? Send details to Rhona at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)**

### CANADIAN SHED HUMOUR

You need only two tools in life  
- WD-40 and duct tape. If  
it doesn't move and  
should, use the WD-  
40. If it shouldn't  
move and does, use  
the Duct tape.

If you can't fix with a  
hammer, you've got an  
electrical problem.



## Discount for Sheds

**Metalcraft**, who have a long association with the Men's Sheds movement here in the UK and Australia, have offered Sheds a **20% discount** off their highly unique range of hand operated metal craft tools for cutting, bending, shaping and joining metal strips and bars. Visit their [website](#) to see the full range of tools and contact Mike Collins on [mcd@jandrwood.co.uk](mailto:mcd@jandrwood.co.uk) to claim your **20% discount**.



**Thanks to Keith at Strathmore Men's Shed for bringing this to our attention.**

**metalcraft**™

## How good is your woodworking knowledge?

**Carse Of Gowrie Men's Shed** had a recent debate within their woodturning section over the layout of lathes.

One woodturner was adamant that the lathes should be at 90 degrees to the wall whilst the other preferred parallel to the wall.

To get a definitive answer Derek Keiller called the Association of Woodturners of Great Britain and spoke with their secretary, Derek Puplett, who came up with the answer.

What would your answer be?  
(see bottom of page 11 for answer)

**Share your Shed story**

**Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498**

## Meet our new Administrator Isobel Brown

We are delighted to welcome Isobel to the team at the Scottish Men's Sheds Association. Isobel has a wealth of experience and skills to keep our office running smoothly and will provide a friendly point of contact for Sheds. Find out a bit more about her below.

I believe that age is merely a number and life is definitely not a dress rehearsal and so, I try to enjoy every day. Doesn't always happen in this frantic world we live in and when it all gets too much for me I revert to my 'safe place' .... my garden. My Garden Shed isn't nearly as big or populated as the one you all belong to but it holds all the tools and stuff I need to tend my beloved garden. Therefore, it's not surprising that my favourite season is Spring ... new life for seeds

and seedlings and precious plants! When the unpredictable Scottish weather prevents me from gardening, I fill my time with family and friends, DIY, Sudoku and jigsaws (and I don't mean the joinery tool!)

As the new SMSA Administrator, I look forward to supporting all the SMSA members because **a Happy Shed is a Healthy Shed!**



Contact Isobel on 07465 202834  
Email: [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk)

## Keep your details up to date!

Please let Isobel know of any changes in your Shed, contact details and particularly your opening hours. You can check what details we hold by visiting our [Find a Shed](#) page on our website. Use the **ADD MY SHED** to update your info. We would also ask **individual SMSA members** who have not received the newsletter by email to contact Isobel as we have had newsletters returned as the email address is either incorrect or out of date.

## Update from Tim Green, Age Scotland

My role is to support and enable the development of Men's Sheds. Age Scotland and Men's Sheds share similar aims: providing positive views of ageing and later life; increasing health and wellbeing; and combating loneliness and isolation. Recently, I have supported the development of new Sheds in Auchterarder

([www.auchterardermenshed.btck.co.uk](http://www.auchterardermenshed.btck.co.uk)) and Comrie in Perth and Kinross.

Over 2017, I visited a rich and diverse range of Men's Sheds across Scotland. The 'hot issues' for most of the Sheds I've had the privilege to visit include:

1. **Proportionate health and safety.** I signpost Sheds to the SMSA online members' library.
2. **The incompatibility and onerous nature of some funding sources.** SMSA's Jason Schroeder and I will work together to inform funders about how they



can mould their funding criteria and application processes more closely to the needs and skills of Men's Sheds.

### 3. The experience of the Community Empowerment (Scotland) Act 2015.

Jason and I will be sharing, with central and local government, some of the challenges faced by Men's Sheds in utilising community assets.

I am currently in the process of filling my 2018 diary with Shed visits. If you would like me to pay your Shed a visit, to talk about how Age Scotland can support and enable the development of your Shed, then please don't hesitate to contact me:

Tel: 07718 579 291 or email  
[tim.green@agescotland.org.uk](mailto:tim.green@agescotland.org.uk)

For more information visit the Age Scotland website by [clicking here.](#)

## Share your Shed story

Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498



# WHAT'S COOKING?

This is a lovely winter warmer to get us through what's left of winter!



## Cullen Skink

Serves 4

*Taken from the BBC Good Food website*

### Ingredients

- 1 tablespoon butter
- 1 medium onion
- 2 medium potatoes, peeled and cut into 1cm cubes
- 300ml water
- 250g smoked haddock
- 250ml milk
- salt and pepper to taste
- 2 tablespoons finely chopped parsley or chives

### Method

1. Melt butter in a saucepan over medium heat, then add onion and fry gently until transparent. Cook for about 5 minutes but do not allow to brown.
2. Add potatoes and water and bring to boil. Simmer for 10-15 minutes.
3. Meanwhile in another pan, cover the haddock with the milk and cook gently for about five minutes until just tender. Remove from the milk and, when cool enough to touch, flake gently into large pieces, removing bones.
4. Add milk and flaked fish to saucepan containing potatoes and other ingredients and cook for a further 5 minutes. Season with salt and pepper and sprinkle with chopped parsley.
5. Serve with crusty bread.

## Over indulged at Christmas?

Christmas pretty much stretches everything, our bank balance, patience and especially our waistline! We want to keep ourselves as healthy as we can as we grow older and that means keeping an eye on our weight.

Take a couple of minutes to find out

if you have a healthy Body Mass Index (BMI) by visiting the NHS's healthy weight calculator. Think of it as that first step towards a healthier you in 2018.

[TAKE THE TEST](#)



### CAR TEST

1. Chassis Check
2. Manifold
3. Steering
4. Exhaust
5. Fuel additives
6. Oil Pressure
7. Spark Plugs
8. Paintwork
9. Shock Absorbers
10. Timing Belt

### MAN TEST

- Waist Measurement
- Bowel Cancer
- Flexibility
- Smoking
- Alcohol Use
- Blood Pressure
- Testicular Cancer
- Skin Cancer
- Coping Skills
- Prostate Cancer

## MOT 4 MEN

Just a reminder that Sheds can take part in a men's health check programme run by MENSELF which we featured in our last edition.

**MOT 4 MEN** will come to your Shed to help address the issue of men's health in a comfortable and fun way through the concept of a "mechanical tune up" using the table here. Several Sheds have already benefitted. Have a look at their website [www.menself.scot](http://www.menself.scot) and if you are interested then contact Jim on 07415 742 816 to discuss.

**MENSELF**

It can sometimes be challenging to go to a Men's Shed if you haven't been before.

Regular Shedder - take someone with you. New Shedder - ask your neighbour etc to go with you!

# Free training opportunity

## Learn a new skill with professional crafters

The **SMSA** have partnered up with [Craft Scotland](#) to pilot a great new initiative to deliver training to **Shed members** on a range of contemporary craft workshops as part of the **BBC Get Creative Festival** running across Scotland in March.

The workshops are only open to **SMSA Shed members** and are completely free as we will match fund on behalf of our member Sheds. You will only have to provide the venue, people, tea and biscuits. The professional training is likely to last one or two days depending on the activity selected.

**the gathering2018**  
21 & 22 february / sec glasgow  
[@scvotweet](#) / [#scvogathering](#)

**See us** at THE GATHERING

**STALL 62** (Free tickets online) [Click here](#)

*Talking Men's Sheds EVERY Day!*

Places on this pilot are **limited to 5 Men's Sheds** across the country. Please send in your expression of interest to [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) by **12<sup>th</sup> February 2018** (if you haven't already) listing three categories of interest and how many people would like to attend each one.

Workshops on offer:

- Stone Walling
- Textiles
- Basketry & Willow Weaving
- Ceramics
- Jewellery
- Millinery
- Mosaics

## Get connected through our Shed Swap Shop!

Many of our members have expressed an interest in exchanging many things with other sheds from spare tools and equipment to ideas and advice.



In order to do this, some sort of platform is needed to connect Sheds. It just so happens that we have our **SMSA Member Sheds Facebook Forum** up and running which is the perfect way for Sheds to connect.

As part of your membership of the SMSA, each Shed can appoint two moderators who can post directly onto our Shed Forum Facebook page. So if you are looking for a part for a drill, ask the forum. If you need some advice ask the Forum. Get the idea?

In order to become a moderator, you need to have your own personal Facebook account. If you don't have one, it's very easy to set up. Follow this link to the Facebook help page which will get you started. [www.facebook.com/help/345121355559712/](http://www.facebook.com/help/345121355559712/). If you have any kids or grandchildren, call on them for a little training to help you get the most out of it as they all seem to be natural experts!

Once you have your own Facebook page, your Shed is or has become a SMSA Shed Member, send an email to: [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) to make you your Shed Forum moderator.

[www.facebook.com/SMSAMemberShedsForum](http://www.facebook.com/SMSAMemberShedsForum)

It's out there for you guys to use, so get on board and get connected!

**Do you know of some training that other Sheds might benefit from?**

**Contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call Rhona on 07389061498**

# INSURANCE

## SO MANY THINGS WE NEED TO KNOW!!!

Elaine from **Greenwood Insurances** helps you navigate the muddy waters of Insurance cover. In this edition we cover...



### Employers Liability v Public Liability v Trustee Liability

Why do you need these covers and what are the differences?

#### **Protect your Shedders - Employers Liability Insurance (includes volunteers aka Shed members)**

Covers your Shed against allegations of injury or illness suffered by employees and volunteers i.e. **your Shed members!**

#### **Protect others - Public Liability Insurance**

Covers your Shed in the event a third party (such as a member of the public) is injured due to your negligence (such as slipping on a wet floor) or if a Shed damages third party property (for example, if you caused damage to a hired building)

#### **Protect yourself - Trustee Liability Insurance**

Covers the cost of defending a Sheds trustees against allegations of wrongdoing, (non-compliance with charity law, HSE Prosecutions etc).

## INSURANCE DISCOUNT FOR SMSA SHED MEMBERS

### ***Become a SMSA Shed member—£20 per year per Shed***

Our Shed members have made savings of hundreds of pounds by going through Greenwood Insurances. That is equivalent to a shiny new piece of equipment for your Shed. What have you got to lose?

Call **Elaine** on **0141 779 1772** or email [elaine@greenwoodinsure.co.uk](mailto:elaine@greenwoodinsure.co.uk) for a **FREE Quote**.

As well as insurance discounts, other benefits for your Shed include:

- Access to our partners 'start-up' funding of between £250 and £1000
- Online access to the Australian Men's Sheds Association (AMSA) Interactive Manual: this is the quintessential guide for developing and operational Men's Sheds
- Moderator access to the SMSA Shed Member Forum on Facebook
- Telephone and Email support and more for only £20 a year per Shed

**Not a member of a Shed?** You can still be part of the Men's Shed movement by becoming a **FREE individual member of the SMSA**. This gives you:

- Full 'Log In' access to our website and all its Shed Guidance and Research download documents
- A free membership pin and welcome pack
- Access to information, events and conferences showcasing the community of Men's Sheds and activities of Shedders

Apply online by visiting our website: [www.scottishmsa.org.uk/join-smsa](http://www.scottishmsa.org.uk/join-smsa) or email: [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk)

**Answer to wood turning question:** ideally **each** lathe should be placed at **30 degrees** to the **wall**. Hey who knew?

Has your Shed saved money recently? Let us know and we will share it with other Sheds through this newsletter

Email: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)



The Scottish Shedder is the official free newsletter of the Scottish Men's Sheds Association. It inspires and informs Scottish Sheddors 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 our online individual members and a printed version to every **SMSA Member Shed**. All editions will also be archived in the SMSA online library 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.

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## Contact Us:

For all enquiries re editorial considerations and Shed news please contact: [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)

For all corporate sponsoring and donations please contact: [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk)

### SMSA Postal address:

Wester Mains, Campfield, Banchory, AB31 4DR

### SMSA office:

Banchory Business Centre, Banchory, AB31 5ZU

### SMSA Public Relations and Communications:

Rhona - [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) Tel: 07389 061498

### SMSA Executive Officer & Shed Development:

Jason - [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) Tel: 07397 382533

### SMSA Administration:

Isobel - [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk) Tel: 07465202834



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- online at [www.scottishmsa.org.uk/join](http://www.scottishmsa.org.uk/join)
- at your local Scottish Men's Shed (See our website for a full listing of Scottish Men's Sheds—Find a Shed)
- or by contacting the SMSA to request a postal application.

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



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**The Scottish Men's Sheds Association, Wester Mains, Campfield, Aberdeenshire, AB31 4DR**

The Scottish Men's Sheds Association is a charity registered in Scotland (Scottish charity No. SC045139)