

# THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



SCOTTISH  
MEN'S SHEDS  
ASSOCIATION

Edition 1



## A word from SMSA Executive Officer, Jason Schroeder

A lot has happened within the Scottish Men's Sheds Association (SMSA) over the past year.

On the back of all the hard work carried out since 2014, we now have the support of the Scottish Government and have moved from being a volunteer organisation into becoming an employer in September 2016. This has allowed us to have a small dedicated team of staff who are one hundred percent dedicated to supporting the growth of the Scottish Men's Sheds movement.

We have said goodbye to some of our original trustees Brian MacKay (Chairman), Willie Whitelaw (Secretary) and trustees Jo Hobbett and Mark Douglas. After many years of service in the SMSA they are now moving into different phases of life and responsibility. We thank them for their visionary service and wish them all the best in their Sheds and lives.

Stepping into their shoes are Derek Keiller as Chairman (**Carse of Gowrie MS**), Alan Silcock as Secretary (**Men of Leith MS**), new trustees being Paul Strachan (**Dundee**), Archie Peebles (**Inverurie MS**) and Nigel Sargent (**Borders**). Our long standing and valued Treasurer Charlie Miller (**GAMS**) and Alistair Stewart (**Westhill MS**) remain unchanged. You can put faces to the names later in this newsletter.

Enjoy the Newsletter.

## SHED CONNECTIONS

Facebook has fast become one of the most effective ways for individuals and business to stay connected.

Many of our members have expressed an interest in improving communications amongst other Scottish Sheds to share ideas, information, tools and to generally support one another.

To this end we have used the Facebook platform to set up the **SMSA Member Sheds Forum**. This is in addition to our existing Facebook page already in place.

To access Facebook you need to have your own Facebook page which is free ([www.facebook.com](http://www.facebook.com)). Sheds who are fully paid up members of the SMSA can have up to two moderators who can then post directly onto the Forum page for their Shed.

To register your moderators or to find out more – Email: [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) or call Jason: 07397382533



[Scottish Men's Sheds Association](#)



[Scottish Member Sheds Forum](#)

# SELF-BUILD IS THE SOLUTION FOR ABERCHIRDER SHEDDERS



## Why is it so hard for our Shedders to find premises which doesn't attract a large rent?

This is the exact dilemma that the Aberchirder Shedders were facing. Small rural village – no buildings available – no Shed ... right?

You would be wrong I am happy to report. They, like some others out there, thought outside the inherited building model and are busy creating a Shed from scratch after negotiating with the local Aberdeenshire council for some derelict land no longer in use.

Money is sometimes an issue and can sink the morale of some groups before they even get started. Not in Aberchirder.

The Shed bug had bitten and nothing was going to stop them improve their lives and those around them.

*"Many of us had retired and when the Men's Shed came along it's filled a big gap and it's really changed my life"* James Paterson – secretary, Aberchirder Men's Shed.

We have started a new film series called 'Outside the Box' which shares the journey of the Aberchirder Men's Shed. It demonstrates how, using existing skills in the group and help from the community, they got going building their own Shed.

This inspirational film will demonstrate what can be done with very little in the way of

resources, but a lot in the way of determination and community spirit when you think and act outside the box.

If your development group and Shed are on such a journey we would like to document your progress and share with others. Give us a call and let's get your creative efforts on film for all to benefit and learn from.

Be sure to subscribe to the Scottish Men's Sheds Association [YouTube](#) channel to watch this, and our other films. You can also find great Shed films from around the world. If you have a favourite and it's not in our channel drop us an email so we can include it:



## Creative Shed-ing and SMSA films



If your Shed has a story that would interest and inspire others then get in touch. We want to continue to make inspirational films to support and promote the ingenuity and determination of our Scottish Men's Shed movement. Call me, Jason Schroeder on 07397382533 or email: [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk).

# FUNDING MATTERS

Funding is a great way to help set up a new shed or developing a new project BUT (there's always a but), it can be a little daunting when faced with the paperwork, especially if you've never done it before.

At the SMSA we have identified Funders that we think are a good fit for Sheds and will share some tips to help your application be successful. Also have a look at our **"Congratulations"** section on page 5 and see other Sheds achievements.

## Shed Grant Fund (Royal Voluntary Service (RVS) & Asda)



**Grants available:** from £250 to £1,000

**Closing date:** 24<sup>th</sup> September 2017

Our partner **Royal Voluntary Service (RVS)**, with funding from the Asda Foundation, are now into the second year of the 'Start Up' Shed funding programme.

All applications need to come from constituted, volunteer led community groups who are (or willing to join) The Scottish Men's Sheds Association.

**You can use the funding for:**

- Tools and equipment
- Building renovation costs - e.g. roofing/flooring materials
- Revenue costs - e.g. rent/insurance contributions
- Promotional materials

Applications can be found online: [www.royalvoluntaryservice.org.uk/sheds](http://www.royalvoluntaryservice.org.uk/sheds)

### Funding Tip

Ask someone NOT connected to your Shed to read through your application and see if it makes sense to them. We are so passionate about our Sheds, we can make assumptions that everyone else 'gets it' too and miss out something obvious.

## Tesco Bags of Help Funding

**Grants available:** from £1,000 up to £4,000

**Closing date:** Apply anytime

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

Sheds can apply now for up to £4000 for projects that bring benefits to the community. This includes outdoor or indoor improvements, activities and equipment purchases.

For more information or to get your application going visit their website: <http://bit.ly/bagsofhelp4>



# TALKING SHEDS

With Jason Schroeder

We read a lot about Men's Sheds online and in the national press these days. In particular they have been highlighting the latest buzz words – loneliness and isolation.

Several months ago in a conversation about Men's Sheds and our issues as men whether we acknowledge them to our loved ones, friends, mates in the Shed or not at all, it was shared with me that about two decades ago cancer was the silent killer nobody publicly and openly spoke about.

Thankfully that has changed and millions of people support the cure for it and actively do fundraisers by running high profile marathons etc.

We are hoping the same will happen with this very old issue of isolation and loneliness in our modern lives and communities, often for those out of work and retired.

The Scottish Men's Shed certainly is the newest and most attractive option for men to socialise in and is actively replacing the old betting shop and pub. However even though the Men's Shed can provide this 'cure' and is also preventative by its very nature, it can also become a labelling problem and men don't go for fear of being labelled as sad and lonely.

In the SMSA we are actively discussing this with the national and local press, social media and

television broadcasters to focus on the other 99% of the positive outcomes which occur in Men's Sheds, so some men who might feel stigmatised and possibly self-labelled won't talk themselves out of joining their local Men's Shed.

If you hear a man talking like this or you suspect this is the reason for him not joining a Shed, we ask for you to support a different conversation. Invite him along with you for a good time, focus on that, after all life is in the experiencing of it – let's get all our men into our Sheds and make them even more amazing just by showing up. **It makes the world of difference to everyone by being there!**

## Caption Competition - win a first aid kit for your Shed!



The best speech bubble/bubbles describing what might be going on here wins a **first aid kit** for your Shed compliments of the SMSA. Winners will be announced in the next edition of the Scottish Shedder.

Email quotes to [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or post to, SMSA, Wester Mains, Campfield, Aberdeenshire, AB31 43DR. All participants in the photo or their family members cannot enter even under a pseudonym... **this last instruction is for you Alan Hogg of GEMS Shed** 😊

The Scottish Men's Sheds Association and movement is growing

826

SMSA MEMBERS

65

ACTIVE SHEDS

33

IN DEVELOPMENT

22

REGIONS

# Meet the Board



Derek Keiller, Chairman  
**Carse of Gowrie**



Alan Silcock, Secretary  
**Men of Leith**



Charlie Miller, Treasurer  
**GAMS**



Paul Strachan, **Dundee**



Nigel Sargent, **Borders**



Alistair Stewart, **Westhill**



Archie Peebles, **Inverurie**

## Our congratulations to the following Men's Sheds...

### South Lanarkshire

Who have scooped £117,000 from the Big Lottery for a 3-year mobile Men's Shed project (July 2017).

### Carse of Gowrie

Who were awarded Charitable status for their Shed. Good luck with your BIG move to your new premises.

### Glenrothes

who were awarded a whopping £146,513 through the Big Lottery "Our Place Programme". The grant will be used to purchase and refurbish an ex-Scouts hut. They also received a grant of £1,650 from Age Scotland to help develop and support new projects.

### Dalbeattie

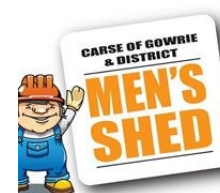
Who were awarded £1,000 from Age Scotland to purchase new equipment and tools to allow members to take on new projects and activities.

### Barrhead

Who received £1,910 from Age Scotland which will be used to buy new tools and safety equipment. They were also **Mentioned in parliament** by their East Renfrewshire member of parliament Paul Masterton who praised the great work they are doing in the shed.

### Clydebank

Who were awarded £150 from Dumbarton Common Good Fund.



Well done to all of the above. Sorry if we have missed anyone off this time but please let us know your Sheds achievements so we can include them in every issue. It really helps Shedders see other Scottish Sheds successes.

## Upcoming Events

### SMSA Men's Shed Development Process training

**Next Event:** 28/09/2017, 10am—4pm

**Venue:** Highland Archive and Registration Centre, Bught Lane, Inverness, IV3 5SS

**Cost:** FREE (ticketed event—**no ticket, no entry**)

Refreshments and light lunch provided.

**Book your FREE tickets:** <https://www.eventbrite.co.uk/e/a-training-in-scottish-mens-shed-development-group-skills-tickets-37532041346>

If you are an interested Community Development Worker or are starting to work with a local group setting up a Men's Shed, get in touch with us and we will coordinate a FREE training day for you, your colleagues in Council and TSI's and your Sheddors.



**Do you have an event**

**you want advertised?**

**Let us know and we can  
promote it for you.**

## B&Q Community Reuse Scheme

B&Q run a scheme where they donate unsellable products and materials for re-use by local schools, other educational institutions and community groups, that can be used for the benefit of the local community and the environment.

To register your Shed for the scheme, send an email to [oneplan-ethome@b-and-q.co.uk](mailto:oneplan-ethome@b-and-q.co.uk) and include your name, address and telephone number. More information can be found online : [www.diy.com/corporate/community/waste-donation](http://www.diy.com/corporate/community/waste-donation)

**Also check out...**

The [Community Paint re-use scheme](http://www.communityrepaint.org.uk/?icamp=comm_repaint) run by Dulux. At the moment there is only one running in Scotland up in Inverness, but it's an interesting project— [www.communityrepaint.org.uk/?icamp=comm\\_repaint](http://www.communityrepaint.org.uk/?icamp=comm_repaint)



## Save money with a B&Q Club Card

Do you have a **B&Q Club Card**? If not, it's free to register (individual membership) and you get offers/discount codes to use in store. You can have this card as well as the **Diamond Club card** (over 60's only) which gives 10% off on a Wednesday. Unfortunately you can't use both cards at the same time.



# WHAT'S COOKING?

## CARROT AND CORRIANDR SOUP

What better way to get to know your other Shedders than over a wee bite to eat. We know that some Sheds are already utilising their kitchens so we will include a recipe each edition for your Shed to try .



### Ingredients (serves 4)

- |                                      |  |
|--------------------------------------|--|
| 1. 1 tablespoon of butter or oil     | 5. 1.2lt vegetable stock (about 2 stock cubes)     |
| 2. 1 large or 2 medium onions sliced | 6. Large bunch of fresh coriander, roughly chopped |
| 3. 600g carrots, sliced              | 7. Salt and black pepper                           |
| 4. 1tsp ground coriander             |  |

### Method:

- Heat the oil or butter in a pan, add the onion and carrot and cook for 3-4 minutes until they start to soften.
- Stir in the ground coriander and season well, cook for a further 1 minute.
- Add the vegetable stock and bring to the boil. Simmer until the vegetables are tender, around 20 minutes.
- Blend half or all of the soup, adjust seasoning, add chopped coriander and enjoy!

Does your Shed have a favourite recipe? Let us know and we will include in our newsletter.

## Did you know that....

We have partnered up with the Royal Voluntary Service (RVS) to support the growing needs of Scotland's Men's Sheds Movement. Men who could greatly benefit from being a member of a Men's Shed, but do not have the transport to get to them, can utilise the network of RVS volunteers throughout Scotland to provide transport to their Shed.

If you know anyone who would benefit from this great service, then go to:  
[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

## Become a volunteer

If you have a little time on your hands, why not consider volunteering yourself with RVS. Have a look at the volunteer section of their website <https://www.royalvoluntaryservice.org.uk/volunteer> for more information.





## OOOOOH – HEALTH

Run for the covers men, he is talking health. Only kidding guys, we men are getting better at looking after ourselves and getting checked out by our GP's before it's too late.

I know from experience in my Shed in Westhill, Aberdeenshire that it takes some time for a shift in conversation and almost a trust and peacefulness to settle amongst the banter before we got onto health matters. For us, it was after one of the guys had gone for an operation that brought us round to the conversation of how we could support him on his return and who knew how much about the topic – who wanted to know more?

In the SMSA we are actively looking for associations who would be willing to come and shine some light on these valuable topics which individually as men we might not engage in. So, do have look at our website under Wellbeing for contact info and we will also highlight them for you in our Newsletter.

If you have had talks already in your Shed and they were beneficial please do let me have their details so we can share these with all the other Sheds in Scotland – email me: [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) Thank you!



## GETTING THE RIGHT INSURANCE (boring but necessary!)

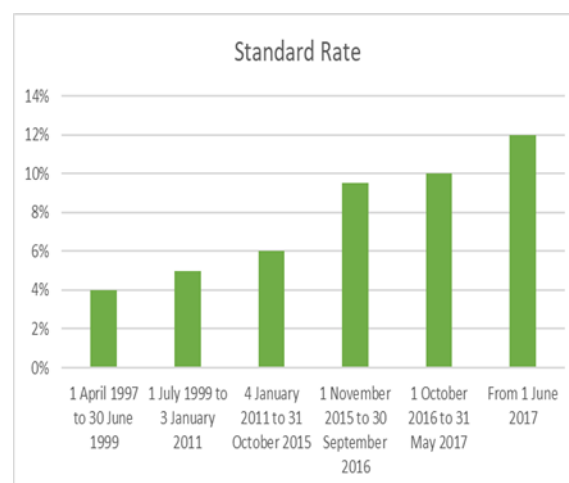
SMSA have partnered up with the insurance charity specialist **Greenwood Insurances** to not only make sure you are insured correctly and completely but also **pass on a discount** to our **SMSA Shed** (not individual) **members**. Elaine from Greenwood is well informed of our insurance needs in the Scottish Shed world. In every issue we will feature some insurance info to keep you up to date with any legislation changes which can affect your premiums and answers to the most frequently asked questions. You will find comprehensive insurance info and contact details on our website under the 'Start a Shed' section.

### Seems like the only way is up!

In the 2016 autumn statement the new Chancellor Philip Hammond stated that the standard rate of insurance would increase from 10% to 12% from 1 June 2017.

The means that some of our Sheds will see a slight increase to the premiums they pay. For those Sheds that have a renewal date prior to 30th September they will see an increase from 9.5% to 12%.

The chart shown sets out the increases since 1999.





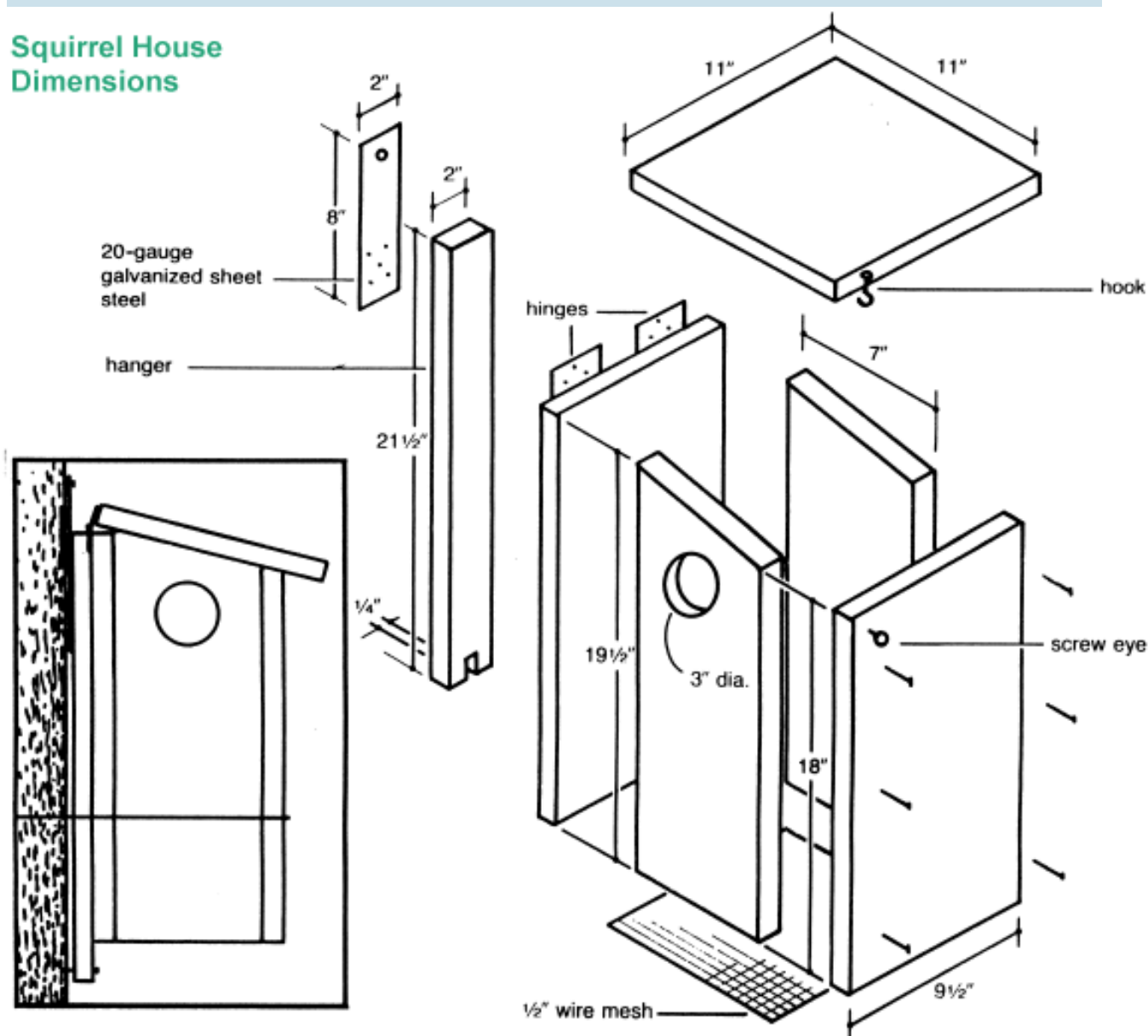
## Save our Red Squirrels... make a house for them in your Shed today

Red squirrels have been part of the Scottish landscape for thousands of years but some of the following facts and figures may surprise you. How well do you know Scotland's only native squirrel species?

- Tree cover in Scotland used to be so extensive that a red squirrel could have travelled from one side of the country to the other without touching the ground.
- Only 120,000 red squirrels are left in Scotland. That's half the number of grey squirrels.
- Contrary to popular myth, red squirrels don't hibernate.
- Reds use their tufty ears to help express how they're feeling – a bit like a dog.
- Squirrels can jump more than 2m.
- Squirrels can find buried food even underneath a layer of snow.
- Save our Red Squirrels

More info at [www.scottishsquirrels.org.uk](http://www.scottishsquirrels.org.uk)

### Squirrel House Dimensions



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.

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In order to subscribe you must have an email address and become an individual member of the SMSA which is free to join. You can do this by completing an application:

- online at [www.scottishmsa.org.uk/join](http://www.scottishmsa.org.uk/join)
- With our join **leaflet** at your local Scottish Men's Shed and post it to us. See our [website](#) for a map and full listing of Scottish Men's Sheds—**Find A Shed**.

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

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