

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

The SMSA's Scottish 'Shed of the Year' Awards 2020 are now open!

Scottish Men's Sheds are invited to apply for this prestigious award. Could your Shed be crowned the winner? Apply by Sunday 30th August 2020!

See page 5 for more information!

#scottishshedoftheyear2020

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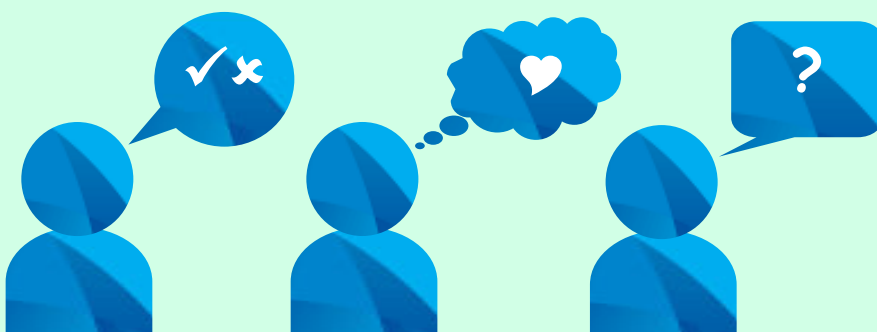
What do you think of The Scottish Shedder?

SMSA is interested to gauge your thoughts on The Scottish Shedder newsletter. We would like to find out what Scottish Sheddors and supporters really think of the publication and if you have any ideas for new content.

The survey—consisting of ten questions— should take no longer than a few minutes to complete.

Your opinion is extremely important to us. Please click on the link below to access the online survey:

www.surveymonkey.co.uk/r/ScottishShedderFeedback



THE SCOTTISH SHEDDER

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

Each issue is sent digitally to over 2,300 Individual Member subscribers.

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions for the next issue by **Friday 28th August 2020**. 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

Greetings from behind the virtual curtain of the new SMSA Shed Zoom social room. It has been great seeing many of your faces and hearing your voices, across Scotland, over these past weeks to find out what has been happening in your Shed communities. Tim Green's column (page 26) explains some of our findings to date.

I am looking forward to doing the last few of these catch ups in August before we hold a national SMSA Zoom meeting online to share all our findings; the latest Shed guidance from the Scottish Government; what's happening in other countries with Sheds; the future reopening of Scottish Men's Sheds and hear your thoughts on it all.

Right now in Scotland, we have a possible window period to support members who are not connected digitally whilst we can currently visit them at their homes.

One of the main findings of our network meetings is how some Sheds struggled to stay connected with members due to a lack of or out of date contact details. We have also heard that some Shed members just

don't want this level of connection through digital technology and, for whatever their reasons, one needs to respect that.

However for others, it is an opportunity for them to get a smart phone, tablet etc. and get digitally comfortable and confident with either WhatsApp or Zoom—which seems to be the two main technologies Sheds are using very successfully—to stay connected.

If a second lockdown does happen in the coming months then now is the time to support these people to get and stay connected. Please do speak to the many digital champions in your local Councils, family, friends and Shedder community.

Does your Shed have Digital Champions?

Maybe a few Shedders in each Shed can take on this mantle and help their fellow mates over a cuppa? It really is making a massive difference in people's quality of life while the Sheds remain closed. So I urge you to make some plans now to move forward with this.

This year, SMSA will hold its AGM online on Wednesday 16th September 2020 and we hope to see you on Zoom. [Click here to register today](#). We also urge you to take a look at [OSCR's AGM guidance](#) on what you will need to do for your Shed's AGM.

DATE FOR YOUR DIARY

SMSA VIRTUAL AGM AND 'SHED OF THE YEAR' AWARDS

WED 16TH SEPT 2020

REGISTER HERE

The second SMSA 'Shed of the Year' Awards have now been launched (see page 5) and will have a different voting system this year so look out for that in your inbox and get your Shed into the running to win this coveted title.

So much good continues to express itself in a myriad of creative ways through the Scottish Men's Sheds Movement, during this difficult period, and we are busy as ever supporting that to keep it happening. Well done everyone, more power to your elbows while keeping safe in helping each other and your communities.

I hope to see more of you soon in our upcoming Social Zoom Room (taking place every Thursday) for a right old blether from September. To access this you need to be an SMSA Individual Member (if you are not already a member, [click here to join for FREE](#)) so you can log in and gain access to the SMSA Zoom room at specific times. Stay well and safe.

Are your members NOT Zooming?

Is there anything stopping your members from staying connected online?



The pandemic has accelerated the use of online communication platforms to stay connected globally. Shedders, far and wide, have been using technology like Zoom and WhatsApp to regularly 'meet', chat and learn—are some of your members missing out?

Perceptions may be

- ☹ I don't have a computer or mobile
- ☹ It is not safe/secure
- ☹ I don't know what to do
- ☹ I don't know what to say
- ☹ I just don't like that kind of thing
- ☹ I don't like my face on camera
- ☹ I won't get my point across

Support your members

- 😊 Is there a 'Digital Champion' at your Shed who could assist members?
- 😊 Can you provide equipment or access funding for equipment?
- 😊 Encourage them to try it out first with family/friends to increase confidence
- 😊 Implement a 'Chair' and rules/code of conduct

Encourage your members to give it a try? They might just like it!

SMSA Shed Membership Change

SMSA has announced a change to its annual Shed Membership scheme structure.

SMSA Shed Members currently renew their membership on the anniversary of the date that they joined however, SMSA has made the decision to shift its membership year to align with the financial year in order to better streamline the administration of the charity. With immediate effect, the subscription year will now run from the 1st April to 31st March.

How will this affect Shed membership?

- existing SMSA Shed Members will be invoiced annually with the next single renewal date being the 1st April 2021
- if you have a direct debit in place to

renew your membership please notify your bank to reflect the date change (1st April)

- existing memberships paid after the 1st April 2020 can request a refund (due to Covid-19 and the closure of Sheds) if that helps with your cash flow. Contact SMSA's Executive Officer, [Jason Schroeder](#), (with 'Covid-19 Refund' in the subject line)
- new members will reap the full benefits of membership and will pay their first annual subscription on the 1st April 2021
- from the next renewal date (1st April 2021), Shed membership will increase slightly from £20 to £25 per year - for the first time in five years - to cover the increased production and postage costs of the Shed Membership packs

What does your Shed get?

Scottish Men's Sheds can join and receive an array of exclusive membership benefits including:

- discounts from insurance partner, [Greenwood Moreland](#)
- the cheapest electricity for Sheds through business partner, [Citrus Energy Ltd](#)
- a 5% discount from [Axminster tools and machinery](#)
- discounted health & safety training through [David Young Training](#)
- a pathway to apply to the [Scottish Community Alliance](#) Learning Exchange grant programme for accommodation/travel costs to visit and share ideas and learn from other Men's Sheds across the country
- online access to the [Australian Men's Sheds Association's](#) Interactive Shed Manual - the quintessential guide for developing and operational Men's Sheds

For more information on joining the SMSA, please [click here](#).

SMSA Board Changes

The SMSA is announcing a number of changes to its [Board of Trustees](#).

Chairman Derek Keiller has stepped down after four years on the Board – two as Chairman – and has handed over the reins to David Gardner, Vice-Chairman of the Garnock Valley Men's Shed.

Derek, a member and former-Chairman of Carse of Gowrie & District Men's Shed, said: "I am stepping down from my role as Chairman to concentrate on my advertising business and have more time with family and friends and my local Shed. I have enjoyed my time on the Board immensely, learnt so much and made friends for life. I am delighted that David is taking over the role and am confident that he will make a huge impact. I wish the staff and Board continued success with the SMSA, a charity that is crucial for men's health and wellbeing throughout Scotland." David Gardner joined the SMSA Board in July 2018 and took on the role of Secretary in July 2019. David becomes the new Chairman with immediate effect. David said: "I wish to personally thank Derek and recognise his valuable input and

leadership over the years and more recently through the Covid-19 crisis to navigate unprecedented challenges and adapt to new ways to support Sheds.

"All of our Trustees are Sheddors, first and foremost, and understand the importance and impact of Men's Sheds. Post Covid-19, there is going to be an upturn in the demand for our services and I am honoured to take on this active role, regionally and nationally, to continue to support the SMSA team to grow the Scottish Men's Sheds Movement."

Further changes to the Board include Trustee Professor Chris Oliver taking over the role of Secretary and Charlie Miller (Secretary of Glasgow Area Men's Sheds) has also stepped down as Treasurer – after six years in the role - with Jon Searle (Chairman of Wee County Men's Shed) taking over the position.

New Secretary, Prof Chris Oliver from St Andrews Men's Shed, who joined the Board this year said: "During the last few months the Association has, in some way, focused on crisis management - making difficult decisions about service delivery, finances, funding, staffing and our Sheddors' safety. We have all

adapted to the challenge of meeting virtually to stay connected during this time and the post pandemic era will bring a whole new way of thinking for the Board. Now as lockdown eases, the SMSA Trustees face new challenges and opportunities - especially around the safe reopening of Sheds in Scotland. SMSA is following Scottish Government guidance and a publication in regard to the reopening of Men's Sheds will follow shortly."

The role of the Board – now consisting of six members - is to develop strategies that ensure the charity is effective, robust and financially capable of supporting its members and growing the Movement. The recent changes and appointments offer a significant refresh of the Board and to further strengthen the team, the Association is on the lookout for a new Trustee to represent the Highlands and Islands region to ensure Scotland-wide representation and contribute to ambitious growth and development plans. If you are in this region and are passionate about Men's Sheds, the SMSA would love to hear from you and what you could bring to this key role.



Derek Keiller
Former SMSA
Chairman



David Gardner
New SMSA
Chairman



Chris Oliver
New SMSA
Secretary



Jon Searle
New SMSA
Treasurer



Charlie Miller
Trustee and Former
SMSA Treasurer



Greenwood Moreland

INSURANCE BROKERS

Hello from Greenwood Moreland!

A warm welcome to Sheds old and new! Greenwood Moreland is still operating as normal and are open for any advice or guidance you may need.

Just call me on 01698 456 500 or 07954 700278 with any queries you may have.

The insurance industry is evolving in the aftermath of the pandemic and further updates on this will be announced in the next issue.

Stay Safe!

Elaine MGhee
Account Manager at Greenwood Moreland Insurance Brokers

Is your Shed not a member of the SMSA? Join today at www.scottishmsa.org.uk/join-smsa to reap the benefits of Shed membership!



127

SMSA SHED MEMBERS

2,361

SMSA INDIVIDUAL MEMBERS



131

OPEN SHEDS

55

SHEDS IN DEVELOPMENT



32

LOCAL AUTHORITY AREAS



Greenwood Moreland

INSURANCE BROKERS

50% of SMSA Shed Members are saving with Greenwood Moreland

Shed Insurance | Car/Van Insurance | Public Liability Insurance | Contents and Equipment

One Shed received a massive £151 discount through this SMSA Shed Membership benefit

Contact Elaine McGhee, Account Manager at charity and community insurance specialist broker, Greenwood Moreland today on 01698 456512 or email elaine@greenwoodmoreland.co.uk

'SHED OF THE YEAR AWARDS' 2020

The Scottish Men's Sheds Association (SMSA) is proud to announce the launch of the Scottish 'Shed of the Year' Awards 2020. This prestigious award—in its second year—will take place at the VIRTUAL SMSA AGM on Wednesday 16th September 2020 ([click here to register](#)) and recognises and rewards the contribution and impact Men's Sheds make to society and tells the story to raise awareness of the benefits of Sheds to men, their family and friends and the community as a whole.

Could your Shed be the winner?

Click here to apply

Scottish Men's Sheds—that are SMSA Shed Members—are invited to apply for this year's award by midnight on Sunday 30th August 2020 at www.surveymonkey.co.uk/r/ShedoftheYear2020. Aberchirder and District Men's Shed scooped the award and title of the first Scottish 'Shed of the Year' in September 2019 and the targe trophy at the awards ceremony at the SMSA AGM in September 2019. Check out the latest news from last year's winner below.

The Scottish Shedder speaks to Mike O'Brien, Chairman of the Aberchirder & District Men's Shed (ADMS) to find out what they have been up to and how winning the award impacting on them. Here is their story...



“There followed a request from the [Rotary Club of Huntly](#) for a presentation on our Shed and the Movement. Myself and former Chairman, Kenny Christie were delighted to attend Huntly Castle Hotel for an evening meal with

the Rotary members before giving the presentation.



Mike (pictured right holding the targe trophy in September 2019) said: “Lockdown has been harrowing for many people but more so for our more senior members because it goes completely against the whole ethos of Men's Sheds – to combat loneliness and isolation. We have all had to adapt quickly to support members and I am sure that there has been much ‘Zooming’ and many emails flying about.

“It is great to think back to happier times and reflect on all that our Shed has achieved. Since winning the Scottish 'Shed of the Year' 2019 trophy, we have had a busy and successful time. SMSA and the local and national press ran articles and from that our reputation just seemed to escalate.

“We have had many visits from other Sheds including one from Dingwall and Nairn representatives (pictured below). We also welcomed Sheddors from Alford, Inverurie and Westhill.



“It proved to be extremely successful and the questions came fast and furious causing the meeting to overrun—which we have heard does not happen often. We were then asked to return at a later date to present to other Rotary Clubs. Well, we certainly will never be ones to turn down an opportunity to promote our Shed or a free meal!

“In October, we had a visit from a researcher for the Speaker at Holyrood Parliament, Kenny MacIntosh, who had heard many good things about our Shed. He asked if we would host a meeting with the Speaker, other local Sheds and the Aberchirder and District Community Association so that he could get a greater appreciation of what is happening in our rural areas.

“Naturally we agreed and a date was set for November but unfortunately it was not to be. The General Election happened on that day. Another date was set for March 2020 but it was also not to be as lockdown was implemented that same day! We have been assured that this visit will happen so watch this space.

“We have also started a series of ‘outside visits’ where members choose to visit places of interest to them followed by a lunch there or nearby. The idea behind these are, in our case, for our members to see

and experience things other than what we do in the Shed.

“To date we have visited the large pelagic trawler, Grateful, docked at Fraserburgh. This was not what I expected—a fishy smelling trawler with crew cramped into quarters with one ‘head and shower’ between them. Oh no, this a state of the art trawler with individual cabins, air conditioning, all mod cons with decks and engines so clean you could eat your fish supper off of them.

“A total of 10 members had a thoroughly exciting and interesting day onboard the ship followed by a fish supper on the way home.

Continued on next page...

“ Since winning the Scottish 'Shed of the Year' 2019 trophy, we have had a busy and successful time. SMSA and the local and national press ran articles and from that our reputation just seemed to escalate ”

Mike O'Brien
ADMS CHAIRMAN

'SHED OF THE YEAR AWARDS' 2020 (Continued)



...continued from previous page

"Our next outing was to RAF Lossiemouth. Nine members attended a fascinating tour of the museum by Flight Sergeant, John le Houghet. The visit was followed by lunch overlooking the beautiful Moray coast.



Jim Paterson, Secretary of ADMS, at the RAF Lossiemouth Museum visit

"Over the winter months we got to grips with the installation of the metal workshop (pictured top). Member, Bill Davidson, took responsibility and he drew up layout plans and then kindly sold us the contents of his own workshop which included a Colchester Student lathe, powered hacksaw, bench grinders, lathe tools and spanners.

"Under Bill's guidance, benches were constructed and fitted and the lathe (which weighs in the region of 1 ton) was dismantled in Bill's workshop and transferred to its new home along with all the other tools. A local blacksmith/fabricator also sold us a pillar drill and stand and then an overall fresh lick of paint completed the job.

"On the run up to Christmas, we were concerned over the lack of a Santa's Grotto in the community so —having sourced support from ASDA—decided to construct our own one. We invited the community to come along and have tea/coffee, cake and mulled wine and bring their



children to visit Father Christmas and receive a small gift at no cost.

"All went well and two large 20' x 60' tents were erected. The very next day we returned only to find that one tent had blown down, whilst the other was on the roof! So, what can you do but start all over again?"

"The second attempt was successful and everything was in place ready for the opening. Father Christmas entertained approximately 60–70 children and the feedback was fantastic.

"A week before lockdown, I approached our local Co-op to ask if we could help deliver essential shopping to the most vulnerable people in the village and surrounding area. The management team readily agreed and since then, several Shedders have been involved thus earning the respect of the community and enhancing the Men's Shed Movement.

"Although 'Shedding life' came to a halt as we all know it, a care and maintenance plan was needed to look after our Shed greenhouse and polytunnel and to safely make weekly checks of our premises.

"Bill Davidson took charge of the polytunnel and has produced an excellent crop of vegetables. Kenny took charge of the tatties and I took charge of the greenhouse—producing bedding plants and



hanging baskets—until I was asked to 'shield'. The sale of these products has kept the Shed ticking over financially in these difficult times.

"Andy, our joint Treasurer, has kept up to date with the finances and Dod has been busy at home making excellent picnic/garden benches in two sizes to sell. Our Secretary Jim has been keeping on top of the mail/email and keeping us all informed of what is happening in the Shedding world.

"All of these activities are being carried out in full compliance with the isolation and distancing rules and the Shed premises remain closed. As a Committee we are looking at ways to comply with the rules—the health and safety of our Shedders is our utmost priority—and be fully ready to reopen safely when the time comes.

"ADMS will not be applying for the SMSA 'Shed of the Year' Award this year—proud in the knowledge that we were the winners of the inaugural competition—and wish our fellow Scottish Sheds the best of luck and urge them to apply. We hope that this year's winner receives as much attention that we have had as a result of winning the target."



"I will leave you with the view (above) that I had as I closed the gate for lockdown. Stay safe and well until we can all get together again."

See 'Shed Projects' on page 19 for ADMS's plinth for the 'Shed of the Year' target trophy.

PROTECTION OF VULNERABLE GROUPS

In the course of their day-to-day activities, Sheds and Shedders may encounter members—or potential members—who may be classed as ‘vulnerable’.

In a strictly legal sense, a ‘vulnerable adult’ could be someone who satisfies one or more of the following criteria:

- Is elderly and frail due to ill health, physical disability or cognitive impairment
- Has a learning disability
- Has a physical disability and/or a sensory impairment
- Has mental health needs including dementia or a personality disorder
- Has a long-term illness/condition
- Misuses substances or alcohol
- Is unable to demonstrate the capacity to make a decision and is in need of care and support

Many Shedders could be included in one of these groups, however, that DOES NOT make them vulnerable adults.

A more workable definition of what makes a ‘vulnerable adult’ is:

Vulnerable adults are people—18 years of age or older—who are unable to provide for their own needs and protect themselves against abuse or serious exploitation due to impairment of mental, physical and emotional function.

Every vulnerable adult (VA) should have a social support worker to protect them against abuse. These workers are authorised to work with the VA by the government under the Protection of Vulnerable Groups (PVG) scheme and wherever VAs are involved in an activity there must be at least one PVG approved person.

This poses a dilemma for Sheds and Shedders. If we have a VA, or suspected VA, should the Shed have at least one member who is PVG approved? The answer is NO. As stated above all VAs should have a PVG support worker and that support worker must attend the Shed whenever the VA does, the Shed do not need to have their own PVG approved member.

The support worker need not monitor their VA closely. They can, of course, get involved with his work but can also leave him and wait in the tea room. Many support workers see this as an opportunity for their “patient” to develop his social skills. Shedders, while wanting to help, should be wary of any creeping responsibility if a support worker wishes to leave the VA alone at the Shed. Under these circumstances, with no support worker present, the VA unfortunately cannot stay.

Shedders should, of course, be aware of the care required but should not be responsible for it or for the social safety and welfare of the VA.

There is also a second situation where the need for PVG involvement may arise, when a member or visitor is known or suspected of being on the sexual offenders list. In this case, the PVG function is to prevent harm to any

minor or VA who may be visiting or otherwise associated with a Shed activity. It is worth noting that many such offenders will have their own support worker, BUT NOT ALL.

Here, there are two options. The first is for the Shed to nominate a member to be PVG assessed and approved. This takes time and costs money. Checks are made for any past criminal convictions and an assessment is done on the suitability of the applicant for PVG approval.

However, there is another option so PVG approval to cover this situation is NOT required.

The best alternative is to simply refuse the access of the member to Shed activities where young people may be involved. If this is not possible then any young people present need to be accompanied by a parent or other trusted adult at all times.

It is up to individual Sheds what they do however this guidance may better inform that decision.

In the absence of any other guidance—and like most things—this is all really common sense. If you need any further advice, please contact me directly at jonsearle@btinternet.com

Jon Searle
SMSA Trustee and Chairman of The Wee County Men’s Shed

Are you passionate
about Men’s Sheds?

Do you support the
Men’s Sheds Movement?

Then, join the Scottish Men’s
Sheds Association for FREE today!

Individual Members receive:

- A welcome pack and pin
- Latest news on the Movement
- ‘The Scottish Shedder’ newsletter
- Full access to the SMSA website
- Advice and assistance



Follow the SMSA at:



SMSA is the only organisation solely dedicated to supporting Shedders to create Men’s Sheds in their communities across Scotland

Pick up an SMSA leaflet in your local Shed or visit www.scottishmsa.org.uk/join-smsa

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

SHED IN THE SPOTLIGHT



This issue, The Scottish Shedder shines the spotlight on Alford & District Men's Shed (ADMS) who—despite Covid-19 challenges and delays—has been working hard to provide an ecologically-friendly facility for its local community.

John Reid, ADMS Secretary, said: "Following the successful Community Asset Transfer (CAT) of our building and adjacent ground on the 4th July 2018—it has been all go for our members.

"ADMS secured ownership of the Technical Block of the old Alford Academy and the remaining Academy buildings have since been demolished. The Technical Block has become our Men's Shed with plans for a meeting room, toilets, kitchen and café for the use of all users. Our 19 allotments have been cultivated after we converted the ground from a disused football pitch. We installed paths, provided water and—with the support of a local farmer—provide farmyard manure for the allotmenters. A lorry load of soil improver (composted waste material) was provided to us by Keenan Recycling Ltd.

"We erected a polytunnel (pictured) where our members have built 16 raised beds, four of which are fully accessible with two currently being used by people with disabilities. A ramp and entrance seating area has also been installed. The beds were filled with a mixture of soil donated by a local farmer and the soil improver. The beds are now in full use.

"A community orchard (pictured) has been established with the provision of 1,000 tonnes of topsoil by a local building firm as a result of us winning a 'Greener Spaces Better Places'

competition. Locals got involved in planting our 60 fruit trees in November 2019 and all are currently budding.

"With a significant [Climate Challenge Fund \(CCF\) grant from Keeping Scotland Beautiful](#), our building has been reeroofed (pictured) with added insulation. A photovoltaic plant was installed on the new roof after securing resources from two of our Trustees. In the first two months of solar generation, we have generated more electricity than we used in our first 18 months of operation. This CCF grant was instrumental in supporting our green space.

"Covid 19 forced us to close the Shed in March 2020 and has interfered with our activities including our conversion works. Our green spaces have remained open, however, and, with appropriate social distancing, cultivation is occurring.

"We are currently laying out our sensory garden and building a series of accessible paths. On the 22nd April 2020, we were delighted to exceed our initial fundraising target of £1,000 through Crowdfunding and raised £1,452 (with 23 supporters in 49 days) towards the project.

"We have now erected a greenhouse that was donated to us and we have received plants from a variety of members and local supporters. We were fortunate to be the recipients of a cash sum from the organisers of the Alford Charity Ball, specifically for the purchase of plants for the garden.

"We have been awarded a LEADER grant to kit out our community rooms and kitchen, but, unfortunately, the Covid 19 related delays have interfered with our ability to access this resource.

Pictured (top to bottom, clockwise): The allotments (drone picture courtesy of P Meenan); the polytunnel; the community orchard; the reeroofed building showing photovoltaic plant and sensory garden under construction; and the allotments.

"Finally, a local supporter has provided us with a 1958 MGA which has been off the road for 32 years. Our members, before the Covid 19 restrictions, were recommissioning the car. Our aim is to sell this vehicle to raise additional funds to complete our project."

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



The European Agricultural Fund for Rural Development: Europe investing in rural areas

SMSA wants your stories for the Shedder!

To promote and showcase the Men's Sheds Movement and its growth, we want to hear from our Scottish Sheds

Do you have a big announcement to make?

Do you have a social area and activities that you are particularly proud of?

Is your Shed open in the evenings/weekends to accommodate working men?

Are you offering activities to attract 18+ year old Shedders?

Do you wish to share the personal journey of a particular Shedder?

Do you have any recipes being made in the Shed that you wish to share with others?

Have you recently won Shed-loads of cash?

Do you have a Shed project that you would like to share?

Have your Shedders been providing Covid-19 support to your local community?

Then we want to hear from you! Please contact SMSA's Communications & PR Officer, Michelle Wibrew, at comms@scottishmsa.org.uk



Breadalbane Shed's Phase 1 build comes to fruition

With a great deal of false starts and delays—not to mention a global pandemic—hindering progress, Breadalbane Men's Shed (BMS) in Aberfeldy is delighted to announce it has now completed the external shell and insulation of its Shed project.

Phil Richards, Chair of BMS, spoke to The Scottish Shedder regarding the history of the Shed and the latest developments. Phil said: "The Shed has been years in the making. Discussions regarding setting up a Men's Shed in Aberfeldy began in 2014 but it unfortunately never got off the ground. The idea was revived in 2016 and a group of interested men met once a month in a local café. With support from local Council and NHS development workers, a committee was formed and the group applied to become a Scottish Charitable Incorporated Organisation (SCIO) towards the end of 2016 and went on the hunt for premises.

"In 2017, a local man who owned a coach firm offered us a big garden shed on his land. It was a great starter Shed and the 'social experience' for the members began to thrive. We were being approached by more and more members of the local community—hearing about what the Shed could offer—to repair benches, make wooden planters and so on and we would mend and transform things for people in return for a donation.

"The size of the Shed, however, restricted the amount of people who could work on projects at any one time and in 2018, we were offered a piece of land from Perth & Kinross Council next to Dalweem—a local care home in Aberfeldy—for a peppercorn rent of £1 per year which was ideal for our needs.

"We started phase 1 of the new Shed project in November 2018 with a total

budget of around £25,000. We are indebted to SSE Griffin and Calliachar Community Fund for providing the bulk of the funding for this project. We also received funding from Perth & Kinross Council's Community Investment Fund and from the Enchanted Forest Trust.

"Negotiating an agreement with Perth & Kinross Council and achieving planning permission took much longer than expected but we were ready to break ground in November 2019. Cross Civils and Construction carried out the groundworks required and laid a concrete plinth for the new Shed.

"The new Shed—purchased from local firm, Gillies and Mackay—was erected by them in February this year and we were able to start insulating the Shed ourselves. We are so thankful for the generosity and support of local people and organisations who have donated materials for our new workshop.

"The work to connect us to an electrical supply was carried out by Jamie Callaghan (Callaghan Electrical Services). We now have an array of sockets, overhead lighting and electrical wall mounted tubular heaters. Two emergency stop switches were also fitted, for safety, at either end of the workshop.

"We were firing on all cylinders before Covid-19 hit and we had to down tools. Our Sheddors quickly adapted, however, to actively provide Covid-19 support to our local community. We joined forces with Tay Valley Timebank—who secured funding and supplied the parts—to produce visors at home to protect frontline workers and others. We are delighted and immensely proud to have produced 400 visors so far and the demand continues. These visors are now available to all organisations, individuals and businesses in our area.

"Last month—after a long wait due to bad weather—we were also able to give our brand new workshop its second coat of paint in anticipation for the reopening of Sheds when it is safe to do so. We are all so keen to get back in the Shed and progress with our plans."

The Shed (when it reopens) should be open every Tuesday afternoon, 1-5pm, and also on Fridays from 10am-5pm.

For more information on Breadalbane Men's Shed, check out their Facebook page at www.facebook.com/breadalbanemensshed or contact Phil on 01887 822765 or Bill on 01350 727277.



Edzell Men's Shed safely keeps up maintenance in lockdown

Members of Edzell Men's Shed have been ensuring that their premises have been kept neat and tidy during the course of lockdown.

Brian Beattie of Edzell Men's Shed said: "As custodians of our Shed, we think it is imperative to keep up the maintenance of the Shed and outside area even when closed.

"A group of seven of us—including myself and stalwart members, Don Cameron and George Taylor—have been keeping in touch online to discuss how we will tackle the work whilst still following strict social distancing rules and safe working practices for everyone.

"There are no more than two members on site at any one time—working on the external grounds—and we keep more than two metres apart at all times. We have been cutting the grass regularly and have painted the wood store to keep the place up to scratch. We take immense pride in our high standards and well-run Men's Shed and hope to open our doors and welcome everyone back very soon."

Follow Edzell Men's Shed on Facebook at www.facebook.com/Edzell2019



Forres Sheddors don't gather dust

Forres and District Men's Shed (FDMS) has been awarded £5,000 from the Berry Burn wind farm Community Fund towards the purchase and installation of a dust extraction system at their new Shed home at Whitely House, Mundole.

The owners of the Berry Burn wind farm, Statkraft UK, have agreed to transfer a sum of £174,000 each year for the next 25 years to be used for the benefit of its local community – to be administered by the Berry Burn Community Fund.

David Parker from FDMS said: "We are delighted to receive this funding. The extractor will be coming from local manufacturer, A-mac Environmental. We will be fitting the extractor with their support and will then receive training."

For more information on Forres Men's Shed, check out their Facebook page at:

www.facebook.com/pages/category/Society---Culture-Website/Forres-Mens-Shed-376675806179868

What the Forres Sheddors have been up to in lockdown...



Dingwall Men's Shed kicks off fundraising drive for craft village vision

Proposals for an inclusive Men's Shed craft village in the heart of Dingwall have been unveiled.

The innovative community project from Dingwall and District Men's Shed (DDMS) has the green light to proceed with full planning permission and has now launched its fundraising drive—to raise £2,500.

The Shed's vision is to make the 'village' a place for its Shedders and members of the community to carry out a range of inclusive and creative activities and learning for all including woodwork, metalwork, horticulture and arts and crafts.

DDMS members have been heavily involved in community projects in the area since its inception in 2017 including making and installing public benches and raised planters, providing kindling and working with local schools and playgroups to enhance local amenity. The Shedders are also involved in a project linking Dingwall with Strathpeffer by a safe cycle and footpath called the Peffery Way.

Steve Dovey from DDMS said: "We are acquiring our Shed premises, at a disused skate park, from Highland Council with a 30-year lease and planning permission to develop a craft village on the site. We also have plans to erect a fully accessible polytunnel to enable our Shedders and any interested locals to grow produce in a friendly and supportive environment.

"The buildings on our site will range between modular buildings and steel cabins to use as workshops and

Garnock Valley Men's Shed secures roof refurb funds

Garnock Valley Men's Shed (GVMS) has secured a £5,000 grant from the Dalry Parish Boundary Trust (DPBT) to help meet the cost of a new roof as part of the Shed's refurbishment programme.

GVMS—situated in the former Ground Maintenance Depot within Kilbirnie Public Park on Ladysmith Road in Kilbirnie—is the closest Men's Shed to the Dalry area.

GVMS Vice-Chairman, David Gardner, said: "We are delighted to secure these vital funds for the Shed from DPBT which are subject to a satisfactory lease agreement with North Ayrshire Council.

"We already have a number of members from Dalry and look forward to welcoming much more. We have high hopes of attracting more Dalry residents in Shed activities but also have ambitious plans to find a suitable site for a new Men's Shed in Dalry in the near future."

recreational facilities and wooden cabins for arts and crafts. All buildings will be externally clad to fit the aesthetic image of the site. The area will be landscaped with wooden planters and screens and car parking for the disabled will be designated to make the facility accessible to all.

"The main hurdle now is to fund the electricity, water and sewage services up to the units. We have received some funding from friends of the town's Highland Rheumatology Unit at the nearby Ross Memorial Hospital in gratitude for the work we did on the garden and benches there but we still have a long way to go.

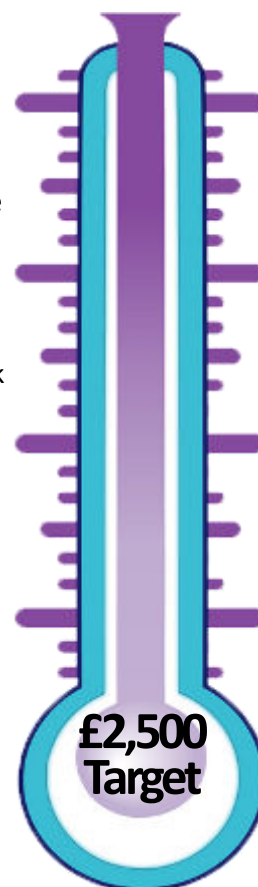
"We have now set up a Just Giving page in order to raise the minimum of £2,500 towards the cost of this fundamental work and fulfil our dream."

To donate to this worthy cause, please visit:

www.justgiving.com/crowdfunding/dingwallmensshed

To find out more about DDMS, visit their Facebook page at www.facebook.com/DingwallMensShed. If you are interested in joining the Shed (after lockdown) or making a donation to this cause, please contact the Shed's Acting Secretary, Steve Dovey, on 01997 423209 or email him at steve@sjd32.plus.com

Help Dingwall & District Men's Shed reach their target!



Diane Wood, Community Benefit Director at Community Windpower said: "The Shed's offer to widen membership to accommodate even more members of the community from Dalry enabled GVMS to meet the criteria for grant aid from the DPBT. We at Community Windpower are delighted as the Men's Shed Movement brings so many benefits to men of all ages adding to community life and the wellbeing of individuals."

GVMS Shed activities include woodworking, construction, music room and scale model building. For more information, visit www.facebook.com/GVMShed



Beer Festival donates £7,000 to Stonehaven Men's Shed despite cancellation

The organisers of the Midsummer Beer Happening—the annual beer, food and music festival in Stonehaven, Aberdeenshire—have raised £7,000 for Stonehaven & District Men's Shed (SDMS) despite the event being put on pause this year due to the pandemic.

Thanks to the generosity of its festival goers, the Men's Shed has still received vital funds to help meet its running costs in these unprecedented times.

The 'Happening'—which was due to take place from Thursday 18th June to Saturday 20th June 2020 in the town's Baird Park—attracts over 5,000 people to the town and has always raised money for local causes. Thanks to a scheme where ticket buyers could donate some or all of the cash they had already spent, those behind the festival have nonetheless still been able to support its local Men's Shed.

Robert Lindsay, organiser of the Happening, said: "We are truly staggered by the way our festival-goers have

risen to the occasion and raised this fantastic amount for such a good cause in these challenging times.

"When we announced the festival wouldn't go ahead, we were mindful of the many charities who look to the Happening for help. We are just delighted so many people have now given so much.

"It will be put to good use by the Men's Shed—a vital resource for our town that offers men a place to meet, socialise, get involved in projects, make new friends, learn new skills and combat social isolation."

Bill Allan, Chairman of SDMS said: "This is truly amazing and reflects the tremendous generosity the community is showing at this difficult time. This will enable us to meet the shortfall in revenue we require to meet our running costs this year.

"It will also enable us to put something back into the community by allowing us to buy materials, and use our own labour to do community projects like benches for the new boardwalk."

For more information on SDMS, please visit www.stonehavenmensshed.co.uk or like SDMS on [Facebook](#).



Inverclyde Shed plants solid roots at new larger base

Inverclyde Shed has secured its future for the next 25 years at a new Shed site at East Blackhall Street.

The site—which is five times larger than the Shed's current base on Captain Street—has been obtained through a Community Asset Transfer (CAT) it has entered into with Inverclyde Council.

Bruce Newlands, Chairperson of Inverclyde Shed, said: "We have seen a huge influx in enquiries from potential members of all ages—even in lockdown—and this new base will help us widen what we can offer to

our thriving membership when we can safely open.

"Through the CAT, we now have a 25-year lease at £1 per annum and think we might be the first group in Inverclyde to successfully achieve this.

"This step secures a long-term future for us and takes a huge amount of pressure off in terms of paying a large rent for the site. We will essentially be providing a vital community resource for today and tomorrow's generations.

"We have also recently applied—again, in partnership with Inverclyde Council—to the Scottish Government's Regeneration Capital Grant Fund (RCGF) Round 8 for

Pictured above: a sneak peek at the new Shed at East Blackhall Street

2021/22 for £500,000 to refurbish the building into a community workshop. We will find out in September if we have been successful. We hope to use the new base to widen what we can offer including boat repair—and recently took delivery of our first boat at the new site—as well as provide additional opportunities for people to 'meet, make + share'."

For more information, please visit www.inverclydeshed.co.uk or follow Inverclyde Shed on Facebook, Twitter, Instagram and LinkedIn).

Read all about Inverclyde Shed's Shore Street Community Garden on page 15.

Garnock Valley Men's Shed's Lockdown Models Project

Garnock Valley Men's Shed (GVMS) Modeller's Club has ensured its members are kept entertained and connected to the group by supplying them with an array of model kits and tools throughout lockdown.

The club wished to open up this offering to non-members and was successful in receiving funding from Foundation Scotland's Response Fund for its Lockdown Models Project.



Members of the club volunteered to safely prepare 40 scale modelling packs to be offered for free to men who are shielding or in isolation in the Garnock Valley. The kits (pictured left) comprised of one scale model kit (an aeroplane, ship, jeep or tank) along with essential tools and glue required to put them together. The kit is supplied in a toolbox that recipients can keep to pursue the hobby in the future and supported, in the form of online support sessions and video tutorials.

Stewart Beck, Community Development Worker with North Ayrshire Council and GVMS Shedder, said: "We have formulated the Lockdown Models project because we have seen the potential for scale modelling to tackle mental health issues and we want many more men to benefit from this fantastic hobby.

"To this end, we are working in partnership with our local Community Hub who have agreed to identify recipients for model kits and to deliver them to households across the Garnock Valley."

Model Group Tutor, Fred Brown, said "Providing free starter kits during lockdown is an ideal way to introduce more men to the hobby and I'm really looking forward to meeting up with lots of beginner modellers online. The beauty of this project is that we can connect with a much wider audience, than we would normally, and introduce 40 new people to this pastime."

The sourcing of model kits and tools during these unprecedented times proved to be somewhat of a challenge for the group. The cost of materials and resources was at a premium and varied from those estimated in the funding application.

The group looked to ideally source all materials from one company and that is when [Modellers United](#) came to the rescue and forty Lockdown Model Kits were made up and ready to be dispatched very quickly to men in the Garnock Valley.

GVMS Modellers Club has always been a popular group —attracting men who are completely new to the hobby or had only built models in their youth. The provision of free model kits and materials from kind donations, and



the existence of a bespoke scale modelling facility meant that many members have been able to get off to a flying start and some are now involved in mentoring newcomers to the group.

Evening sessions at the Shed regularly attract a mixed demographic of modellers prior to lockdown which benefitted all members. Scale modelling provides a level playing field and members freely share their skills, knowledge and experience for mutual benefit.

To widely promote this free provision to men, the group use social media as an outreach tool to demonstrate the value of scale modelling to improve men's health and wellbeing during lockdown.

The club has an active group operating online through Facebook and Zoom, providing tutorials to members and plenty of opportunities to connect socially.

Recently, the club created seven 'Introduction to Scale Modelling' video tutorials on Garnock Valley Virtual Community Centre's Facebook page. These videos are designed to be simple, short and informative five-minute video clips for absolute beginners. The videos have proven to be very popular, generating substantial engagement with non-members.

These videos will now be used to reach men who have no internet access, by including the video clips either on a DVD or a USB stick with the Lockdown Model Kits. Beyond the pandemic, it is anticipated that the group will continue its engagement with recipients of Lockdown Model Kits, hopefully on a face to face basis.

The aim is to build productive relationships that effectively tackle loneliness and social isolation, and scale modelling is an ideal way to do this.

Check out these Facebook pages for more information:

- **Garnock Valley Men's Shed**— www.facebook.com/GVMShed
- **Garnock Valley Men's Shed Modellers**— www.facebook.com/GVMS.Modellers
- **Garnock Valley Virtual Community Centre**— www.facebook.com/groups/GarnockValleyCommunity



Inverclyde Shed's Shore Street Community Garden flourishes

Lockdown has sprouted a sharp rise in interest in gardening for many nature lovers and Inverclyde Shed has certainly not let the pandemic stunt the growth of its Shore Street Community Garden project.

The Scottish Shedder speaks to Bruce Newlands, Chairperson of Inverclyde Shed, about the hive of activity at its community garden space and how it has been thriving.

Bruce said: "In August 2019, Inverclyde Shed took on the management (and £1 annual lease) of an unused community garden space in Gourrock from Inverclyde Council.

"The goal was to add a space for our members to get involved with gardening, physical work and reap the benefits to their health and wellbeing from being outdoors.

"We couldn't offer a garden at our current premises on Captain Street—which is in a built up area of Greenock—therefore sought support from The National Lottery Awards for All, Corra Foundation and Soil Association Scotland to invest in the garden and tools, shed, greenhouse, compost and seeds. We also got help from Cruden Building and Renewal through their Community Benefit Programme with some of the heavier landscaping works and fencing to enhance the security of the site.

"During lockdown, the garden has provided a fantastic space for socially distanced outdoor exercise as well as opportunities for our members to meet safely during this difficult time.

"We have benefitted from immense support and donations including grass clippings and food waste from local people/volunteers; green wood chips produced locally by a landscape contractor; and coffee grounds from local cafés. We now produce all of



our own compost onsite with six compost bins built by the Shedders.

"Some local residents have also donated plants and we had a bumper donation of seeds from Cardwell Garden Centre. We currently donate all fresh food produce to local sheltered housing (pictured above), focusing especially on seasonal salad including lettuce and spinach. We have also just used our compost to fill 50 grow bags in preparation for providing Christmas tatties to local elderly and vulnerable people."

Inverclyde Shed certainly doesn't do things by halves and have some ambitious plans on the horizon. Bruce added: "We are delighted to announce that we have also received the keys and are starting some minor repair works and statutory approval submissions at a larger Shed on East Blackhall Street to expand and complement our current activities (see page 14 for more details).

For more information, please visit www.inverclydeshed.co.uk or follow Inverclyde Shed on Facebook, Twitter, Instagram and LinkedIn).

In the next issue of The Scottish Shedder

Hear all about Inverclyde Shed's new pilot Micro Shed space on its main shopping street at 51 Kempock Street, Gourrock.

Inverclyde Shed will also unveil plans for their upcoming 3D printer digital fabrication project to attract a different demographic whilst strengthening its network across Inverclyde.



Pictured: a donation of fresh produce to the elderly; composting and vegetable plots at Inverclyde Shed's community garden; and the new 3D printer



Eulogy for Jim Stephen

It is with great sadness that I have to inform you that our Secretary Jim Stephen died peacefully in his 81st year on 28th May 2020 after a short illness bravely borne.

Jim was born and educated in Dundee. In his working life he was an engineer by profession, working for several large companies in Dundee before finally retiring as Manufacturing Manager from ABB Engineering.

Jim and his wife Sandra married in 1959 and had two children (their son, Ian, and daughter, Loraine), four grandchildren and three great grandchildren.

Jim had several hobbies including outdoor and indoor bowling, pool and darts but wood turning was his great passion and so many of us are grateful to him for passing on his knowledge, more especially the members in the woodturning section of our Men's Shed.

Jim was Secretary of Dundee and District Wood Turning Club prior to its amalgamation with the Carse of Gowrie Men's Shed where he was Secretary up until his death.

Jim will be sadly missed not only by his family but all who knew him both in his professional and social life and especially within the membership of the Men's Shed community.

We in the Carse of Gowrie Shed will miss him for his organising knowledge and experience in helping to advance our Shed to the unique situation we experience at the present time.

May his soul now rest in peace.

Bill Beckers
Trustee
Carse of Gowrie Men's Shed



Who am I and why am I writing this?

My name is Barry Smith—Baz to my friends—and I am 41 years old. I was born with Cerebral Palsy and use a power wheelchair in addition to a Lightwriter speech aide so that people can understand what I am saying to them.

For the last 18 months, I have went to my local Men's Shed and loved it. I wanted to write to The Scottish Shedder to highlight that many men in Scotland have different needs but one thing we all like is to have a good laugh!



Shed on Clouds

After reading the [May 2020 issue](#) of The Scottish Shedder, I was intrigued by the 'Shed on Clouds' article (Page 9) written by SMSA Trustee, Professor Chris Oliver. Chris shared how he got St. Andrews Men's Shed members to come together and connect online regularly through Zoom videoconferencing.

As the Chair of Wee County Men's Shed (WCMS), I thought that we should definitely have a go at that! My problem was that many of our members are very nervous about using IT. Email is just about OK, as is surfing the web, but any online interaction was seen by some as a "bridge too far".

I am not a Zoom expert—having joined meetings but never set one up—so the first thing was to teach myself how to set up a meeting. It is unbelievably easy.

The next step was to persuade WCMS members to join a meeting. I set up our first online meeting for Monday 11th May and invited all our members to join. Attached to the invite was a brief explanation of what to do and what to expect. I also re-assured them all that if they

messed things up it did not matter; nothing would be broken and they could always have another go. My idea was to have a simple half-hour meeting—with no agenda—and invite everyone to see how the software worked and learn how to use it.

So how did we get on? Well, it was a great success. Nine members joined—all of which had never used Zoom before—and my initial misgivings that we would have nothing to talk about were totally unfounded. The conversation never stopped.

Just like a "normal" meeting, we put the world to rights and agreed to do the same again next week. It was unanimously agreed that we should have weekly half-hour meetings (11.00am—11.30am) every Monday with no agenda, and open to all, just for the chat. Who knows where this may lead us? We've dipped our toe into the Zoom water and I am sure that once we gain familiarity with the system, our use of it will increase.

I hope this is helpful to other Shedders. Who knows, if all Sheds used Zoom we could have an SMSA wide conference!

Jon Searle
Wee County Men's Shed Chairman
and SMSA Treasurer

LETTERS TO EDITOR



Letter from across the Seas: *Hello from Tasmania!*

Dear Scottish Shedders,

Greetings to you all from our tiny Island of Tasmania, located almost at the bottom of the world – just under the mainland of Australia. It's beautiful and diverse, not dissimilar to Scotland. Our population hovers at around 550,000. While the world has been thrown into chaos as a result of Covid-19, we thought it timely to reach out to some of our fellow 'Shedders' from far away!

The Tasmanian Men's Shed Association has been running for 11 years now and we are the peak body for Men's Sheds in Tasmania. One of our Member Sheds is right up there in being the oldest Shed in Australia. There's 60 Men and Community Sheds that are members of our Association at the moment. This changes from time to time and we would estimate having approximately 2,500 Shed Members. It's always a challenge trying to keep track of just how many Shedders there are at any given time!

All Sheds are different, as are the reasons for men choosing to join them. Some are transitioning into



retirement, some have relocated and find that Shed life is a great way of making new friends. There are those that find themselves isolated and lonely for any number of reasons – and this seems to be one of the main reasons why so many of our Sheds are expanding. Apart from being able to learn a new skill or pass your skills on to others – Shed life provides one of the best and most unique ways of keeping men connected with other men and their communities.

We are lucky to live on an Island that provides some of the most beautiful timbers in the world which results in some pretty amazing wood turning products coming out of our Sheds. Some find their way into our well known tourist destinations like Salamanca Market, Woolmer's or the internationally acclaimed Deloraine Craft Fair – all closed at the moment due to Covid-19 restrictions.

Also, given our Maritime history, we have a number of Sheds that specialise in boat building. But on the whole - the focus of our Sheds

and their members is to give back to their communities, finding purpose in doing so, while continuing to look out for each other.

We've sent some photos and a couple of shots of handcrafted items using local timbers. Maybe one day when the world returns to some sort of 'normal' we could start our own Global Shed Tours! Until then we will continue to communicate in the old fashioned way. We all really enjoy receiving your 'Scottish Shedder' newsletter and following your social media platforms - a number of our Committee members have also joined your Association.

The Tasmanian Men's Shed Association would warmly welcome any visiting Scottish Shedder if they should find themselves in Tassie at any time! Looking forward to hearing from you soon.

Cheers from
Down under – Down under
[Tasmanian Men's Shed Association](http://www.tasmanianshed.org.au)



Introducing Shedley!

I have been to our Shed cabins a few times recently as we have unfortunately suffered a bit of vandalism. A local lady, Dorothy—one of our most ardent supporters—appeared on her buggy with her spaniel, Paddy and said she had something for us. She disappeared off, saying she would be back shortly, and duly reappeared and pulled a large knitted figure from a bag!

It really cheered me up and it is heart-warming to see this kind of community spirit and support for the Shed

continue in lockdown! I decided to name him Shedley and I am sure he will be a valued member of our crew when we can all meet again.

David Chambers
Secretary of [Cromarty Firth Men's Shed](http://www.cromartyfirthmen.org.uk)

DO YOU HAVE A SHED MASCOT? SMSA WOULD LOVE TO HEAR FROM YOU!

Pictured below (left to right): Shedley; painting a wooden train for a local playpark; and being a typical Shedder—it was not long before he stopped for a cup of tea!



A PERSONAL STORY



St Andrews Men's Shed member, Eric Box, shares his own Men's Shed (lockdown) experience with The Scottish Shedder.

Eric explains: "I first came across the St Andrews Men's Shed last year when I was acting as an MC at an event at Craigtoun Country Park in St. Andrews.

"I was a volunteer at the Park; working mainly in the ticket office, but I have a fairly professional sound system and once the Park Board heard about it, they asked me to MC and provide music at various events for them.

"The Men's Shed has a marquee—which they take to various venues to promote themselves and sell craft work to raise money for the Shed—and it was then that I was introduced to some of the Shedders by their Treasurer, Henry Paul, who is also a volunteer at the Park.

"My last job before retirement was working as a whole school technician at Madras College in St. Andrews, so I had some skills I could bring to the Shed and they in turn are able to teach me a great deal in

woodworking, the use of machine tools and how to cope with advancing old age.

"Henry persuaded me to 'try' the Shed and after my first visit, I was



hooked. Initially, I was put to work helping to make dozens of wood planters, some of which are now on display at Leuchars Railway Station. However, I quickly gravitated to the wood lathes. I had some experience using them, but we are lucky to have some excellent wood turners in our Shed, especially Don, and they were only too happy to teach me the skills required to turn out some decent pieces.

"I progressed from making wooden apples and pears, to turning out small Christmas trees and then bowls. I was in the middle of turning a bowl made from laminated plywood boards stuck together, when bang, we were in Covid 19 lockdown! My bowl is still in place in the lathe chuck and I look forward to finishing it one day soon.

"It quickly became apparent that the whole country was going to go into lockdown and that due to my poor health and age, I was going to be stuck in the house with my long-suffering wife with very little to do.

"I put out a plea on our village page on Facebook for information about any second hand wood lathes for sale. To my absolute delight, by the end of the day I had purchased a small used lathe and a load of wood from a lady wood turner in The Gauldry, Fife. It has been an absolute godsend.

"My first project was to turn a couple of eggcups. Since then I have made many more eggcups for family and ourselves together with boxes, bowls, dishes, goblets and mice.

"A Shedder from another Men's Shed joined our weekly Zoom meeting one day and showed us a small wooden mouse he had made. I liked the idea and again turned to the village Facebook page to request leather

scraps for the ears and tails for the mice. Again, the village came forward with what I needed and very soon I put up a photo of my very first mouse.



"One of the village ladies suggested that we hold a naming competition in the village for the mouse and I took up the idea. Before long after just three days we had over 60 names suggested. I

chose the name Bubble (as in and Squeak) that a child had put forward and presented the mouse to her as the prize. I found out that she had a sister so gave them another mouse so that they now had the Bubble and Squeak pair.

"I honestly do not know what I would have done if I hadn't had the lathe to keep me occupied during this lockdown. I am also to be found avidly soaking up the thousands of online wood turning demos for ideas and practical tips.



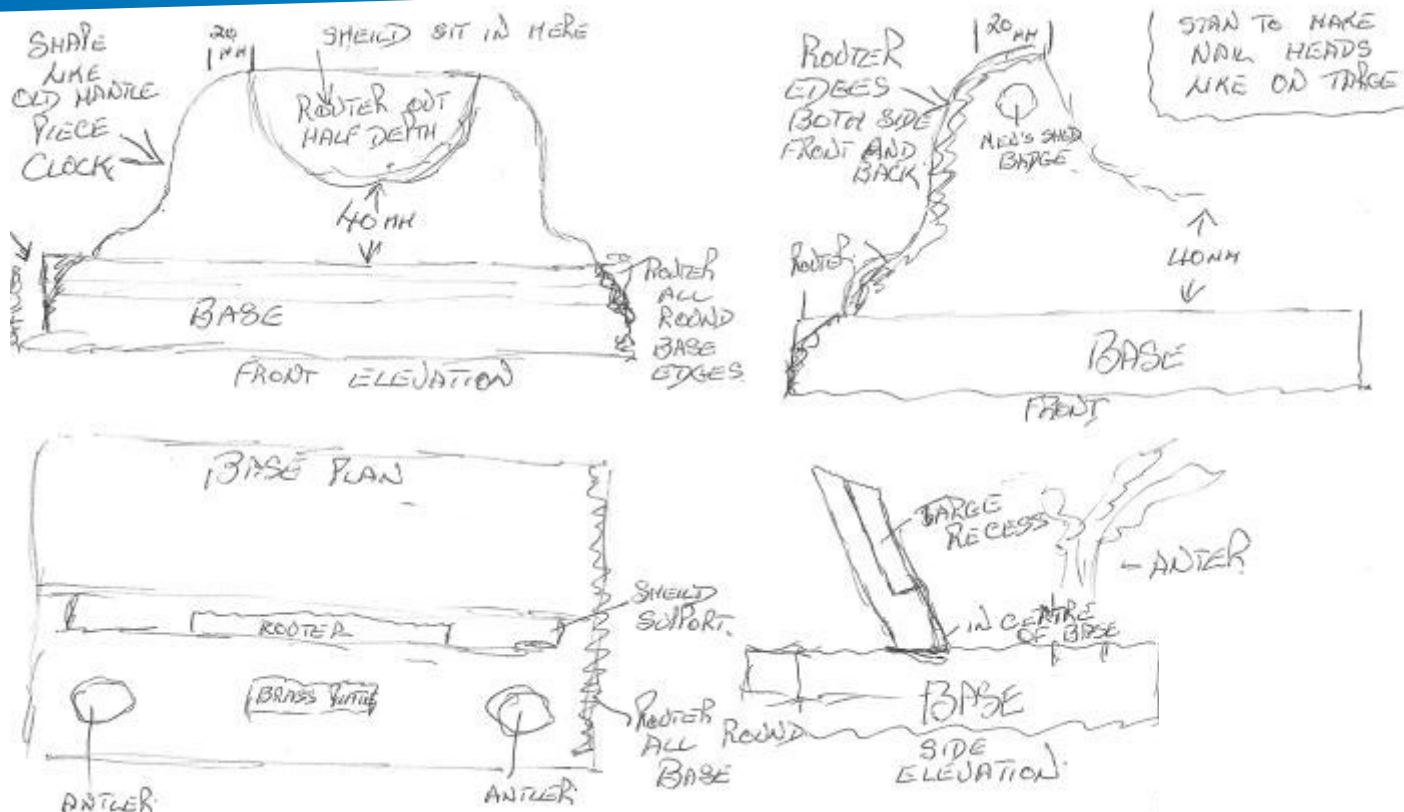
"Twice weekly, we hold a St. Andrews Men's Shed Zoom meeting which sometimes attracts about 20 or so Shedders,

including two regulars from Australia, one of whom is seen settling down with a glass of red wine as it is evening for them. These meetings are a huge morale booster for us. We've had quizzes, slideshows, talks and loads and loads of banter. I'm sure that we will all miss it once we are open for business again.

"I'd like to give my very personal thanks to the Committee of the St. Andrews Men's Shed for helping to make life interesting and bearable not only during lockdown but always."

For more information about St Andrews Men's Shed, please visit their website at www.mensshedstandrews.org.uk or visit their Facebook page at www.facebook.com/mensshedstandrews. When normal business resumes, the Shed meets every Tuesday, 9.30am to 1.00pm.

SHED PROJECTS



Aberchirder & District Men's Shed Project Display Plinth for the 'Shed of the Year' Targe Trophy

Aberchirder & District Men's Shed's Secretary, Jim Paterson, is undertaking the task of producing a plinth for the 'Shed of the Year' Targe Trophy (shown right).

The Scottish Targe—which is presented to the winner of the SMSA's 'Shed of the Year' Awards each year—was produced thanks to the help, generosity and skills of several Men's Shed members to truly encapsulate the ethos of Sheds. SMSA's former 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. The trophy is then engraved with the winning Shed's name and proudly displayed at their premises for that year.



Mike O'Brien, Chairman of Aberchirder & District Men's Shed's said: "It was decided that we did not wish to compete with the workmanship that had went into the making of the targe (if indeed, that were possible) and that any stand/plinth for it had to compliment and not detract from its beauty. Our members chose a old mantelpiece clock shape to hold the targe securely in place. A first plan was drawn up and then scribbled ideas were taken from all members as the final design. Part of this 'exact plan', after numerous scribbles are shown above. A local joiner and cabinet maker volunteered to make the stand and we will soon be unveiling the final product."

"How to make wooden spoons"

A sneak peek at Prof Chris Oliver's workshop on how to make functional but innovative wooden spoons. SMSA will be announcing an online instructional workshop on Zoom with Chris soon. Watch this space!

Access the pdf at:

www.researchgate.net/publication/341179467 How to make wooden spoons



How to make wooden spoons?

Prof Chris Oliver #EastNeukSpoons @CyclingSurgeon

SHED PROJECTS

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SUMMERTIME SORT OUT PROJECTS!

With summer upon us and more time on our hands, our Knowledge blog has all you need to inspire you to get creative this season! - knowledge.axminstertools.com/diy-woodworking-projects/



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www.scottishmsa.org.uk

SHED PROJECTS

'Ello, 'ello, 'ello, what's going on at Dunoon Men's Shed then?

Like all Sheds in Scotland, the Dunoon Men's Shed has been closed since April. Before lockdown, our Shed was busy working on many projects including restorations, wood creations such as owl boxes for the Cowal & Bute Raptor Group (pictured below), model making, picture framing, filmmaking, arts and crafts as well as plenty of planting and harvesting in our polytunnel.

Although this has been a trying time for our Shedders, the information and support we have received from the Scottish Men's Sheds Association, regarding the reopening of our Shed when it is safe to do so, has been invaluable.

When the Shed closed, and the blues struck, I was personally working on a small project (or should that be, blues and twos?) - a quarter scale Glasgow police box (pictured right). In my police officer days, I used the police box near Glasgow Cathedral and it is still there today. Where do I go from here? Perhaps an AA box, or it could be full size boxes, who knows?

Our Shed has recently received funding from the Co-op Local Community Fund, which we are extremely grateful for. The money will be spent on our garden and car lift projects. Hopefully both these projects will be progressed in the near future.

As all Sheds are, we are very much looking forward to getting back to ours soon.

Ian Graham, Treasurer of Dunoon Men's Shed
www.facebook.com/DunoonMensShed



Bike Restoration at Men's Shed St Andrews

Men's Shed St Andrews' Shedder, Callum Mowat has recently restored an old Alan Vintage Italian Bicycle. Callum completely rebuilt it using love, care and attention and sourced and included genuine Campagnolo parts. Check out the restoration video on [SMSA's YouTube channel](#).

Callum, Winks Emmerson from [St Andrews University Bike Pool](#) and Chris Oliver from [Men's Shed St Andrews](#) have also recently completed the Silver Velotech Course at Edinburgh Bike Station and are now qualified Bike Mechanics.

Chris Oliver, SMSA Secretary and member at Men's Sheds St Andrews, said: "We hope to improve the Bike Pool for Transition University of St Andrews but are also delighted to now be fully qualified to fix bikes for Men's Shed St Andrews."

Pictured (top to bottom): The restored Alan Vintage Italian Bike and Callum Mowat, Chris Oliver and Dave Place at the Bike Station





Why not grab a cuppa and take part in our fun Scots language quiz!

Compiled by:

Jim Blair, St Andrews Men's Shed

The Scots Leid (Whit wye dae ye think yer spikken?)

During the course of the Covid-19 pandemic, St Andrews Men's Shed is holding regular Zoom meetings—on Tuesdays and Fridays for an hour starting at 10am—hosted by Chris Oliver, Trustee of the Scottish Men's Shed Association. The Shed quite often features a quiz for its Shedders on its Zoom meetings and Jim Blair chose the Scots language which he has a keen interest in and is happy to share this with The Scottish Shedder readers.

Oor Wullie and The Broons

1. bairn
2. granny sooker
3. jings, crivens, help ma boab
4. stoorie
5. chickie-mellie

Whit kinna beast ist?

6. puddock
7. stirk
8. cuddy
9. slater
10. futrat

Whit are ye wearin the day?

11. breeks
12. bunnet
13. galluses
14. nickie-tams
15. pints

Fan ye leave the squeel fit will ye dae?

16. beadle
17. souter
18. dominie
19. orraman
20. tak-a

Fair fleein now?

21. spug
22. corbie
23. pewley
24. laverock
25. teuchat

Ye'll hae tae spick the Doric here?

26. Finichty
27. Foggy Loan
28. The Broch
29. Gamrie
30. Cyaak
31. The Blue Toon

Weel done Cutty-sark!

Participants are awarded with one of the following titles depending on their score.

0-9 points	siccan a sotter
10-20 points	chavin on
21-30 points	a lad o' pairts
31 points	fit a cliver loon

Need a haun?

Then the answers can be [checked here](#).

If you are interested in the Scots Language, one place to start would be the Open University who have a FREE course called Scots Language and Culture (parts 1 and 2). Visit www.open.edu/openlearncreate/local/ocwfreecourses/freecourse.php for more information.



Lizzy, Macmillan volunteer

Macmillan Telephone Buddies

If you need to talk about your cancer, we're here to listen. With a weekly call from one of our Telephone Buddies, you don't have to face cancer alone.

How a Telephone Buddy helps

Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service is here for you. We'll match you with someone who understands what you're going through, and they'll give you a weekly call.

Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our other services, and all the ways Macmillan can help, so you don't have to face cancer alone.

- This has offered me company and emotional support that wasn't available to me previously.

A Telephone Buddies service user – May 2020

How it works

1. Sign up online or by phone to register your interest
2. We'll get in touch to find out what support you need
3. We'll find a Telephone Buddy who suits your needs
4. You'll get a weekly call from your Telephone Buddy

Typically your volunteer will offer up to 12 weeks of support, but this can be adjusted to suit your needs.

Find out more and sign up at macmillan.org.uk/telephonebuddies
Or call our Support Line on 0808 808 00 00
(7 days a week, 8am-8pm)



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. All photos are real people living with cancer or Macmillan volunteers. MAC18485

MACMILLAN
CANCER SUPPORT

WHAT'S COOKING?

While in lockdown, try your hand at cooking with The Scotch Kitchen!

Discover their website—supporting Scottish meat—for recipe inspiration, [free virtual cookery lessons](#) and top tips from leading Scottish chefs to [#MakeItScotch](#) next meal time.

Fire up the grill (or BBQ!) and try this Scotch-take on the authentic Middle Eastern beef shish kebab with tender meat in a delicious marinade coupled with fresh veg and couscous for a healthy, filling meal.

Scotch Beef Kebabs Serves 4



Ingredients

- 600g Scotch Beef Bavette steak or Sirloin steak, trimmed and chopped into 3cm cubes
- 2 tsp allspice
- 2 tsp smoked paprika
- 2 tsp garlic granules
- ½ tsp grated nutmeg
- 1 tsp celery salt
- 80ml rapeseed oil
- 2 peppers, chopped into 3cm chunks
- 2 red onions, chopped into 3cm chunks
- 250g couscous
- 15g fresh coriander, finely chopped
- 15g fresh coriander, finely chopped
- Sea salt and black pepper
- 8 wooden or metal skewers. If using wooden skewers soak in water for 40 minutes before cooking

Method

Kebab:

- In a large bowl mix the allspice, smoked paprika, garlic granules, celery salt, nutmeg and rapeseed oil together
- Season with a pinch of salt and black pepper
- Add the Scotch Beef chunks and mix well
- Ideally let the marinated beef rest for two to three hours ahead of cooking
- Thread the beef and vegetables on to the skewers
- Alternate pieces of beef and vegetables until all of the ingredients are finished
- Grill on a medium to high heat for 12 minutes—turn the kebabs once while grilling

Couscous:

- Prepare the couscous by following the on-pack instructions
- Mix the chopped coriander into the couscous and season to taste
- Serve the couscous with the kebab and enjoy



For more recipes, practical “how to” video content and key messages on health and nutrition, please visit www.scotchkitchen.com or follow ‘Scotch Kitchen’ on Facebook, Instagram or Twitter.

FUNDING OPPORTUNITIES



National Lottery Community Fund

The National Lottery Community Fund is now focussed on responding to the impact of the COVID-19 pandemic.

The awards process will also be faster, recognising the need to respond quickly to people who are in real need.

For more information, please visit:

www.tnlcommunityfund.org.uk

The Henry Smith Charity

The Henry Smith Charity— Strengthening Communities

The Strengthening Communities grant programme is designed to support small charitable organisations working at grassroots level.

The HSC wishes to fund established organisations with a track record of delivering services directly to beneficiaries.

They are looking for organisations that are embedded within their communities and are addressing local needs.

HSC want to fund work that enables:

- People from across the community to participate in activities which improve connectedness, opportunities and wellbeing
- People who are excluded, vulnerable or facing other forms of hardship to have access to community-based services that support positive lasting change
- A stronger, active, more engaged community

Grant size: £20k – £60k per year
Length: 1-3 years
Decision timescale: 6 months
Deadlines: None

For more information, please visit:

www.henrysmithcharity.org.uk/explore-our-grants-and-apply/strengthening-communities-grants



TESCO COMMUNITY GRANTS

Tesco Bags of Help COVID-19 Communities Fund

Tesco Bags of Help has responded to the current COVID-19 crisis by setting up a new fund to support local communities.

The programme will provide a single payment award of £500 to organisations who are supporting vulnerable groups, as part of their emergency response in supporting local communities e.g. charities supporting the elderly or those needing to self-isolate.

Apply today at <https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund>



Independent Age Grant Fund

Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic

Independent Age has launched an Independent Age Grants Fund to help smaller organisations across the UK support older people most affected by COVID-19.

Through collaborative efforts, they aim to reach more people, particularly those who are living in complex and challenging situations; and/or in danger of being out of sight and out of mind.

They will be releasing £2 million across four separate funding rounds. In each round they will be making £500,000 available where organisations can apply to receive up to £15,000 each.

For more information, please visit:

www.independentage.org/community/grants-fund

Have you won shedloads of funding?

SMSA wants to hear about your funding success stories so that we can share it with others. Please contact comms@scottishmsa.org.uk

SHED NETWORK MEETINGS



It's a Shed, Jim, but not as we know it!

We held Zoom meetings with the Lothians, Ayrshire, Fife, Perth and Kinross and Highlands and Islands Men's Shed Networks. We discussed the following:

Experience of lockdown

- 'caught with our pants down'
- most committees made decision to close with support of the membership over various times in March before and when the lockdown was imposed
- access to Shed prevented by landlords without time to organise departure and contact details
- closed but insufficient and out-of-date contact details
- closed but had time to distribute portable equipment, tools, and materials for home-based projects
- closed but insufficient time and systems to distribute tools, portable equipment, and materials
- throughout lockdown, an individual would check on the security of the Shed whilst taking daily exercise
- staying at home confirmed the importance of the Shed for mental health and wellbeing in terms of routine, purpose, camaraderie and feeling valued
- Shedders are desperate to get back when it is safe to do so

Contact with members

The following methods were used:

- telephone calls
- emails
- buddy systems
- WhatsApp groups
- Facebook groups
- social media
- newsletters
- video conferencing with Zoom being the most popular after early security breaches were fixed, but also Skype, Microsoft Teams, Google Hangouts, Group FaceTime & WhatsApp Messenger
- door knocking/shouting up at windows whilst out taking physically distant exercise or shopping
- virtual quiz nights, coffee and a blether, comedy, show and tells and music making

Projects and activities undertaken

- tools, portable equipment, and materials taken home or distributed
- computer mediated communication tutorials

- bird tables for care homes
- benches for community
- art packs
- hobby packs
- model making supported with online demonstrations
- spoon carving supported with online demonstrations
- eco planters
- scrubs, face masks and face visors
- supporting food growing projects
- supporting Covid-19 resilience and mutual aid groups to distribute food, and collect shopping and prescriptions
- Shed fundraising activities including £1 in the pot for every cuppa sipped in the Zoom Room

Lessons learnt to make their Shed more resilient in the future

- keep connected—no member of the Shed is left out
- recognise some of the membership may need more support than others particularly those shielding
- keep comprehensive up-to-date membership details that are GDPR compliant, securely stored, and with permission to use a range of communication methods
- enable buddying of Shed member(s)
- audit the digital skills of the membership
- audit the home communication technology of the membership
- secure funding for digital technology
- set up a tool library system for home based projects
- set up a digital technology library for those without access to it
- secure funding for awareness and skills training in digital communication if there is not the expertise in the Shed
- fit CCTV to monitor the security of the Shed whilst closed

Shed plans for a return to the Shed or Shed-like activity

Generally, a cautious approach guided by the Scottish Government Route Map. Sheds have a range of levels of preparedness including:

- continuing to use the full range of methods to keep connected for those who do not feel confident leaving their house
- Covid-19 safe protocols
- bring your own refreshments
- making the most of outdoor spaces for physically distant meet ups complying with Scottish Government Route Map
- securing funding for and procurement of PPE: gloves, face masks, face visors, disposable gloves hand sanitiser and cleaning products
- hand and respiratory hygiene etiquette
- assigning Covid-19 welfare officers/supervisors but this comes with a health warning for people in these roles in terms potentially increased responsibility, conflict and stress

- signage
- rationing numbers through booking systems to maintain physical distancing
- increasing the number of sessions to allow for these smaller numbers
- one-way systems
- risk assessments
- member surveys
- consensus that Sheds will look and feel very different even when it is safe to return

No guidance from SMSA yet?

- No Shed is the same and have some or all of the following: workshop area, social area, toilets and food preparation which singly have no exact fit with the phases out and through the lockdown and require a complex range of Covid-19 secure protocols
- Sheds have different arrangements for sharing buildings with other groups with consequent challenges to Covid-19 security
- Jason Schroeder, SMSA, is having conversations with Scottish Government and senior civil servants to seek clarity on where Men's Sheds fit into the phases of the Scottish Government Route Map, so far, they do not
- SMSA do not want to raise false hopes
- protecting the reputation of the Men's Shed Movement
- witnessing the return to lockdowns across the world
- ultimately Sheds make their own decisions

Those who took part reported that apart from missing the sandwiches and visiting exotic Shed locations the sessions were extremely useful, worthwhile, interesting and informative.

Participants stated that it was good to hear the experiences and ideas of different Sheds and that the generally cautious approach meant they were 'singing from the same hymn sheet'. The meetings have facilitated collective problem solving and realisation of the work that has been going on behind the scenes in the SMSA and across the management committees of the Sheds.

We would like to hear from Sheds across the rest of Scotland about your experiences of the lockdown and your plans for returning to the Shed or Shed-like activity. If you would like to take part in a future ZOOM meeting please let me know.

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

We aim to publish eight editions of the newsletter each year and send it digitally to all of our subscribers. All editions are archived in the [SMSA online library](#) for Individual Members to access at any time (log-in required).

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