

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE SMSA



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WAS THIS A 'MEN'S
SHED' IN GLASGOW
IN THE 1960s?

INSIDE THIS ISSUE:

- 2 COVER STORY
- 4 TALKING SHEDS
- 5 SMSA MEMBERSHIP
- 6 SMSA NEWS
- 12 SHED IN THE SPOTLIGHT
- 14 SHED LIFE
- 19 A PERSONAL STORY
- 21 REMEMBRANCE
- 22 THE SHED GARDEN
- 23 SHED PROJECTS
- 26 QUIZ
- 27 HEALTH MATTERS
- 28 WHAT'S COOKING?
- 29 WHAT'S ON?
- 30 FUNDING
- 32 SHED NETWORK MEETINGS

Cover story: Was this a 'Men's Shed' in Glasgow in the 1960s?

The Men's Sheds Movement in Scotland officially began in 2009, but the SMSA has recently been drawn to a few stories of Shed-like establishments across the nation from as early as the 1960s which have grabbed our attention...

The Penilee Crafts and Hobbies Centre for Retired Men in Glasgow (cover photo and pictured below) dates back to 1960. The Club was set up following research undertaken by the Glasgow Retirement Council (GRC) and Glasgow Corporation that highlighted that local men were suffering from loneliness and isolation following retirement. They missed the daily grind, the routine of work, their sense of purpose and longed for camaraderie once again.

The GRC was formed to "bring together interested people in commerce and industry, education, health and welfare in an endeavour to prevent the unhappiness of men and women in retirement and complement the Glasgow Old People's Welfare Committee and others working with the elderly and combat loneliness, frustration, discontent and feelings of rejection among those who had retired". Their objectives included ways to prepare for the incident of retirement and a new way of life in retirement but also to promote crafts and hobbies and the best use of leisure time.

Continued on next page...



The Scottish Shedder promotes news from Men's Sheds across Scotland to showcase their successes (and challenges) in addition to highlighting funding opportunities, DIY projects, recipes and much more.

Each issue is sent digitally to over 2,500 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 11th June 2021. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle at comms@scottishmsa.org.uk

COVER STORY (Continued)

...continued from previous page

Delving a little further into this, the SMSA found a GRC [special article](#) written by their Secretary, Andrew M. Atkinson, dated December 1962 which highlighted that in 1960, the GRC opened the first 'experimental' Centre for Crafts and Hobbies for Retired Persons in a wing of a redundant primary school at Linburn Road, Penilee. The Glasgow Corporation converted premises to make them fit for purpose and also met the costs of heating, lighting and maintenance.

Like the Men's Sheds of today, the Club aimed to provide local men with opportunities to socialise and take part in hobbies and activities. A committee of volunteers including retired men with managerial, technical and trade union experience were responsible for the day-to-day running of the centre. Local businesses donated tools, machinery and materials for wood and metal work and DIY projects. The activities at the centre were recreational and no payment was offered for the work carried out by the members. *"All activities have been given a sense of purpose, in that, apart from making household articles for their own use, the members are making aids for disabled persons for the Red Cross Society and hospitals in addition to specialised equipment for the geriatric units and toys and equipment for disabled children in Glasgow and Paisley. They are helped by the knowledge that what they do is appreciated and by the companionship they find at the centre."*

The Club was listed in [The Graying of Nations, Implications : Hearing Before the Special Committee on Aging](#) (page 54, November 1977 publication) as one of the 'day-release courses' for older male employees within 10 years of their probable retirement to attend - without loss of earnings for one full day a week for seven weeks - to utilise as a *"preventative measure service...that cost very little and all of them improve and stimulate the physical, social and mental health of the old person."*

It was the purpose of these courses to *"persuade men and women still at work to think about and plan for their years of retirement to help them adjust and to point the way to interests and opportunities for social contact and service which will enable them to find personal satisfaction, contentment and fulfilment in their years of enforced leisure."*

Each course included *"morning lecture/discussions on the different aspects of retirement (e.g. finances, maintenance of good physical and mental health and problems of social adjustment and living. These discussions were amplified by the use of films, visits to geriatric units, old people's homes and craft centres. The afternoon sessions devoted to talks on appreciation of the arts and the stimulation of the creative spirit as in hobbies and handicrafts."*

The first premises of the club were on Linburn Road before moving to Penilee Community Centre on Gleddoch Road and whilst researching this, the SMSA was delighted to find a live [website](#) for 'The Penilee Crafts and Hobbies Centre Club' and a Facebook page for a [Glasgow Woodworking Club](#) still based at the same community centre. After a few attempts to call the number listed on the website, the SMSA managed to talk to a representative of the centre who advised that the group is still very much active to this day but closed at present due to COVID-19.

The group's [current constitution](#) states that it is *"open to all persons aged sixty years and over or retired persons desirous of joining"* and shall *"provide facilities and materials to enable older people to use the skills acquired in industry and commerce and to develop new leisure pursuits; to establish contact and provide mental stimulation; and to enhance the quality of life of older people."*

Following a recent Shed Network Meeting, SMSA also got chatting to Alan Thomas who is currently involved in setting up Cumnock Men's Shed. Alan (49) said: "I have extremely fond memories of attending a place with my

grandfather when I was a young lad. It was across the road from my grandparents' home on Riccarton Road in Hurlford, Kilmarnock – it was a place for men to meet, hang out, chat, play dominoes and make things. My father actually remembers going there with my grandfather in the late 1960's too.

"Another place I remember from the 1970s/80s was a social area at the back of the barber's shop on the main street where men went along to connect. I used to go along (from around the age of four) with my Dad and my Grandad and it was a great bonding experience for us.

"There was also the Old Men's Cabin (also known as the Old Men's Hut) on [Howard Park Drive](#) in Kilmarnock – in fact, the building there still stands. There seems to have been several of these Old Men's Cabins in existence all across Kilmarnock (Rosebank Place, Piersland Park, Boyd Street, Iainshaw Avenue and Witch Road to name but a few).

"The men in my family, over four generations – have attended these establishments for a variety of reasons – to get out of the house, socialise, bond with family and peers, learn new skills...the list goes on. Now here I am, involved in setting up a new Men's Shed for Cumnock and passionate about ensuring the Movement is here for this generation and the next – my own son (Aydan, 12) included."

So, there it is. After only slightly dipping our SMSA toe into the history of this – have there been 'Men's Sheds' in existence in Scotland since the 1960s? Well, we will leave that decision up to you...

To be continued?

The Association is sure it has only scratched the surface with this story, if you are aware of other similar groups or clubs, we would love to [hear from you!](#)

TALKING SHEDS

by Jason Schroeder

Spring is in the air...or is it? Yesterday we had sun, rain, hail and snow and with the [26th UN Climate Change Conference of the Parties \(COP26\)](#) in Glasgow from the 1st–12th November 2021, our impact on the planet is being felt even more acutely as many have had a slowing of life's heady pace and become more aware of these climate changes.

Thanks to support from companies like the [Robertson Group](#) and [Balfour Beatty](#), Sheds are benefiting from their site 'waste' disposal and so is our planet. We heard over the past weeks at the Shed network meetings that wood is getting harder to find and the price has increased significantly. So do make connections with these and similar companies to recycle, upcycle and reuse in your Shed.

As you might have read in our email communications, we feel Sheds could re-open as of the 26th April in a safe and limited fashion. Many Sheds are now open and running morning and afternoon sessions utilising their [Pathfindr safe distancing assistants](#).

In my opinion, this is one of the most important Shed re-opening procedures to adhere to and it concerns me that to date only 50% of Scottish Sheds have applied to us for them at **no cost** to yourselves. Safety is everyone's responsibility in the Shed and if your Board has not applied yet, please make sure they or you do—[apply online through the SMSA website here](#).

If you have more than one man in your Shed then you require these. Whether your Shed is small, medium or large—please do take advantage of this amazing technology we have sourced and made available for you before you re-open. If you are a developing group and meeting outside or in a community hall, I also suggest you get them as well. It is too easy to forget the distance required when we relax or get busy doing something.

One of our five actions in our new [Manifesto](#) is to make connections

and support veterans and ex-service personal become aware of Men's Sheds. I am very glad to report we have been accepted into the Unforgotten Forces consortium as one of our first steps in realising this objective ([see page 6](#)). The Defence Medical Welfare Service is also keen for Sheds to apply for the [Armed Forces Covenant Positive Pathways Funding](#). Check out this opportunity and if it fits your Shed, please do apply.

Our SMSA individual membership has now exceeded the 2,500 milestone—with your help ensuring all your Shed members are our members—and we strengthen our collective reach for the Scottish Men's Sheds Movement. Remember, it is [free to join](#) so keep spreading the word.

It is due to the growth of the Movement with the SMSA that I am being asked for the first time to be part of collective think tanks about seeking community solutions to better quality living—[see page 8](#), David Hume Institute. I am also a guest speaker in July at a national conference—Holyrood Insight's [Adult Mental Health Scotland Digital Conference](#) on Friday 18th June and was interviewed by [Westminster Insight](#) ([see page 7](#)). I mention these to highlight the fact of how far we have come in the last decade from tentative first steps trying to start the first Scottish Men's Shed in Westhill, Aberdeenshire to being a part of a healthy and thriving grassroots national movement affecting thousands of lives. I hope all of you who are involved are immensely proud of the part you are playing in creating a new pathway to enjoying a healthier quality of living by attending a Men's Shed near you and/or telling others about the Scottish Men's Shed Movement.

New Shed groups are still forming in spite of the pandemic and I am delighted to welcome Larbert & Stenhousemuir Men's Shed, Cumnock & District Men's Shed and Dunfermline Men's Shed into the SMSA Shed membership. We look forward to supporting you in the days and years ahead.

I am excited to announce that it looks like we have some 'masked crusaders' firing up the blow torches and starting to create the first Scottish Men's Shed race cairts ([see](#)

[page 9](#)). The challenge by the new kids on the Shed block (Cumnock & District Men's Shed) has been laid down gentlemen and crusaders, what say ye?

Sheds are all about us having a better quality of life and that incorporates all levels of our health. We know that some GP's know about Men's Sheds and do refer guys who would benefit from them. However, we also know that hundreds don't and we recently found out that there are people called Community Link Workers (CLW) who are the go-between to access GP's ([see page 27](#)).

Michelle, our Communications and PR Officer, is compiling a national list and if Sheds are aware of their CLW, email comms@scottishmsa.org.uk or call her on 07389 061498. It is our plan to make these CLW's aware of the benefits of Sheds and pass that info on to their GP's. This could not only save and improve lives but increase Shed participation and offer a wider variety of skill sets for all to benefit from.

Last but not least and you might have thought I had forgotten to give my tuppence worth on our lead story. An updated book of [The Men's Shed Movement: The Company of Men \(2015\)](#) is presently being compiled by Professor Barry Golding, patron of the Australian Men's Sheds.

We have provided the Scottish content again but have the SMSA put the wild cat amongst the kangaroos—maybe just in time. The statement, 'The Men's Shed was invented in Australia in the 1990's' is maybe three decades out of date and was a Scottish export. Conversations will no doubt be had 😊

Jason Schroeder
SMSA Executive Officer



SMSA MEMBERSHIP

Renewal of SMSA Shed Membership

Following SMSA's announcement in June 2020 of a change to the Shed Membership structure and a period of voluntary waived fees up until the 31st March 2021 due to the financial impact of COVID-19, all member Sheds should have now received an annual invoice for the period 1st April 2021 to 31st March 2022.

The change was made to align the membership year with the financial year and have a single annual renewal date each April to better streamline the administration of the charity. Shed membership was also increased from £20 to £25 per annum - for the first time in five years - to cover the increased costs of membership packs.

If you have any queries regarding your Shed membership, please contact Sue Salter, Administrator on 07465 202834 or email admin@scottishmsa.org.uk

A reminder of SMSA Shed Member benefits

SMSA Member Sheds receive an array of exclusive membership benefits including:

- discounts from insurance partner, [Greenwood Moreland](#) (see [page 8](#))
- the cheapest electricity for Sheds through business partner, [Citrus Energy Ltd](#)
- a 5% discount from [Axminster tools and machinery](#)
- discounted health and safety training through [David Young Training](#)
- a discounted monthly fee (£30) for a Men's Shed tailored accounts package - including independent examiner's report - through [Thyme Accountants](#)
- 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
- free promotion of your Shed through the [Find a Shed](#) interactive map on the SMSA website - which is viewed by over 2,500 users per month and is a great way to raise awareness of your Shed with potential new members and supporters. *Please ensure your Shed details are entered and kept up-to-date using the 'Add/Change Your Shed Map Information' form on the webpage*
- the ability to request free [Pathfindr Safe Distancing Assistants](#) for your Shed members
- the opportunity to apply for [SMSA Emergency Funding](#) for Sheds most severely affected by the pandemic
- free promotion through the six-weekly '[The Scottish Shedder](#)' newsletter which is sent to all Member Sheds and over 2,500 subscribers/supporters
- up to two editors on the [SMSA Shed Member Forum](#) on Facebook, allowing you to post directly e.g. gifting or selling items, requests and sharing ideas and projects with other Sheds in Scotland
- networking opportunities at the SMSA AGM and events (currently on Zoom)

Not a member? Join today at www.scottishmsa.org.uk/join-smsa

Figures as at end of April 2021



135
SMSA SHED
MEMBERS

2,520

SMSA INDIVIDUAL
MEMBERS



137
OPEN SHEDS

53

SHEDS IN
DEVELOPMENT



32
LOCAL AUTHORITY
AREAS

UPDATE YOUR DETAILS WITH THE SMSA



New email
address?



Moved house?



Not sure if you are
a member or not?

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

[Click here to notify the SMSA](#)



The SMSA becomes a member of Unforgotten Forces

The Scottish Men's Sheds Association (SMSA) is pleased to announce that it is now an official member of the [Unforgotten Forces](#) consortium.

Unforgotten Forces, led by [Age Scotland](#), is a partnership of armed forces and civilian charities working together to deliver a 'one-stop-shop' of high quality and joined-up support and opportunities—including advice, healthcare, creative activities and events—that boosts the health and wellbeing of older veterans in Scotland (age 65 and older).

The SMSA recently launched its first-ever [Manifesto](#) where the Association pledged its commitment to improve its reach to the armed forces and veterans' community through co-production.

Jason Schroeder, SMSA Executive Officer, said: "The Association is delighted to become a member of this collaborative project. We will work with the other leading partners towards a common goal—extending our reach to collectively meet the needs of the armed forces and veterans' community—to offer the right support to improve health and wellbeing and reduce social isolation and loneliness.

"In Scotland, there are over 190 Men's Shed groups and it is our vision to continue to support the growth of this Movement so that one day, every Scottish man will have

UNFORGOTTEN FORCES

Supporting Scotland's Older Veterans

access to and the opportunity to attend their local Shed if they choose to do so. The SMSA will afford this opportunity to raise awareness of Men's Sheds and the wealth of benefits of attending this healthy and inclusive environment."

Military veteran Stuart Paton said: "I have suffered from mental illness my whole life and have made several attempts on my life. It was extremely hard to transition to civilian life once the regiment and structure of the army was gone. Becoming a member of Garnock Valley Men's Shed changed everything for me and gave me a sense of purpose again.

"I went along to the Shed and found it very friendly and welcoming with a diverse range of people, of all ages, and activities on offer. I have been involved in several different gardening opportunities, woodwork projects as well as joined the modellers' club which ran throughout lockdown. The Shed experience is unique and my newfound Shedder pals have saved my life without a doubt. I have found

real, meaningful friendships and these men don't realise how much they have done for me."

Doug Anthoney, Unforgotten Forces Co-ordinator, said: "A large majority of Scotland's 220,000 veterans are older men, so they are a group disproportionately affected by later life's challenges including loneliness and loss of purpose. Men's Sheds can be a tonic for them, enabling them to rediscover the camaraderie and teamwork many enjoyed in the Forces."

Graham Reece, an RAF veteran and member of the Forth Valley Men's Shed, said: "It is really hard to find friends and camaraderie back in civvy street, like we experienced in the Forces, but Men's Sheds are breaking down this barrier. The friends you meet and make in the Shed are very much like your peers in the Forces and you are all in the same boat."

For more information on Unforgotten Forces, please visit:

www.unforgottenforces.scot

Unforgotten Conversations — Men's Sheds and Veterans

Check out Jason Schroeder (SMSA), David Gardener (SMSA Chair), Tim Green (Age Scotland) and Sheddars and Veterans, Stuart Paton and Graham Reece, on the Unforgotten Conversations podcast discussing what Men's Sheds can offer ex-servicemen in Scotland.

[Click here to listen to the podcast on Spotify](#)



SMSA reviews short film 'Born To Be Mild' for BBC Radio Scotland

SMSA's Executive Officer, Jason Schroeder, was contacted by [BBC Radio Scotland](#) to review a short film and bring his perspective on it to the 'Sunday Morning with Connie McLaughlin' show following his appearance on their programme last year.

The 15-minute film entitled 'Born To Be Mild', which showed as part of [The Feel Good Film Festival](#), features a group of men who have what could be felt by some as 'dull' interests or pastimes but to them are life-affirming, charming and heartfelt.

"The modern world is constantly speeding up. But not for the [Dull Men's Club](#) – a group of men quite content with life's more sedate pleasures. From photographing post boxes to collecting milk bottles, Born to be Mild is an uplifting celebration of finding joy in the very ordinary, and the perfect antidote to the stresses of modern life."

View the film at www.youtube.com/watch?v=eknrwk9D640

Jason's thoughts on it were, whether it is the Roundabout Appreciation Society, Letter Box Study Group, Milk Bottle Collector, Brick Collector – just do what makes you happy.

These men are seeking a purpose and a hobby, so why do it alone when you can enjoy both in a Scottish Men's Shed 'shoulder to shoulder' whilst also supporting your health and wellbeing? Find your local Shed today at www.scottishmsa.org.uk/find-a-shed



SMSA representation at the Adult Mental Health in Scotland Digital Conference

SMSA's Executive Officer, Jason Schroeder, has been confirmed as a guest speaker at Holyrood Insight's [Adult Mental Health in Scotland Digital Conference](#).

Jason will join an impressive line-up of government officials, health services, employers and third sector organisations for the event's live broadcast on Friday 18th June 2021.

The SMSA represents the Scottish Men's Sheds Movement at key local and national events to ensure the sector's voice is heard and was approached to join the panel of guest speakers to discuss the very important topic of 'Supporting Men's Mental Health in Scotland'.

Jason joins a wealth of partner organisations—including the Scottish Government, NHS, Brothers in Arms Scotland, Support in Mind Scotland, Penumbra, Scottish Recovery Network and the Scottish Association for Mental Health—for this digital event and panel discussion to promote the benefits of Men's Sheds and the Movement as a whole and discuss how collectively these agencies can improve mental health provision in Scotland.

The event will explore national and local actions to improve the quality and delivery of mental health provision; mitigate the impacts of COVID-19 on mental health to reduce isolation, distress, and trauma; and adopt a joined-up approach to delivering mental health services both city and county-wide. You can view the full agenda for the event at <https://bit.ly/3cgFcAE>



In the lead up to the event, Jason was also interviewed for Westminster Insight. Check this out at www.linkedin.com/pulse/mental-health-provision-scotland-jason-schroeder-mens-morgan



We've got you covered.



Insurance Cover for the Scottish Men's Sheds Association

Greenwood Moreland Insurance Brokers is a specialist charity and community group Insurance broker, experienced and renowned in the sector. We have been insuring SMSA Sheds for over five years.

Working in partnership with the Scottish Men's Sheds Association we offer a discounted package of covers which can include Buildings, Contents, Liabilities and Protection for Trustees.

Greenwood Moreland are an independent Scottish firm of Insurance Brokers. We pride ourselves on knowing, understanding and working closely with the Association and their member Sheds. We offer insurance products which are appropriate, cost effective and help our customers to prepare for the unexpected.

To discuss your Men's Shed insurance requirements:
Call Elaine on 07954 700278
or Email: sheds@greenwoodmoreland.co.uk



What's your action?

Research shows Scots' priorities for action post-pandemic

[The David Hume Institute](#) has launched the initial findings of the [WhatsYourAction.scot](#) after listening to people across Scotland—including SMSA's Executive Officer, Jason Schroeder—in the largest inter-generational polling and research exercise in the last five years.

Since October 2020, the Institute has spoken to over 4,500 people across Scotland about their thoughts about

actions to make Scotland a more prosperous, sustainable, inclusive and fair country. You can find out more and view illustrations of some of the conversations [here](#).

The research has shown that people in Scotland are taking action to be kinder, care for the environment and are being more conscious about the choices they make with money, among a host of other actions. They have launched the website to share people's thoughts and encourage others that didn't get a chance to be in the conversations to submit their action at [WhatsYourAction.scot](#)

Over the next six months, the Institute will release further detailed findings from the research, including about places and the economy, where longer term actions could help meet people's priorities.

#WhatsYourAction

Shedders...On your marks, get set...race!

Men's Sheds across Scotland are busy working on their designs and building what could be the winning cart at The Royal Deeside Cartie Race 2021.

The SMSA has teamed up with its event organiser, Etiom Events, to get Scottish Shedders involved in a bit of friendly competition. Jason Schroeder, SMSA Executive Officer, said: "This event is the first time since lockdown that Sheds across the nation have the opportunity to come together to meet up safely for a bit of fun and team spirit. The SMSA will be there exhibiting on the day to spread the word about the Scottish Men's Shed Movement and we are also looking forward to seeing a Men's Shed grab that championship title."

"To encourage our Shed community to enter and attend, one race day or even both days, the Association has negotiated the team entry fee down from £45 to £25 but we will also reimburse this £25 to all Sheds that race at this fantastic two-day event—meaning it is now completely free to enter!"

Adam Simpson, Etiom Events, said: "Another incentive for Sheds to come along is that all cartie drivers will receive a free entrance ticket (usually £15 per person) to this popular event."

Following the SMSA's call for Sheds to get involved in the track design, [Aboyne Men's Shed](#) has stepped up to the

**FREE TEAM
ENTRY FOR
SCOTTISH
SHEDS**

Apply by 3rd July

plate on the ramp design. If any other Sheds are interested in the track build, please get in touch with [Adam at Etiom Events](#).

Fraser Stone (Corra Foundation) who is helping to develop the Cumnock & District Men's Shed said "The Cartie Race offers an excellent opportunity and focus for the group and will help raise awareness of our new Shed both locally and further afield. We are very much at the start of our Men's Shed journey and are currently encouraging local men to form a team and build, what I am sure will be, the finest and fastest cartie around (he jokes). There is a real opportunity here to bring men, of all ages together, and we are really looking forward to being part of the race, meeting other Sheds, and helping to create that camaraderie spirit!"

The event (with two separate race days) is part of the Royal Deeside Motor Show taking place on Saturday 17th and Sunday 18th July 2021 on the Kincardine Castle drive. Full entry details—including the course map, design regulations and rules—are available on the website at <https://etiom.co.uk/royal-deeside-motor-show/cartie-race>

No 'guitar' strings attached!

12 Guitars Partnership with the Scottish Men's Sheds Movement

SMSA has been in discussions with [12 Guitars](#) around a potential new and exciting partnership between the social enterprise, the SMSA and Scottish Men's Sheds.

12 Guitars receives donated guitars for recycling and upcycling from a variety of sources across the country and gifts them to people who cannot afford or who may not have access to a guitar. The social enterprise also provides guitar tuition, physically and online, and also have workshop facilities to service, repair and restrung donated guitars.

Would your Shed be interested in getting involved in a partnership with 12 Guitars?

SMSA and 12 Guitars are keen to hear your thoughts on this potential opportunity for Shedders to learn new skills, help your communities through a musical boost and provide fun challenging musical events such as online 'gig nights'.

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

www.surveymonkey.co.uk/r/12Guitars





For more information on 12 Guitars, check out their website at www.12guitars.org, follow them on Facebook at www.facebook.com/12GuitarsRock and watch a short clip of them in action on You Tube at <https://youtu.be/K7wvRDu6i88>



12 Guitars
enabling young musicians

Online appointment system software for Sheds

If like some Sheds you have opened or are considering re-opening soon, SMSA has compiled a list of online booking and group management systems currently in use by your fellow Sheds in Scotland (to pre-book their limited numbers for Shed sessions and activities) that you may wish to look into further:

System	How does it work?	Is there a cost involved?
	<ul style="list-style-type: none"> • Shlott is a free online booking system for schools, groups, clubs and syndicates. Let your members book your resources online any time of day • Shlott allows you to create customised calendars with unlimited categories, unlimited objects and 24 hours bookings • Shlotts customisable system allows your members to share bookings with each other, book multiple resources at the same time and even join a waiting list if the booking object is already booked • Every booking will allow email notifications to be sent • Free help and support <p>Click here for more information</p>	<p>Free</p> <p>Pro version available</p>
	<ul style="list-style-type: none"> • Doodle schedules time with anyone on any calendar platform • With Doodle, you invite people to choose one of your proposed times • Quickly discover who's available, when. No matter what calendar system they use • Avoid scheduling mistakes. Sync your Google Cal, Office 365 or iCal with Doodle to avoid double booking • Send your shareable Doodle URL to anyone <p>Click here for more information</p>	<p>Free</p> <p>Pro version available</p>
	<ul style="list-style-type: none"> • Skedda—a free space scheduling platform—manually manages the booking and scheduling of your spaces • Skedda allows organisations to automate tricky, time-consuming parts of managing your bookable spaces • Decide who can book and when, booking quotas, specific rules and restrictions or any other unique customization. Set up the specifics once and leave Skedda to manage the rest! • Allow your users to view availability and book directly from a live, intuitive, interactive map. Custom designed to perfectly match your layout, maps take the booking experience to the next level <p>Click here for more information</p>	<p>Free</p> <p>Pro and premium versions available</p>
	<ul style="list-style-type: none"> • NeedToMeet is simple – choose times that work for you and invite others • Schedule meetings and appointments, in two easy steps, with groups by simply sharing your availability • Create unique meeting links to invite attendees • Propose dates and times using the visual calendar interface • Receive email notifications when meeting attendees respond <p>Click here for more information</p>	<p>Free</p> <p>Advanced and premium versions available</p>

Changeworks and the Scottish Borders Warm and Well project



Changeworks is Scotland's leading environmental charity delivering solutions for low carbon living. The charity helps people and organisations across Scotland take meaningful, urgent action to tackle climate change.

They do this by sharing ways to improve energy efficiency, reduce fuel poverty, prevent waste and scale up low carbon behaviours. [Watch their video on You Tube here.](#)

As part of their goal to reduce fuel poverty, they inform, engage with and support householders so people can live in affordably warm homes – and they want to do more of that in the Borders with their Warm and Well project.

It is estimated that there are still around 619,000 households in Scotland in fuel poverty. A household is in fuel poverty if the total fuel costs necessary to run the home to a decent standard **are more than 10% of the household income** after housing costs, and if after deducting fuel costs and essential benefits, the household's remaining income is not enough to maintain an acceptable standard of living.

The people most likely to be affected are disabled people, older people, people on a low income, young families, lone parents and people with health issues. Fuel poverty is linked to increased risk of debt, ill health and social isolation. It may also affect a child's education if they are off sick more often or do not have anywhere warm to study at home.

Changeworks's Affordable Warmth Advisors provide **free and impartial advice** to householders in Edinburgh, East Lothian, Midlothian, the Scottish Borders and the Highlands, who are in or at risk of fuel poverty. Due to COVID-19, home visits are currently suspended, but they do continue to provide advice over the telephone, by post and by email and can support people to:

- Keep their home affordably warm and dry, even if they are on a low income
- Understand their electricity, heating and/or gas bills and manage energy debt
- Know how to save energy in the home, including how to use their heating system
- Read their meters, including getting to grips with pre-payment meters
- Switch to a cheaper supplier or tariff
- Access energy efficient grants and assist with applications to hardship funds

Fuel poverty in the Borders is higher than the Scottish average. That's due to a range of factors, including higher amounts of harder to heat properties, more off-gas properties, and the constraints of the seasonal economy.

The Scottish Borders Warm and Well project is therefore seeking to actively reduce the higher-than-average number of households in the Borders being adversely affected by fuel poverty. This is a collaborative project, run in conjunction with several partners, including Scottish Borders Council, NHS Borders and Citizens Advice Borders. COVID-19, due to economic fallout and spending more time at home, has only exacerbated and served to highlight fuel debt issues.

The charity has supported 125 households so far, with over £20,000 in financial benefits delivered including the Warm Home Discount, and other grant funding.

One person they helped was a client faced with a large and unexpected bill of almost £1,000 after changing supplier. He wasn't able to get the supplier to sort it out, and has impaired hearing so struggled to communicate with them. He was referred to one of their advisors, who advocated to the supplier on his behalf. After the supplier investigated and acknowledged the issue, the client received a bill of just £150. He was able to clear the debt through a payment plan, which he was talked through to make sure it was the best option for him. The client said he "could not have done it without you" and was overjoyed to sort the issue after two and a half years.

If you or someone you know could benefit from Changeworks free advice and support regarding energy efficiency or issues around fuel debt then please call the Affordable Warmth Service on Freephone on 0800 870 8800, email warmth@changeworks.org.uk or submit an online referral form via www.changeworks.org.uk/referral



SHED IN THE SPOTLIGHT



SMSA talks to Nicholas Kelly, Project Co-ordinator at the Broadford & Strath Community Company which established the first Men's Shed in their area in 2018 thanks to long-term lottery funding.

Nicholas said: "The Broadford & Strath Men's Shed was established in 2018 as part of our Growers Hub project funded for five years by [The National Lottery Community Fund's Community led funding](#).

"The project is now in year four of five and although, like other Sheds, it took a while to get going, we are delighted with how much progress has been made to date. We are extremely fortunate to have not only received this multi-year funding from the lottery but have also received the backing of several other funders and supporters including [The Scottish Government's Climate Challenge Fund \(CCF\)](#), [Co-op Local Community Fund](#) and [Howdens](#) in addition to some great donations from the lovely people of Skye and Lochalsh.

"The Shed has come a long way since the initial public meeting in the summer of 2017. The site it is now on - along with the other Growers Hub projects including the allotments and polytunnel—was originally a compost base. It is strange to think at one stage, we were converting the old wood recycling Shed into the workshop and adding walls and windows to make it wind and water tight!

"As the Shed is a very small space that has been adapted, it is not ideal but it certainly does the job and meets our needs for now with our core group of twelve active members. The most important thing for us was making the Shed fit for purpose and fix the slant on the floor by replacing the flooring, insulating the walls and implementing a ventilation system – helped along by donations from local businesses and supporters following a campaign to raise awareness of our activities and ask for support from our community. The floor issue was especially important and urgent to rectify to enable one of our members – who uses a walking stick – to participate fully and comfortably.

"Although our original plans were for the Shed and the rest of the Growers Hub to remain off-grid, the Community Company struggled to source funding to establish a renewable energy source. That year, the Community Company was successful with the Co-op Local Community Fund for walking path developments and these paths created further access to the Growers Hub and the Shed. We then soon realised we needed to apply for additional funding to get power to all of the hub projects including the Shed. The Community Company was fortunate enough to secure monies through the Co-op once again to provide electric which made Shed life much easier.

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SHED IN THE SPOTLIGHT (Continued)

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"Before lockdown, the Shed was bustling twice a week – Wednesdays from 10am and Saturdays from 1pm. Members were always learning new skills and working on projects including benches, planters, clocks made from old machinery, wine racks, picnic benches, bird and bat boxes or getting wares ready to sell at the local Christmas Fayre to generate income – it was a hive of activity and most of all, it was good craic over a catch-up cup of tea.

"During the course of the pandemic, we have kept in touch with one another on our weekly Zoom meetings – we even held a successful AGM and Christmas party through the platform. Some of our members were involved in our local community food share (pictured right) and pick up food from the local Co-op to go to the community fridge initiative to help vulnerable people in the community as well as cut down food waste in our community.

"Now, our Committee is discussing its reopening strategy and working with the SMSA reopening guidance - and we have also requested some [SMSA Pathfindr Safe Distancing Assistant devices](#) - for our members to return with confidence in smaller groups for morning and afternoon sessions with time in between to clean the areas used. With smaller numbers, we may even consider opening the Shed more days to reach more people and get us back on target to getting our Shed on the road to self-sustainability with the lottery funding coming to an end next year. Watch this space."

For more information on Broadford and Strath Men's Shed, please visit www.broadfordandstrath.org/project/mens-shed and follow them on Facebook at www.facebook.com/Broadford-Strath-Mens-Shed-611515929257921



Carluke Shedders help clear up new Carluke Community Growing and Learning Garden site

The new OneCarluke Community Growing and Learning Garden is one step closer to becoming a reality thanks to [Carluke Men's Shed](#).

The Shedders volunteered a weekend of their time last month to clearing the High Mill site ready for the next step. The two-day event included clearing the site, litter-picking and hedge trimming.

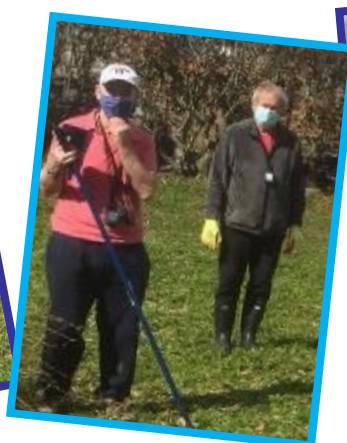
The project will feature three large polytunnels, a 3,000-litre underground rainwater capture system, six raised beds and 55 fruit trees. The garden will be maintained by and engage the local community—to produce fruit and vegetables and grow flowers and shrubs to beautify the town—and is hoped to be ready in mid-Spring.

Tom Kennedy of Carluke Men's Shed said: "The weather was on our side over the course of the weekend. It was unfortunate to see the site in such a sorry state but great to see the final result after a real team effort.

"Following our request to the Scottish Men's Sheds Association, our Shedders received [Pathfinder Safe Distancing Assistants](#) in time to wear at the site clearance, alongside the other community groups—the Carluke Parish Historical Society and Carluke Community Trading.

"The devices gave us confidence and ensured that we kept the required two-metre distance apart and were a welcomed health and safety tool.

"Our Shed is delighted to assist with the progression towards this outdoor learning and growing space for members of our community and are very much looking forward to its opening."



St Andrews Shedders don their wellies for sapling planting prior to reopening

Between 2012 and 2017, St Andrews Men's Shed Chairman Henry Paul was part of a group of volunteers who, with the blessing of Fife Council, planted 80 fruit trees in Stanks Park in St Andrews.

Fast forward to April 2021 and most of these fruit trees are thriving and bearing fruit however they have recently been threatened by wild seeded saplings of Hawthorn, Wild Cherry and Rowan trees.

After discussions with St Andrews Fishing Club who had made it known to the Men's Shed that they were keen to have some trees planted at their site at Cameron Reservoir outside St Andrews, a plan was hatched by Henry to uproot the saplings in Stanks Park and replant them at Cameron.

With the help of 12 St Andrews Shedders, the uprooting of over 100 saplings took place on Wednesday 21st April followed the next day by the planting out on the lovely grounds of the St Andrews Fishing Club at Cameron Reservoir (pictured right).

The 12 Shedders were blessed with bright sunshine and good banter on the day as well as a selection of tea, coffee, cakes and biscuits once the job at hand was completed. It was agreed that a repeat of this would be planned again for next year.

St Andrew's Men's Shed reopened to limited numbers on Monday 26th April and was welcomed back with a hamper—containing some delicious treats to enjoy with their first Shed cuppa—from their local Morrisons' Community Champion, Sue Woodcock (pictured below left).

Henry said: "It is certainly great to be 'home', albeit in small pre-booked numbers. For some members who have endured loneliness and isolation, this is a massive step forward in the right direction."

For more information on St Andrews Men's Shed, please visit www.facebook.com/mensshedstandrews





The Shed @ Bayview receives a shedload of logs to repurpose

The Shed @ Bayview has received a shedload of logs, for its projects, from [Network Rail](#) from the vegetation clearance on the branch line between Thornton Junction and Leven.

The logs were as a result of the removal of trees and undergrowth in preparation for the reinstatement of 19 single track kilometres of railway and two new modern accessible stations in the east of Fife.

Ken Whyte, Shed Chairman, said: "One of the skills we were hoping to develop is forest craft so when we heard that Network Rail were clearing the site, we got in touch and asked if we could get some logs for several projects and boy did they deliver!

"The Oak and Ash will be turned into custom-made plaques and longer pieces will be turned into seating benches which we will donate to the new church hall at Wellesley Parish Church."

Graeme Stewart, Network Rail's project sponsor for the Levenmouth Rail Link, said: "Removing the trees is necessary for the development but it is fantastic that they can be repurposed and reused and we are grateful to our contractors for ensuring that the logs were preserved and delivered to groups who could make use of them. The Men's Shed is a great local project and we look forward to working with them further throughout the rail link project."

The Shed—situated within the Bayview Community Hub, Harbour View, Methil, Fife—also used the shredded wood

bark, from all the cutting, for the soft landscaping of the cabin (pictured above right) making it environmentally-friendly and aesthetically pleasing with the added bonus of no more muddy feet for the Shedders.

Ken said: "The support we have received has been phenomenal. We just celebrated our first birthday in February and, despite the huge barrier of lockdown, we feel that we have still accomplished so much in year one.

"Our Shed was open for just a few short weeks before lockdown hit but our members have certainly kept themselves busy developing the group and seeking the support of local businesses to expand our work and social space. We have our new portacabin and are also sincerely grateful to the Community Trade Hub for completing the access ramp for it."

Ken said: "In lockdown, the members stayed connected and also worked in their own homes and Sheds to create items to keep raising funds including wishing wells, mud kitchens, planters, benches and craft items.

"The Shed is hoping to open up—to limited numbers on an appointment basis—in the not too distant future. We are currently on a recruitment drive to attract new members, men in our local area that may have retired, lost their jobs and/or feeling isolated in their homes in lockdown. In the first instance, we will arrange to meet up with new members for a physically-distanced one-to-one cup of tea and chat before inviting them along to see what we do."

For more information about the Shed, please follow them on Facebook at www.facebook.com/TheShedBayview



To the end of the earth

The Turriff and District Men's Shed has responded to a call from a local family and their two young boys (Ollie 11 and Harry 9) to support their 'Erebus' project.

The project entails building two scaled-down (one-metre long) replica HMS Erebus and HMS Terror wooden ships from the original 1839 admiralty drawings along with fitting tracking and data collecting sensors for a sail of over 20,000 km² 13,000 miles within the Antarctic Circumpolar Current and encompassing four of the world's oceans. This will replicate the Ross scientific expedition of 1839-1843.

The Antarctic Circumpolar Current is the Earth's strongest current and displaces 180 million cubic meters of water per second more than 100 times of all the world's rivers combined. It travels constantly in an Easterly direction and separates the Antarctic seas from the three warmer oceans—the Atlantic, Indian and Pacific oceans—allowing the Antarctic to remain cold which is essential for the world's climate.

Shed members Gerry Quinn (ex-Royal Navy oceanographer) and Bill Little (retired offshore worker) have offered to build the replicas for the boys to finish off and fit out. Bill is building a prototype to establish the buoyancy and stability characteristics in his home workshop since the Men's Shed is closed.

Bill said: "We have been lucky enough to be offered the most amazing wood to use for the Erebus Project. This beautiful block of Elm (pictured right with the two Shed members and the family) is almost 200 years old and will become our modelled ships, Erebus and Terror.

"It is hard to find Elm these days. Loved by traditional boat builders, it is a rare and sought after resource. By the end of the 1970s in the UK, over 90% had been lost to Dutch Elm Disease.



HMS Terror



HMS Erebus

"This stunning two-tonne Elm block comes from a tree that grew on the banks of the River Deveron at Muiresk, a few miles from our Shed. It was kindly donated to the venture by Peter Kenyon of Muiresk. A careful count of its rings shows her to be at least 192 years old. As the Ross expedition left Chatham Kent for her adventure around the Antarctica in 1838 this young tree was no more than ten years old—the same age Harry is now.

"Just like the lower hull of Erebus and Terror, our ships will be built using this wood. Elm is a highly durable wood when permanently wet and when great strength is required such as boat keels. The

specialist milling required to cut our elm took us three hours and was undertaken by local expert, Dave Piercy of Elmhardwoods.co.uk

"The boys were delighted to get involved and help find the best of the block. The final dressing of the wood prior to carving will be done by George Moir Joinery of Insch.

"Many thanks to all of these local businesses for their invaluable support. With our solid hulls built from the heart wood of this Elm, we hope to avoid being crushed in the pack ice and will survive this Antarctica expedition once again.

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"The project has presented some interesting technical challenges, the original intention was to power the satellite tracker by sails made from shaped solar panels. As the Antarctic winter lasts for six months of total darkness (March to September) with no sun for solar power, we decided to fit trackers used for tagging marine life whales, sharks etc. which are waterproof and their battery lasts for four years.

"The batteries will have to be mounted underwater to keep them from freezing. Antarctica water temperatures of zero to -2 degrees c where the air temperature can be as low as -25 to -60 degrees c.

"The vessel will be fitted with instruments to measure wave height and temperature and salinity. Another problem is the sea spray, freezing to ice and snow or hail build-up on the topsides and capsizing the vessel. This was resolved when we found a paint used for tall radio masts and bridges/MOD satellite dishes which makes water bead up like water on a newly polished car and when it freezes it drops off under its own weight so no ice can form.

"A further potential problem was bio fouling. This is when mussel larvae attach to the ship and feed on the zooplankton which live near the sea surface and weigh the ship down and we are getting a specialist coating to prevent this.

"The boys, their father MacNeill Ferguson and Shedder Gerry will test this prototype in the North Sea for stability and buoyancy and to determine the correct ballast requirements. The ships will be fitted with a ballast system constructed with a modified keel to act as a

drogue to utilise the current in driving the ships forward. To design this modified keel, we can thank Duncan Barton (a ships architect of Annie Kenyon Developments Ltd, Inverkiethny) for his time and expertise and a local subsea engineering firm, Subsea tools UK of Oldmeldrum, for donating materials and fabricating the specially designed Keel.

"The ships will set sail in October 2021 from Aberdeenshire to Bristol and on to the Falkland Islands and then on to South Georgia where they will be launched into the Antarctic Circumpolar Current, 100 miles North of South Georgia.

"The Falkland islanders are very supportive of our project and keenly follow the progress via the boys Facebook page 'The days are just packed' at www.facebook.com/tdajp which already has 33,000 followers worldwide. When the Ships are in the Falklands, they will be placed into the harbour at Port Stanley to recreate the link with the original ships that were berthed there for six months waiting for the pack ice to break up.

"The boys hold a Guinness Book of Records certificate for the longest journey of a toy boat after launching it from Peterhead in Aberdeenshire. It was found and reported in Sweden, Denmark, Norway, East Africa and the Caribbean. It is at present in the Atlantic making its final journey back home to Europe on the trade winds. Read [Young Scottish brothers take on a list of 500 adventures \(CBS News\)](#).

Funding for the project has been secured from sponsors identified by [Aberdeenshire Voluntary Action](#) (AVA) and crowd funding. Any surplus funds will be donated to Canada's Underwater Archaeology study and conservation of HMS Erebus and HMS Terror.

"These two ships were part of the ill-fated Franklin expedition in 1845 who were sent to find the North West passage from the Atlantic to the Pacific through the Arctic seas above Canada.

"Both ships were trapped in the ice for two years and the crews had to abandon the ships as they were crushed by the ice. The crews attempted to walk across the ice hauling their lifeboats filled with materials and provisions on sledges to Canada. Subsequent rescue attempts found evidence of cannibalism at their campsites.

"The boys are making a model kit of HMS Terror to show on their blog site and share their enthusiasm with their school friends and followers. This is a truly inspirational adventure for two ambitious young boys and Turriff and District Men's Shed. Even though we are closed, we are happy to provide help along with local companies and individuals to support and to inspire youngsters within our community and across Scotland to help them push forward their ambitions. Let's beat the lockdown and create adventure for all.

"Any advice from Shed members, with experience of building scratch built ships or carving with Elm would be very much welcomed, at contactus@mensshedturriff.co.uk"

For more information on Turriff & District Men's Shed, please visit their website at www.mensshedturriff.co.uk and follow them on Facebook at www.facebook.com/mensshedturriff



A PERSONAL STORY



by Steve Bramwell, Black Isle Men's Shed

SMSA chats to Steve Bramwell to find out how the retired surgeon became Chair and a founding member of the Black Isle Men's Shed (BIMS) and hear all about their intergeneration work and future plans.

Steve, 67, said: "I worked as a surgeon for over 30 years. When you retire, it is a completely new way of life. I did struggle with the transition to retirement but becoming part of the Men's Shed and getting involved in the activities gave me a purpose. Once a carer, always a carer, and I really get as much out of the Shed as I put in.

"My wife Morag (my rock) and my three wonderful children (Stuart, Colin and Elaine) couldn't be more supportive of what I do for the Shed and what it does for me in return. It is very satisfying and rewarding.

"The idea for the Shed came when a group of us from the local sailing club decided to build two St Ayles coastal rowing skiffs to start a community rowing group based in Fortrose Harbour. We were given a small space in the coldest corner of the Sea Scout's Community Centre in the village of Avoch and set to work over two winters with almost no experience in woodwork but a common purpose to build lovely boats. We were joined for a while by a local man who shared his skills and techniques to create a thing of beauty (pictured right). We were in awe of his skills, sometimes even using a chainsaw! It was just so much fun that we didn't want it to end! Working on these boats and rowing them in company, gave me a purpose again.

"We all became fast friends and during our numerous chats the idea of carrying on as a Men's Shed after completing the boats came to us. At the same time, a local Minister from the next village also suggested the idea of starting a Men's Shed in the Black Isle. We all got together and formed a committee of some great talented folk under Stewart Robertson's able leadership.

"We were delighted when the local Scout Master offered a space on their site to build the Men's Shed. Funnily enough, it was within the Avoch Community Centre on the exact site where we built the skiffs. It was all starting to happen, very quickly. So, we ended up with a Shed within a shed - a lovely, warm and fully-equipped, workshop where we have created lots of great projects.

"From the get go, we started working on our social programme offering a diverse range of activities including woodwork and metalwork and some of our members still go rowing which is one of our favourite forms of exercise. I personally have a love of woodworking and get the chance to do this, and make hard wood benches and other furniture, thanks to the access the Shed has to local seasoned hard wood.

"Some of my proudest achievements in regards to the Shed have to be the intergenerational work we have done alongside our local schools. One memory that really stands out for me was the mural that we did collectively with Avoch Primary School to brighten up our containers. The pupils designed the shapes and our members cut them out of wood ready for the kids to paint them. We then had a big unveiling (pictured above) and I just knew then that it was going to be the start of a special and ongoing relationship.

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A PERSONAL STORY (Continued)



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"Another project that we get involved in is making toy assembly kits for the P6 school pupils. We go along to the school to discuss with them what they want to make then we make the components and return to the classroom to put them together with the children. That way they learn simple woodworking skills and can see what can be done with wood rather than the use of plastic for toys. We really look forward to starting this up again once restrictions ease. The children in turn have invited us old codgers for tea and cakes (and we all love that!) and to give presentations at their assemblies.

"BIMS recently received the excellent news that we have secured funds to move our small outdoor workshop and container to a better site closer to the school. The outdoor workshop, weather permitting, will give us the chance to provide educational demonstrations, presentations and show our wares to the pupils. This exciting project is not just about educating the pupils on what we do, the building industry and forestry but also provides positive male role models for these young people—some of whom may be the next generation of Sheddars. We are due to meet with the teachers again soon once measures allow.

"Although the Shed is currently closed, we are still actively running outdoor activity sessions on green woodworking and forestry at Feddanhill Wood in Fortrose, owned by another member, Graham Tuley, twice a week (see [BIMS online diary here](#)). Our expert in green woodworking, George Smith, has shown us how to make rustic saw and shaving horses and our latest projects include making a pole lathe for wood turning and a woodshed to store our equipment and firewood in. It's much safer to work outdoors now and our sessions in the wood will certainly develop further.

"During Lockdown, we also followed in Nairn Men's Shed's footsteps and started holding

open Zoom meetings on Wednesdays from 10am to 11am and run presentations some evenings on topics such as green woodworking, 3D printing and creative writing. Those that want to join in, get together online to chat and have a bit of banter over a coffee and a biscuit. We also started up a WhatsApp group to stay in touch and show each other what we are making in our own garages.

"We are still concerned that we're not reaching all of our members and vulnerable members of our community and that is why we got involved in helping to set up the trishaw project and started training up our members as 'pilots' ([see February Shedder, page 9](#)) to offer electric trike rides (see picture below) to members of the community. This project is now in the fundraising stage and being run by the local community including a few Sheddars on the steering group. A new care home has just opened in Fortrose and we look forward to taking the residents out to Chanonry Point or the harbour via local cafes.

"Due to our small social area, we currently cannot see a way of opening our indoor Shed in the immediate future so it's fantastic that we can continue with more outdoor activities until we can get back into the Shed. For now, many of our members have equipped their own garages to keep them occupied with projects aplenty.



"We all just want to get through the COVID-19 era and be on the other side. We are continually looking for larger premises—especially to have a bigger social area—and are currently considering options nearby. Therefore, watch this space, a relocation could well be on the horizon for Black Isle Men's Shed."

For more information on BIMS, please visit the website at www.bimshed.uk and follow them on Facebook at www.facebook.com/groups/BlackIsleMensShed

Read about BIMS at Feddanhill Wood on [page 24](#).

REMEMBRANCE

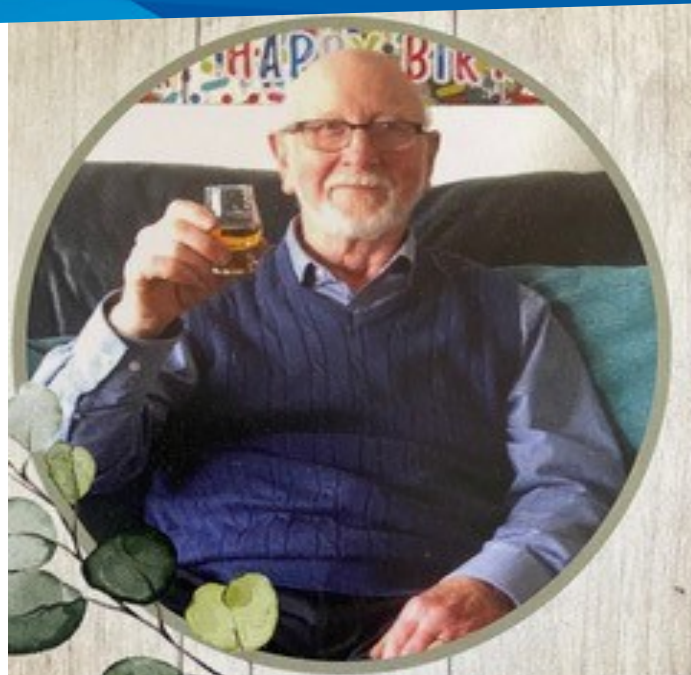
Remembering Rab McKerron

It is with great regret that Bridge of Don & District Men's Shed announces the passing of Robert (Rab) McKerron on 4th December 2020.

Rab took unwell at the end of October with an infection, not COVID related, and spent a few days in hospital and appeared to be improving with treatment. On Wednesday 2nd December, Rab took a turn for the worst and was taken back into hospital where his condition continued to deteriorate until his passing on Friday 4th December. Rab was 80 years old.

Rab was the founding member of our Shed and had served as Vice President. He was instrumental in our search for premises and played a key role in landing our first one.

Rab worked tirelessly to get our membership established and get our Shed up and running. We received the keys for our Shed in February 2020 and Rab only managed to get some time working to help get the Shed ready for our official opening only for the COVID-19 lockdown to start the following week, robbing Rab of reaping the benefits of all his hard work and enthusiasm.



Rab will be greatly missed by our members and we are sure that if it was not for Rab, our Shed might not exist or at least not be in the position it is in today.

John Smith
Chairman of [Bridge of Don & District Mens Shed](https://www.scottishmsa.org.uk)



Pictured: Rab receiving one of many cheque donations on the Shed's behalf; carrying out the official opening of their first Shed in February 2020; 'shoulder to shoulder' with his fellow Shedders for the 'M & S bag pack squad' (Rab, second from the right) ; and on the local radio promoting Bridge of Don Men's Shed and his inspiring Shed journey.



'THE SHED GARDEN'

Do you know your dianthus from your dahlias and your forget-me-nots from your fuchsias? Do you have a Shed garden, outdoor space, allotment and/or polytunnel packed with prized blooms? Then, this is the feature for you! SMSA has introduced this section to The Scottish Shedder—with warmer weather on the horizon—to cover all those gems of handy hints and tips from your fellow Scottish Shedders.

Interested in being involved in a future issue? Then get in touch with Michelle at SMSA at comms@scottishmsa.org.uk for a chat!



SMSA Individual Member Bob Howie (68) from Aberfeldy chatted to Michelle at SMSA—during National Gardening Week (Monday 26th April to Sunday 2nd May 2021)—to share his experimental gardening lockdown projects.

Bob said: "I have over 50 years' experience in the construction industry. It was specialist work and I adapted things and got creative to get the end result needed.

"In 2013, I rented a wee cottage near Scone Palace and it was there that I picked up the gardening bug. I then moved to Aberfeldy and my new garden was absolutely full of pests. So many years in construction has taken its toll on me but bit by bit, I started clearing the garden and built raised beds up to waist level for my benefit but also to isolate them from the ground—making it harder for the beasties to get near my plants.

"I am kept busy as a self-employed electrician but am currently working on the foundations of a small 2m² rocket mass heater (RMH) greenhouse to make the most of a small space and will install triple glazing with polycarbonate sheets, LED grow lights and also put a water butt in.

"My garden is currently more like a building site, as I dig down for the heating channel to go in. I will repurpose old storage heater bricks, as they will withstand the (up to 1,000 degrees centigrade) heat generated, and also hold the heat so it lasts even after the fire is out.

"During the winter, the garden gets very little direct sunlight so with this 'artificial greenhouse' project, all I need to do is light a fire to keep it warm and set the lights to come on when it gets dark to fool the plants to thinking they are in California! More light will mean more growth and lovely produce to enjoy...hopefully!

"Instead of battling with our Scottish weather, we can take full advantage of today's LED light technology in horticulture.

"My garden is very popular with the local wildlife and I can go through two 2-litre pop bottles of sunflower hearts a day to a hoard of 100 birds that visit. At one time, I counted 15 goldfinches at the feeders so the plan is to grow sunflowers in the greenhouse to serve up whole heads as a natural birdfeeder to my guests.

"I like to reuse and recycle as much as possible and have salvaged a bath tub which is ideal to grow my long roots vegetables like carrots and parsnips. Three-inch diameter pipe, sealed at the ends, is also perfect as a hydroponic system to support the roots and grow strawberries in nutrient-rich water.

"My tub and old barrel experiments (pictured) with potatoes and strawberries are also going very well and one of my covered raised planters (pictured) acts as another smaller greenhouse, ideal for keeping the bugs out and extending seasons.

"I am a self-confessed experimental gardener and truly believe that if you don't fail, you will never succeed. Everyone should give it a go, if it doesn't work out, what have you got to lose? After all this hard work, I am very much looking forward to that first burn for my new greenhouse.

"Watch this space!"



SHED PROJECTS



Moffat Men's Shed creates benches for Southern Upland Way

Moffat Men's Shed has been busy making 22 identical sponsored benches to enable walkers at the [Southern Upland Way](#) to pause and take in the beauty of Britain's 214-mile coast to coast long distance path through some of the UK's most remote land across Southern Scotland.

Dick Monaghan, Chair of Moffat Men's Shed, said: "Our local community council recommended our Shed for the job to make these benches for the ranger team for this popular route.

"We were delighted to accept the contract despite the barriers that COVID-19 restrictions put in our way. The task to manufacture these benches was carried out by a limited number of Moffat Sheddies—wearing [Pathfinder Safe Distancing Assistants](#)—at the Shed (pictured left).

"The benches are now all complete and delivered and are starting to be installed at the most scenic parts of the route (pictured above left—a bench at Loch Dee). Our thanks to Woodie who led the small team of Moffat Sheddies, who took part in this manufacturing exercise, and we hope the many walkers who use this iconic walking route enjoy the comfort these benches will provide for many years to come."

For more information on Moffat Men's Shed, please visit www.facebook.com/Moffat.Mens.Shed



Roslin Community Shed teams up for local nest box project

Roslin Community Shed is working in partnership with [Friends of Roslin Moat](#) to create nest boxes for birds on Roslin Moat nature reserve.

Following the allocation of funding through [Action Earth](#)—a Scottish environmental grant scheme—Friends of Roslin Moat used the money to purchase materials to construct the nest boxes.

Roslin Shedder, Bob Clark (pictured below centre) got to work on the project—spending weeks working on the boxes. The barn owl box (pictured below right) was particularly challenging to meet RSPB specifications. The smaller nest boxes (pictured below left) are currently being numbered and painted by local pupils at Roslin Primary School, and when restrictions allow, all the boxes will be installed at the reserve.

Activity in the boxes will be monitored over the next few years and if successful, the programme will be expanded with more nest boxes and hopefully some bat boxes. For more information on Roslin Men's Shed, check out their Facebook page at www.facebook.com/RoslinMensShed



SHED PROJECTS



The Black Isle Sheddars of Feddanhill Wood

Little did the members of Black Isle Men's Shed know that when the owners of Feddanhill Wood (Graham and Margot Tuley) invited them to come and view the facilities, what would evolve.

Graham gave the Sheddars a guided tour of the woodland (above Fortrose on the Black Isle, Ross-shire) in August 2020 and described the potential to use the site as a new outdoor home for the Men's Shed in lockdown. From working on woodland projects to developing a green woodworking base, the Shed members suddenly had a future with huge potential.

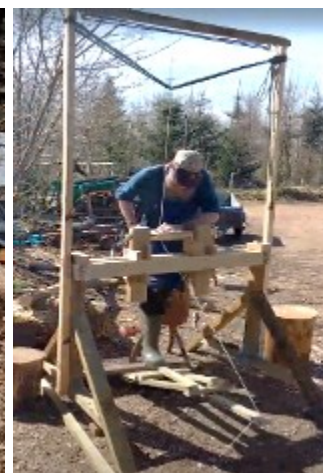
Both George Smith and Richard Evans (pictured above right) spent much time and energy developing Feddanhill as a base for twice weekly sessions using the wood sheds, shelters, fire pit and copious amounts of wood to encourage the members to come and spend time in the open air working with wood.

BIMS Social Organiser, Lesley Clunas, said: "Those first days saw the Sheddars chopping logs with axes in hand and producing wooden spoons under George's tutelage and then it all snowballed from there. Thanks to George and Richard's skills, there is now a shave horse; chopping blocks; a pole lathe; a wood shed; joiners' trestles; and a myriad of wooden forks, spoons, knives, spatulas, mushrooms, reindeer, Christmas decorations and little carved characters.

"The Shed is fortunate to have such a wide variety of skills within the group. George has been working in green wood for many years and has shared those skills with the Sheddars at Feddanhill. It is a wonderful environment and they are thankful that Graham has shared this unique site—he has boundless enthusiasm and endless generosity and delights in introducing woodland management ideas to us all.

"Over the last few months, Feddanhill has become a huge part of our Sheddars' lives where they can come together, socialise at a safe distance apart, catch up with old friends and new and create beautiful and useful creations from cherry, birch, beech, apple. In fact, someone always knows of a nice piece of wood that could make the perfect something that'll just do the perfect job."

Find out more about Black Isle Men's Shed in our 'Shed in the Spotlight' feature on [pages 19 & 20](#).



Pictured (top to bottom): the Sheddars at Feddanhill Wood; George Smith; Richard Evans; the chopping block; pole lathe; shave horse; carved characters; and wooden knives, spoons and mushrooms.

SHED PROJECTS

Dunoon Shedder creates colourful attractions for young learners from recycled materials

A Dunoon Shedder has created an outdoor play area with a difference for the youngsters at Kirn Primary Early Learning and Childcare (ELC) made from community donations which have been recycled and upcycled.

Tam MacDonald (pictured) from Dunoon Men's Shed worked closely with Childcare and Education Worker, Sharon Goodall to create an appealing, exciting and colourful area for the children.

Tam designed and built floral posies recycled from old bike wheels and car hubcaps and fixed them to the school railings with brackets and roller bearings to allow the children (and adults) to spin the flowers from both sides.

Tam also created a centipede made from car tyres, reclaimed wood, astro-turf, unwanted bike parts and discarded welly boots for its legs!

Three bird boxes, a bird feeder table and four wormeries were also made and installed in the school garden and already attracting their first residents.

Tam said: "The materials for this project were donated by parents and local businesses in the community and were all items that would have otherwise sadly gone to landfill. We hope that the children, staff and parents at the school and members of the community enjoy this creation for many years to come."

Dunoon Men's Sheds re-opened its doors to its members on Thursday 29th April and has been busily preparing over the last few months to safely do so.

For more information on Dunoon Men's Shed, follow them on Facebook at www.facebook.com/DunoonMensShed



Xometry's Complete Guide to 3D Printing *Everything You Need to Know About 3D Printing*

Chapter 1—Introduction

What is 3D Printing? Learn the basics and background of additive manufacturing

Chapter 2—How to Get Started with 3D Printing

The minimum requirement to get a 3D printed part is a 3D CAD model.

Chapter 3—3D Printing Processes

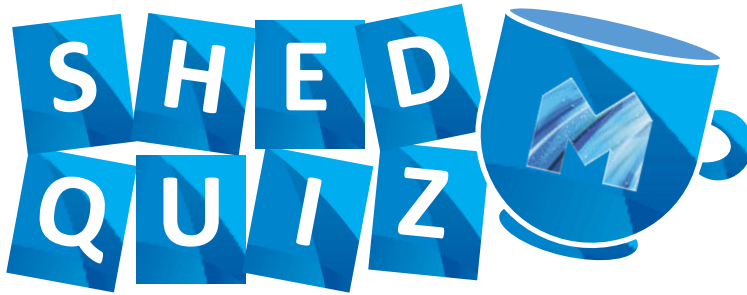
Dive into Material Extrusion, Material Jetting, Powder Bed Fusion, Vat Photopolymerisation and more

Chapter 4—Post Processing Options

Some of the most common practices available to post process polymer and metal parts

Check out Xometry's guide at www.xometry.com/ultimate-guide/complete-3d-printing-guide





Why not grab a cuppa
and take part in this fun
'nation' quiz!

*Source: Stephen McGuigan of
Milngavie and Bearsden Men's Shed*

The 'Nation' Quiz

All the answers are single words
ending in **nation**



**CLICK HERE TO CHECK
YOUR ANSWERS**

e.g. the crowning of a monarch is Coron**nation**

1. A reduction to powder by roasting
2. Estrangement
3. Taking a wander through
4. Play the part of
5. This is revolting
6. Treat an offence as non-existent
7. Start of a development
8. You could solve a crime by this process
9. Causing to shoot
10. A sticky mess
11. Just pondering
12. Chain link connection
13. A descent from the same male ancestor
14. Pollution
15. Like the moth and the flame
16. Numbers are the key
17. The Tower of Pisa has one
18. Throw some of this on a subject
19. Reached the meridian
20. Come as an animal next time
21. Bees will attend to it
22. A class of units in money
23. Give us the facts in detail
24. Spend the winter here
25. Deflection from true north
26. Bound for this one
27. Paralysing sense of calamity
28. Cursing it
29. Perdition
30. Modulation of the voice
31. The bridegroom usually wears one
32. Eternal punishment
33. Bringing all the parts to a proper relationship
34. Ascendancy
35. Resolute conduct

In 2017, the Scottish Government pledged: “During the lifetime of this Parliament, we will recruit at least 250 Community Link Workers to work in GP surgeries with at least 40 being recruited in 2017”.

The programme aims to reduce pressures on mainstream primary and community care services by embedding Link Practitioners in the community, local GP practices and through locality teams. In turn, improving people’s resilience by supporting them to link more closely with the opportunities and resources within their own communities.



Aberdeenshire Community Link Workers

Pictured (left to right): Margo Wilson (South Aberdeenshire), Suzanne Addison (North Aberdeenshire) and Linda Gordon (Central Aberdeenshire)

Men’s Sheds and Community Link Workers

The SMSA interviews Suzanne Addison, North Aberdeenshire Community Link Worker (Older Adults) within the Aberdeenshire Health & Social Care Partnership to find out more about her role and her experience with Men’s Sheds.

Suzanne said: “For Aberdeenshire, there is a team of three Community Link Workers (pictured)—Margo Wilson for South Aberdeenshire, myself for North Aberdeenshire and Linda Gordon covering Central Aberdeenshire.

“I have been in post for three years now—previously working for the NHS. Our role is non-clinical and involves us assisting older adults in Aberdeenshire to access community activities; helping to keep them active and engaged in their local communities and reduce social isolation and loneliness.

“Community Link Workers across Scotland can have quite different roles—in Aberdeenshire we work with older adults but others can work with all age groups for example—and some are based within a medical practice whilst some are not.

“We can receive referrals from GPs, occupational therapists, physiotherapists, care managers, third sector organisations and family and friends. Our service is free for older adults living independently and is done on a one-to-one basis.

“Pre-COVID-19, we met with individual clients to support them to access activities, resources or organisations in their local area —

enabling them to remain active and engaged within their communities.

“We offer a tailored service based on our individual client’s needs, wants and interests. Some clients want to take part in certain activities and others may require support to access services such as Dial-a-Community Bus.

“Support can vary from just sharing information about local activity groups to accompanying clients, on a short-term basis, to social activities.

“We have supported a large percentage of our gentleman clients to access the Men’s Sheds in Aberdeenshire including the Fraserburgh, Mintlaw, Peterhead and Turriff Sheds.

“I attended a presentation from SMSA’s Executive Officer, Jason Schroeder, in Inverurie and have been very much aware, early on, of Sheds and what they can offer our clients. During my induction period, Peterhead Men’s Shed was one of the first places I visited and it was so welcoming and friendly. Not only did it encourage me to take clients along to Sheds in the area but I also wanted to get involved personally.

“I started to attend the committee meetings at Fraserburgh Men’s Shed and have been involved in its development from the initial meetings and have also completed a DIY skills taster session through the Shed (pictured right) which I thoroughly enjoyed.

“The clients that we have taken along fed back that it was great to go along to the Shed, make friends, take part in activities and socialise with people, of all ages, in their communities.

“In lockdown, we have unfortunately been unable to see our clients. I was redeployed in very sheltered housing but one day a week is allocated to check in on our clients and get them referred for any requirements such as befriending or help with their shopping.

“There is no news as yet as to when we will be able to meet up with our clients but I am very much looking forward to that day.

“It is worthwhile for Men’s Sheds across Scotland to get in touch with their public health team to find out, first of all, if they have a local Community Link Worker(s) and then how to reach out to them to raise awareness.

“It may be worth inviting the worker(s) along to the Shed—when measures allow—for an open day or session for example to demonstrate how the Shed works and what it can offer—it makes such a difference to see it in action for themselves.”

Find out more about the Aberdeenshire Community Link Workers at www.facebook.com/Community-Link-Workers-Aberdeenshire-815545898811784



WHAT'S COOKING?

SMSA's Executive Officer, Jason Schroeder, goes back to his roots to produce South Africa's national dish —the Beef Babotie (pronounced ba-boor-tea)—using local seasonal produce at his home in Banchory, Aberdeenshire.

Jason said: "This delicacy, made the Cape Malay way, is traditionally made from beef but I have also tried it with local lamb and it is just as delicious. It is a very rich, tasty, nutritious and filling dish—it freezes really well and is nice served hot or cold with a side of rice or your first early tatties. This is my adaptation of it to my personal taste.....why not give it a try? SMSA is looking at starting a Shed cook book in the future and would love to hear from you on your favourite dishes!"

Ingredients

- 500g organic Scotch beef or lamb mince
- 2 red onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 – 2 dessert spoons curry paste or curry powder
- 2 slices of bread
- 3 tablespoons of sultanas
- 1 tablespoon of apricot jam
- 1 tablespoon of peach or mango chutney
- 3 bay leaves
- 200ml milk (*to soak the bread and retained for the topping*)
- 1 large egg (*for the topping*)
- Salt and pepper to taste
- Serving suggestions: Rice, potatoes, vegetables or salad

Method

- Pre-heat your oven to 180 C fan or 160 C/gas mark 4
- Cut off the crusts from the bread, soak the bread in the milk and put to one side
- Fry the chopped red onion in a frying pan on a medium heat then add the mince and garlic and fry until the meat is browned
- Stir in the curry paste/powder, sultanas, chutney, apricot jam and add some salt and lots of and black pepper (if you like pepper like me 😊)
- Return to the bread soaking in milk—squeeze out the milk from the bread (retain the milk as you will need this later on for the topping) and add the bread into the mighty mix starting to take shape
- Put the mix into an oven-proof dish (approx. 20x30cm) and press down
- Now it is time to make the topping. Return to your left over milk and beat in a large egg with a fork. You can also add a little salt and pepper or if you are really adventurous and like spicy food add a teaspoon of all spice. Pour this over the well-pressed meat mixture. If the meat is well pressed it will keep the liquid on top and not soak through (I never pressed mine down enough and you can see in the photos some soaked through – still tastes delicious!)
- Top with the bay leaves and cook in the pre-heated oven for 20-30 mins or until you see the topping has set and has turned golden brown
- Some place the dish inside a roasting pan which has a few cm's of water in it—which they say helps stop the meat from drying out while cooking—but I have never found this step necessary if you are using good quality meat and haven't overcooked it in the first place. Trial and error is all part of the adventure and you might add your own favourite spices as you become avid Babotie eaters
- Serve with rice and/or vegetables such as broccoli or a side salad, season to taste and enjoy

Beef Babotie

Serves 4 –6

 Prep: 20 mins | Cooking: 30 mins



WHAT'S ON?



It's a moveable feast! Pick your big date to celebrate!

Online, over the fence, on your doorstep. It's on! This year, The Big Lunch is a moveable feast kicking off from the 5th June, with plenty of dates to celebrate throughout the summer.

The Big Lunch is the UK's annual big date to celebrate and give thanks to our neighbours and communities. Every year in June since the idea began in 2009, millions of people stop what they are doing and get together with neighbours in a nationwide act of community and friendship.

A Big Lunch, for your Sheddars, could be anything from a small gathering in a garden, park or driveway, to a larger party with trestle tables down the middle of your street - you just have to make sure what you plan fits with the government coronavirus guidelines. There are more reasons than ever to get together in 2021 as The Big Lunch kicks off a summer of community, friendship and fun, so plan one or make it a weekly affair, but make it work for you!

The idea is that by starting simple, all sorts of friendships, ideas and projects can come out of a Big Lunch. It gets people together and talking — and with a few inspired folk, it can lead to people doing more within their community, and tackling the issues that matter to them most.

Organising a Big Lunch shouldn't be overly complicated, or require a lot of resources or money: it can be as big or as small as you like. You could simply hold one on your doorstep, ask people to come out at the same time, and bring your own snack or beverage! **Join in and get your free pack at thebiglunch.com/getyourpack**

Volunteer Co-Researchers Wanted

- *Are you aged 50 years or over?*
- *Are you interested in helping researchers understand how COVID-19 has impacted on our everyday lives?*
- *Would you like to be part of something which will help to shape how we readjust our lives following COVID-19?*

For more information and/or to get involved, please click on the link below:

www.scottishmsa.org.uk/wp-content/uploads/VolunteerCoResearchersWanted.pdf



Meet the Author—Chris Brookmyer

[Men's Shed Govan](#) has organised a series of free, live, online discussions with Scottish authors exclusively for Sheddars in Scotland!

Check out the first in their series—with 45 Scottish Sheddars logged in on the 10th March through Zoom — from award-winning crime fiction Scottish author, [Chris Brookmyer](#)

Chris, amongst other topics, talked about his new book "The Cut".

View the session on SMSA's You Tube Channel at:

<https://www.youtube.com/watch?v=55QhIJQVFak> (approx. 53 minutes)

Interested in hearing about future online discussions? Email govan.shed@aol.com

FUNDING OPPORTUNITIES



The **Yorkshire Building Society Charitable Foundation**, established in 1998, has made a difference to local communities across the UK by donating over £8 million to charities and good causes.

The Charitable Foundation has two priority areas: alleviating poverty; and improving health/saving lives. Applications are reviewed on a quarterly basis by their five Trustees based on the need of each charity and how much funds are available.

The deadlines for applications are: 30 June; 30 September; 31 December; and 31 March annually. Applications are currently being accepted and you can nominate a charity at www.ybs.co.uk/your-society/charitable-foundation

SCVO: Digital Participation funding

SCVO has launched three new funds to help people get online:

1. **The Digital Participation Charter Fund**—The Charter Fund has been operating for a number of years with the support of the Scottish Government and BT and this year also has Cellnex on board. Round eight will provide small grants of up to £10,000 to help a range of organisations tackle poverty, social isolation and other forms of inequality in society through embedding digital skills development work in their day-to-day activity with the people they support.
2. **The Device Refurbishment Support Fund**—This fund will provide grants of up to £15,000 to support projects operating within the voluntary and community sectors that have an established programme of collecting, re-furbishing and distributing pre-loved devices.
3. **Connecting Communities Fund**—Delivered in partnership with **Edinburgh & Lothians Health Foundation**. This programme can provide small grants of up to £5,000 for projects being delivered in City of Edinburgh, East Lothian, Midlothian or West Lothian that are seeking to address digital exclusion through upskilling and the purchase of devices and/or connectivity to help local communities achieve better health outcomes.

A key consideration for all the Funds is the revised ways of working that are in place due to coronavirus restrictions. They are looking to fund projects that have adapted their delivery models and are able to demonstrate their plans are sustainable and geared towards helping the increasing numbers of people who are still feeling the effects of not being able to engage with key online services and support.



The **Co-op Local Community Fund** is now open and seeking applications from groups whose projects meet their criteria - supporting access to food, improving mental wellbeing or providing opportunities for young people so Sheds are encouraged to apply!

For more information and to apply by the 30th May 2021, please visit coop.co.uk/causes



Leeds Building Society
Foundation

Since 1999, the **Leeds Building Society Foundation** has donated more than £2m to 3,000 local

projects and good causes, supporting those who are disadvantaged or in vulnerable circumstances, across the UK.

Donations to UK registered charities (with a turnover of less than £1m) usually fund items of "capital expenditure". That means items must directly help those in need, rather than contributing to the charity's running costs.

The next meeting is Wednesday 8th September 2021 however, applications must be submitted 28 days prior to the meeting, therefore applications should be made by Monday 2nd August 2021.

For more information, please visit:

www.leedsbuildingsociety.co.uk/your-society/about-us/foundation



The **Arnold Clark Community Fund** is now open to all UK registered charities and local community groups who need financial assistance due to the coronavirus pandemic.

The fund is also open to community interest companies, charitable incorporated organisations and social enterprises. Applications are granted on a weekly basis with 500 applications granted per month.

Find out more and apply online (by the final deadline of 31st May 2021) at:

www.arnoldclark.com/community-fund/registered-charity

FUNDING SUCCESSES

Clydebank Men's Shed receives £5,000 cash boost

Clydebank Men's Shed secured £5,000 as part of West Dunbartonshire Council's Phase 5 Community Budget round announcement last month. The initiative—which is designed to empower local communities to make lasting improvements in their area—saw a total of £150,000 offered to community groups in Clydebank.

Shed Chairman, Mick Wilson, said: "We are delighted that our local community voted for our Shed to receive an allocation of this funding from West Dunbartonshire Council. We would like to thank the Council for making men's health and wellbeing a priority as part of its ongoing community health strategy. The community team, led by Colin Smith, is an invaluable resource to us."

"The money will be used for some very overdue, post-COVID maintenance, and improvements to our kitchen and workshop area. We hope that when the time comes for us to safely re-open, we will be able to offer much-improved facilities to our existing members and also attract new ones."

The Shed—located at Dalmuir Community Centre, Duntocher Road, Clydebank—remains closed at present but is hoping to reopen soon and return to its regular afternoon sessions every Monday, Wednesday, Friday and Saturday. For more information about Clydebank Men's Shed, follow them on Facebook at www.facebook.com/menshedclydebank and check out their film on You Tube at www.youtube.com/watch?v=oDwNa0inifo



Carluker Shedder 'kiltwalks' for Shed funds

Tom Kennedy and his wife Wendy donned their tartan and stepped out for the Kiltwalk on Saturday 24th April 2021 to raise funds for a second year for [Carluker Men's Shed](https://www.carluker.org.uk).

Shed Treasurer Tom Kennedy said: "My wife and I walked 37,881 steps (covering 14.2 miles) around our local Strathclyde Park in Motherwell to raise funds for the Shed again this year to put towards the purchase of a second, or even a third, portable cabin for our members later in the year!"



"That Saturday was also Wendy's late father's birthday, so we thought it was also a fitting tribute to him. It was a lovely sunny day and I treated her to a very large ice cream with a flake as well as a big frothy cappuccino at the end—she certainly deserved it after walking more than half a marathon for our Shed."

"Every penny raised before the deadline of the 3rd May was topped up by 50% thanks to the generosity of Sir Tom Hunter and The Hunter Foundation. Every single donation means the world to me, Wendy and the Sheddors."

Tom and Wendy raised a staggering £1,840 (which will be topped up another 50%) through their efforts. You can view their fundraising page on the Kiltwalk website at <https://virtual.thekiltwalk.co.uk/fundraising/ScotlandsVirtualKiltwalk2021-TomKennedy>

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

by Tim Green

Meetings using Zoom were held with Fife, Lothians, Perth and Kinross, Highlands and Islands (and Moray), Ayrshire and Aberdeen City/ Aberdeenshire Networks. The meetings were hopeful and upbeat.

Those Sheds who do not own their buildings are waiting to hear from their landlords about when they can get access to new and existing Sheds, for example, local authorities and the Scouts.

Sheds remain connected with their members through a diverse range of methods including the telephone, goodie bag drop-offs, video conferencing, newsletters, quizzes, jokes, social media, and outdoor meet ups.

Activities and projects have been sustained in Shedd's own homes, garden sheds and outside in for example community gardens and woodlands and the [Southern Upland Way](#). Shed maintenance, building works, repairs and restoration have continued. There are some freshly improved buildings to return to.

Sheds have had time to look over the SMSA ['Reopening Guidance for Men's Sheds in Scotland'](#) with accompanying documents and implement them into their own COVID-19 protocols: making their Sheds safe spaces to return to. For those Sheds that have control of their premises, many have returned from the 26th April or are planning to return in May and June. The slumbering giant is taking some support to rise to his feet but there's groundswell of hope. Some Sheds are increasing their opening times to maximise the numbers of Shedd's/ bubbles that can attend small group pre-booked sessions. A range of online systems (see [page 10](#)) are being used and those without internet access can phone in to secure their place. Care is being taken not to use block booking, so every member has an equal chance to access a session each week.

From the meetings, what is becoming clear is that the weight of governance and safe working (both bio security and workshop safety) falls on too few shoulders. This was evidenced by the Glasgow Caledonian University [Sheds for Sustainable Development Project](#) and Jason will be writing a call to arms to encourage Shedd's to step up and support their office bearers and Shed supervisors by taking on these roles.

Our South African postie (aka Jason) has been shipping out [Pathfndr Safe Distancing Assistants](#) to all Sheds that have asked for them so that physical distancing can always be maintained.

The wise counsel of some Shedd's has reminded us that ventilation is critical. Sheds need to make sure windows and doors are open (with the exception of fire doors—unless assessed and provided with appropriate hold open and self-closing mechanisms which respond to the actuation of the fire alarm system). If you need to restrict entry, make sure you use methods that do not seal in the air circulating in the Shed.

We are hoping the next round of network meetings will be hosted in Sheds so we can all visit exotic Shed locations and enjoy their safe and warm hospitality. I have been working with a group of dynamic men to set up a Men's Shed in Dunfermline. Please welcome them to the movement by visiting their [Facebook page](#) and following them.

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



Check out Tim's 'Letter from a Shedd', loosely based on [The Proclaimers 'Letter From America'](#)

When you go back, will you follow the [Reopening Guidance](#)?

Take a look at the Sheds from Stoneykirk to Yell

When you go back, will you fill in a [Shed Member/Visitor Registration](#)?

Take a look at the Sheds from Benbecula to Peterhead

When you go back, will you be wearing your [Pathfndr](#)?

Take a look at the Soutars and the Terries

When you go back, will you be using the [Cleaning Checklist](#)?

Take a look at the Sheds from the Shaky Toun to the Fair City

When you go back, will you carry out [Risk Assessments](#)?

Take a look at the loons in Foggie and Stoney

When you go back, will you fill in your [Track and Trace Form](#)?

Take a look at the Sheds from Sunny Dunnie to the Blast

When you go back, will you complete a [Shed Visiting Rota](#)?

Take a look at the Gable Endies and the Red Lichties

Isolation no more, shielding no more

Lockdown no more, local no more

Skye go forth, Aultbea go forth

Methil go forth, Irvine go forth

Armada go forth, Paisley go forth

Methil go forth, Lochaber go forth



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 (every six weeks) and send it digitally to all of our subscribers. All editions are archived in the [SMSA online library](https://www.scottishmsa.org.uk/online-library) for Individual Members to access at any time (log-in required).

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Support the Men's Sheds Movement in Scotland, follow the SMSA at:

