

# THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH  
MEN'S SHEDS  
ASSOCIATION

## WHAT'S INSIDE?

- 2 MEN'S SHED AWARD RUNNERS UP
- 3 TALKING SHEDS
- 4 NEW SHEDS ON THE BLOCK
- 5 SHED LIFE
- 10 SHEDS FOR SUSTAINABLE DEVELOPMENT PROJECT & QUESTION TO SCOTTISH PARLIAMENT
- 11 A PERSONAL STORY
- 12 SHED SHENANIGANS
- 13 SHED NETWORK UPDATE
- 14 HEALTH MATTERS & WHAT'S COOKING?
- 15 FUNDING OPPORTUNITIES

## 'THE SCOTTISH SHEDDER'

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

Each issue is posted to our Member Sheds and sent digitally to over 2,000 Individual Members.

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 13th December 2019**. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland.

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



## Stonehaven & District Men's Shed recycles prosthetic limbs for Africa

A unique and life-changing partnership between Stonehaven & District Men's Shed (SDMS), the Legs4Africa charity and the Rotary Club of Stonehaven is ensuring amputees in Africa lead more independent and fulfilled lives.

SDMS volunteers are receiving prosthetic legs—that would have otherwise ended up in landfill—to carry out the labour-intensive part of the recycling process and be stripped down and made fit-for-purpose for amputees in Africa.

Since the **Legs4Africa charity** began five years ago, it has shipped almost 6,000 legs to directly benefit vulnerable people in ten countries across Africa.

The Shedder interviewed Douglas Knox, SDMS Secretary and Stonehaven Rotary club member, who said: "The prosthetics are

sourced from local hospitals in Aberdeen, Dundee, Edinburgh, Glasgow and Inverness by the Rotary members and delivered directly to the Shed. We are honoured to be the only Shed in Scotland to be dismantling these prosthetics and helping people in need."

Shed member William Shepherd added: "To further complement the Men's Sheds culture of 'reclaim, reuse, recycle and restore', we came up with the idea to use the top part of the prosthetic—that was no longer required—to create plant pots which will be painted at a local school and gifted to care homes in the community."

SDMS officially opened on Friday 13th September 2019 and is open three days a week (Mondays, Tuesdays and Thursdays) offering numerous activities to its 56 members including art classes and model making. See page 6 for details of the official opening of SDMS in September.

For more information on SDMS, please visit their [website](#) or like SDMS on Facebook.



# MEN'S SHEDS AWARD RUNNERS UP



In the last issue of The Scottish Shedder, Aberchirder & District Men's Shed *hit the Shedlines* as the first-ever Scottish 'Shed of the Year' Award winner. In this edition, we cover the stories of the two runners up and their journey which led to them each receiving the 'Runner Up' title, a certificate, £250 cash prize and gift vouchers for **Axminster Tools & Machinery**.

## Aultbea Men's Shed

Aultbea Men's Shed began in 2018 in a local village hall in Wester Ross, using the stage as a makeshift workshop and soon had an enthusiastic group of around six men making benches and bird boxes for the community. However, in November 2018, the village hall was condemned and the 'Shed' was lost.

The local Minister gifted a piece of land at the back of the church and the Shed members sought out funding and applied to become a Scottish Charitable Incorporated Organisation (SCIO), both of which were successful, and a shed was delivered in kit form in the spring of 2019. The construction of the Shed started immediately digging foundations, laying water and foul drainage, installing electrics, insulation, sink and kitchen units and, in that time, membership more than doubled.

The Shed now has men from the local nursing home who attend - sometimes in wheelchairs, some just need a helping hand to venture out. The Shed is an excellent vehicle to welcome new members into the community where they can make friends for life in addition to being involved in village events to sell and take orders for benches, bird boxes, bat boxes, raised beds and children's wooden toys. There has also been a request to build a similar shed in a local resident's garden.

Members meet three days a week due to the work demands. A wealth of skills and professions have been unearthed amongst the members including a woodwork teacher, engineers, firemen and a shop fitter to assist with the building works and mentoring others to make it a real team effort.

**For more on Aultbea Men's Shed, please follow them on Facebook.**

## Cromarty Firth Men's Shed

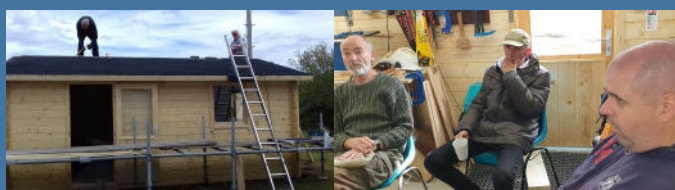
The Cromarty Firth Men's Shed was originally based in a large wooden shed behind the Joss Street Hall in Invergordon followed by a short stay at Invergordon Fire Station. The Sheddars then looked for a new 'home' and was told about the log cabins at Milton Woods and, following a visit, decided it was the perfect place for their Men's Shed.

The 'Shed' is based in two log cabins; one community space and one workshop. It is completely off-grid, with no mains electricity or water. Electricity is supplied by solar panels and a small turbine in the river adjacent to the cabins and power for tools is provided by a petrol generator.

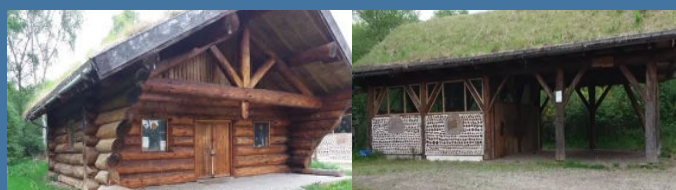
The Sheddars have made many improvements to the cabins including new guttering and windows; installation of new kitchen units, workbenches, cupboards, shelving, power points and lighting; moving the external staircase; and cladding. Other local groups and organisation have been encouraged to use the facilities including Birchwood Highland, Branching Out, Crossroads Caring Scotland and a local veterans group. It has been recognised by local police that vandalism at the cabins and in the woodlands has now virtually ceased at the site.

Community work undertaken by the Shed includes making two electric buggy shelters for local residents; repairing/replacing Milton Village Christmas lights; producing planters and 42 fairy doors for the local primary school and various projects for Invergordon Community Council and Museum. The Shed now has overwhelming support from the community and the local community council. The Shed members are all passionate about the unique premises traditionally known as "The Bonnie Green". Unfortunately, the community resource is potentially under threat due to complications over ownership of the land, but the Sheddars will do their utmost to preserve this special place for the local community.

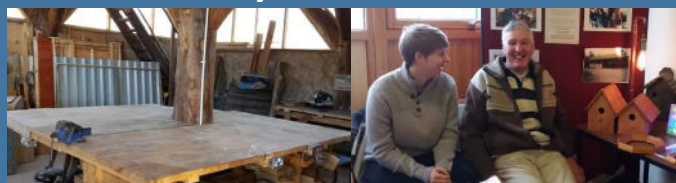
**Visit the Cromarty Firth Men's Shed website.**



**Aultbea Men's Shed**



**Cromarty Firth Men's Shed**





# TALKING SHEDS BY JASON SCHROEDER



Health and Safety...well it could be something that everyone is interested in as most people value feeling safe and being healthy. So why is it that in many Sheds I see a disconnect from the subject by the majority and a few whose heads lift up and start getting animated. The latter, should come as no surprise, are normally retired men who spent most of their working lives in said field of expertise.

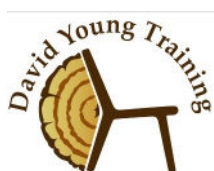
For many, their past work environments involved screeds of paperwork to read, adhere to and try and stay awake to get through the very dry documentation. Now they are not in the work environment, they are free from such responsibilities and just want to relax and enjoy life. That is totally understandable but not entirely safe or healthy.

For the men who go to Scottish Men's Sheds and are using power tools then safety should be their number one priority. Many men have used tools like this at home, in their Shed or maybe a few at work but very few have ever been trained on them. We read the manuals, got on with it and learnt by experience.

The risk of this is that bad habits can be passed on very easily. So to help get a level playing field of experience, the SMSA has partnered up with David Young Training. We have a Service Level Agreement with David for all our SMSA Shed Members to benefit from. Any of these Sheds across mainland Scotland can benefit from a set price of £638 for one full day's training for up to eight people on your own machines. Yes, David will come to you in your Shed and train you on your

machines. You don't have to travel to a teaching school and possibly use machines that are not the same as yours. It made more sense to us to bring the professional to you rather than all of you to him. Is he the man for the job you might ask? Here is a bit about the man and you can make up your own minds.

David is a cabinet maker/wood machinist with over 30 years' experience in the wood working industry and founded his company in March 2011. He has lectured in colleges in Fife and regularly travels throughout Scotland and North East England to deliver machine competency training to schools, colleges, councils and many other commercial businesses working with wood machinery. David is also a fully qualified SVQ assessor and internal verifier.



However, added to the years of experience and passion in this field, I have found David to be a very likable guy and that is important in a Men's Shed. St Andrews Shedder Henry Paul (see page 5) said this about their experience with David: "We enjoyed the training so much that we have booked David in for another couple of days later this year." We agree and think you will too. Whether you want the 'Machine Competence Training' and/or 'Woodwork Training with a Focus on Technique' and/or interested in SQA core skills and/or SQA woodworking qualifications then he is the man for the job.

To take full benefit of this massively discounted partnership agreement, make sure your Shed is a paid up SMSA Shed Member. It will be the best £20 per year your Shed will ever spend and it's only one of the benefits we offer you.

Find out more about David on his [website](#) or pick up a leaflet at Shed Network meetings.

## Electronics for Sheds 2020

CQScotland.com, in partnership with the SMSA, is keen to gauge interest in a potential 'Electronics for Sheds' event in Spring 2020.

The aim of the event would be to give Shedders an introduction to electronics by building a small practical project with large bragging rights.

Attendees will leave with tools, kits, guides and new skills to share back in the Shed, with family and the wider community. The event will take place in Hamilton—which is easily accessible by good transport links—and there will be plenty of time to chat over hot drinks and tasty rolls.

### Interested?

Email [info@cqscotland.com](mailto:info@cqscotland.com)



**Greenwood Moreland**

INSURANCE BROKERS

**50% of SMSA Shed Members are signed up and saving with charity and community insurance specialist broker, Greenwood Moreland!**

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

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

Contact Elaine McGhee today on  
01698 456512 or email  
[elaine@greenwoodmoreland.co.uk](mailto:elaine@greenwoodmoreland.co.uk)

# NEW SHEDS ON THE BLOCK

The Scottish Men's Shed Association is delighted to welcome six new Shed Members:

- Beauly, Highland
- Dalkeith, Midlothian
- Finechty, Moray
- Kirkdale, Dumfries & Galloway
- Sanday, Orkney Islands
- Scone Airport Men's Shed, Perth & Kinross

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

## NEW MEMBER FOCUS

### Beauly Men's Shed

Braeview Park, Beauly, IV4 7ED

Fridays 10am—12pm

Tel: 01463 782989

Email: [jimsam1944@yahoo.co.uk](mailto:jimsam1944@yahoo.co.uk)

## NEW MEMBER FOCUS

### Dalkeith Men's Shed

Kings Park, Croft Street, Dalkeith, EH22 3BA

Mondays & Fridays from 1pm—4pm

Tel: 07801287716

Email: [britait61@gmail.com](mailto:britait61@gmail.com)

To find out more about these Sheds and make connections, please visit the [SMSA website](https://www.scottishmsa.org.uk).

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

2,029

SMSA MEMBERS

127

OPEN SHEDS

52

IN DEVELOPMENT

32

REGIONS



SMSA is now  
on Instagram!

Follow us at:

[www.instagram.com/scottishmsa](https://www.instagram.com/scottishmsa)

Support SMSA when you shop!

**amazon**smile

You shop. Amazon gives.

<https://smile.amazon.co.uk/ch/SC045139>

[www.scottishmsa.org.uk](https://www.scottishmsa.org.uk)

### Dingwall Men's Shed secures 'Licence to Occupy' for new home

The 23rd September 2019 was a big leap forward for the Dingwall Men's Shed (DMS) as it received a 'Licence To Occupy' from The Highland Council for a former skate park with an area extending to 2,450 square metres. After a spring and summer of hunting for the right place to call 'home', the DMS is now thrilled that the site is now theirs to develop.

DMS intends to install a number of buildings to provide accommodation allowing its members to undertake a wide range of activities including woodwork, metalwork, photography, horticulture and arts and crafts. Additional accommodation will be provided for general social interaction allowing members to relax, enjoy one another's company over a 'cuppa' and share stories and experiences.

It is envisaged that anti-vandal steel containers, suitably modified, and clad externally with wood will provide much of the accommodation, although insulated portacabins could be an acceptable alternative. It is anticipated that a log cabin will be installed to provide an attractive social space and both a polytunnel and greenhouse will provide space for horticultural activities. The green space surrounding the tarmac area will be fully utilised to attract wildlife with specialised planting in the area and fitting bird and bat boxes to the existing trees—proposals which were received favourably by The Highland Council.



Another special day in the history of DMS was Friday 11th September 2019 when they began to prepare the site in preparation for the arrival of the cabins and containers next spring. Steve McKeever, DMS Treasurer said: "At 9am, a team of eager members were in attendance in the pouring rain to begin the work. At 5pm, they were ready for a well-deserved beer or two after what was a successful start to developing the site!"

Keep up-to-date with their activities on [Facebook](#) or visit their [website](#).

### St Andrews Men's Shed secures funding for woodwork training

St Andrews Men's Shed recently secured funding from the Kinburn Trust for training. Like many other Sheds, many of its activities involve using woodworking power tools and the funding was put to good use to get some of its more active members up to scratch.

**David Young**, a professional woodwork trainer (see page 3 for more information), gave eight Shedders a full day's training on the Shed's machines. David has a background in furniture making and ran the furniture course at the Kirkcaldy Technical College for a number of years.

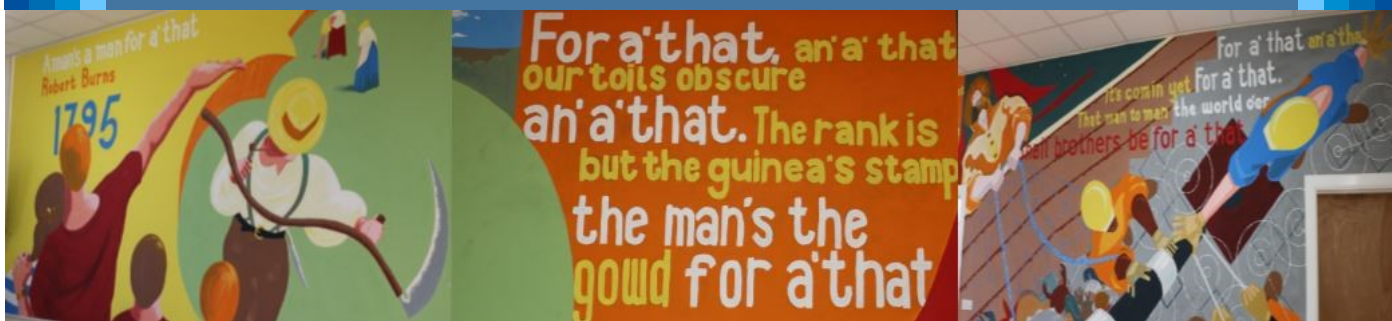
Jim Blair, Committee Member of the St Andrews Men's Shed said: "The training was delivered at a very reasonable rate of well under £100 per head and was aimed primarily at cutting tools, chop saw, table saw, band saw and planer. As well as ensuring that everyone had demonstrated that they could use the tools he ensured that we knew how to set up and maintain them properly. So now we know about changing blades, setting up a band saw properly and using our planer thicknesser.

"At the end of the training, David supplied our Shedders with a Certificate of Achievement for "Successfully Completing the Machine Training and Assessment Course for the Setting Up and Safe Use of Woodworking Machines". This certificate shows exactly which machines we were trained on. We intend to run two further courses with David to get the majority of our members up to speed along with two members of our support team from St Andrews Clean and Green."





# SHED LIFE



## Mural launched at new Shed opening

A new mural and commemorative plaque (with planted time capsule) were unveiled at the official opening of the Stonehaven & District Men's Shed (SDMS) on the 13th September 2019.

The mural—designed by Paul Ralph—depicts four themes of family, farming, fishing and oil and gas and completes the huge transformation of the Beach Pavilion building to an exceptionally high standard. Members of the Shed also became involved in the innovative arts project to learn new painting skills and techniques to take ownership and pride in their unique work of art. Check out the attention to detail in this short video of the wall mural on the [SMSA website](#).

On 1st October 2019, the SDMS was officially recognised in the Scottish Parliament with North East MSP Liam Kerr lodging a motion to celebrate the work to get the group launched!



## Free support for Sheds from SCVO

Scottish Council of Voluntary Organisations (SCVO) is a membership organisation. Its community of 2,000+ members believe that charities, community groups, social enterprises and voluntary organisations help make Scotland a better place. Our shared voice has the power and influence to tackle pressing issues and create a better future for the people and communities we care about.

SCVO also offers vital support and services that help organisations run smoothly. The key benefits of SCVO membership are:

- Access to information on all aspects of setting up and running your organisation
- Fortnightly funding updates from Funding Scotland and discounted subscription to the Funding Scotland Premium service

- **Free legal advice** from solicitors with specialist knowledge in the voluntary sector and advice on all your VAT and tax questions. SCVO members (with an annual income of less than £500,000) can access up to two hours of free legal advice on governance, charity law, property, contracts, employment law, intellectual property and data protection
- Discounts of up to 50% on SCVO training courses
- A fortnightly members E-bulletin with all the latest news, training, events and funding updates
- Free or discounted subscription to Third Force News
- Create connections with other voluntary sector organisations through peer networking opportunities and groups

Membership is **free** for organisations with an income under £50,000.

**For more information and/or to join, please visit the [SCVO website](#) or contact [Sarah Currie](#), Membership Development Manager on 0131 474 8043.**



## 'Build your own ukulele' project strikes a chord with the younger generation

The Stonehouse Men's Shed has an active section playing musical instruments and singing at its Monday meetings and now one of its members has hit the *Shedlines* with a fundraising brainwave to get the younger generation more involved in music and art.

Graham Curtis purchased three ukulele kits to assemble, paint and play with his grandchildren but was disappointed with the quality of the strings and lack of accessories to decorate it. After sourcing the

manufacturer to change the strings and add paint, glue, paintbrush and screwdriver, the musician of 40 years then came up with the idea to bulk-buy 200 packs in a bid to raise £4,000 for MacMillan Cancer Care.

Graham said: "As a musician and a grandparent to seven grandchildren, I am keen to encourage both children and adults to take an interest in music and art. MacMillan Cancer Care is a charity very close to my heart and I am delighted to be raising funds to thank them for the support provided to my friend who died last year."



Graham has now sold over 80 kits. The 21-inch soprano Ukulele kit costs £29 delivered. For more information, please contact Graham at [grahamscurtis@gmail.com](mailto:grahamscurtis@gmail.com) or take a look at the [Facebook page](#).



**Pictured:** Paul Creechan, Seniors Together (top) and Councillor Jim McGuigan (bottom)

## Mobile Men's Shed hits the road for tour

The Seniors Together Mobile Men's Shed pulled up for a pit stop in Dundee, after being selected from hundreds of projects, to appear at the World Community Development Conference in June of this year. Paul Creechan, Development Officer with South Lanarkshire Council's Seniors Together team, showcased the bus on the day and gave a presentation on its success – spreading the word of the unique project to a worldwide audience.

The success at the conference was part of a "world tour" by the converted bus throughout the spring and summer months that also saw it visit towns and villages across South Lanarkshire promoting the Men's Shed movement and reaching an estimated audience of more than 1,000 people.

The Big Lottery funded Mobile Shed, which began in February 2018, parked up at each of its 13 locations to showcase Men's Shed activities, offer advice on starting a local group and encourage visitors to get on board and find out what Men's Sheds are all about.

Mr Creechan, who has worked on the Men's Shed initiative for the last four years in the Lanarkshire area, said: "It's always a thrill when a new Men's Shed opens its doors in South Lanarkshire and this was the perfect way to let people know why they should think about having one and how to go about it. We literally took the message right to their doorsteps and were not only able to tell them about it but, thanks to the Mobile Shed, could demonstrate the possibilities to them."

At its final appearance in Uddingston in September 2019, Councillor Jim McGuigan, South Lanarkshire Council's Spokesperson for Older People, said: "This tour has been a massive undertaking for our team but thoroughly worthwhile. This is something that can make a positive difference to people's lives."

For further information, please contact Seniors Together by [email](#) or call 01698 454105. Visit their [Facebook page](#) and view the short film from the Stonehouse Men's Shed on the [SL Council's You Tube channel](#).

## Community backs Kinross & District Men's Shed to secure its new home

Kinross & District Men's Shed (KDMS) has secured a new home for its 120 members following a takeover of the former University of the Highlands and Islands learning centre building.

Supported by £125,000 funding from local charity, the Arthur and Margaret Thompson Trust, the Men's Shed submitted its strong bid, for the August closing date, keen for the Swansacre building to remain in the hands of the community.

The Scottish Shedder spoke to David Conner, the Chairman of KDMS since May 2019, who said: "The men are excited with this turn of events; we really thought we had missed out on

this opportunity to a higher bidder. We are thrilled that Perth College has taken the community benefit aspect of Men's Sheds into account and selected us as the preferred bidder."

Tracey Ramsay (Community Development Officer, Perth and Kinross Council) worked closely with the Shed and Shona Fowler (NHS Tayside) to draw up a report based on a Community Benefits Best Value Audit, which details the community benefit and financial value of £40,000 per annum of the Shed volunteers' time, which contributed to and supported the success of the bid.

The Shed's current premises at an industrial unit in Milnathort is currently without heating and this has resulted in a reduction in member attendance – usually 25-30 on an average Shed day.

David Conner added: "Some members have drifted away due to the conditions of the current premises, so we are keen to welcome them back. We could not have done this without the help and support of our main funder, Kinross-shire SNP Councillor Richard Watters, the NHS, local authority, Scottish Government and the community backing this bid to secure our new home. There is now such an enthusiasm for new and old members to get involved."

A recent surveyors report has identified that some underpinning is required on the foundations of the building. This work will be carried out by Perth College and the Shed is awaiting a date of entry.

KDMS opens every Saturday and Wednesday (10am–2pm) and on Thursday evenings from 6-9pm. For more information, please visit the [website](#) or follow them on [Facebook](#).

## Ground-breaking ceremony held for new Aboyne and Mid Deeside Community Shed

A ground breaking ceremony was held on the 21st October 2019 to officially mark the start of construction of what will be the Aboyne and Mid Deeside Community Shed.

The ceremony—on the site along Aboyne Stone Circle off Ballater Road—was undertaken by Amy Anderson (representing NHS Grampian Endowment Trust), and Eric Sinclair (former NHS Grampian Board Member) with local supporters, benefactors and Aboyne Men's Shed Trustees.

The build schedule is to complete phase 1—a wind and water tight serviced structure—by the end of the year allowing occupancy for phase 2 fit out to commence January 2020 with a target completion of mid 2020. The journey, which started in April 2016, commenced following presentations by the Scottish Men's

Shed Association and sufficient community interest. After an exhaustive search, a building could not be located and the decision was made to take up the offer of a site provided by Aboyne Castle Estate for a new build project. The building, which is now under construction, is a two level design (10m x 18m) having ground floor workshops and an upper level mixed use social area.

Efforts have been made to achieve a low carbon design with high levels of insulation, heat pumps and 12kw solar PV arrays. As the design evolved, the Committee recognised that the building could be made available for other user groups thereby providing a venue that did not currently exist in the community - the first such development in 40 years. It was thus decided to rebrand as the Aboyne and Mid Deeside Community Shed.

The project has only been possible by the generous support and encouragement that the Committee has received over these past three plus years. Total project cost is estimated at £330,000 with phase 1, £270,000 and phase 2, £60,000 for which further



funding is required. While many funding sources have contributed, recognition is given to the major funder, the European Agricultural Fund for Rural Development, who has committed to provide £186,246.40 and contributions of over £20,000 from local supporters.

Anyone wishing to contribute funds can do so at the [crowdfunding website](#)—this can be done anonymously, if desired, with gift aid applied for UK tax payers.

For further information, please [email](#) them or follow them on [Facebook](#).



## Official Launch of the Dornoch Firth Area Men's Shed

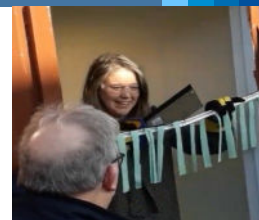
The official opening of the Dornoch Firth Area Men's Shed took place on Saturday 5th October with almost 100 supporters in attendance. The feedback received on the day was excellent and since the launch ten people have expressed an interest in joining the Shed and they have had offers of free timber, made connections with another local charity for upcycling/recycling and made progress in obtaining some pottery equipment.

The Shed is open to members of the community in the areas of Helmsdale, Brora, Golspie, Rogart, Embo, Dornoch, Tain, Lairg, Ardgay, Bonar Bridge and Rosehall. [Click here for their website.](#)

**Pictured:** DFAMS built using timber from a local sawmill, Skibo Sawmill



## Aileen Campbell MSP officially opens Kirkmuirhill and Blackwood Men's Shed



Aileen Campbell MSP officially opened the Men's Shed in her constituency—Kirkmuirhill and Blackwood Men's Shed on Saturday 12th October 2019.

The Cabinet Secretary for Communities and Local Government gave a very meaningful and appropriate speech before sawing a 'wooden ribbon' to mark the official opening. In her speech, she paid tribute to the hard work carried out by the Shed members to bring this project to fruition. Ms Campbell recognised this new hub in the community—and its dedicated volunteers—which will be fully utilised now and by future generations.

Ms Campbell remarked on the transformation since her first visit, which is a real credit to the men, before recognising the tremendous growth in the Men's Sheds movement across Scotland. Following the launch, Aileen was presented with a wood planter by Graham Stewart (KBMS Secretary), made from the decking which was removed to make space for the Shed.

[Watch the video of the opening.](#)

## The Birth of Pentlands Men's Shed

After identifying a gap in the community, it was decided to see if there was interest in creating a Men's Shed to cover the three villages of Juniper Green, Currie and Balerno in Edinburgh. Allister R McKillop (Chair of Currie Community Council)—with the help of Tim Green from Age Scotland—held an open day where 30 interested men and woman attended to find out more, either for themselves or family members.

It was agreed that there certainly was a desire and Pentlands Men's Shed was set up that day with Chairman Alexander Skinner at the helm, ably assisted by Ian McPherson, Lyall Downie and Stewart Still. The Shed now opens one day a week (Fridays, 10am—noon) at 42nd Pentland Scout Hall where between 10-15 regulars attend (from around 30 members) to get involved in helping their community.

The Shedders have recently installed two gates, levelled off the ground and repaired concrete steps at the Shed and are now working on building extra large dementia-friendly domino sets for various local groups. The Shed is also currently reaching out to charities and local groups to offer assistance and manpower in the community. For more information, please email [pentlandsmensshed@gmail.com](mailto:pentlandsmensshed@gmail.com)



# Sheds for Sustainable Development Project

The three-year Glasgow Caledonian University 'Sheds for Sustainable Development' project is around halfway finished and there is lots going on keeping me very busy on the ground.

Year one started with an in-depth exploration of the key sustainability and development challenges that Men's Sheds across Scotland are facing - in other words 'what do Sheds need to survive?'. Findings showed that Sheds are mainly facing challenges around:

- Sourcing volunteers to complete core operational tasks
- Acquiring premises through lease negotiation or full ownership
- Sourcing funding and writing funding applications
- Making sure everyone is adhering to health and safety in their Shed

I haven't managed to visit every Shed in Scotland, but it has been amazing to attend events and hear all of your thoughts on the challenges that your Sheds are facing and hear your suggestions on how solutions can be found.

Over the past year I've also been drinking copious amounts of tea and eating a lot of biscuits while chatting to Sheddors about the health and wellbeing impact that their Sheds have on their lives. I've been really moved hearing about people's journeys into Shedding and how much they have really changed lives.

I honestly can't thank Sheddors enough for sharing their personal experiences with me and really opening up. Collecting this information is so important to show what fantastic work that Sheds are

doing.

As 2019 is coming to an end, we still have a lot more to come in terms of sharing all of our findings with you all and collecting even more data to build a big picture of Men's Sheds in Scotland. For now, you can access all of our outputs on our [webpage](#), but please keep your eyes peeled in 2020 for more of our work.

All the best for the festive season and New Year!

**Dr Danielle Kelly**  
Glasgow Caledonian University



## Question to Scottish Parliament

Following on from our Letter to Editor submission from George Gammack (Secretary of Carnoustie & Monifieth Men's Shed) on 'Community Asset Transfer and Social/Community Value' in the September Shedder and in the aftermath of the Ayrshire Men's Sheds Network launch meeting (see page 13), the Scottish Men's Sheds Association wants our members and readers to know that we take what you say very seriously and continually push for change.

SMSA continually strives to ensure that the voice of the Men's Sheds Movement is heard loud and clear and the following question—compiled by Jason Schroeder (Executive Officer of the SMSA), Henry Johnson (Chairman of Garnock Valley Men's Shed) and David Gardner (Vice-Chair of Garnock Valley Men's Shed and SMSA Trustee)—was put to Aileen Campbell MSP (Cabinet Secretary for Communities and Local Government) by Maurice Corry MSP (Scottish Parliament's Cross-Party Group on Armed Forces and Veterans Community) on the 3rd October 2019.

### Question:

"Whether the Scottish Government will encourage local authorities and statutory bodies to release buildings with long-term leases and peppercorn rents for use as Men's Sheds."

### Answer:

"The Scottish Government supports the ownership and control of assets by communities and would encourage local authorities and statutory bodies to consider this in situations that recognise the public benefits that community use will bring. Ownership or control of land and buildings is a powerful tool for community organisations such as Men's Sheds to drive change and achieve their own goals."



The Scottish Parliament  
Pàrlamaid na h-Alba

# A PERSONAL STORY



**Here is how one SMSA member, Jon Searle, became involved with Wee County Men's Shed...**

Of the many happy memories I have one stands out in particular, standing in my garage come workshop with my sons staring at a broken car/bike/mower or some other project, eating bacon sandwiches and drinking coffee. Nothing was rushed. Whatever the problem was it would be fixed eventually after much discussion as to what was the best course of action, but the important thing was that this was quality time with my sons.

This was our time, male to male, cementing bonds that would last a lifetime. But sons grow up and leave, life moves on, and although I still spend time in garages come workshops with my sons and grandsons these times are now few and far between. And I miss them.

Retirement came and life moved on another step and although this opened the door to new activities it also closed the door on one that I really enjoyed—the company of workmates, the camaraderie of working in a team for a common cause and the elation of overcoming seemingly insurmountable obstacles through joint efforts to achieve an objective. In short, I missed going to work.

For me, my new idyllic leisure-filled low-pressure life was not so idyllic. Where was the excitement, the responsibilities, the challenges that I was used to? Yes, I now had the time to work on all those projects I had put off for so long and complete those I had started and not finished, but I was bored.

The motivation to do anything had left me and with it went a lot of the enjoyment of life. I lost interest in my garage, my tools and in doing anything creative. Gradually, I was sinking into a slough of despondency. My health, both physical and mental, started to suffer, and I am sure I became a terrible person to live with. Then I heard of a possible salvation, an organisation called Men's Sheds!

I found out that I had a local Men's Shed. So, after much online research of the national SMSA and the local Men's Shed websites and Facebook pages, I plucked up courage to go and find out in person. And here I confess, I did not go alone—I took along my two wee dogs. If it proved to be not to my liking then they would be my excuse to leave.

I need not have worried. As soon as I entered the Shed I was made very welcome and so were the dogs, so much so that they have now become the Shed mascots. Here was the relaxed chaos and confusion of my own workshop created on a larger scale. Instead of teenage sons there were other granddads, perhaps missing their sons as I do mine.

Some of the members were busy "working" while others were just chatting over a coffee and bite to eat. Of course, as the new boy, I was completely overwhelmed with information. I was introduced to everyone and immediately forgot all their names, but this was OK. Apparently it happens to everyone and so one of the suggested first projects is for every new boy to make his own name badge. I was told of current and past projects and immediately

thought "my goodness, what skills these guys have, how will I fit in with my very limited capabilities"? I was immediately re-assured; "whatever skills you have we will make use of them and if you have no skills that's fine because you have the opportunity here to acquire new ones".

And so it turned out. I was asked to help; the "hold it while I hit it" type of help, then the drawings for a copy and re-build of an old wheelbarrow project and finally a "can you solve this problem for us" request. I became a valued team member able to contribute to the team objectives. I still cannot remember all the names but that will come. I can't say that I've learnt a new skill yet but I have resurrected old skills and I have rediscovered my enthusiasm to make or repair things.



So what have I made? Well nothing yet that is uniquely and completely mine, but I have contributed to the latest project; a wishing well come planter (pictured left) for our local special educational needs school. It looks good doesn't it? Especially so when I say that the whole thing is made out of scrap wood.

My local group is The Wee County Men's Shed. We meet three times a week in Tillicoultry. We are a charity and are affiliated to the Scottish Men's Sheds Association. We welcome all men (18+) to join us for companionship, the chance to use, acquire and pass-on skills that, like mine, may have been dormant for a number of years and through this to help others and in so doing help ourselves.

So, if you feel as I did before I joined then why not come along and find out more? At the very least log on to the [SMSA website](#) or [Wee County Men's Shed on Facebook](#) to see what we are about and what we are doing. Of course, if you prefer doing things face to face then please speak to us and we'll tell you more about our group and what we do.

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

**Then we want to hear from you! Contact Michelle at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk)**



# SHED SHENANIGANS

## Shed Project

**Skill Level:** *Intermediate*

Here is something a little bit different for a Shed Shenanigans DIY Project this issue. Why not try out this fidget spinner project from our partner, **Axminster Tools & Machinery**.

These gadgets may aid improvement in hand-eye coordination and balancing skills, increase creativity, reduce cognitive fatigue and decrease stress—or even be a money spinner for fundraising for the Shed! Check out the **Axminster Tools & Machinery project page** for full instructions on how to make this project.

### Tools and Materials

- Pillar Drill
- Scroll Saw
- Scroll Saw Blade
- Router
- Router Table
- Router Elevator
- Router Cutter
- Masking Tape
- Abrasive Strip
- Finishing Wax
- Dowel Rod
- Bearing (22mm x 8mm) Rubber Seal
- 3 x Bearing (22mm x 8mm) Metal Seal
- Glue
- Camellia Oil
- Timber (hardwood)
- Turpentine substitute (or degreaser)

## AXMINSTER

### Tools & Machinery



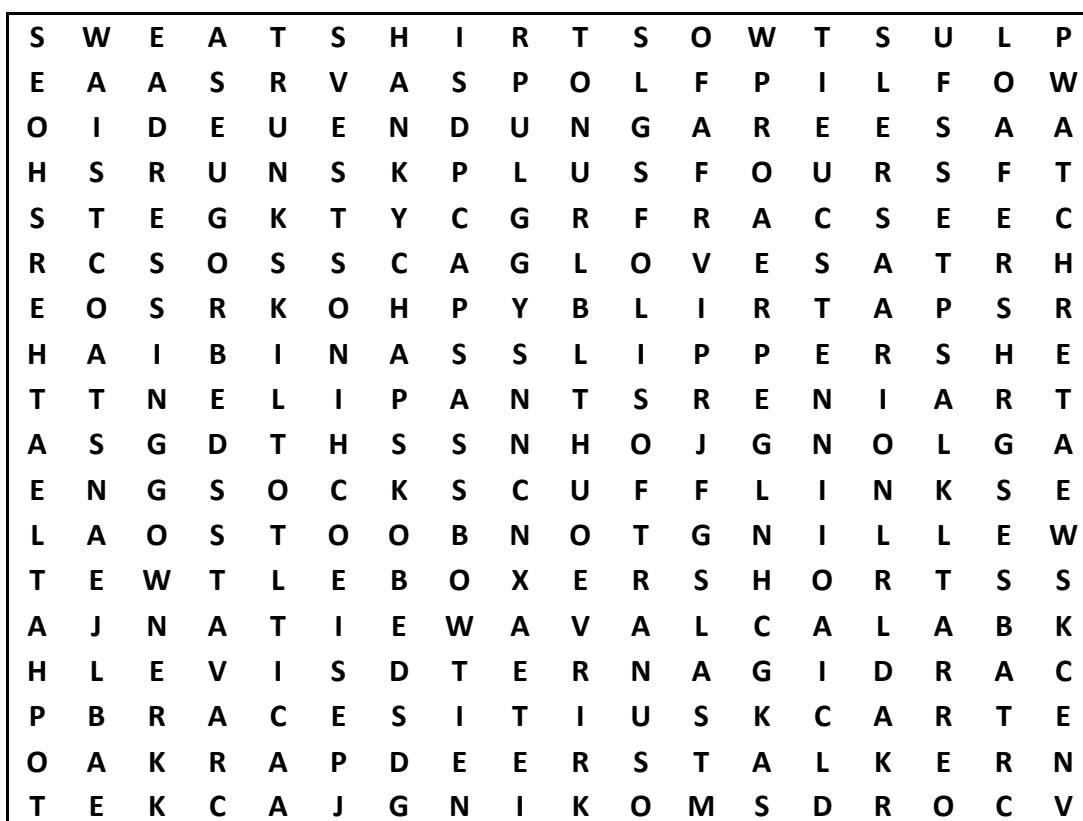
### 5% Shed Member Discount

Remember that SMSA has an agreement with Axminster for a 5% discount on most purchases for SMSA Shed members!

If you have any problems setting up your account, please contact Isobel at SMSA on 07465 202834 or email [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk)

## Word Search—Gents' Clothing & Accessories

Find all the words listed and, when you are finished, the remaining unused letters will tell you what you are! *Answer to be revealed in the December issue.*



Balaclava  
Belt  
Bow Tie  
Boxer Shorts  
Braces  
Brogues  
Cap  
Cardigan  
Chaps  
Chinos  
Cords  
Cravat  
Cufflinks  
Deer Stalker  
Dressing Gown  
Dungarees  
Flip Flops  
Garters  
Gloves  
Trunks  
Hanky  
Jeans  
Kilt  
Leather Shoes  
Levis  
Loafers  
Long Johns  
Pants  
Parka  
Plus Twos  
Plus Fours  
Scarf  
Slippers  
Smoking Jacket  
Socks  
Spat  
Sweatshirt  
Tie  
Top Hat  
Tracksuit  
Trainers  
Tribby  
V-neck Sweater  
Vest  
Waistcoat  
Watch  
Wellington Boots

Compiled by A. Shedder, Three Towns Men's Shed

# SHED NETWORK UPDATE

Since the last edition of the Shedder I've been involved in supporting a diverse range of Sheds and Shed supporters. I have been facilitating start-ups in Dunfermline (with a veterans' focus), Dalkeith and Methil. The latter two are utilising containers and portacabins within the football grounds of East Fife FC (Ladbroke's League 1) and Dalkeith Thistle FC (East of Scotland Football League).

I've been advising FABB Scotland about a Men's Shed for Callander. FABB is a charitable company that exists to facilitate inclusion for people with disabilities to actively engage in social, leisure, educational and vocational activities of their choice.

I was warmly welcomed to Elgin and District Men's Shed who have created a fantastic workshop and social area in an industrial unit and are working on range of projects including some amazing portable tool carriers. Corstorphine Men's Shed, having created a great social space over the last few years, now has a great workshop space and more Sheddors happy to share and learn woodworking skills.

Along with the SMSA, we have made recommendations about the sustainability of Men's Sheds to a Scottish Government Short Life Working Group. Carnoustie & Monifieth is waiting on the Community Asset Transfer (CAT)

review for their current home in the Machine Room, Invermay House, Monifieth. They are also exploring a CAT of the Carnoustie Police Station and need to evidence how they are contributing to Police Scotland's "Commitment to equality and diversity, promoting respect and cohesion within communities, creating an environment that allows communities to participate and flourish."

In October, Comrie had their official opening of the Nissen huts that make up their Men's Shed at Cultybraggan Camp. Dr Ian Pinkerton formally opened the Shed. The camp and its Sheddors have now become a media sensation on the BBC's Countryfile and BBC Scotland's Landward and Out of Doors programmes.

I recently visited Dalbeattie Men's Shed and saw how the Skeoch cycle car was progressing. In June at Orroland Open Garden Day, James Skeoch's daughter and granddaughter were able to sit in the rolling chassis. They have an awesome range of activities going on and I was impressed to see the Prusa 3D printer produce an articulated educational toy while I was there.

## UPCOMING NETWORK MEETINGS

**14<sup>th</sup> January 2020**

**Perth and Kinross Men's Shed Network**  
at Auchterarder Men's Shed, Time TBC

**15th January 2020**

**Fife Men's Shed Network**  
at East Neuk Men's Shed, Time TBC

**24th January 2020**

**Ayrshire Men's Sheds Network Launch**  
At Three Towns Men's Shed, 1pm to 5pm

**4th March 2020**

**The Highland and Islands Network Meeting**  
At Cromarty Firth Men's Shed (SMSA 'Shed of the Year Award' Runner Up), Time TBC

**Any Sheddors interested in attending the network meetings should contact Tim Green and he will send details of the next gathering of the Sheds in your area!**



**Tim Green**

**Community Development Officer (Men's Sheds)**  
Age Scotland, PO Box 29245, Dunfermline, KY12 2EH  
Mobile: 07718 579 291 | Direct Dial: 01383 882 151  
Email: [Tim.Green@agescotland.org.uk](mailto:Tim.Green@agescotland.org.uk)

## Ayrshire Men's Sheds Network Launch

On 24th September 2019, Sheddors from The Three Towns, Irvine Valley and Garnock Valley Sheds got together in Kilbirnie with representatives of the Irvine Harbourside and Irvine New Town Sheds—under the joint auspices of the SMSA and Age Scotland—to launch the Ayrshire Men's Sheds Network.

The meeting was addressed by Jason Schroeder of the SMSA and David Gardner, Vice-Chair of Garnock Valley Men's Shed (and SMSA Trustee), Tim Green of Age Scotland and by Maurice Corry MSP, who, as convenor of the Scottish Parliament's Cross-Party Group on Armed Forces and Veterans Community, has a special interest in the potential value of Sheds to ex-servicemen and to those living with PTSD in particular.

Jason emphasised the importance of Shed members taking out (free) Individual

Membership of the SMSA and Tim explained the plans to develop other local Men's Shed Networks throughout Scotland.

After a tour of the Garnock Valley Shed, each Shed described its development to date and the challenges and successes. Lessons shared included the importance of maintaining good relationships with local parliamentarians, councillors and council officials and of developing contacts with local community development workers and health and social care providers.

In the aftermath of the meeting, members of the group helped Maurice Corry MSP formulate a question for him to put to Aileen Campbell, the Scottish Cabinet Secretary for Communities and Local Government in Scottish Parliament (see page 10 for full question and response).

**The group will meet quarterly. The next meeting is scheduled for 24<sup>th</sup> January 2020 at the Three Towns Shed.**



## HEALTH MATTERS

### How physically active are you meant to be?

Did you know that there are guidelines for physical activity? How much activity is enough? What activity should you do and for how long? A healthier old age includes: good physical and mental function; opportunities for social interaction; a sense of control over and responsibility for one's own health and well-being; as well as managing or coping with disease symptoms and functional limitations.

Participation in regular physical activity or exercise contributes to important determinants of health. Regular physical activity plays an important part in enabling older adults to remain above critical functional thresholds by managing disease symptoms; reducing falls risk factors and morbidity; preserving and restoring function; and maintaining both psychological and mental health. Increased physical activity can prolong life and significantly reduce

the risks of cancer developing. Older adults are great assets to society as, for example, grandparents provide up to 40% of childcare. There are over 1 million carers over the age of 65 years in the UK and most carers over the age of 70 years are providing over 60 hours care a week. In terms of paid employment, 1 in 5 workers do not expect to retire until they are over 70 years old. Yet, more than 50% of our older population report early disability and increasing dependency, with substantial personal and public health implications. Targeting the increase of physical activity and the reduction of sedentary behaviour has a major role to play in the prevention of chronic disease, the maintenance of functional status and the preservation of physical independence as we age.

The **new physical activity guidelines** still say we should be active for 150 minutes a week, just enough to get out of breath but still able to talk. We know any activity is better than nothing, even if you are frail. Even small increases can contribute to

important health benefits. Loss of muscle strength with age is known to be associated with increased mortality so the new guidelines include a new emphasis on strength and balance.

Climbing stairs can be good muscle strengthening activity; you do not need to go to the gym. Standing on one leg whilst brushing your teeth can be good for improving balance. Remember, some is good, more is better. It is never too late to start and that every minute counts. Study the guidelines and make yourself an achievable weekly activity plan. Print out the Infogram in the guidelines and put it up in your Shed or on your fridge at home. Good luck!

**Prof Chris Oliver**  
St Andrews Men's Shed (formerly Professor of Physical Activity for Health at the University of Edinburgh)  
Follow on Twitter @CyclingSurgeon

## WHAT'S COOKING?

### Potato & Mushroom Bake

**FamiSHED?** Then, why not try this heart-warming all-in-one recipe from the Carse of Gowrie Men's Shed to share with your fellow Sheddors.

Terry Howson, Vice Chair of Carse of Gowrie Men's Shed spoke to the Scottish Shedder: "As a group, we have been able to restructure our Shed and focus on the issues of men's health and wellbeing. We have invited a range of speakers in to lead discussions on topics such as prostate problems, cancer prevention, hearing loss and diabetes. Very few days pass without some informed discussion between members about health issues.

"A common theme that seems to connect all the men's health issues is about what we eat. There seems to be some truth in the old adage—you are what you eat. It is interesting to note that after many discussions, our consumption of cake and biscuits has dropped! The following is a recipe based on potatoes—a food that our men seem to relate to and enjoy."

#### Ingredients

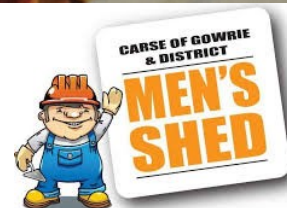
- 25g/1oz butter
- 450g/1lb potatoes, thinly sliced
- 150g/5oz mushrooms, sliced
- 2 garlic cloves, chopped
- 1 tbsp parsley, chopped
- 5tbsp chives, chopped (keep 1 tbsp for garnish)
- 150ml/ 1/4 pint double cream

#### Method

1. Preheat oven to 190°C/375°F/Gas Mark 5
2. Grease a shallow ovenproof dish with butter
3. Parboil the sliced potatoes in a pan of boiling water for 10 minutes. Drain and then layer a quarter of the potatoes in the base of the dish
4. Arrange a quarter of the mushrooms on top of the potatoes and sprinkle with a quarter of the garlic and herbs (continue for the next three layers)
5. Pour the cream over the top and cook for 45 minutes or until the bake is golden brown
6. Garnish with the remaining fresh chives
7. Serve and enjoy



Serves 4





# FUNDING OPPORTUNITIES

## ASDA Foundation: Celebrating 30 years of giving

- Is your facility the hub of your community?
- Does it benefit multiple users and groups?
- Are you a charity or not-for-profit organisation?
- Does it need a revamp in order to continue being the 'go to' hub in your local community?

For more information and to check your eligibility, please visit the [website](#) or email [asdafoundation@asda.co.uk](mailto:asdafoundation@asda.co.uk) or [mandy.rivett@asda.co.uk](mailto:mandy.rivett@asda.co.uk) for an expression of interest form.



## Wee Grants for Wee Groups

A new pilot from The Robertson Trust called 'Wee Grants for Wee Groups' is open for applications for smaller charities and community groups, doing great work in the community, to apply for funding under one of its three funding strands—Care and Wellbeing, Strengthening Communities and Realising Potential.

### \*\*\*SUCCESS STORY\*\*\*

Inverclyde Men's Shed has recently secured funding of £1,710 for running costs/sessional staff to extend its opening hours to attract younger working men to join.

**Apply online** by the 17th December 2019.

## Code of Fundraising Practice

The new **Code of Fundraising Practice** came into force on 1st October 2019 and outlines the legal responsibilities and additional standards expected for charitable fundraising across the UK.

## The Stafford Trust



The Stafford Trust is a grant making Scottish charitable trust which provides financial support to charities registered in the United Kingdom, with a preference towards charitable organisations in Scotland.

From 1991 to 5th April 2019 the Stafford Trust has made grants totalling £4,739,036 to a wide variety of UK charities. Grants (between £500—£5,000) are awarded for capital projects, running costs, salary support etc. ***Men's Shed Govan was awarded £4,000 in the last round.***

The deadline for applications is the 31st December 2019. For more information, please visit the [website](#).

## Action Earth Environmental Grants



Action Earth's environmental grant funding, provided by Scottish Natural Heritage, is now open for applications. Volunteering Matters Action Earth empowers people in Scotland to take action and improve their local environment through volunteering. Any group of volunteers can apply for between £50-250 to run environmental activities in Scotland's green spaces (e.g. creating or improving community gardens, wildflower meadows, ponds or woodlands). Action Earth Enhanced Grants 2019 up to £500 are also available for projects which can demonstrate a significant health impact through working with people who have defined health or social needs. [Click here](#) for more information.

## Have you won SHEDloads of funding?

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

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



**SCOTTISH  
MEN'S SHEDS  
ASSOCIATION**

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

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

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

## Subscribe to this Newsletter

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

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

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

## Contact Us

- **SMSA Newsletter, Public Relations and Communications:**  
Michelle - [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk) or call 07389 061498
- **SMSA Executive Officer & Shed Development and Corporate Sponsorship/Donations:**  
Jason - [jason@scottishmsa.org.uk](mailto:jason@scottishmsa.org.uk) or call 07397 382533
- **SMSA Administration:**  
Isobel - [admin@scottishmsa.org.uk](mailto:admin@scottishmsa.org.uk) or call 07465 202834

## SMSA Online Library

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

**If you are not already an Individual Member, please visit the SMSA website to join today!**

## SMSA Facebook Sheds Forum

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

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

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

Support and Follow SMSA on:



Scottish Men's Sheds Association



ScottishMSA



ScottishMSA



Scottish Men's Sheds Association

**Scottish Men's Sheds Association**

Banchory Business Centre

Burn O'Bennie Road

Banchory, AB31 5ZU

[www.scottishmsa.org.uk](http://www.scottishmsa.org.uk)

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