

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



SCOTTISH
MEN'S SHEDS
ASSOCIATION

Edition 2



My Journey with Men's Sheds from Australia to Scotland - Three Key Learnings By Alan Silcock

Before leaving Australia to return to Scotland over two years ago, rarely did I clock up confused reactions when I mentioned Men's Sheds. More and more Australians were understanding what a Men's Shed was and many were either associated with one themselves or knew someone who was.

Not so in Scotland. It was like stepping back two decades as far as knowledge of Men's Sheds was concerned. People would repeat the name back to me, as if it was some strange Australian cult.

In two years, I have founded and now help to manage a very successful Shed. It did take some negative experiences to get to this stage. Both the positives and the negatives, the understandings and the misunderstandings have generated many learnings for me that may assist you as you reflect on your own Shed or the state of Men's Sheds in Scotland.

Being a Board member of the SMSA has helped to underpin my findings.



Alan Silcock - The Men of Leith Men's Shed

Here are three key learnings to consider.

Learning One - Empowerment

The first Men's Shed I was invited to be a part of was to be situated in a wealthy area of Edinburgh. I was tasked to create a 'senior men's group', and this was to be developed into a Men's Shed once established. I was successful in recruiting over forty men for the group, not bad when many in the community said it would not happen.

Issues started to occur when the Board of Management for the Charity supporting the group would not support the members being empowered to make their own decisions, lead and manage their own group.

I had seen men flourish in

Australia when given the opportunity to create their own destiny again, to work with other men and determine what their shed would do. It's hard enough to get men to join a group in Scotland, but then to tell them what to do and how to do it, inexcusable.

I had no choice but to move on from that venture and as is generally the case with men's groups that are disempowered, the group disintegrated.

Learning Two – Core Purpose

I have visited a number of groups in Scotland that refer to themselves as Sheds. In founding The Men of Leith Men's Shed, Charlie Traylor and I spoke with as many community groups, leaders, politicians, councillors and stakeholders as we could. In every conversation, we outlined the same core message, Men's Sheds are a health initiative for men, and they exist for men by men. Occasionally this sparked some conversation, yet it is very clear. Historically, this was the core reason for the existence of Men's Sheds back to their early development in Australia.

(Continued on page 2)

(Continued from page 1)

Learning Three – What a Men's Shed is Not

Given the growth in the idea of Men's Sheds in Scotland, it is not surprising that service organisations or certain community groups could see Men's Sheds as a convenient source of labour for their projects. Already, recruiting has occurred to attract men in order that they might be able to help clean, grow, plant, paint, build etc on certain community projects under the guise of a Shed. These are not Sheds, some Sheds and Shedders choose to do that. It is their choice as a Shed as to how they use their time, as to how they invest their resources. To be clear, Men's Sheds are not a source of labour.

In summary, when you have Men's Sheds that empower and celebrate men, that are authentic to the core purpose of the Shed movement and aim to encourage men to join together on the projects or activities they choose, you have a unique community. **You have a Men's Shed.**

WHAT'S BEING MADE IN SCOTLAND'S MEN'S SHEDS?



What the DUCK!

A local lady was concerned about the duck population being wiped out by seagulls so Ullapool Shedders created this floating Duck Shed. She owns the local deli and when she heard they were acting on her concerns she sent a tray of cakes to their meeting. Not even a crumb left for the ducks—well done **Ullapool Men's Shed**.



You're never too old!

Ellon Shedders have a go on the carts they made for the local Rotary club.



Picture by Campbelltown Courier

Christmas comes early to the Wee Toon Men's Shed



Upcycling

Dave Thomson from the Westhill Men's Shed worked with the local primary school to create this Greenhouse made from plastic bottles. We want to see more of this please!

Showcase your Sheds work by sending us your pictures with a brief description to comms@scottishmsa.org.uk

NEWS FROM SCOTLAND'S MEN'S SHEDS

Looking at Shed activities from all angles

Dalbeattie Men's Shed has a great new edition to their Shed in the form of a 3D printer. The sophisticated piece of equipment was acquired as part of their Shed development plan, using funds granted by Age Scotland.

Geoff Alison of the Dalbeattie Shed said "Our Shed already has a well developed wood work, metalwork and picture framing shop but they do not suit all our members. Some less able members cannot use the rotating and sharp bladed equipment, and the workshops have no heating so some members lose dexterity in the cold making machine use hazardous. Hence this grant to develop an electronic workshop where less able members can become fully involved."

The Shed has already completed two commissioned projects, with many more in the pipeline as well as several Shedd's projects.

See it in action on Facebook : [Dalbeattie Men's Shed video](#)

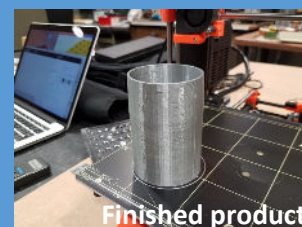
Other films on You Tube - [Dalbeattie Men's Shed July 2017](#)



An adaptor was needed to connect a vacuum to a lathe to remove shavings and dust while turning wood. So one was made!



Printer in action



Finished product

Galashiels - A tight 'knit' community!

What do you get when some Knitters and Shedd's put their creative heads together? A knitted masterpiece!

That's what happened in the Borders when the 'Souter Stormers' enlisted the help of the Galashiels Men's Shed to help them with their top-secret project - a knitted living room!



The Shedd's were tasked with creating the framework for a fireplace, bookcase and table which were then decorated with wonderful knitted covers made by the Stormers. The pop up living room appeared overnight in a shop on

the high street to the surprise and delight of the town.

Nigel Sargent, SMSA board member and a local development worker in the Borders visited the shop. He commented, "One thing that has really struck me about all this is the similarity between the 'Stormers' and the 'Shedd's'. It's all about having fun and a laugh, enjoying each other's company, making new friends, having something to do, learning from each other, using their skills and experience, supporting each other and gaining a huge sense of achievement and satisfaction." Nigel, we certainly agree!



If you have some interesting project, piece of equipment or anything else you would like to share with the Scottish Shed community, let us know.

Contact: comms@scottishmsa.org.uk or call Rhona on 07389061498

Congratulations to...

Stanley & District Men's Shed received a welcome boost to their finances when they received a cheque from Stanley Masonic Lodge.



Alex Cockburn receiving the £1000 cheque from fellow Shedder Nick Whytock.

New Sheds on the block

All the best to:

Tranent and **Orkney** who opened their doors in September and **Broughty Ferry & East Kilbride** who opened in October.

*Lang may
yer
lum reek!*

New Sheds in Development

- **Selkirk** Community Shed,
- **Roslin** Men's Shed
- **Black Isle** Men's Shed
- **Stornoway** Men's Shed

Great to see Men's Shed spreading to the furthestmost corners of Scotland with the development of Men's Sheds in Shetland, Orkney and the Western Isles.



Alford and District Men's Shed were the North East of Scotland regional winners of the "Greener Spaces, Better Places" competition run by building company Stewart Milne Homes.

The group will get help in creating allotment spaces, an orchard and a sensory garden in the grounds surrounding the Shed.



Grant Shed Funding

Well done to the 11 Scottish Sheds who successfully got through to the next round of the **RVS/ASDA** funding. We are not allowed to name names at this point but just wanted to wish you all good luck and **well done for applying**.



The Kincardine and Mearns Area Committee approved a £1836 grant to the **Portlethen Men's Shed** towards the cost of completing their project. Great news!



Charitable status awarded to:

- Carnoustie and Monifieth Men's Shed
- Forfar & District Men's Shed

Lots more opportunities for funding when you become a registered charity. Good move guys!



Well done to all of the above. Sorry if we have missed anyone off this time but please let us know your Sheds achievements and we will include next time. It really helps other Sheddors know progress and good things are going on. Email: comms@scottishmsa.org.uk or call 07782333123.

DATA PROTECTION – DO WE OR DON'T WE?

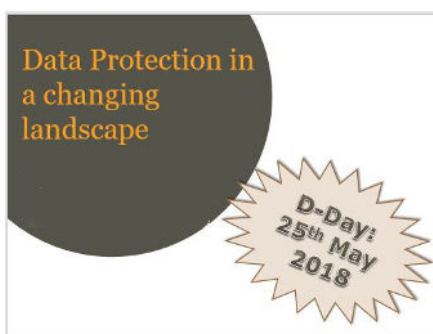
Why do Sheds need to know about Data Protection?

We are just a group of volunteers starting or running a Men's Shed. Is this really relevant to us or just more bureaucracy which we can do without, thank you very much. I hear this a lot on my travels in Sheds and it's a fair question. The answer is if you are keeping any personal information about your Shed members then you do need to know their rights under British law and this will keep you and them on the right side of the law. It doesn't matter if you are a business or a volunteer group. Data is data. **The law is changing around Data Protection but only on the 25 May 2018 – this is D-day.**

Until this new legislation is passed, and they don't know exactly what is going to change, keep up to date at their website: <https://ico.org.uk/>. You can register your group now ahead of this date if you want (we feel it's not presently a requirement for most Sheds) with the **UK Information Commissioner (the ICO)** which is a UK wide regulator for the Data Protection Act (DPA) and Privacy and Electronic Regulations (PECR).

DPA applies to personal information, covers all sectors, gives individuals rights and is the same legislation across UK.

The **Scottish Information Commissioner** regulates the Freedom of Information (Scotland) Act (FOI(S)A) and Environmental Information (Scotland) Regulations (EI(S)R). Both of these regulations only apply to public authorities as laid out in their respective legislation. **So you won't need to contact them.**



The basics around data protection are:

you should only have enough information about your members which you need for specific and related purposes. Most Sheds ask for name, contact details, an emergency contact person, health details e.g. heart condition, diabetic, epilepsy, dementia etc and hobbies and interests. This is all valid info used to keep the Shed running smoothly in compliance if you have a constitution, have become a charity and most importantly looking out for your members in case something happens to them while in the Shed.

You shouldn't be asking for information on any past or present criminal convictions for example. If your Shed is open to all men there is no need to have this information and would create exclusion policies which

might go against the law, your constitution and Scottish Charity regulations. If your board/group want to include this we suggest getting legal advice first. Men's Sheds are about inclusion and we realise this can bring up difficult personal issues for us, but they are personal issues not necessarily legal ones.

Your records of members data should be under lock and key and accessible to board members and your daily Shed supervisor. If it's also on a computer we suggest it might be safer to have it on an encrypted external hard drive held by a board member, usually the secretary of the Shed. This means as men change positions on the board the external hard drive is passed on to the next man and none of the data is kept on personal computers. Prices have dropped a lot in the past few years and you can pick one up for under £60 e.g. WD 1TB My Passport Ultra-Portable USB 3.0 Hard Drive with Auto Backup.

That's about the basics which we feel you need to know now and suggest you do your own research and keep up to date with this changing legislation and how it might effect you. We will do the same and revisit this after the 25 May 2018, to give you a reminder and what if any of this new legislation affects us and you.

"Preparing for the General Data Protection Regulation 12 Steps" is available in our SMSA online **members Resource Library** for download.



TALKING SHEDS With Jason Schroeder



Jason Schroeder, SMSA CEO

The Scottish Men's Sheds Association has partnered up with Glasgow Caledonian University through the Big Lottery to do a three-year research project on the sustainability and development of Sheds in Scotland. This "Sheds for Sustainable Development" (SSD) plan is part of a long-term development of Sheds in Scotland.

Westhill MS, the first Men's Shed in Scotland, has over the years held surveys and supported a PHD student do his degree on Masculinities in a Scottish Men's Shed. This has helped the movement be taken seriously by local authorities, the NHS and the Scottish Government to name a few. It is the 'behind the scenes' ongoing monitoring, evaluating and sharing that has helped get our Shed movement to where it is today with over 60 open Sheds and 33 in development since 2013. Coordinating a national strategy has now resulted in this three-year research project.

Get your Shed involved

We are putting out feelers for up to six Sheds across Scotland in various stages of development to help keep this momentum positively moving forward. By inputting your Shed experiences, successes and challenges over the coming **three-year period**, you will help build a stronger Scottish Men's Shed movement.

I believe this research will be of immense value in our national funding strategy for Sheds similar to what they have in Australia where Shed groups can obtain premises easier than we can here and have a national funding start up/development strategy. This project will also be the first of its kind and as we like pioneering new ways to improve our lives, communities and country to be in a better state than what we inherited, I invite you to get onboard.

To be part of this exciting 3 year project please drop me an email to jason@scottishmsa.org.uk in the first instance headed 'interested parties' or call me on **07397382533** to discuss. We will then get in touch with you later in the year to give you more details.

Thanks, and look forward to working with and hearing from you Shedders!



University for the Common Good

SMSA online library

Have a look at our extensive online library where you can find all sorts of information on setting up and running successful Sheds.

You can have full access by becoming An **individual member** of the SMSA. Membership is **free** and only takes a couple of minutes to do via our website:

www.scottishmsa.org.uk

If you don't have access to a computer, call us on 07397382533 or write to us and we will post some to you.

SMSA Video Library

Visit our  **YouTube** page and see inspirational stories of Men's Sheds from around the world.

Got your own story to tell?

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

jason@scottishmsa.org.uk

The Scottish Men's Shed movement is growing

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SMSA MEMBERS

65

OPEN SHEDS

35

IN DEVELOPMENT

24

REGIONS

WHAT'S COOKING?

Whip up this simple delicious and nutritious dish. Mackerel is rich in Omega 3 which helps to prevent heart disease, diabetes and dementia to name but a few.



Smoked Mackerel Pate

Ingredients (serves 4 generous portions)

- | | |
|---|---|
| <ul style="list-style-type: none"> • 1 pack/280g peppered smoked mackerel fillets • 1 200g pack of cream cheese • 1 (tbsp) of crème fraiche • juice of half a lemon | Optional Extras: <ul style="list-style-type: none"> • 1 teaspoon (tsp) horseradish • handful chopped chives • handful chopped parsley |
|---|---|

Method:

- Remove the skin from the mackerel fillets.
- Roughly break up the fish, checking for any obvious bones or scales.
- Place the mackerel, cream cheese and creme fraiche (plus any additional ingredients if using) in large bowl and combine until smooth. The easiest way to do this is with a hand held blender or food processor and whizz for 1 minute. Add in lemon juice to taste (you don't always need a whole lemon)
- cover with cling-film and place in the fridge for at least an hour.
- Can be made in advance and keeps well in the fridge for up to 3 days.
- Serve with crusty bread or oatcakes and enjoy!

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

CAPTION COMPETITION

win a goodie bag for your Shed!



What's going on here at this Men's Shed? The most imaginative explanation and/or closest to the truth wins a SMSA "Take a Break" goodie bag for their Shed. Email quotes to comms@scottishmsa.org.uk or post SMSA, Wester Mains, Campfield, Aberdeenshire, AB31 43DR. Please include the name and address of the Shed who will receive the prize.

You can also take part if you are not a member of a Shed. Simply nominate your favourite Scottish Shed to win the prize! Good luck!

Well done to....

Bob Howie who won our last editions Caption competition. A **large St John's Ambulance Alpha work place first aid kit** is on it's way to his Shed. Thanks to everyone who entered.



"Mamma Mia, does it show again, my, my just how much I missed you"

SPOTLIGHT ON...

Barrhead Men's Shed

By Ross McKemmie



The Barrhead Men's Shed operated as an association for 3 years until becoming a SCIO (Scottish Charity) during the summer of 2016.

We then took over the lease of premises comprising four small industrial units (4x50sqm) knocked into one.

Because of a deal that our landlord (East Renfrewshire Council) struck with the previous tenant, the premises included some substantial benches and an adequate supply of furniture. We had already acquired a certain number of portable tools and some bench saws so could pursue constructional activities straight away.

The local Council and HSCP agreed to cover our rent for two years and utility bills for one and we gained grants from Age Scotland, Big Lottery—Awards for All and INTU from the nearby Braehead shopping centre. This enabled us to increase our stock of woodworking tools and other equipment very significantly.

Over the year we have undertaken communal projects for sale and this brings in a useful income. So far the products are mostly for outdoor use such as benches, planters and bird tables. They are often being commissioned.

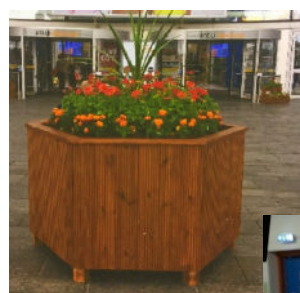
Our membership has slowly increased by word of mouth and the workshop is usually fully utilised when we are open.

Now that we have a year's experience of managing these premises we plan to open more often to accommodate more members which we expect to attract by making our facility better known.

The plan for the year ahead is:

- Acquiring a secure lease and funding for running costs for the next 5 years at least
- Managed increase in membership
- More varied facilities
- Better utilisation of existing premises.
- Building the capacity of the members to share management and construction tasks

Contact : www.barrheadmensshed.weebly.com



Share your Shed story

Contact: comms@scottishmsa.org.uk or call Rhona on 07389061498

FUNDING MATTERS

Development Grants Programme for Men's Sheds

Age Scotland's have up to 15 grants of £1000 each to award to Men's Sheds in Scotland up for grabs.

If you are interested in applying, you need to get your skates on as **The closing date for applications is Tuesday 31st October 2017.**

Funds have been awarded in the past for :

- Start-up costs for new Sheds
- Transport for fact finding visits to meet with more established Sheds
- Tools, materials, machinery and equipment
- Publicity materials and signage
- Portacabins and storage units

To find out more email Tim Green:

Tim.Green@agescotland.org.uk or call

Tel: 01383 882151 Mobile: 07718 579 291

Awards for All Scotland

Big Lottery **Awards for All** offers funding from £300 to £10,000 to support what matters to people and communities. The grant process has been simplified and many Sheds have been successful in the past so it is definitely worth a shot.

Some examples of what can be funded:

- equipment
- one-off events
- **small** capital projects
- staff costs
- training costs
- transport
- utilities/running costs
- volunteer expenses.



**AWARDS
FOR ALL
SCOTLAND**

For more information visit their [website](http://www.biglotteryfund.org.uk) :
www.biglotteryfund.org.uk

Some other ways to raise funds for your Shed

Bag packing

Write to your local supermarket to request a charity bag-packing slot. On a good day you can make up to £300-£400. Get lots of people to help so you work in shifts. Chatting to people as you pack is a great way to promote your Shed, they might even let you set up a small table with leaflets or examples of your work.



Wild Bill in Westhill, Aberdeenshire

Shop window display



The Jed Shed display what they have made in the window of a vacant shop in Jedburgh High Street.

The individually named cats pictured here will raise funds by being bought by a silent auction at the Jedburgh Christmas Fayre.

Share your successful funding ideas or tips. Email comms@scottishmsa.org.uk or call 07782333123

DOES YOUR SHED HAVE IT COVERED?

Trying to figure out the right insurance and look for the best deal can be both confusing and time consuming. To help with this, SMSA have partnered up with [Greenwood Insurances](#) who offer specialist knowledge and advice to help Sheds find the right **discounted** level of cover at the best price for our **Shed** Members. Be sure to get your [Shed membership](#) for only £20 per year per Shed.

In each edition, Elaine from Greenwood's will provide some tips or help on insurance matters. In this edition she covers woodworking activities.

Insuring your woodworking activities

You have to be careful when it comes to insuring woodworking activities in Sheds. Some policies have exclusions for larger or specialised equipment so you should always check the wording and your schedule and if in doubt, speak to your insurance advisor.

Be aware that companies have different terminology and sometimes the exclusions are there to protect you. For example, some of our wordings have a **woodworking exclusion** which means you would not be covered if the Sheddiers were using Sawmill type equipment. This is the large powerful equipment you would find in sawmills, not the kind you would normally find in a Shed.

Cover generally applies to traditional woodworking methods using power tools and hand tools etc. These tools are much safer to use and most Sheddiers will be familiar with them. Should cover be required for larger, more specialist machinery and tools, this can be arranged.

Examples of what is covered



Examples of what is NOT covered



Elaine McGhee,
Greenwood Insurances


Greenwood Insurances

How's this for a saving...

Being a canny bunch, Carse of Gowrie Men's Shed checked the SMSA website and discovered Greenwood's Insurance offer a discount to SMSA Shed members. A quick call to Elaine, and the £886 they paid in 2016 was slashed to £502 for 2017.

That's a huge saving of £384

Just another benefit of your group/Shed becoming a SMSA Shed member!

To see if you can make a saving and to check that your Shed is fully covered call Elaine on 0141 779 1772 or email elaine@greenwoodinsure.co.uk

1980's folk art silhouette project EVOLVES!

This editions workshop template is an idea which can be expanded into many wonderful creations. For instance :

SUPER-SIZE IT

Create much bigger versions e.g., Xmas decorations, paint them both sides and insert a bearing in the middle of it with a stand so they can spin in the wind. Wee Toon Men's Shed might do that with theirs, hint hint (see pg 2). Depending on the size you might make a secure base using an old car tyre and cement it in.

GET NOTICED

You could make the same idea to

go outside advertising your Men's Shed when its open - maybe more eye catching than a sandwich board. I am sure you guys would make a better job than our example below. Show us!

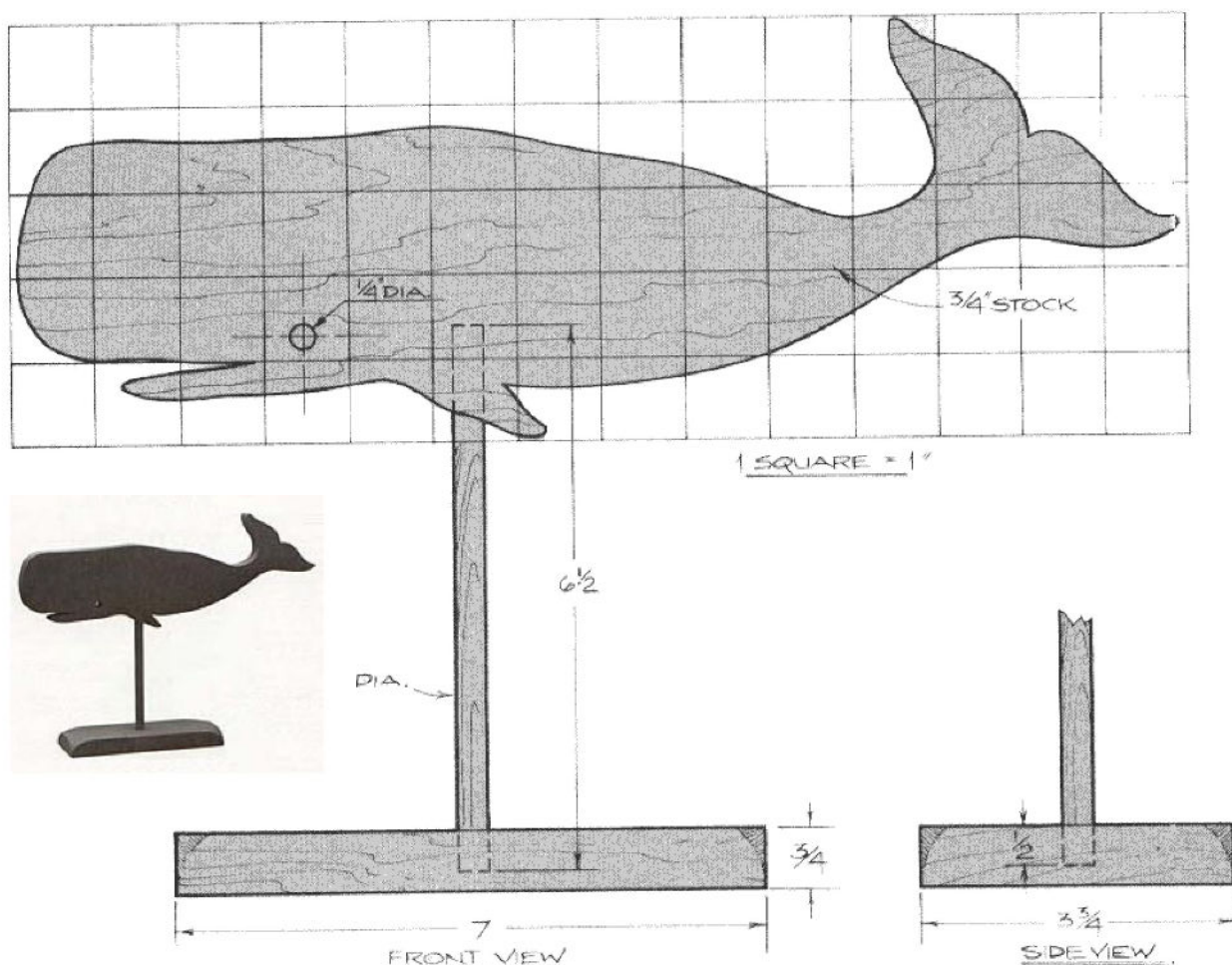
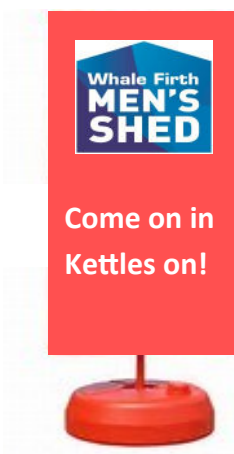
3-D VERSION

You can also laminate a few of these single templates together from your off-cuts to make a 3D version. Just use a rasp to roughly create the contours and then sand to smooth down and shape. Use different types of wood to get different patterns.

SEND US SOME PHOTOS

If you make any, we will publish photos of them in the next editions of your favourite Shed newsletter - *The Scottish Shedder*.

Happy creating!



Whale Silhouette Complete Schematic

These plans were originally published in Volume 10, Issue 5 of *The Woodworker's Journal* (Sept./Oct. 1986, page 49).

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

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

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

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

We really can't do more than that to help you get connected to the most exciting and life changing adventure pre or post Brexit. Become part of the Scottish Men's Sheds movement with us today!



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[Scottish Member Sheds Forum](#)



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

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