

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA

Edition 34 | September 2023



SCOTTISH
MEN'S SHEDS
ASSOCIATION

In Scotland, For Scotland



Shed in the Spotlight
Maryburgh Men's Shed

INSIDE THIS ISSUE:

- 3 TALKING SHEDS
- 4 SMSA NEWS
- 8 SHED IN THE SPOTLIGHT
- 10 SHED LIFE
- 17 SHED-TO-SHED VISITS
- 19 A PERSONAL STORY
- 21 SHED PROJECTS
- 25 HEALTH MATTERS
- 26 WHAT'S COOKING?
- 27 OPPORTUNITIES
- 30 HELP FOR HEROES
- 31 SCOTTISH AEROMODELLERS ASSOCIATION
- 32 SCOTTISH WILDLIFE TRUST
- 33 UNFORGOTTEN FORCES

THE SHEDITOR:

Michelle Wibrew
SMSA Communications & PR Officer
07389061498 | comms@scottishmsa.org.uk



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



WHAT IS A MEN'S SHED?



Jason Schroeder, SMSA Founder & CEO

SMSA film: 'What is a Men's Shed?'

For the SMSA's latest awareness-raising animation, the national support hub is going back to basics to highlight '[What is a Men's Shed?](#)' from the Association's perspective.

SMSA Chief Executive Officer Jason Schroeder said: "This is the question that the team get asked most at the SMSA Shedquarters.

"Unfortunately, there are still misconceptions that Scottish Sheds are just a workshop for elderly men and that could not be further from the truth.

"The Scottish model serves all men aged 18 or over and offers boundless opportunities for connections, camaraderie and to be an active part of their community.

"Activities are all member-led, and the members are all volunteers. The Shed

can be for whatever the member wants it to be—to make friends, share existing skills or to learn new ones, respite, and/or gain the confidence to participate in walking groups, outings and fishing trips outwith the Shed.

"The possibilities for friendships and camaraderie become endless and this video reflects that. Sheds are invited to [share this video](#) and embed on their websites/FAQ sections to inform potential new members."

The Scottish Shedder (the official FREE magazine of the Scottish Men's Sheds Association) 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—to inform and inspire. Each six-weekly issue is sent digitally to over 3,500 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

Contribute to The Scottish Shedder

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 (November 2023) by [Friday 17th November 2023](#). We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle Wibrew, SMSA Communications & PR Officer, at comms@scottishmsa.org.uk

Subscribe to the Scottish Shedder

To subscribe to receive 'The Scottish Shedder', you must become an Individual Member of the SMSA. It is FREE to join at www.scottishmsa.org.uk/join-smsa

Past issues

Archived editions available in the [SMSA online library](#) (log-in required)

The SMSA cannot accept any responsibility for any claims made by external parties. The content 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

Scottish Men's Sheds Association, Banchory Business Centre
Burn O'Bennie Road, Banchory, Aberdeenshire, AB31 5ZU

comms@scottishmsa.org.uk | www.scottishmsa.org.uk

TALKING SHEDS

by Jason Schroeder

HAVE YOU PAID
YOUR SHED'S
2023-24 SUBS?



SCOTTISH
MEN'S SHEDS
ASSOCIATION

Don't miss out on your
Shed Member benefits. Check with
your Shed Treasurer today!

Ten years on and as the Scottish Men's Sheds Movement continues to grow I still get asked often weekly, 'What is a Men's Shed?'. After an elevator pitch explanation which inevitably continues into several of the many levels and benefits of Men's Sheds to our society I get the exclamation, 'Well, I had no idea the movement supported and improved so many issues in our society and that there are so many Sheds across Scotland and the world.'

With this in mind, we created a new animation to briefly share where the idea came from and what they are all about—as part of the SMSA's role is to promote and make people aware of what they are so they can also share the good news with others in their community. See page 2 for more information and watch the animation on You Tube channel. Also, take the time to hit 'Subscribe' so you don't miss out on any of our great content!

Funding, funding, funding.... Yes, that again and it will probably long continue as the demands on charities grows exponentially as other statutory services no longer exist. We continue to look at every possible opportunity to support our essential core services which in turn allows us to take on new projects.

Some very good news is the invaluable support from our long-term funder. The William Grant Foundation have renewed our three-year core funding grant of £30,000 per annum. This level of funding is essential for us to be able to apply to take on new projects and the Bank of Scotland and the Social Isolation and Loneliness (SIAL) Fund grants which we have been successful in achieving can now begin.

Recently, while on the first grant awardees conference with Impact Funding, who are responsible for rolling out Scottish Government's SIAL fund, they shared the stats on

the applications. From a total of 1,400 applications (£39 million), only 612 were invited to the second round and 53 (under 9%), including the SMSA, were awarded.

Originally £10 million which ended up at a reduced £3.2 million will be distributed to these projects between 2023-2026. The required level of application was by far the most demanding we have ever written and am very proud of our efforts on your behalf, our members and the Scottish Men's Sheds Movement to have been in the small number of successful applicants. It shows the now recognised effect that social isolation and loneliness is having on our citizens' health and wellbeing and the critical importance of our work.

I am often called on by researchers and government agencies for interviews to share the findings of the SMSA for their doctorates and policies. This month, I was interviewed by Edinburgh Napier University's research on social enterprises (SE) in regards to the corporate social responsibility in achieving the primary goal of SE's? What challenges has your SE faced during the pandemic and how have you responded to them? How have you developed any new or revised CSR strategies during COVID-19? I am encouraged that these academics can see the value that the SMSA can bring to their table which can co-create positive long-lasting effects and new successful strategies for our society.

Working collaboratively with other community partners leads to more successful outcomes for all involved and I am pleased to announce that we are now members of the Wellbeing Economy Alliance and the Scottish Older People's Assembly (SOPA) - [see page 6 for more info](#).

Speaking of members, I am very happy to welcome the newest Shed member Muir Of Ord Men's Shed to our family. And, I would like to

remind you of the 10% discount partnership arrangement we have with [Axminster Tools](#) if you are a paid up Shed member of the SMSA. If you haven't for whatever reason opened your own Shed account with Axminster, which you must do before you purchase anything to get the discount, please do [get in touch](#) with us again to go through the process to set up your exclusive account.

Please also chase up your Shed Treasurer if you cannot see this year's SMSA Shed membership certificate in your Shed as you will not qualify for the many benefits that SMSA Shed membership offers your Shed and you are losing out. There are a few still outstanding and your membership will cease in the next 30 days, so please rectify and/or [get in touch with me](#) to discuss if there are any issues.

Lastly, our SMSA 'Scottish Men's Shed of the Year' award applications have now closed for this year and are currently sitting with our Board of Trustees.

We wish all of our applicants the very best of luck and look forward to announcing our three finalists and opening to a public vote from Monday 9th October 2023.

Jason Schroeder
SMSA Chief Executive Officer



Figures as at end of August 2023



Who will be crowned 'Scottish Men's Shed of the Year' 2023?

Applications are now closed for the fifth year of the SMSA's 'Scottish Men's Shed of the Year' Awards.

The awards recognise and reward the contribution that Men's Sheds make and raise awareness of the huge impact that they are having in our Scottish communities.

With over 200 Sheds now open or developing across all 32 local authority areas, this prestigious award aims to celebrate and showcase the life-changing friendships, connections and camaraderie taking place to benefit men's health and wellbeing.

The applications are all in, and the SMSA Board has received them as 'blind' applications, meaning that all references to areas, partners, names etc have been removed by the SMSA team beforehand to ensure unbiased decisions and scoring by the SMSA Trustees.

The three shortlisted Sheds will then be announced and open to a public vote on Monday 9th October 2023 with just under three weeks to cast those all-important votes before the process closes on Sunday 29th October 2023.

DATE FOR YOUR DIARY:

The winner will be announced at SMSA's AGM/Awards event on Friday 10th November 2023 at Carse of Gowrie Men's Shed. [Register here.](#)

Keep an eye on the SMSA Awards webpage for updates:
scottishmsa.org.uk/smsotyawards



2022 Winner
Men's Shed Govan



2021 Winner
Westhill & District
Men's Shed

Who will claim the 2023 title?



2020 Winner
The Inverclyde Shed



2019 Winner
Aberchirder & District
Men's Shed



148
SMSA SHED MEMBERS

3,475

SMSA INDIVIDUAL MEMBERS



138
OPEN SHEDS

65

DEVELOPING/
PROPOSED SHEDS



32
LOCAL AUTHORITY
AREAS

UPDATE YOUR DETAILS WITH THE SMSA



New email address?
Moved house?



Change of Office Bearers?
New Chair?



Not sure if you are a member or not?

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

[Click here to notify the SMSA](#)

SMSA NEWS—DEVELOPMENT OFFICER UPDATE

Another successful round of regional Shed Network meetings were held in August and September:

- Perth and Kinross Network at Scone Airport Men's Shed
- Greater Glasgow and Clyde Network at Milngavie and Bearsden Men's Shed
- Lothians Network at Corstorphine Men's Shed
- Aberdeen City/Aberdeenshire Network at Alford Men's Shed
- Ayrshire Network at Dalry Men's Shed

Some perennial issues were discussed and solutions shared. As always, premises was top of the list of concerns as many Sheds find themselves in temporary premises where the security and/or affordability of their tenure is challenging.

The next hot issue was succession planning where a number of different solutions were shared. One being as soon as a person takes up their time limited office they identify and mentor their successor. Some Sheds use vice office bearers to not only spread the load but to ensure someone is developing some of the skills, knowledge and understanding to prepare themselves for office.

More informally, the use of shadowing gives Sheddors the confidence to take up these roles. Some Sheds are identifying the functional roles of office bearers

and sharing out some of these functions to make the work of the office bearer less onerous whilst enabling people to feel they have some experience of tasks.

At the other end has been the challenge of keeping former office bearers—sometimes founding fathers of the Men's Shed Movement—feeling valued, involved and having a purpose when they step down. Consider giving significant players honorary positions like 'President', 'Founder' or 'Father' in recognition of their continuing and past contributions.

A significant challenge for Sheds is maintaining Shed ethos whilst promoting inclusion. Sheds have a variety of creative responses to meeting the needs of women who want use their facilities whilst maintaining a safe space for men to improve their health and wellbeing.

Sheds can feel ill-equipped in relation to referrals particularly social prescribing and signposting of men with complex needs, living in recovery or with offending histories. Sheds are able to manage this more successfully by being assertive about managing expectations and inviting those who want their service users to attend to visit the Shed well before referrals are made so that everyone is satisfied that the Shed is a safe environment.

Attracting new members was examined at the meetings. Sheds use a rich and diverse range of methods to raise their profile from word of mouth, leaflets and kiosks at health centres, social media, websites, community engagement through projects and stalls at farmers' markets, car boot sales, local galas, festivals, highland games and vintage car rallies. A few Sheds take part in Doors Open Day and one Shed has a regular advert playing through their local radio station.

The new SMSA MOT4Men trial initiative programme has been explained at the regional meetings with interest being shown for small group discussion and quizzes looking at testicular, prostate, bowel and skin cancers, blood pressure, weight management, coping with stress, diabetes, alcohol intake and tobacco use.

Future Network Meetings

- Fife Network at Shed @ Bayview on the 3rd October 2023 at 1pm
- Islands Network on the 13th October 2023 at Orkney Men's Shed (tbc)
- Lothians Network at Forth Bridges Men's Shed on the 31st January 2024 at 11am
- Aberdeen City/Aberdeenshire Network at Bridge of Don

Pictured: SMSA's Development Officer Tim Green (in blue SMSA polo shirt) at the Greater Glasgow and Clyde Men's Sheds Network Meeting hosted by Milngavie and Bearsden Men's Shed with Govan, Clydebank and Houston and Killellan Sheds represented.



SMSA receives £20k funding boost to REACH more men



The Scottish Men's Sheds Association (SMSA), the national support hub for Men's Sheds across Scotland, has secured a funding boost of over £20,000 from the [Bank of Scotland Foundation's Reach programme](#) enabling them to retain their Development Officer and support more men across Scotland as part of Scottish Men's Sheds Movement to improve men's health and wellbeing.

The thriving men's health membership organisation boasts over 3,400+ individual members, 148 Men's Shed group members and estimates that the Movement voluntarily engages over 10,000 people across Scotland. Founded in 2014, the SMSA exists to inspire and empower men over the age of 18 with time on their hands to become voluntary engaged in their communities through creating and/or attending their own Men's Sheds to mitigate social isolation, loneliness and boredom.

SMSA CEO Jason Schroeder said: "We are absolutely delighted to have secured funding to continue providing one-to-one localised support to Scottish Men's Sheds on their journey to sustainability and help create new Sheds in communities where there is identified need, disadvantage and social exclusion.

"Due to our prior trial success of having a Development Officer on the ground meeting face-to-face with Men's Sheds in a post-COVID world, this grant will enable us to further this work and extend our reach across Scotland to empower men to engage with Sheds as part of an active and healthy pathway. This grant contributes towards a fully-funded and permanent dedicated SMSA Development Officer post for the next year and is vital to our work and achieving our outcomes."

Donald MacKechnie, Chair of the Foundation's Board of Trustees and Insurance & Wealth Transformation and Strategy Director, Lloyds Banking Group said, "We are delighted to award the SMSA with £20,526 of funding. The cost-of-living crisis means many charities are struggling with increasing expenditure, at a time when the demand for their services is as great as ever. Our grant awards will help charities through the challenging months ahead."



The SMSA joins the Scottish Older People's Assembly (SOPA)

The SMSA joins over 60 membership organisations that are part of the [Scottish Older People's Assembly \(SOPA\)](#) including community groups, national campaigns and

organisations, equality and minority groups and lifelong learning associations along with individual members to reach and support an estimated 40,000+ older people across Scotland, many of whom are affected by ill-health, come from disadvantaged and diverse backgrounds, and who often feel excluded from decision making.

The SMSA become members of the Wellbeing Economy Alliance

The [Wellbeing Economy Alliance \(WEAll\)](#) is the leading collaboration of organisations, alliances, movements and individuals working towards a Wellbeing Economy, delivering human and ecological wellbeing.

The Alliance was born in 2018 as a time-bound project to catalyse

a transition towards a wellbeing economy by promoting radical connection and collaboration between different actors of the new economy ecosystem, so we can achieve impact larger than the sum of our parts.

The SMSA joins over 400 organisations and thousands of individuals as WEA members including the Scottish Community Alliance, Scottish Land Commission, Circular Communities Scotland, SENS Scot, Social Investment Scotland and many more.



SMSA PARTNERS—AXMINSTER TOOLS

WE SHARE YOUR PASSION

We've spent more than 50 years building our family business on a foundation of strong customer service and expert knowledge. We share our customers' passion for great craftsmanship and a job well done. We do this by offering the products you need, the knowledge you trust and the committed service you deserve.

WORKING TOGETHER

Men who are involved in Men's Sheds report living healthier, happier and more connected lives. That's why we're committed to working together with SMSA to provide support for sheds and their members.



DISCOVER, LEARN & CREATE

Visit Axminster Tools' **Woodworking Wisdom** for how-tos, buying guides, project instructions and more. Plus, join our resident woodworking experts for regular live tutorials or catch up anytime on our YouTube channel. Suitable for all skill levels, we've got something for everyone.

Shedders are welcome to share **Woodworking Wisdom** videos at meet ups.



EXCLUSIVE DISCOUNT TO SMSA SHED MEMBERS

10% OFF

with Axminster Tools.* Contact: admin@scottishmsa.org.uk or 07465 202834

*Cannot be used in conjunction with any other offer. Excludes power tools and Shaper. Individual members must order through their shed to receive the discount.



OUR ADVICE IS PRICELESS

We're focused on inspiring woodworking communities and supporting them in building a sustainable future. We will never charge for advice, whether that's in person, by video or over the phone. Simply get in touch.

Talk tools, machinery and projects with our knowledgeable team of experts. Whether you're building a new shed or simply want to build on your knowledge, our friendly team are on hand to help.

03332 406406 sales@axminstertools.com

SIGN UP

- Sign up to email updates and keep up to date with the latest news, products and promotions.
- Great offers direct to your inbox.
- Personalised emails based on your interests.
- Learn more about new products, store demonstrations and events.
- Fantastic deals on essential tools & accessories.



axminstertools.com/email-club

JOIN THE CONVERSATION

Share your passion with like minded woodworkers. Join our community and search for Axminster Tools.



AXMINSTER TOOLS

We share your passion.

Free Delivery on all orders over £75*

Excellent Trustpilot

axminstertools.com

*UK Mainland only. Under £70 just £5.

SHED IN THE SPOTLIGHT—MARYBURGH MEN'S SHED



On the 29th June 2012, Maryburgh Primary School closed its doors for the very last time after 152 years and the community sadly watched a much-loved building deteriorate before their very eyes until a group of local men came up with a plan during the pandemic.

Andy Barnett, Treasurer of Maryburgh Men's Shed, who lives next door to the former school which his boys attended, shares their Shed's journey to becoming proud stewards of the school building through Community Asset Transfer (CAT) and restoring it as a vital resource in their heart of their village.

Andy said: "Three and a half years since we began this journey, we are immensely proud to announce that our Shed doors opened on Tuesday 11th July 2023 and we are welcoming members, old and new.

"In March 2020, just as the pandemic hit, a group of us got talking about having a place to go, a Men's Shed, to do activities and mitigate social isolation and loneliness. When it was not raining, we would have socially distanced meetings outdoors or alternatively, chat on the phone and have Zoom meetings. It was interesting times and we all had to quickly get to grips with new technology to ensure we progressed with our ambitious plans.

"When the school closed, it felt to many like the heart of our village had been taken away so from the outset, we have only had our eyes on transforming this treasured building into a Men's Shed to give it back to the community. Over the years, there have been many plans for the site including new housing but these never materialised.

"We applied for and surprisingly-quickly received approval as a Scottish Charitable Incorporated Organisation (SCIO) and then got to work on our CAT application. Social activities for men, especially older men, were severely lacking in our village so this was a key point in our CAT application.

"It took a long two years with a few hold-ups and a global pandemic in our way but the CAT process was finally completed on the 23rd June 2022 when our Shed officially became the proud owners of the old school building changing hands for just a £1 and it was certainly worth the wait.

"We received the keys and got cracking with the work ahead including the external masonry pointing; removing timber window guards; replacing damaged window panels; implementing a disabled access toilet; checking the electrics; removing hundreds of teachers' staples from the walls before painting; plumbing; reinstalling the main utility services; tidying up the buildings exterior and ensuring safe access; making the roof water tight by replacing 198 slates and improving the flat areas before winter 2022 set in.

"This was all thanks to the hundreds of volunteer hours and fundraising efforts of our members surrounded by a supportive community and a wide range of professional tradesman and businesses who helped us along the way and donated time, materials and equipment.

"We also have our fantastic funders to recognise including the [National Lottery Community Fund](#), [The Robertson Trust](#), [The Gordon & Ena Baxter Foundation](#) and the [Highland Council Coastal Communities Fund](#).

Continued on next page...



SHED IN THE SPOTLIGHT (Continued)

...continued from previous page

“In August 2022, once the building was safe for the public to enter, we invited the community to have a wee trip down memory lane to see the school building a decade on and it was also an opportunity for us to consult with locals on what ideas they would like for the facility. This is something we really wanted to do as the building is so special to many. The Leader of The Highland Council, Raymond Bremner, also visited us to see this new community asset in action and speak to the men.

“The Shed is pretty spacious with three large rooms—one is to be turned into a workshop and we have a huge amount of machinery and equipment which has been donated to us. That will be our next project to fit out that room and get it up and running. Then we have our most important space—the social area with kitchen for all those cups of tea— and the third room, we have plans to rent out to generate Shed funds and we already have a local community group interested in this.

“At present, we have around 15-20 active and regular members and we can already see the impact and a positive change in these men and the wives are extremely supportive too. Before, we may have only spoke to each other in passing but now we have a place to go and meet regularly. We all know each other now—they are a great bunch of guys that I am delighted to call friends.

“We are now in the process of promoting the Shed offering through our local media and looking to recruit new members—we estimate that the building could take 40+ members comfortably at any one time.

“We were delighted to have a visit from SMSA Development Officer Tim Green recently and we valued his support and input. His message resonates with all of our members—to not make this another job! We are all voluntarily building this space to improve our health and wellbeing but there are no deadlines or pressures to work. If we want to down tools and have a tea break and a three-hour long chat, that is exactly what we do.

“Our future plans include holding an official opening soon and inviting our supporters, partners and funders along to see what we have achieved. As we recruit new members, we will consult with them to see what other activities they would like to take place in the Shed. Last month, we had a ‘Men’s Health’ talk from an NHS Screening Engagement Practitioner and we hope to offer more men’s health presentations as we go along.

“Also, after a recent energy-efficiency survey, we are looking at our options in terms of getting our boiler up and running before winter arrives and adding solar panels to our large south facing roof. There are always jobs to be done but for now, we are just enjoying the fruits of our labour.”

Maryburgh Men’s Shed is open initially on Tuesday mornings 9am to 1pm but is currently discussing opening another weekday and one evening to accommodate working men. Support Maryburgh Men’s Shed with a LIKE and a SHARE on [Facebook](#).



Breadalbane Men's Shed expands!

There is a new building in town!

The Breadalbane Shedders have been busy building their new extension in Aberfeldy.

The members have been doing all of the work themselves and with a few steep learning curves along the way, are making fantastic progress.

Well done guys!

Follow Breadalbane Men's Shed on [Facebook](#) for more updates.



Forth Valley Shedders hang out with the First Minister

The Forth Valley Men's Shed members were delighted when First Minister Humza Yousaf dropped by their stall at the Stirling Highland Games on Saturday 19th August 2023.

The First Minister stayed with the Shedders for a good 25 minutes taking the time to chat to each of the members and their wives and even purchased some of their popular Scottish-themed slate coasters.

Shed Chairman Kenny Quinn said: "We were absolutely delighted that the First Minister really took the time to talk to us at the show and hear all about our Shed. He is extremely supportive of the Scottish Men's Sheds Movement and we gifted him one of our hand-crafted pens of which we lasered 'First Minister' on".

"Following this, Keith Brown MSP will also be coming to visit us at the Shed and Alexander Stewart MSP has invited representatives from our Shed to attend parliament for Prime Ministers Questions.

Follow Forth Valley Men's Shed on [Facebook](#).



Alford Men's Shed is officially open!

On Friday 25th August 2023, the Provost of Aberdeenshire Judy Whyte officially opened Alford & District Men's Shed's 'Old School Technical Block' on Murray Terrace in the village.

The Shed's story began back in 2015, when their town's £37 million community campus opened back in 2015 and the men requested a Community Asset Transfer (CAT) through Aberdeenshire Council to convert Alford Academy's former technical department into a Shed.

The deal relied on the demolition of the remainder of the former academy and the Shed was then given the green light to proceed by the Marr Area Committee in January 2017. Since then, the Alford Shedders have been transforming the block and an adjoining piece of land—utilising their own skills and experience and that of local tradespeople—and securing funding to re-purpose the substantial building to meet the needs of their thriving membership.

Work carried out includes insulated glazed walls, installation of 21kW solar panels with a 3,000-litre thermal storage tank, a 'Tesla' DC storage battery, and a renewable-energy based heating system (two external air source heat pumps and a computer-based control system) supported by funders—[Local Energy Scotland's CARES](#), [Climate Challenge Fund Keep Scotland Beautiful](#), [The Robertson Trust](#), Aberdeenshire Council, Communities Mental Health & Wellbeing Fund, [Vattenfall Unlock Our Future Fund](#), [The Gordon & Ena Baxter Foundation](#) and the TAQA Community Fund.

The Shed, a facility now valued at £350,000, boasts a community meeting room (available for hire), café and kitchen, well-equipped workshops for wood and metal work, sensory

garden, orchard with trees sponsored by local supporters, large polytunnel, greenhouse and allotments and welcomes approximately 20-30 people every Tuesday. The Shed offers a haven for the Alford community and surrounding area that also includes a repair project to restore and recycle items and save them from landfill.

The Shed's pioneering 'Alford Green Hub' project, funded by the Climate Challenge Fund and managed by the Shed, recognises the Shed, and its food producing areas, contribution to Scottish greenhouse gas emissions targets. The Shed promotes local food production, food sharing and recycling, encourages the shift to green transport and offers support and community events to help locals access information on energy efficiency and home renewables.

At the opening event, Councillor Provost Judy Whyte praised the Shed's contribution to the community and environmental sustainability. To mark the occasion, the Provost was gifted a beautifully-carved walking stick by the Shed members and outgoing trustees. Recognition and thanks were made for their huge commitment and that Alford & District Men's Shed simply would not be the asset that it is today without them. Well wishes for an equal success story were made to the newly-elected trustees—Chairman Richard Atkey, Vice Chairman Bill Lawson, Treasurer Barry Adams and Secretary Tom Milne.

Jason Schroeder, SMSA CEO, and Tim Green, SMSA Development Officer, were delighted to attend the Shed's opening ceremony and then returned just over a week later as the Shed hosted the Aberdeen City/ Aberdeenshire Men's Shed Network meeting on the 5th September 2023.

There was an excellent turnout of 35 Shedders representing the Aboyne, Alford, Banff and Macduff, Bridge of Don, Ellon, Ferryhill, Fraserburgh, Inverurie, Lossiemouth, Mintlaw, Portlethen, Stonehaven and Turriff Men's Sheds who were also treated to a tour of the impressive facilities.

Follow Alford & District Men's Shed's journey on [Facebook](#).



Bridge of Don Sheddars undertake machinery competency training

Eight members of [Bridge of Don Men's Shed](#) undertook a machine competency and woodwork training course with SMSA partner, [David Young Training](#) earlier this month.

Taking full advantage of the benefits of their SMSA Shed Membership, the Shed enjoyed exclusive discounted training* on-site in their workshop on their own machines.

With over 20 years' experience, David builds Sheddars' confidence and explains how to safely operate each machine and best maintain them.

In true Shed-style, members enjoyed cups of tea and rowies before the day began and were also back to it after lunch with bellies full of mince and tatties.

**Special price of £660 for SMSA Shed members for up to eight members*



The Inverclyde Shed takes part in Doors Open Day

The [Inverclyde Shed](#), from their new 'Big Shed' at East Blackhall Street, was one of the star attractions bringing in the crowds at Inverclyde's Doors Open Day this month.

The Shed offered workshop demonstrations, in-person tours to showcase their impressive 4,000 sq ft facility as well as the chance to enjoy a chat and refreshments at the popular annual event on Saturday 9th September 2023.

Bruce Newlands from The Inverclyde Shed said: "In July of this year, we moved from our old workshops at Captain Street and now fully occupy our new Shed.

"We are operating an extremely varied timetable that has lots of activities for our 200+ members to get involved with from joinery to 3D printing, electronics to sewing, spoon carving to creative art sessions and have lot's more to come.

"This is the first time that we have taken part in the Doors

Open Day festival and this was an opportunity for us to reach a wider audience and let them see what goes on here.

"We are keen to raise awareness of what we do but also consult on what other activities our community would like to see at the Shed. We also wanted to gauge if there is an appetite for evening and weekend activities and we can evolve to meet that need in our community."

If you have not yet had a chance to see Inverclyde Shed's East Blackhall Street premises, Shed member Finlay Campbell has produced a [film](#) that recounts the journey from a dilapidated fragment of Inverclyde's industrial heritage to a fully working community Shed that is sustainable, providing a space to meet, make, grow and share for generations to come.



Double award success for The Inverclyde Shed

This month saw The Inverclyde Shed and one of its Trustees gain two top accolades in their community.

The Inverclyde Shed won the prestigious award for 'Sustainability' at this year's Inverclyde Chamber ICON Awards which is testament to all of the hard work and dedication from volunteers at the Shed and its community gardens.

The same week, Shed Trustee Bruce Newlands was announced as the winner in the 'Inspirational Community Contribution' category at the Inverclyde Inspirational Awards 2023 for 'putting his community first'.



East Kilbride Shedder is quick on the draw

Monica Lennon MSP for Central Scotland and Joani Reid for East Kilbride and Strathaven got a little more than a warm, friendly welcome when they dropped in for a visit to [East Kilbride Men's Shed](#) (EKMS) on Monday 11th September 2023 when Shedder Thomas (Tommy) Sommerville put pencil to paper to draw the ladies' caricatures.

Tommy (69) has been drawing caricatures all of his life and founded the [Scottish Cartoon Art Studio](#) in 1999, which he now runs alongside his son and Studio Head, Chris Sommerville—who is also a member of the Shed—and their team of artists. Their live and digital work portfolio includes Glasgow's independent comic scene, Visit Scotland and the BBC.

Tommy said: "As Picasso once said 'Every child is an artist. The problem is how to remain an artist once we grow up.'

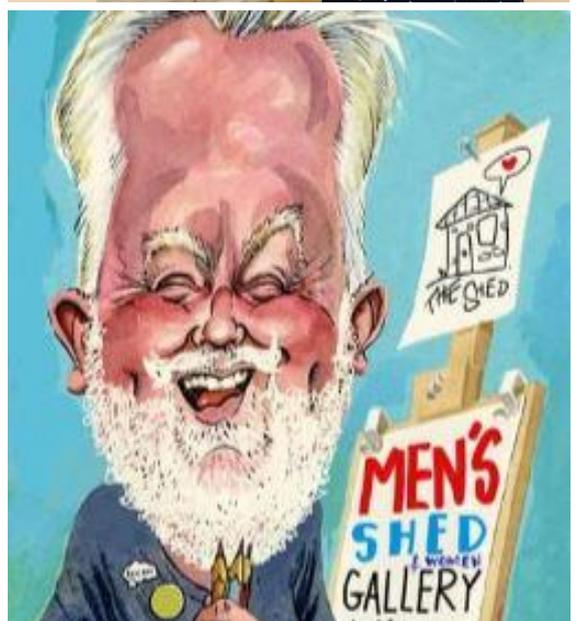
"I was fortunate that thanks to my wife's career, I was able to devote my life to my passion and cherry pick my work projects. Without her, I would have been stuck in a 9-to-5 job.

"Unfortunately, my wife Margaret passed away three years ago. I was really struggling and felt lost without her and spent all of my time in the studio. It sometimes felt like the four walls were closing in on me and my son Chris encouraged me to get out and go to the Men's Shed and it was the best thing I ever did.

"The Shed saved me. There really is some great rubbish talked in that Shed which is a healthy distraction for me and I've even turned my drawing hand to a bit of woodworking.

"It has been great doing the Sheddies' caricatures (featured on the [EKMS website](#)). I haven't got round to doing all 60 members yet and thankfully everyone is up for it and understands that caricatures are not savage—Spitting Image has a lot to answer for—it is a professional, non-offensive and humorous art meant to make people smile.

"It has been great to make a contribution towards fundraising efforts and live draw at Shed events and for special guests visiting us and on these occasions, I ask for any donations to go directly to the Shed's running costs."



Pictured (clockwise): MSPs Monica Lennon and Joani Reid at East Kilbride Men's Shed; East Kilbride Shedder and caricaturist Tommy Sommerville; ; Monica and Joani with their caricatures; and Tommy's caricature of himself at the Shed

It's all hands on deck at Carluke Men's Shed

Following on from our update on [Carluke Men's Shed](#) (CMS) in the [July 2023 issue](#) of The Scottish Shedder where they received the keys to their new Shed on 1 Kilmory Road from South Lanarkshire Council back in June, it has been all hands on deck ever since to make it fit-for-purpose.

Tom Kennedy said on behalf of Carluke Men's Shed: "We have been busy bees painting the walls, ceilings, kitchen, planting flowers in the garden, adding hanging baskets and painting a mural on the outside of our woodworking cabin to really make the place our own.

"The Shed's woodworking cabin was collected from our former High Mill site on the 30th June and moved to the right-hand-side of the new permanent building. The electrical supply was then connected between the two which allowed member Brian to recommence with his Tuesday evening woodturning classes to eager Shedders.

"The remaining original recreational cabin was collected from the High Mill site on the 4th July by our good friends of the Penicuik and District Men's Shed and was delivered and safely offloaded at their premises the same day. We have made some new friends who we will follow-up with for a future visit to Penicuik.

"We downed tools and thoroughly enjoyed attending our community Gala Day on the 10th June 2023 representing the Shed and on the 21st July 2023, we were delighted to have a visit from Angela Crawley MP.

"Angela joined us initially at the local leisure centre where we helped John Lindsay blow out the candles on his cake to celebrate his 89th birthday. This was then followed by an introduction to our members who fired questions at

her before we headed to show her around the new premises and the work that has been achieved so far. Angela also gave woodturning a wee try in the woodwork cabin.

"In August, our members pruned back some overgrown trees at Motherwell FC's Community Reading Garden in Fir-Park Stadium and power washed the benches, trellises, planters, wooden border, paths and fence to return it to pristine condition for all to enjoy it once again.

"The Shed's roof, chimney and guttering repairs were also completed to bring our building up to scratch with support from Dougan Roofing who won the tender against tough local competition.

"Last month also saw us approached by Carluke High School—one of the 280 schools participating in the Youth and Philanthropy Initiative (YPI) Scotland—and we are delighted that a team of young pupils wish to support and raise awareness of our Shed.

"This is a great intergenerational opportunity and will raise awareness of the Men's Shed model with school-age children and we are in with a chance of securing the £3,000 YPI grant if our team wins.

"On the 8th September 2023, we held our AGM with an excellent turnout of 22 of our 43 members in attendance. Our Chairman Gerry Howle handed over the reins to John Lindsay (but still remains a Trustee) and we elected our first-ever Vice-Chair John Kerr, I will remain on as Treasurer and Caroline Ashburn is Secretary.

"Going forward, we are having new windows installed thanks to funding from the National Lottery Community Fund. We will also install our accessibility ramps and handrails—donated by a lovely lady in Larkhall after our appeal for support—to ensure safe access for all of our members.

"We plan to complete this work before we hold our open day in the next few weeks."



Pictured (top to bottom): Repaired roof, guttering and chimney at the new CMS building; Angela Crawley MP meets with CMS; Angela Crawley MP on a tour of the new CMS Shed; 89-year-old John Lindsay's birthday surprise; and the community garden at Fir-Park Stadium

Aberchirder Vice-Chair first to receive computing qualification to help community

Aberchirder and District Men's Shed's Vice-Chairman Paul Hazelle has been announced as the first person in the whole of the Aberdeenshire to successfully gain an SQA qualification in ICT (computing) at level 5.

Community Learning and Development worker Christine Robson said: "Paul is the go-to man for support by anyone unsure of how to use, or wish to increase their skills and knowledge on, their devices including laptops, mobile phones, Chromebooks, new cameras, etc.

"Paul has truly demonstrated a great aptitude in this area. He has been providing help and assistance to others for over a year now and is constantly in demand. He tutors every Thursday at the Shed on a one-to-one basis on behalf of Community Learning and Development (CLD) adopting the person-centred approach to learning, this means the person decides what they want to learn. If you need Paul's help just give the Shed a ring on 01466 781882."



Shed Network connection helps Buckie Men's Shed find new home

The Aberdeen City & Aberdeenshire Men's Shed Network Meeting on 28th March 2023, hosted by Banff and Macduff Men's Shed, provided a chance meeting for one Scottish Shed to help a fellow Shed in search of a new home.

SMSA Development Officer Tim Green said: "Our regional Shed Network Meetings continue to be

invaluable for bringing Scottish Sheds together at a regional level to share ideas and collectively problem-solve issues.

"They are an opportunity for Shedders to share some fine pieces and talk about all things Shed. A chance conversation between the Buckie and Inverurie Sheds at a recent meeting helped identify the bakers JG Ross as a potential source of suitable premises.

"**Buckie Men's Shed** followed up on this lead and have now found an

alternative to using a room at the Fisherman's Hall. They held their first meeting in the new Shed in July and are busy making the former baker's premises into an a fully functioning Men's Shed to meet their needs."



One good turn deserves another at Paisley Men's Shed

Paisley Men's Shed has received a generous donation from the Paisley Hammermen Society which has enabled them to purchase a new lathe for its woodturning members to share their skills with others.

Paisley Shedder and their resident lathe expert, Jim, is now able to teach the Shed members a thing or two about woodturning.



Stonehaven Shedders showcase their offering at Stonehaven Harbour Festival

Stonehaven & District Men's Shed was one of the top traders at the annual Stonehaven Harbour Festival on Sunday 27th August 2023.

The popular family day full of music, entertainment, dancing, stalls, raft races and competitions saw the Shed display and sell their wares. Shed Chairman Bill Allan said: "The selling however was incidental as our main aim at these type of events is to demonstrate the range of items that we produce to encourage others to join the Men's Shed. The day more than covered the cost of the stall and raised our profile."



New SMSA
Shed
Member

Westray Men's Shed is open!

After a swift Shed journey, Westray Men's Shed in Orkney's Northern Isles swung its doors wide open on Saturday 9th September 2023 to welcome new members.

Speaking to the SMSA, Peter White from Westray Men's Shed said: "We had a great day for our opening event with around 80 people in attendance, which for a small island with a population of under 600 people, is pretty astounding and there was great interest shown on the day from potential new members.

"Back in December 2022, Westray held its first-ever Christmas Tractor Run community event with the funds raised going towards creating a local

Men's Shed. Huge thanks go to Valerie Thomson and Erika Pottinger who were the initial driving force behind the idea and it has grown arms and legs from there.

"From our first initial Shed meeting in a small community room in the village back in March of this year, we have made immense progress. Our premises are a former bakery, which was also once a fisherman's store, owned by Stewart Rendall who let us rent the space which is ideal for our needs. Stewart and the guys have worked together to refurbish the place. We have two workshops and a small canteen area where all the great conversations take place. We have around 15-20 active members and capacity for much more.

"We put a call out on our Facebook page, just before the opening, for our supporters to bring along some baked goods. We have some serious bakers here on the island and they certainly did not let us down and we raised a staggering £670 through donations and selling the baking and refreshments.

"On the day, we also received a very generous donation of £250 from Westray Warm Hub—a place for the people of Westray to go to keep warm in the winter, enjoy some hot food and socialise.

"We also recognise the immense support provided by Gina Rendall, Sarah Cowe and Mhairi Noble at the Westray Development Trust—the support shown from our community has been truly overwhelming.

"We are delighted to be in close contact with our fellow Sheds in Orkney—and looking forward to having joint meetings with the four Sheds (Orkney, Sanday, Flotta and Westray) and the Council as we go forward.

"Our long-term goal would be to build something ourselves once we find the right piece of land but for now, we are thrilled with our Shed for the people of Westray."

Support Westray Men's Shed by liking and sharing their [Facebook](#) page.

Straw Spinning at Inverurie Men's Shed

Earlier this year, a local woman visited [Inverurie & District Men's Shed](#) (IDMS) bearing a strange and intriguing contraption offering up a new challenge for the Shedders.

Robert Paterson from IDMS said: "The lady told us that the device was for spinning straw (who knew that this was a thing?). She had borrowed it from a local lady who runs straw craftwork classes and asked if it were possible for a copy to be made so that she could have a straw spinner of her own. As well as being something out of the ordinary, it looked like a fantastic project for our members.

"The making of the new Schnürlirädli required the diverse skills of several members. Bert Bain made various

turned wooden parts on the lathe, Geoff Rowland and John Horne made all the various metal elements in the Smiddy. Syd Lyth (a model aircraft enthusiast) had some suitable large rubber bands (apparently used for holding model aircraft wings in place) which he contributed along with some crocodile clips. Leith Robertson also contributed some crocodile clips and gave enthusiastic support all round.

"I carried out the woodworking, coordinated the project, undertook the final assembly and arranged for the lady to come along to the Shed to give a practical demonstration of the straw spinner and showcase some of the items that she has created.

"She was absolutely chuffed to bits to get her own spinner and gave a very interesting practical demonstration to the members."



Straw spinning was developed as a cottage industry in Switzerland in the 1800s and continued until the mid 20th century. Its aim was to produce trimmings and decorative elements for straw hats. Today, spun straw parts are incorporated into straw art more generally, such as in additional elements or motifs for corn dollies.

To make these decorative elements/motifs, it is possible to use either wheat or rye straw. The straw is first split into two, four or six splints using a special tool. Splint size depends on intended future use. The bleached (or coloured) straw is softened in water to make it pliable. Two similarly long splints are chosen and placed in the spinning machine (Schnürlirädli) and this can be spun into a two-ply thread about 350mm in

length. If you think about making a two-ply rope or knitting wool, you will have a basic understanding of the process. The Swiss made these threads by the thousands to supply the workers who turned these threads into a wide range of motifs. The two-ply threads can be made pliable again using water.

There is a short [YouTube video](#) showing a Schnürlirädli in action to make a two-ply thread and anyone wanting to know more about straw works may look at the [Something Corny website](#).



SHED-TO-SHED VISITS



Inverclyde Shed Secretary Bruce Newlands provides an update on their Shed's learning visits fully-funded through the SMSA's partnership with the [Scottish Community Alliance's \(SCA\) Community Learning Exchange Programme](#). Taking full advantage of the opportunity, the Shed formulated a jam-packed itinerary for the day with three stops to a fellow Scottish Men's Shed, a Tool Shed and to see a sawmill in action.

Bruce said: "The main reason for our application to the Scottish Community Alliance was to provide a dynamic opportunity for some of our members to learn first-hand about repair cafés and tool libraries and discuss how this could work in the context of a Men's Shed and to see a small scale sawmill in operation as these are all initiatives that we hope to incorporate into our Shed.

"Our first step was to contact our potential 'hosts' for our visits and then we contacted our SCA Network Member, the SMSA, to discuss our proposal which was quickly endorsed. We then applied to the SCA and soon heard that we had been successful and we were good to go! We got to work to arrange the schedule for the day and arrange our transport.

Bruce said: "First stop at 10am was the [Men of Leith Men's Shed](#) where we were given a fantastic welcome by the members and furnished with a cuppa before their Chairman Charlie got straight into given us an overview of what the Shed has been up to including their music group, a 'repair Shed', Tai Chi, cycling group, lunch Shed and much more.

"We talked about their beneficial relationship with the adjacent community-led initiative, [The Heart Of Newhaven](#), and their future plans. We were then given a tour of their space, an overview of the Repair Shed which was of particular interest to us as it's something which we would like pursue at The Inverclyde Shed.

"Alistair, who runs that part of the Leith Shed, explained their procedures for reducing liability and sharing the burden of repairing items. He has a well-oiled process for it all. We were extremely impressed with their workshop facilities and the Shed is clearly well-used by local men, with members coming and going working on projects, having a blether and generally enjoying themselves in a relaxed and welcoming environment.

"We spoke to Charlie about the pressures that many office bearers take on when running Sheds, we had a lot of shared experiences on the sacrifice some men are making to develop their Sheds but how rewarding this can be but stressed the importance of striking a good balance."

Before heading to their next stop—the Edinburgh Tool Library—the group made a pit-stop by the scenic Newhaven Harbour and just happened to come across its award-winning chippie where the Shedders enjoyed some fish & chips on a nearby bench whilst shooting the breeze about the experience so far.



[Edinburgh Tool Library](#) (ETL) has a number of premises across the city offering thousands of tools for loan, renovation and sharpening as well as workshop space for hire. The organisation also brings its members together to build and learn by sharing skills and knowledge through their classes. The Library estimates its impact for borrowing tools has saved households an incredible £1.5m but more importantly saved 180 tonnes of CO2 pollution from buying new tools.

Bruce said: "We were interested in finding out more about how ETL works, how items are logged, maintained and the space required to do it. We were shown around the premises by Sam—everything had its place with some ingenious ideas for signage, storage and hanging items.

Continued on next page...

SHED-TO-SHED VISITS (CONTINUED)

...continued from previous page

“Sam explained the use of an Open-source software for logging items which was very useful to see in action and something we, and I suspect many other Sheds, could adopt and benefit from.

“Tool donations, which we are very thankful to the community for, can become an issue in terms of space and storage for smaller Sheds. However, some Sheds are uniquely placed in their communities to operate a tool sharing resource. The process of taking care of tools is clearly important and something we felt our Shed could adopt better practices with.

“At 2pm, we arrived at our final destination of the day—[GalGael](#) on Fairley Street in Govan—a community workshop that we share a river and common cause with.

“Although some of us had previously visited GalGael, this was a chance for new members to discover the amazing work their charity does and for two of our Trustees to learn more about GalGael’s community sawmill and solar kiln operation—something that the Inverclyde Shed is actively exploring for Inverclyde.

“After a welcoming bowl of soup (made with delicious vegetables from their community garden) we were given a tour of the workshops where we saw boats under repair and people learning new woodworking skills. We talked about pre-historic casting techniques and a myriad of learning and connections possible between people engaging in exploring traditional skills.

“GalGael’s community garden is a relatively recent addition to their operation but is well developed and very welcoming with lots of social spaces for meetings or



a wee blether. Our members were blown away with the wonderful atmosphere, their welcome and hospitality and how they go about their core business of building up people and the community.

“We were impressed with the quality of local hardwood timber that they had sawn and kiln dried and how this led to better quality outcomes in the projects they got involved with.”

“GalGael is using large hand-built passive solar kilns to dry hardwood that they have processed. It was really fascinating to get up close to them and see how they work and definitely something we’d like to adopt too. They are managing to accept and process a volume of wind-felled timber and dry it off for use in their workshops to transform into wonderful items. We recognised the inherent sustainability in this and the control over quality materials.

“The outcomes from these visits are that Inverclyde Shed plans to launch a repair café and sawmill— utilising local wind-felled timber in Inverclyde—in the not so distant future and now that we have learned about Edinburgh Tool Library’s operation, infrastructure and resourcing, our Shed Trustees will now discuss launching our own service for Inverclyde.

“No such services currently exist in Inverclyde so we hope to be able to start them to build stronger more resilient circular communities.

“We thank the SCA, the SMSA and our hosts for this invaluable opportunity. The whole day was an extremely productive and worthwhile experience and we have extended an invitation to all of our hosts to also come and see us in Inverclyde at any time and they would be made most welcome by all of our members.”

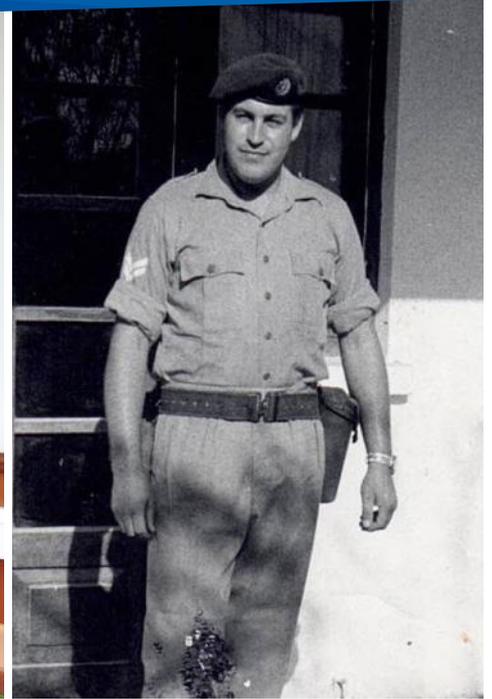
Sheds that are members of the SMSA, are eligible to [apply for funding](#) for community visits through the Association’s partnership with the SCA to facilitate both individual and collective learning and an opportunity to experience first-hand an exchange of ideas and strategies to aid Shed growth and development.

**scottish
community
alliance**

local people leading



A PERSONAL STORY



The SMSA chats to RAF veteran and retired boat builder Alfie Wood (79) from [Banff, Macduff and District Men's Shed](#) on what he gets out of his local Men's Shed.

Alfie said: "I began working at the age of 11 on my paper round and left school at the age of 15 to build large wooden fishing boats.

"I then served in the Royal Air Force (RAF) for 12 years as a Corporal—protecting airfields and helicopters—and as a result had the experience of travelling all over the world. For a short time after that I became a joiner for a local firm before returning to boat building for 37 years.

"I was fortunate to be part of the small team that constructed the 85ft masts for the RSS Discovery (pictured below—Alfie in the red top). I was the chargehand and we received the wood which was

specially selected from 'straight as they come' trees back in 1988 and dried it out—ensuring the perfect air flow—before making the masts in 1991 following the original drawings. I am extremely proud to have been involved in that project.

"On top of all of that I was also part-time in the Fire Brigade for over 20 years, volunteered at the boat yard and have been known to pose as Santa Claus in my time!

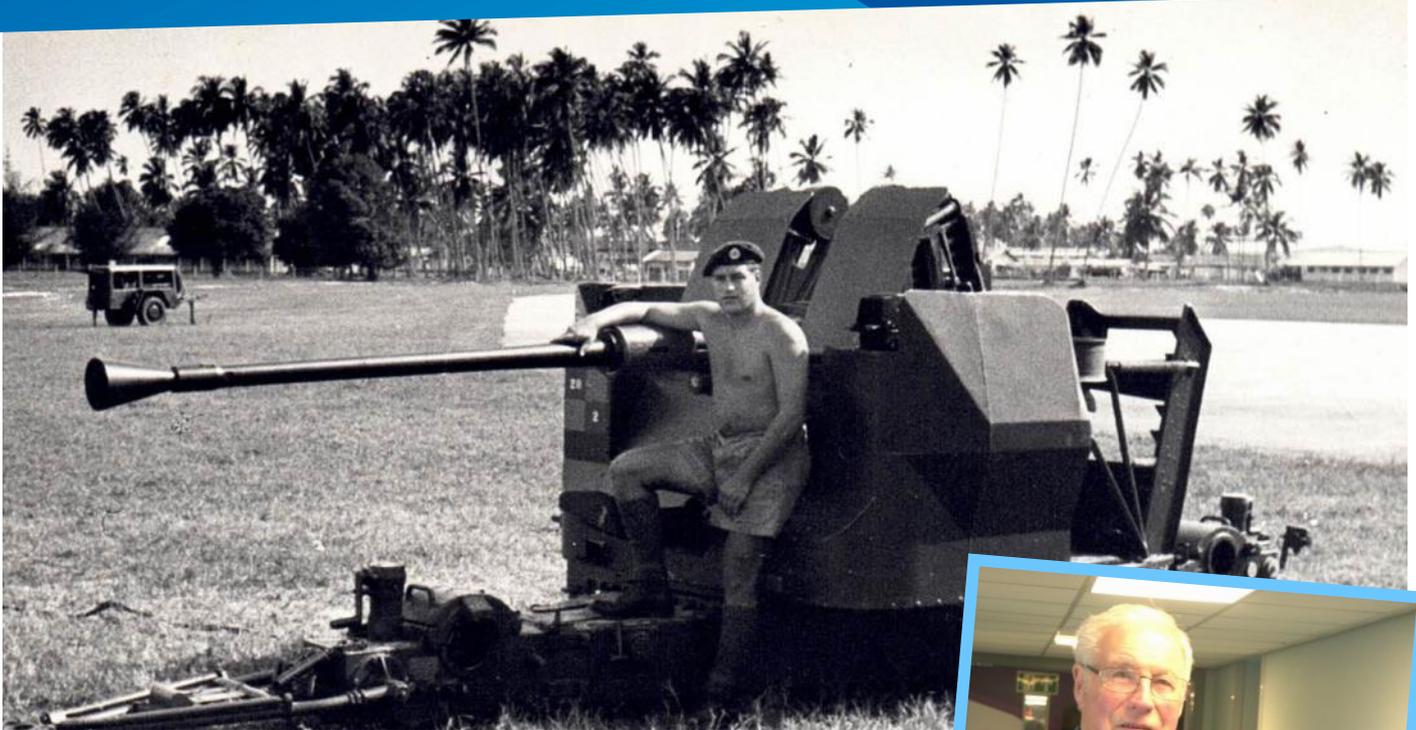
"I go for the company."

"I would not say I am a workaholic, but boy did I have a great career until retiring at 65. Not many people can declare this but I am proud to say that I have lived an extremely full and fulfilling life and thoroughly enjoyed every minute of it. Yes, it has had its ups and downs but I have loved it and have no plans of stopping anytime soon.

Continued on next page...



A PERSONAL STORY (CONTINUED)



...continued from previous page

"I am starting to feel my age now, the body and mind are not quite what they used to be but I still go for a walk every single day, watch what I eat, look after my house and make sure to attend my local Men's Shed—Banff, Macduff and District Men's Shed—most days.

"As a retired and divorced man, I go for the company but also after working my whole life, the Men's Shed gives me purpose and a place to go to utilise my skills as a builder and joiner and also share this with other members.

"Five years ago, I heard about Men's Sheds and just knew there and then that it was for me. I went along and joined straight away. I have been involved from the start and one of the best memories of my time at the Shed so far was having our 99-year lease approved for the former Fife Street school by Aberdeenshire Council.

"We had totally outgrown our North Castle Street home and were in desperate need of larger premises. Now, we have so much space that we can offer this to other community groups.

"The previous owners, Banff and Buchan College, had spent thousands previously renovating the building but

it had lain empty for 12 years and still needed a bit of work and a big tidy up. With the Shed only being a 10-minute walk from my house, I was there almost every day helping out.

"Nowadays, however, I am not so able to do the heavier work. I have also never been into modern technology, in fact when I got a laptop, I wanted to throw it out the window and only have a mobile phone for emergencies when I am out on my walks at the request of my family who worry about me. I am totally there for the chat now—which is exactly what Men's Sheds are about.

"Most of our members are over 60 but we also have some in their 30s and 40s and I am also happy to supervise and mentor the others if they ask for help and require my input.

"I am struggling a bit of late with my memory but can still remember the fondest memories including being six years old when a monkey puzzle tree was planted within the grounds of Banff Castle and a plaque unveiled by the Argentine Ambassador to commemorate the 100-year memorial of a national hero of Argentina, a gentleman called Jose de San Martin, for his leading role in achieving Argentine independence. That tree is now over 7m high now and our Shed were involved in



cleaning up that very same plaque recently to return it to its former glory.

"My son and daughter and four grandchildren live close by and are extremely supportive of the Men's Shed, my son has even been to the Shed a few times and they are delighted that I have this place to go and so many friends.

"As I near my 80th birthday, my plans are to just keep going along to the Shed and keep the brain and body active. Despite slowing down a bit, and taking a bit longer to get there with my walking stick, there's no stopping me going to the place I love."

Shed Secretary John Bloor said: "Alfie is a true inspiration to all of us at the Shed. Throughout the pandemic and the agonising process we had to endure to get our Community Asset Transfer, Alfie turned up to every weekly socially distanced and otherwise meeting, believing that we could achieve our objective and spurred us all on."

SHED PROJECTS

St Andrew Shedders save the day

The guys from [St Andrews Men's Shed](#) came to the rescue for their local walking/jogging group, Mums on the Run, at [Friends of Craigtoun Park](#).

The group is primarily aimed at mums however dads, grandparents, carers and childminders are also welcome along. There are two groups for different abilities - one for walking/jogging and one for running - and everyone comes together at the end for that all-important blether—just like a Men's Shed!

The Shedders made sure their buggies were all in perfect working order. One Craigtoun-based group helping out another to get together for health and wellbeing - that's what it's all about!

Well done guys.

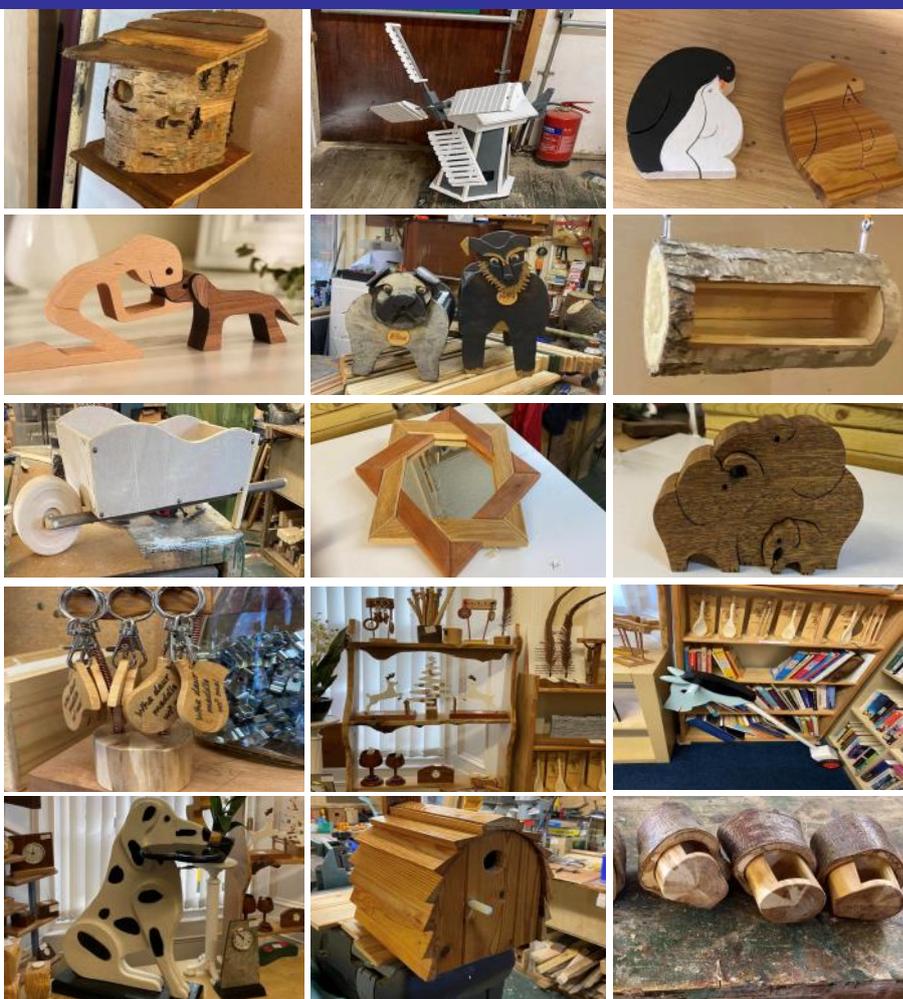


No timber goes to waste at Broughty Ferry Men's Shed

The lads at [Broughty Ferry Men's Shed](#) have received a very welcome donation of timber offcuts from Orchard Timber Products in Forfar to enable them to create their popular gifts and crafts in time for Christmas.

Orchard Manager Gordon Urquhart said: "After rearranging our storage facilities, we had many surplus offcuts. I had previously purchased some planters from the Men's Shed and saw that they make amazing timber gifts and thought this would be the perfect place for the wood to go."

Gordon Leiper of Broughty Ferry Men's Shed said: "We are absolutely delighted with the donation and the guys have already started making suggestions on what items we can create. Every single piece will be put to good use."



Dumfries Men's Shed fundraiser is a big hit

[Dumfries Men's Shed](#) held a successful bric-a-brac sale this month from its Cresswell Gardens premises which was a big hit with the local community.

The event, on Saturday 2nd September 2023, which also included the all-important coffee and cake on sale offered the opportunity for the public to grab a bargain whilst meeting Shed members and checking out the facilities and learning more about what their local Men's Shed has to offer.

The Shed sold spaces at the event for £5 a table to local traders and crafters to raise funds (£295) towards the Shed's heating and running costs.

SHED PROJECTS



Stonehaven Shedders volunteer over 80-man hours to restore community hospital garden

Last month saw the much-anticipated re-opening of a gazebo at Kincardine Community Hospital (KCH) in Stonehaven thanks to the hard work and dedication of a group of [Stonehaven and District Men's Shed](#) members and the addition of a memorial garden sculpture to the memory of all previous nursing staff and employees who have passed away.

Friends of Kincardine Community Hospital approached the Shed to ask if they could renovate the gazebo and memorial garden situated on the East side of the hospital. The gazebo had been somewhat neglected since its installation back in 2009. The project involved substantial repairs, a complete replacement of shingles to the roof section and a re-coat of suitable paint to the structure, and the floor area, plus a substantial tidy up of the memorial garden areas.

The work was carried out throughout August, led by Shed trustee and Rotarian David Ross. The team consisted of the ever-present Paul Tosh, John Westwater, Duncan Cursiter, Billy Hunter, Bill Allan and Kenny Dingwall.

The work was completed with the addition of fairy lights, hanging baskets and a table, also made by the Shedders, for inside the Gazebo and some new planters for the garden area.

Two benches were also taken off-site and renovated to their former glory back at the Shed and they also installed a forget-me-not memorial sculpture requested by the staff and supplied by the Friends of KCH.

Between the repairs and the re-coating, it is estimated that the Shed have put in over 80-man hours into the project, but the finished product makes it all worthwhile for them.

Charge Nurse Alyson Thomson said: "I would just like to say how much we appreciate the hard work put in by Stonehaven & District Men's Shed to refurbish this gazebo and the community garden. This will not only benefit the patients, giving them a lovely area to sit and relax in, or admire from inside, whilst improving their health and wellbeing, but also provide a place for staff to enjoy their breaks on a sunny day.

"The memorial garden is also a very special place where staff can reflect and remember former colleagues. The Men's Shed guys have made this space wonderful again which is much appreciated by us all. Finally, thanks to the Friends of KCH, who have made this possible."



SHED PROJECTS



Photo: The Inverness Courier

This way to the Nairn Show!

Nairn Men's Shed

members got involved in the preparations for the Nairn Show this year on Saturday 29th July 2023 at Davidson Park in Nairn.

The popular attraction showcases local livestock, baking and handicraft and a range of entertainment

which brings in the crowds from local and surrounding residents and tourists from afar. The Shed assisted preparing a range of wooden signage to help the event run smoothly.

The Shed also had a prominent presence with a stall at the show to increase their visibility in their community and reach potential new members.

Milngavie and Bearsden Shedder makes an Art Nouveau mark

Sandy of Milngavie and Bearsden

Men's Shed's Laser and CNC Group has been working with their laser machine to re-create a line drawing version of Alphonse Mucha's painting 'Lady in a Green Gown'.

The Shed's Laser and CNC group

meets every Tuesday at 11am where they discuss best use of the laser and CNC machines and share ideas of projects that could generate income for the Shed and also have a popular WhatsApp group.



Inverclyde Shed's honesty veg stall

As part of Inverclyde Community Gardens' Harvest Week beginning on Monday 28th August 2023, The Inverclyde Shed created an honesty veg stall showcasing their own produce at its Blackhall Street Shed in Greenock.

Featuring a wide range of delicious organic vegetables including savoy and drumhead cabbage, red kale, pentland javelin, rocket, tatties, runner beans, marrows, courgettes, and onions (red baron, sturon and snowball), carrots, leeks and brussels sprouts in return for a donation that they can afford.

The initiative also afforded the opportunity for people to come in and take a look at the Shed and find out more.



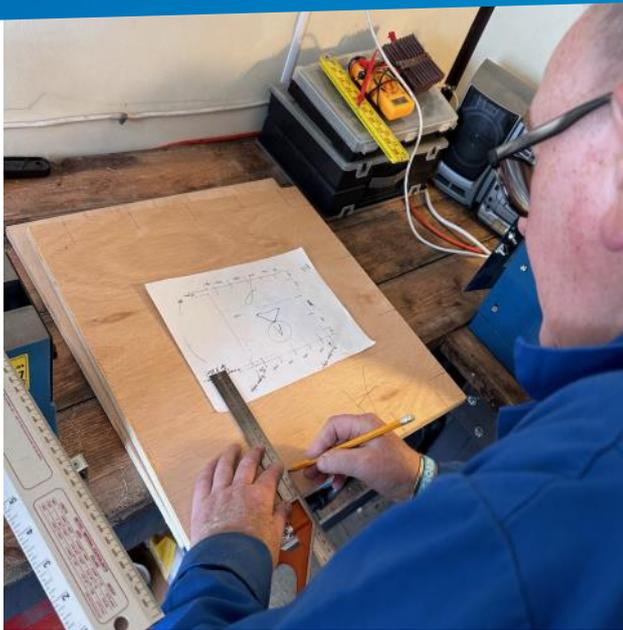
New-look planters brighten Bearsden Station

A fantastic train barrel planter, now bursting with blooms, is pride of place as a feature for travellers and visitors to enjoy at Bearsden Station in East Dunbartonshire.

The planter was created by Milngavie and Bearsden Men's Shed and planting was carried out by Bearden in Bloom to complete the look.



SHED PROJECTS



Paisley Shedders help the 'Stars of Tomorrow' shine

Over the past few months, [Paisley Men's Shed](#) have been creating four large stage boxes for local community theatre group, [Dream Believe Achieve Academy](#), for their upcoming 'Stars of Tomorrow' and future performances.

The project, sponsored by the [Independent Financial Advice Centre](#) who funded the costs of the materials, will support the Academy to instil self-confidence, self-love and creativity in its members (currently 157 children and adults) through the arts.

Paisley Shedder and woodwork expert Archie McAulay came up with the plan to make the sturdy plywood boxes with discreet handles with arrow holes to show which way up the box goes and to easily move them around the stage as a seating or standing platform.



Archie got to work with a team of eight fellow Shedders who did everything from cutting to painting the finished product and delivering it to their delighted new owners.

Academy founder Lucia Wright said: "The stage boxes are really going to boost all of our productions.

"No more will we be so restricted with our stage and will now be able to utilise different levels to ensure everyone is seen and has the chance to shine."



Three generations hand-paint Carluke Men's Shed's woodwork cabin

[Carluk Men's Shed's](#) newly-relocated woodworking cabin, at their new Shed premises on 1 Kilmory Road, has gone from drab to fab after being adorned with a decorative hand-painted mural by three generations of the Lindsay family to make it stand out and grab the community's attention.



Newly-elected Chairman John Lindsay Snr (pictured left), who just celebrated his 89th birthday, his son John Lindsay Jnr (pictured above right) along with his teenage grandson Frazer added a touch of flair and creativity to transform the extremely popular yet run-of-the mill grey cabin for their 43-strong (and growing) membership.

Brilliant work guys!

HEALTH MATTERS

PLACES STILL REMAIN FOR THE NEW SEASON OF PROSTATE FFIT!

SHARE WITH YOUR SHED MEMBERS TO SUPPORT ALL MEN WHO HAVE OR HAVE HAD PROSTATE CANCER



After hugely successful pilots this year at Ibrox and Tynecastle, [Prostate Scotland](#) has teamed up with The Scottish Professional Football League (SPFL) Trust to deliver its free Prostate Football Fans in Training (Prostate FFIT) exercise programme - specifically for all men with prostate cancer - at Rugby Park (Kilmarnock FC) and Tynecastle (Heart of Midlothian FC).

This 12-week programme provides an opportunity to meet men in a similar situation to share experiences and improve fitness levels.

Get your new season off to a great start and sign up NOW for Prostate FFIT! Prostate Scotland will be taking booking up until the 3rd October 2023.

SIGN UP TODAY

[Click here](#)

If Rugby Park or Tynecastle are not suitable for you this season, [please register your interest here](#) and Prostate Scotland will keep in touch with you about next season's clubs. In the meantime, check out their [exercise video](#) produced in partnership with [The Exercise Clinic](#).



WHAT'S COOKING?

IT Manager turned certified nutritionist and online food blogger, Neil Lockier from Glasgow shares his compilation of healthy Scottish soup recipes with 'The Scottish Shedder' readers.

After feeling sluggish on return from a holiday, Neil's wife Lynne encouraged him to start his blog, '[Neil's Healthy Meals](#)'.

A change of lifestyle, rejoining the gym and making his health and wellbeing a priority was just what was needed.

Neil said: "My wife and I started an 80:20 healthy lifestyle journey which basically involves no fad diets and 80% of the time you focus on eating healthier food and maintaining a regular daily exercise routine then you can indulge a little (within sensible limits) for the remaining 20% of the time—without any adverse effect on your weight or health.

"It worked! I lost two stone and when Lynne joined me on the journey, she lost five.

"As a nutritionist, I measure the nutritional components of all of my ingredients to publish alongside my recipes.

"So, when the SMSA got in touch regarding my healthy Scottish soup recipes that could possibly be prepared in the Sheds this winter for members, I was more than happy to help.

"I hope your Scottish Shedders thoroughly enjoy cooking, trying and sharing them!"



TEN SOUPS TO TRY AT THE SHED!

Winter is fast approaching and the dark nights and cold weather will soon be here. Why not get together to cook these delicious winter-warmers at the Shed and share with your fellow members. And, of course, they can be enjoyed all year round too!

All of Neil's in-depth recipes cover prep time, cooking time, equipment required, a full list of ingredients and nutritional information and cooking instructions. They also all freeze well to keep for the day's the Shed is open.

Click on the links below to access each of these wonderful recipes:

1. [Easy Scottish Lentil Soup](#)
2. [Easy Slow Cooker Scotch Broth](#)
3. [Scottish Pearl Barley Vegetable Soup](#)
4. [Scottish Leek and Potato Soup](#)
5. [Curried Potato and Kale Soup](#)
6. [Scottish Vegetable Soup](#)
7. [Ham and Vegetable Soup](#)
8. [Easy Chicken Soup](#)
9. [Healthy Carrot and Lentil Soup](#)
10. [Yellow Split Pea and Ham Soup](#)

SUBSCRIBE TO NEIL'S HEALTHY MEALS

Don't miss future updates and new recipes. Make sure you're subscribed to Neil's Healthy Meals. [Subscribe here](#) to add your email to the subscription list.

And follow Neil on:

[Facebook](#), [Pinterest](#), [Twitter](#),
[Instagram](#), [Bloglovin](#) & [YouTube](#).



THE UNIVERSITY
of EDINBURGH

Researching Loneliness in Older Adults

Are you aged 65+ and you have been living in the United Kingdom for the past three or more years?

If so, we would like your help to better understand the relationships between loneliness in later life, relationship styles, and adverse experiences in childhood.

What does this involve?

Taking part in an **anonymous online survey** about your childhood experiences, relationship style and current level of loneliness.

How do I take part in the study?

You can participate in our study online in your own space, in your own time. It will take about **25 minutes** to complete.

For more information, please visit:

https://edinburgh.eu.qualtrics.com/jfe/form/SV_0DGI1weblqoB3Yq



This project is being undertaken by Caitlin Bell (s1310247@ed.ac.uk), Trainee Clinical Psychologist and researcher at The University of Edinburgh. The study has received a favourable ethical opinion from the School of Health in Social Science at the University of Edinburgh.

OPPORTUNITIES

Looking to ACCELERATE your Shed?

Here's how Community Enterprises Accelerate programme is helping Scottish Men's Sheds

Accelerate is a support programme for the Third Sector and community organisations. Support is free and its objective is to help organisations who are dependent on donations and funding to become more financially sustainable and enterprising. Community Enterprise has worked with several Men's Shed groups who have accessed support through the Accelerate programme, including Lanark Men's Shed, Dunfermline Men's Shed and Biggar and District Men's Shed.

Accelerate works across Scotland and provides around six days of support which is broad and flexible. The type of support is largely up to you and what you think will meet your specific needs.

Seven Men's Shed have accessed Accelerate's support so far to:

- Develop marketing plans to reach more beneficiaries and increase awareness of what they do.
- Consider digital solutions. In today's world having a digital presence and knowing how and when to use digital tools to your advantage is important for success
- Explore new income generating ideas, including how to set a price that is competitive but covers volunteer time and contributes to your running costs, Groups have considered a repair service and sales of products such as bird boxes.
- Plan for next big steps; for example, a Men's Shed has recently approached Accelerate because they are working towards an Asset Transfer of a large building, which will mean covering a wider area and renting space to

other community groups. This might be an increasingly common issue for Men's Sheds as council buildings are closing and community spaces are having to raise prices.

- Strengthen their Board. Having the right board members can be essential to long term success, so getting this right from the outset is crucial.

Accelerate is not there to turn groups into businesses. Within the core way they work and the ethos of Men's Sheds, we can help in lots of ways to make your work more sustainable and to help you reach more people.

Check out these Accelerate Case Studies:

- [ALVA DEVELOPMENT TRUST](#)
- [ARBROATH FC COMMUNITY TRUST](#)
- [CARAIDEAN UIBHIST](#)
- [CREE VALLEY AREA DEVELOPMENT TRUST](#)
- [THE COTTAGE FAMILY CENTRE](#)

Interested?

[Apply online](#) using the expression of interest form and one of the Community Enterprise team will get back to you.

"This service is invaluable to any third sector organisation that wishes to improve and expand its practices. Working with Accelerate has enabled us to look inwardly at ourselves and strive to continue to grow."

Alva Development Trust

accelerate

Find out more or
register your interest at:
bit.ly/CEaccelerate



OPPORTUNITIES

Want to be part of the next series of The Repair Shop?

Do you have a treasured item that's seen better days and think The Repair Shop experts can restore it?



Casting is currently open for series 9 of the award-winning BBC TV programme—The Repair Shop.

Nestled deep in the British countryside is The Repair Shop, where a team of Britain's most skilled and caring craftspeople rescue and resurrect items their owners thought were beyond saving.

Together, the team transform priceless pieces of family history and bring loved treasures, and the memories they hold, back to life.

Do you have an item at home or something that has been donated to the Shed perhaps that has an interesting tale to tell?

Ayrton McGurgan from the Ricochet casting team said: "We are still currently casting for series 9 and will be filming in October and would be particularly interested in hearing any stories from Scottish Sheddars and Men's Sheds.

"If you or someone in your Shed has an item or a story to tell, then we would love to hear from you. Contact me at ayrton.mcgurgan@ricochet.co.uk. Alternatively, you can apply online at www.bbc.co.uk/showsandtours/take-part/the-repair-shop or email applications@ricochet.co.uk"



FOUGHT FOR PEACE, BUT STILL CAN'T FIND IT?

When a conflict ends, for some the battles don't stop – they just stop making headlines.

Painful injuries. Mental trauma. Disability. Inaccessible homes. Isolation. Poverty and more.

This is the Veterans War.

It's a war forgotten by many. But not by us.

If you served and you or your family need support, we can help.

It doesn't matter when, where, or how long you served. Our support is available to every veteran in the British Armed Forces, either as a Regular or Reserve, as well as anyone who worked alongside the military. We also support serving personnel who are going through the medical discharge process. And we support families too.

Many of us have served in the Armed Forces, so understand the challenges you face.

And because everyone's journey is different, we work with you to agree on the perfect support package to ensure you get the best results.

From support with your physical or mental health, to sports and social activities that connect you with other veterans and their families. We also offer free courses to help you learn new skills and move forward in life. And if you're having money worries or need support with things like housing or applying for benefits, we can help with that too.

We're on hand in your community, delivering face-to-face support, tailored to your needs.

Working in the community allows us to reach veterans and their families right across the UK. This could be in your home, in your community, online or by phone. By doing this, we can reach more people than ever before. And you and your family can receive support and enjoy our activities in a familiar environment with people you know and trust.

We're by your side in the Veterans War.



"I reached out to Help for Heroes and they got it. Being understood felt like half the battle."

"The Charity has been enormous in my recovery, whether it be mental, physical, or medical support."

"Without them, I wouldn't be here today."

Brian, veteran.

Your first step is reaching out, let us take care of the rest.

Get in touch today.



SCAN ME

Visit: helpforheroes.org.uk/how-we-can-help

Email: getsupport@helpforheroes.org.uk

Phone: 0300 303 9888

Or scan the QR Code to get started.

**HELP for
HEROES**

SCOTTISH AEROMODELLERS ASSOCIATION

The Scottish Aeromodellers Association (SAA), which has been in existence for almost 80 years, aims to promote interest and participation in Aeromodelling in Scotland in a safe, responsible and environmentally-sensitive manner. Having evolved into a limited company and Scottish charity in 2020, the original goals still remain, and the Association continues to provide a service to its members and 53 clubs across Scotland by organising relevant insurance for members, ensuring pilots are up-to-date with current legislation and supporting competitions.

Richard Blanski from the SAA said: "Model flying is a fascinating hobby and sport which takes place in a friendly and supportive environment involving people from the age of 12 and upwards.

"It's a fantastic opportunity to learn new skills and make new friends. Membership is around £40 p.a. for the SAA insurance if you fly and the clubs are about £20-£80 p.a. So full membership is in the region of £100 p.a. However, the SAA has recently announced cash grants available to clubs to help new members that wish to learn and purchase training equipment.

"After chatting to the SMSA, we see many similarities between the two organisations. Many of our members come along with a flask and some sandwiches just to chat and spectate. For these people, we provide a free membership option if they no longer feel able to fly but still want to be part of it to socialise. Many sites have cabins with cooking and heating facilities so people can just sit and chat, whatever the weather."

There are many flying disciplines and types of models to choose from:

- Free Flight, where there is little or no control, and the model flies

free, with only its trimming and motor run time keeping it in the air and flying area.

- Control line, where the model is attached to steel lines and flies in circles, with the pilot at the centre control the plane with a control handle coupled to the lines.
- Radio Control (RC) is probably the largest sector of model flying and this, with modern computerised radio (2.4Ghz) systems, provides total control over the flying model. Within RC there are many further disciplines and the range of models which can be flown under radio control is infinite.

Getting Started

Model flying clubs offer free training and many have equipment to provide a taster of flying a trainer model with a Buddy Box System. Members will require a Trainer aircraft to begin with. This is a type of model which is stable in the air and will level itself if the controls are released.

Members will also need a transmitter TX, a receiver RX and some servos. Again take advice from the club you join. Transmitters these days are very reliable using 2,4Ghz spectrum spread transmissions, which are resistant to interference. They provide full control of your aircraft provided you can fly but you will require training to get your skills to an acceptable level which the club you join will provide.

The SAA provides insurance for flying and has an achievement scheme, which are used by model clubs as a means of confirming a pilots skill level. The club's training will be based around attaining Bronze to Silver and Gold achievements and most clubs will require you to join an organisation such as the SAA.

Once you achieve the basic SAA Bronze you will then be permitted to fly solo at your local club and other clubs you may visit. You can then

pursue more advanced model aircraft as your skills improve through this fantastic new hobby.

Once members obtain their solo achievement, they are then ready to progress to a sports plane and be trained to do square circuits, fly level and circles and turns. Although aerobatics is possible with a trainer aircraft, moving on to a more capable plane will allow members to hone these skills.

Model planes come in all types and sizes and this, plus flying them, is what makes this sport so rewarding.

Models can be very small and even up to half scale, as made and flown by members of the Large Model Association. However, the SAA has authority to allow members to fly models up to 7.5kg mass with little height restrictions and models above 7.5kg but less than 25kg up to a height of 400ft.

Special permission may be granted at approved flying sites, by the SAA, where these larger models can be flown above 400ft.

Interested to find out more?

With approximately 53 model flying clubs across Scotland from Thurso in the north to Dumfries in the south, there is bound to be one close to you and your Men's Shed.

Check out the [SAA website](#) to find a club near you and why not ask at your Shed if there is anyone else interested in tagging along and also chat to the club members about what the Shed can offer them. You can also follow the Association on [Facebook](#).

Volunteering Opportunities

There are volunteering opportunities available for Men's Sheds to get involved in site maintenance at clubs across Scotland.





Taking action

Imagine living in a neighbourhood where nature thrives, where there is a strong sense of community spirit and where people pull together to help each other and their local wildlife. This may sound like an unattainable Eden when we are in the midst of a nature crisis, but this is exactly what Scotland's leading nature conservation charity, the Scottish Wildlife Trust, hopes to achieve in communities across the country.

For nearly 60 years, the Scottish Wildlife Trust has worked with its members, partners and supporters in pursuit of its vision of healthy, resilient ecosystems across Scotland's land and seas. The Trust successfully champions the cause of wildlife through policy and campaigning work, demonstrates best practice through practical conservation and innovative partnerships, and inspires people to take positive action through its education and engagement activities. It also manages a network of over 100 wildlife reserves across Scotland and is a member of the UK-wide Wildlife Trusts movement.

Last year, thanks to funding from The National Lottery Heritage Fund, the Scottish Wildlife Trust launched the [Nextdoor Nature](#) project in Scotland. Part of a wider initiative being delivered by Wildlife Trusts across the UK, the project aims to empower communities to take action for nature where they live.

Recognising that many of us would like to see more nature in our local area but can often find it hard to know where to start, the Scottish Wildlife Trust launched a skills development course called the Pioneers Programme. During this six-month course, participants gain a wide range of knowledge and skills from how to assess which actions would most help wildlife in their area to how to rally support from their community and organise events to deliver the actions.

Pete Haskell, Head of Communications and Engagement at the Scottish Wildlife Trust who is leading the project, said: "Through the Pioneers Programme, we are providing participants with the broad range of skills and understanding required to mobilise their communities to take action for nature. Taking this community organising

approach to our engagement work will mean a longer lasting impact in a larger number of places across Scotland."

Participants on the course are also supported to run their own projects within their communities with project staff on hand to help participants with questions and challenges.

"The Pioneers Programme has given me a huge opportunity to learn how I can engage my community and how important nature is," said Blanka, a participant on the first cohort delivered earlier in the year. "The best part of the programme is the in-person events where you can actually see how powerful a community is and how much good we can do for nature."

In order to maximise the impact of the project, the Pioneers Programme is being delivered in three regionally focused cohorts. Twelve participants from the Greater Glasgow area formed the first cohort which finished in July this year. The second cohort started in June and focuses on communities in the Forth Valley area. The third cohort will look to work with communities between Dundee and Aberdeen and applications are open until the end of September.

The project is a fantastic opportunity for local people to make a difference for their communities and for nature. Nature is in crisis but by working with communities in this way, the Trust believes that nature will begin to recover at a Scotland-wide scale.

If you or members of your Men's Shed are interested in applying for the third cohort of the Pioneers Programme, more information can be found on the [Scottish Wildlife Trust website](#).



Scottish Wildlife Trust



Giving back to the ex-Armed Forces community

If you have some time to spare after your Shed activities, charities in the Unforgotten Forces partnership offer a range of volunteering opportunities. For ex-servicemen, volunteering can enable deeper connection with the veterans' community. But you don't need to have been in the Armed Forces to volunteer, and it can be a great way for civilians to say 'thank you' to those who have served.

[Fares4Free](#), the veterans transport charity, recruits volunteer drivers across Scotland. Operations Manager Leon Fisher says: "If a veteran we're supporting has challenges such as complex Post Traumatic Stress Disorder (PTSD), a reliable volunteer who messages they are on their way and has time to build rapport really helps relieves anxiety around journeys."

One such volunteer is David, who takes Pam on monthly visits to her husband Ian in NHS respite care (David and Pam pictured above). This turns what would be a marathon journey across Highland with an overnight stay into a manageable and pleasant day trip, including an opportunity for Pam to top up her shopping.

Many other Unforgotten Forces partners involve volunteers in enriching veterans' lives. With [Legion](#)

[Scotland](#), you can support socially isolated veterans to reconnect with their community and help with remembrance and comradeship events. At [Erskine](#), you can help with meaningful and social activities for residents at the charity's Erskine, Bishopton and Edinburgh homes. [Sight Scotland Veterans](#) also offers a range of opportunities, from music performers to gardeners. And volunteers provide telephone friendship with the [RAF Association](#) and with [Age Scotland's](#) Comradeship Circles service.

Volunteers are also involved in assessing and helping to address practical need, with [SSAFA](#) and the [RAF Association](#) both recruiting volunteer case workers. There are also opportunities to raise awareness, for instance [Combat Stress](#) welcomes volunteers who give talks about its work. And, of course, all Unforgotten Forces partners welcome volunteer support for fundraising, including for [Poppyscotland's](#) annual Poppy Appeal.

Find out more about volunteering with Unforgotten Forces on our [website](#).

Doug Anthony
Veterans' Officer



The SMSA acknowledges and express our sincere thanks to our partners and funders for their support in 2023 for the development and growth of the Men's Shed Movement in Scotland:



Support the SMSA

Want to help make a difference? There are many ways to support the Scottish Men's Sheds Association (SMSA) and our vital work.

Make a direct donation to the Association:



Donate while you shop online, at no extra cost to yourself:



Fundraising and social media events

You can raise funds for the SMSA through fundraising and social media events like Facebook Birthday Fundraisers!

Legacy donation

Become a guardian for future generations of Shedders by leaving a gift in your will to the Association. Start a conversation with the SMSA to discuss the difference this could make

The SMSA is a registered Scottish charity (SC045139), its Board of Trustees—all volunteers that receive no remuneration for their time and efforts—passionately believe in the SMSA's aims and vision for the people of Scotland. The Association's small staff team of passionate individuals work to promote and support the growth of the grassroots movement across Scotland. From speaking to hundreds of individuals requiring support to start their own Men's Shed; creating pathways and documentation specific to Scottish law; and lobbying policymakers on men's health and wellbeing.

Follow the SMSA at

