

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

**SCOTLAND'S LARGEST
MEN'S HEALTH & WELLBEING CHARITY**

In Scotland, For Scotland



Edition 42 | February 2025

INSIDE THIS ISSUE

cover story

7 SMSA's Stewart Beck hops on his bike with the Dalry Shedders

smsa news

3 SMSA CEO meets the Minister for Equalities of Scotland

5 Get your Shed ready for new charity regulations

6 SMSA Development Officer Updates

features

9 Shed in the Spotlight: Biggar & District Men's Shed

21 Personal Stories: Alex Hunter and George Smith

26 Fed in the Shed

shed life

10 Bunting 'heads to the Shed' to promote men's health

11 Former Stonehaven Shed Chair receives award for eight years of service

projects

24 Inverclyde Shed: New heritage orchards and hedgerows

25 Dalkeith Shedder set to visit Japan bearing gifts

health matters

27 MND Scotland: Dedicated to directly supporting people with Motor Neuron Disease, their families and friends.

28 Marie Curie Companions

opportunities

29 Participants needed to understand sleep patterns

30 RHS Grow With It Programme 2025

...and much more

The Scottish Shedder magazine promotes the latest news from the SMSA and Men's Sheds across Scotland to inform and inspire others. The magazine is sent digitally every second month to over 4,300 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

DEADLINE FOR NEXT ISSUE:
Friday 18th April 2025

Send a contribution 

To receive 'The Scottish Shedder', you must become an SMSA Individual Member (free)

Subscribe 

CONTACT THE SHEDITOR:

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



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 should be reproduced in any form without prior agreement from the SMSA

SCOTTISH MEN'S SHEDS ASSOCIATION
BANCHORY BUSINESS CENTRE
BURN O'BENNIE ROAD, BANCHORY
ABERDEENSHIRE, AB31 5ZU

info@scottishmsa.org.uk
www.scottishmsa.org.uk



Happy New Year! Well, that feels like a long time ago already but I wish you all the very best for 2025 as we move swiftly along into March.

We have kicked off the new year with a fresh new look Shedder! Keeping in mind that we recommend you print off a copy of The Scottish Shedder magazine for your social areas in the Shed, we have toned it down a bit for your ink cartridges and matched it with our new website's branding. We hope you like it.

Please remember that we always welcome feedback on all of our services and publications, and if you have not already had your say on the magazine, then please take a few minutes to complete our [online survey](#). Take a look at [page 4](#) for some of the feedback we have received recently. We are here for our members and if there is anything we can improve on, then we want to hear about it! Thank you to those who have commented and who will enjoy the changes we have made.

Speaking earlier about the new website branding and new online Shed account set up, it has proved over the last year to be a very complex system and we must admit that we are struggling to get it working properly. Who ever said technology makes things easier!

The main impact to you as an individual member is the change to accessing our policies and documents which are no longer available. To access these, your Shed now needs to have a paid-up [SMSA Shed Member subscription](#) (£25 per year) and the two named account holders you give us are the two people who, when logged into their individual accounts, can access the full Resource library. So please speak to your trustees, Chairman or treasurer to find out who these people are if you are requiring any documents.

Also, these two people can change information directly once logged in such as your Shed's map listing and keep it up-to-date with your latest info, opening times etc.

The map is viewed by over 3,000 people monthly and this could generate new members for you!

Last week, I met Kaukab Stewart, Minister for Equalities of Scotland for the first time. Thank you Inverclyde Shed for such great hospitality and hosting the visit. Many societal topics discussed of course including the imminent budget of the SMSA funding for the coming year. We hope that this new partnership with her department of The Scottish Government will prove beneficial for all involved. Watch this space.

Talking of funding, we have received full funding from two different organisations to now be able to roll out the SMSA health maintenance sessions in your Sheds. These sessions tackle nine different health topics from male cancers, coping skills, diet and so the list goes on.

The preventative health sessions are delivered completely free to SMSA Shed members in your Shed, so [contact your regional Development Officer](#) for more information and get a session or two booked in for your Sheddors. If you don't know how can you make new choices to improve your life and of your fellow Sheddors, friends and community. Your health starts with you.

We are ahead of the game and have opened bookings early for our annual [Shed Open Doors Day](#) on the 19th November. And, while you have the diary open, we have also confirmed our national gathering, AGM and 'Scottish Men's Shed of the Year' Awards on Friday 3rd October 2025 as we return to the fantastic venue that is Perth & Kinross Council Chambers & Civic Hall.

Our development team has also been busy booking in the first batch of Shed Network meetings for the year. As soon as dates are confirmed, we announce them on our website's [Events page](#)—so be sure to keep an eye on that page for events you do not want to miss.

Some Sheds are not attending these very worthwhile events held in different Sheds in your local areas. Not only does it let you visit a different Shed but you make new contacts with the movers and shakers in your local Shed network area, learn and share what works and what doesn't and ask our [regional Development Officers](#) what you might



Pictured: SMSA CEO Jason Schroeder meeting with the Minister for Equalities of Scotland

need to know for your Shed. So please attend, they are there for you and your Shed.

Men's Sheds are now a global health movement in sixteen countries to date and one Scottish Shedder is off to Japan to visit two Sheds bearing gifts from us and their Shed - see more on [page 25](#). If you are travelling to international Sheds we want to hear about it, so please get in touch with our [Communications & PR Officer Michelle Wibrew](#) so we can share your story.

On my final note, we have had some Sheds asking for advice about the upcoming [charity regulations](#) and disclosure changes with the [Disclosure \(Scotland\) Act 2020](#) changes being implemented on the 1st April 2025. As Sheds are not service providers targeting people under the age of 18 or vulnerable adults they **DO NOT** require to be a part of the Protecting Vulnerable adults (PVG) scheme.

At the [online Volunteer Scotland Disclosure Service Q&A session](#) on the Act changes, I asked whether in the case of health and using a defib or first aid in the Sheds, would these people require a PVG? The facilitator did not know the answer there and then—as it might fall under the incidental or health categories—but he is getting back to me. We will keep our members informed

Let's together make 2025 a year we will never forget and keep improving our lives!

Jason Schroeder
SMSA Chief Executive Officer

10,267

MEN ATTENDING SHEDS
ACROSS 32 LOCAL
AUTHORITIES

4,317

SMSA INDIVIDUAL MEMBERS

162

SMSA SHED
MEMBERS

138

SHEDS OPEN ACROSS
SCOTLAND

65

SHEDS CURRENTLY IN
DEVELOPMENT

What do our members think of 'The Scottish Shedder'?

- **Usefulness:** Through our online feedback form on The Scottish Shedder magazine, 80% of members found the publication 'extremely useful' and 20% find it 'useful'
- **Sections:** 94% expressed that they enjoy reading the entire publication with 6% stating that they prefer to read just the 'Talking Sheds'/Update from SMSA CEO Jason Schroeder; Shed Life (Updates from the Sheds); Health Matters and Recipes; Shed DIY Projects; and the Unforgotten Forces updates/Support for Veterans features
- **Length:** 94% of responders feel that the length of the magazine is 'about the right length' whilst 6% think it is 'too long'
- **Quality:** 100% of responders thought that the magazine design and layout is of 'high quality'
- **Format:** 20% like to read the flipbook version, 74% read the downloadable pdf file format and 6% prefer to print off a hard copy to sit and read

Comments:

"The Shedder magazine has been most useful in helping us set up our Shed. It has encouraged us and given lots of very useful information and contacts. We would have been lost without it. Thank you!"

"Through the Shedder's content our Shed has arranged visits to other Sheds where we got valuable advice."

"Personally, it has been very helpful in so many ways. It is good to know that others out there are working towards the same aims and support what we are trying to do in our own Shed."

"Hi lovely SMSA Team, I just wanted to say what a fabulous Scottish Shedder landed with me today! It was great to see the variety of sheds and shed-life played out in this bumper edition. Thanks again for such a great magazine!"

"I like it, mainly, but I skim over a lot just seeking out main points and general info."

"Sometimes the issue is a tad long-winded; but that's understandable as you have a heck of a lot to cover. Just wondering if occasional 'bullets' could be fired off (i.e. 'Sheds in the news' type thing) on a one off basis for general circulation?"

"The Shedder gives us things to discuss, i.e. what other Sheds are doing, that perhaps we hadn't thought of."

"I look forward to receiving every copy of the Shedder."

Let us know what you think of the Shedder here!



PRINT A HARD COPY OF THE SCOTTISH SHEDDER MAGAZINE FOR YOUR SHED'S SOCIAL AREA

The SMSA recommends that Scottish Men's Sheds have a hard copy of The Scottish Shedder magazine available in your social areas for members, that are not online, to read in the Shed and also have a library of past issues.

All previous issues of The Scottish Shedder magazine are available to [download here](#) (log-in required)

KEEP YOUR DETAILS UP-TO-DATE 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](#)



Get your Shed ready for new charity regulations!

This month, the Office of the Scottish Charity Regulator (OSCR) announced additional requirements for charities to improve transparency and accountability for the sector.



With the new regulations, from summer 2025, your charity will need to provide OSCR with full details about its trustees (full name, home address, email, contact number and date of birth). Then, starting at the end of 2025, full charity accounts will begin to be publicly available on the [Scottish Charity Register](#).

These changes stem from the [Charities \(Regulation and Administration\) \(Scotland\) Act 2023](#), which strengthens oversight and public trust in the sector.

OSCR will be updating its online system to help charities provide this information and make the process as simple as possible. OSCR will be in touch with more guidance over the next few months, but there are a few things you and your fellow trustees should be thinking about now.

Providing trustee details to OSCR and the publication of trustee names

These details will be kept securely and used by OSCR to help regulate charities more effectively and to contact trustees where we need to. Charity trustee details will be published on the Scottish Charity Register from the end of 2025. Individual trustees will be able to apply for their name not to be published, but only where this might put safety or security in jeopardy

Get ready:

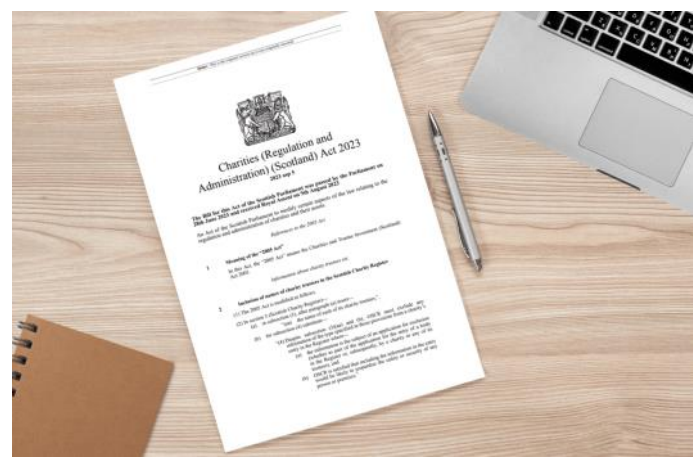
- ✓ make sure your trustees know about this upcoming change
- ✓ gather the information from your trustees
- ✓ make sure your charity has granted OSCR online access to the appropriate individuals
- ✓ carefully consider what information you include in your accounts. Some personal data is required by law, however, you may want to consider if it is appropriate to include the names/images of other volunteers or beneficiaries
- ✓ make sure your accounts can easily be displayed online (PDF)
- ✓ consider adding digital or typed signatures instead of handwritten
- ✓ make sure that submitted information is accurate and on time

Publication of all charity accounts

Each year, all Scottish charities must submit (within nine months of their accounting year-end) their Annual accounts: Trustees' Annual Report and external scrutiny report to OSCR as part of their online annual return.

Currently, OSCR publishes accounts on the Scottish Charity Register for charities that meet certain criteria based on legal form and income, and 'redact' (or blank out) any personal information about individuals in the accounts. From the end of 2025, every accounts document submitted to OSCR will be publicly available on the Scottish Charity Register for at least five years. These documents will be published exactly as received, and OSCR will no longer redact any personal information from these documents prior to publication.

This change benefits both charities and the public. By publishing annual reports and accounts, charities can demonstrate their financial stewardship, transparency, and effectiveness. Donors, funders, and the wider public will have easy access to financial information, allowing them to make informed decisions about supporting specific charities.



It's been a good start to 2025 with lots of new Sheds in development however many of them are navigating the same obstacles and hurdles.

Many of the developing Sheds are finding it as hard as ever securing suitable premises. Office bearer succession and running costs including energy continue to be challenges also. With the disappointment of COP29 last year and continued evidence, on our TV screens, of the damage climate change wreaks, it is heartening to see Men's Sheds at the forefront of the just transition away from fossil fuels to renewable energy production.

More Sheds are retrofitting insulation and installing heat pumps, small-scale wind turbines, solar PV and battery storage. This is helping to reduce electricity costs and make the Sheds more welcoming warm spaces for Sheddors and often the wider community.

Much of Sheds' contribution to net zero is going on in the heartlands of oil and gas infrastructure and production. Most of the funding for this has come from the Scottish Government's Community and Renewal Energy Scheme (CARES) with support from [Local Energy Advisers](#).

Unfortunately, all CARES funding rounds have now ended however watch this space to hear about the next round of funding for Sheds to both cut their energy costs and carbon emissions.

In the interim, you could try your local [Scottish Government's Climate Hubs](#). Currently, there are 20 hubs across Scotland and funding is available through several of them, for example:

- [Renfrewshire Climate Action Network \(RenCAN\)](#)
- [Inverclyde Climate Action Network](#)

- [Angus Climate Hub](#)
- [NESCAN \(Covering Aberdeen and Aberdeenshire\)](#)
- [Dumfries and Galloway Climate Hub](#)
- [Edinburgh Communities Climate Action Network](#)
- [Fife Climate Hub](#)
- [Lanarkshire Climate Hub](#)
- [MorayCAN](#)

As well as making pine marten, bat and bird nesting boxes, Men's sheds continue to make their contribution to biodiversity and biosecurity.

Over the year, many Sheds have worked in partnership with the [Scottish Invasive Species Initiative](#) (SISI) manufacturing mink floats to monitor the presence of American mink which predate on fish, water voles, water birds and their eggs and compete with native mustelids (a diverse family of carnivorous mammals) like otters.

SISI is a partnership project which works with local organisations and volunteers to control invasive non-native species along riversides in Northern Scotland, for the benefit of our native wildlife and communities.

SISI is always looking for volunteers to monitor the mink floats and safely remove other non-native species like giant hogweed, white butterbur and Himalayan balsam.

In addition to the health and wellbeing impact of Scottish Men's Sheds, the breadth and depth of the community benefits Sheddors deliver never ceases to amaze!

Tim Green
Part-time SMSA Development Officer for the East Coast
(two days a week)
07493361003 | Dev1@scottishmsa.org.uk



Last month, Tim attended the second meeting of the Rosemount & Midstocket Men's Shed—a dynamic and enthusiastic group eager to get going in some fantastic spaces within the Gracemount Community Centre



Upcoming Regional Shed Network Meetings & SMSA Events 2025

Forthcoming Men's Shed Network Meetings

- **Fife**—Wednesday 5th March 2025 from 11am at St Andrews Men's Shed
- **Highlands**—Wednesday 12th March 2025 at Inverness Men's Shed
- **Angus and Dundee**—Thursday 27th March 2025 from 10.30am at Carnoustie and Monifieth Men's Shed
- **Aberdeen City/Aberdeenshire**—Thursday 17th April 2025 from 10am at Alford Men's Shed
- **Lothians and Perth and Kinross Meetings**—TBC

SMSA Events

- SMSA National Gathering, AGM & Awards event—Friday 3rd October 2025 from 9am to 5pm at [Perth & Kinross Council Chambers and Civic Hall](#)
- [SMSA Scottish Men's Shed – Open Doors Day](#)—Annual event for participating Scottish Men's Sheds on the 19th November each year
- [MOT4Men](#)—Preventative men's health sessions delivered in your Shed

If you wish to attend a regional Shed Network meeting in your area or would like SMSA to visit your Shed, please [contact your relevant regional SMSA Development Officer](#).



Over the past few months, I have witnessed no fewer than seven new and developing Sheds springing up in my geographical patch. Areas such as Kilwinning and Troon in North Ayrshire; Lochwinnoch, Linwood, and Newton Mearns in Renfrewshire; and Kilsyth, in North Lanarkshire. Every town and every man needs a Shed! As a result of this period of growth, our vision is nearer than ever to becoming a reality.

Three Towns Men's Shed is always worth a visit, and nestled in the heart of the Shed—the tearoom is where it's at. I bleathered with Jim, George, Scott and others about school partnership projects, workshop renovations, the current Arran Ferry crisis, and a forthcoming MOT4Men re-visit. If you happen to find yourself on the west coast, why not drop in and meet the guys, you'll receive a very warm welcome. Accompany your visit with a detour to the seaside towns of Stevenston, Saltcoats and Ardrossan, where a couple of great wee seaside cafés have sprung up the last couple of years.

In other news, I visited Bellshill Men's Shed and spoke to Bill, Hugh and Trevor about their quest to move to a better location. The group has partnered with Viewpark Gardens Trust to tap into the potential to resurrect the neglected garden site next door, with the opportunity to move into a better building for a nominal £1 per year fee. Turns out they have literally just received word that the lease is about to be signed to make this possible. Congratulations!

I will also soon be attending the grand opening of Stewarton Men's Shed. So, watch this space and I'll let you know how it goes.

Another of my local Sheds, also with huge potential, is Garnock Valley Men's Shed. Situated in a prime location in the local public park, the Shed has had a massive boost to their renovations with North Ayrshire Council assisting the Shedders to get the building looking and feeling amazing.

I spoke to Chairman Roger Clarke, who is excited about the future for the Shed, and with Shedder Eddie, who says the Shed has been "an absolute lifeline" for him. We chatted in the workshop area (pictured above right), where the guys were hard at work fixing new sheeting on the walls, giving the place a very clean and modern look. Onwards and upwards, lads. Looking forward to attending the grand re-opening.

Even in my spare time, I am thinking about Sheds. At the beginning of the year, I found myself up north at my daughter's house in Buckie for a few days rest and recuperation. Together with my fellow SMSA Development Officer Ross Murray, we visited Finechty Men's Shed. Situated on the edge of the scenic fishing village of Findochty, in a dramatic rocky coastline, it would be hard to beat this Shed's location and outlook.

Inside, the sheer amount and variety of projects being worked on for the benefit of the local community is astounding, with some being sold nearby in Buckie at the local gift shop. Well worth a visit if you're in the area!

On Friday 14th February 2025, I hopped on my bike and went cycling with some of the Men's Shed Dalry members (pictured above left and centre). Cycling has been a regular

feature on their calendar almost as long as the Shed has been open. Come rain or shine, the guys (almost) always manage out. Friday's route took us out of Dalry, uphill and onto the NCN 7 at Highfield, with much laughter and jollity along the way with Simon tooting the horn and Gus cracking jokes.

Even in the cold February weather, there are certainly much worse places to be! The number of cyclists swelled as we reached Lochshore where other Shedders joined us before heading up onto the cycle track and along to a café at Lochwinnoch, where the heating was on to thaw everyone out.

I could have just stood in the toilets with my hands under the warm air dryer for the duration, but joined the lads for some braw banter and lashings of coffee through in the cafe. If we could bottle the camaraderie shared out on the open road and around the table in the cafe that day, we would make a fortune. Keep on keeping on guys, your community needs you!

Stewart Beck
Part-Time SMSA Development Officer for the West Coast
Tuesday/Wednesday/Thursday
07765 929973 |
Dev2@scottishmsa.org.uk





The plan was to visit every Shed in the Highland region by now, but as Robert Burns said “The best laid schemes o’ mice an’ men often go awry / Gang aft a-gley.” Geography, time and lurgy in a couple of Sheds—the odds were against me. Visits are almost complete and to the few I’ve not met, I will see you soon.

Filling in some gaps in areas of Shed deprivation has been a priority. Sheds in Caithness and Sutherland are largely absent except for Dornoch just sneaking in on the southern border.

A few forays further north and linking with various potential partners has been fruitful. These trips have been partly fuelled by a stop on a certain day, at a certain time, to a Shed where a bacon and egg roll may be served by The Chuckle Brothers, Matt and Ron. Thanks guys.

Public meetings were held in Brora and Lybster with 22 men registering interest. The Brora Shed is well on its way with chair, secretary and treasurer on board and potential venues identified.

Further north, beyond the flow country, I had a productive meeting with the Ormlie Community Association in Thurso. A very enthusiastic local man joined us with ideas and contacts for potential venues. A public meeting will be held in Thurso town centre in March 2025.

Further south in Lairg, the Learning Centre has been very helpful, signposting me to networks and locations. A public meeting in the Lairg Community Centre is also being organised for March.

The day after the Lairg visit, I headed west to Lochinver where I met with a small group of enthusiasts who are keen to start a Shed. Another March public meeting is being organised in the community centre.

In my quest to visit all the existing Highland Sheds, I received great hospitality and craic at Badenoch (Kingussie) in the Paper Shop Bakery - awesome sausage rolls, if you’re ever passing! And also a very warm welcome from the Fort William, Glen Urquhart, Dingwall, Broadford and Strath (Skye), Cromarty Firth and Muir of Ord Sheds.

I always ask Shedders what their Shed means to them and here is just a snippet of the feedback shared.

“It’s great just being around men for a few hours every week. You can express yourself and chat about the old times.”

“I have MS and I was in the house too much. The craic keeps me sane.”

“It gets me out the house and I can doodle with wood. Saves the wife killing me.”

“Seeing the Shed grow into something is very satisfying.”

Ross Murray
Part-time SMSA Development Officer for the Highland area
(three days a week until the end of March 2025)
07777134950 | dev3@scottishmsa.org.uk



SHED IN THE SPOTLIGHT



A new year and a new chapter for Biggar and District Men's Shed!

When we last caught up with [Biggar and District Men's Shed](#) for a 'Shed in the Spotlight' feature back in [April 2022](#), we celebrated their move to their new premises at the former Walston Primary School in Elsrickle. The SMSA now returns to shine the spotlight on them once again for some even 'biggar and better' news!

Shed Chairman Ranald McGregor said: "We are absolutely thrilled to announce that Biggar and District Men's Shed has officially secured the purchase of the former Walston Primary School through a Community Asset Transfer from South Lanarkshire Council!

"After six years of hard work, since we began this journey back in 2018, we are proud to announce that we now own our Shed and will preserve this valuable space for community benefit. We can now focus on restoring the building and developing our activities for posterity.

"A special thank you goes to our Shed Secretary Stuart McKay, whose dedication and persistence were instrumental in making this happen.

"Work is already underway—our members have started redecorating the social room, creating a warm and welcoming space where members and visitors can enjoy a chat over a cuppa and a biscuit.

"Meanwhile, our workshop and finishing room have been reconfigured

and fully equipped, allowing us to make and repair wooden items. We replaced the old flooring and also installed a dust extraction machine.

"Members have also embraced new skills—with woodturning and 3D printing proving especially popular and nine of our members undertook a useful workshop tool training day with [David Young Training](#). We also held a Defibrillator Awareness/Cardiac Arrest Response Seminar which covered how to use our defibrillator.

"In addition to this, we trialed a new Monday opening and hosted visits from other Sheds including a minibus-full from Stonehouse Men's Shed. Some of our members enjoy painting and drawing, while others are restoring a motorcycle. One group even meets weekly one night a week to craft award-winning Shepherds' Crooks!

"Beyond the workshop, we're proud to support a local charity, Help for Children of Ukraine, by recycling laptops, tablets, and mobile phones. And, outside in our Shed garden, our polytunnel and raised beds are thriving. This year, our gardeners will nurture plants for a spring sale and bring new life and purpose to the space.

"We wish to take this opportunity to share widely—a heartfelt thank you to everyone who has supported and encouraged us throughout this journey—it has been a roller-coaster ride to say the least.

"This support will ensure that Biggar and District Men's Shed will continue to grow and serve our community for many years to come."





Bunting ‘heads to the Shed’ to promote men’s health

Professional darts player Stephen Bunting headed to [Men’s Shed Govan](#) this month as part of an NHS Greater Glasgow and Clyde (NHSGGC) campaign to promote men’s health— ahead of playing in Glasgow in the Premier League Darts.

Stephen Bunting, who is currently ranked world number five, encouraged men to be more open about their physical and mental health during the Shed visit.

The popular darts star was speaking in Glasgow ([click here for BBC Reporting Scotland news clip](#)) on the 12th February 2025 ahead of the Premier League’s visit to the city at the OVO Hydro arena the next day.

Every year, tens of thousands of men put off getting the care they need until it is urgent, either because they don’t know where to go or because they’re reluctant or embarrassed to reach out. Latest NHSGGC figures show that men are nearly 15% more likely than women to attend A&E as their first port of call rather than accessing the correct preventative care and support.

Stephen Bunting said: “It was really interesting to visit the Men’s Shed – it’s a great concept and is promoting the importance of health and wellbeing in men. The Sheds can really help men to feel part of a community and that in itself is really important. If that can help to improve their lives as a result, it’s even more valuable.”

Stephen has spoken openly in the past about his mental health and how he nearly quit darts. Since seeking help, he has reached his highest-ever Professional Darts Corporation ranking as the world’s number five, won the 2024 Masters event and returned to the elite Premier League for the first time in a decade.

Stephen said: “For a long time I was reluctant to do anything about my own mental health but since I took the first step to get help, my life is better and I’ve been able to turn around my career. Now, I’m in a great place and I’ve got all the support I need – and I’d encourage anyone to get help if they need it.”

Martin Haddow, Chair of Men’s Shed Govan, is a survivor of prostate cancer and, given the aggressive nature of the cancer, knows the importance of acting fast.

Martin said: “It all started when I noticed I needed to pee more often than usual, and when I needed to go, it was quite urgent. I also experienced a slight weight loss and a few other things associated with prostate cancer, so rather than leave it, I sought immediate help from my doctor.

“I was referred to the urology department at Glasgow Royal Infirmary who did the works– scans, blood tests, etc. When the results came back, I was told I had cancer, and it was aggressive. The urologist told me I needed to get my prostate removed, and if I didn’t, I would maybe live five or six years.”

For Martin, there really was no choice to make, and he opted to go ahead with the surgery. “It ultimately saved my life,” he said – and because of that life-saving decision, Martin is now encouraging other men not to wait and to get checked out if they have any doubts about their health. “Don’t put it off because you never know when it will be too late. Your health can’t wait. It’s as simple as that.”

Scott Davidson, NHSGGC Medical Director, said: “The Men’s Shed in Govan is a really important resource for men to receive support and encouragement with issues affecting their health and wellbeing. Our data tells us that men are more likely to put off taking action about their health, and when they do, they often go straight to A&E without utilising the healthcare options within their community. That’s why we want men to talk about their health and get the right care in the right place.

“Availability of easily accessible facilities such as Men’s Sheds are also important in tackling isolation and loneliness and providing a sense of belonging within communities. [Find your local Shed](#) today.”





Former Stonehaven Shed Chairman receives recognition award for eight years of service

In April 2016, a meeting sponsored by Stonehaven Rotary resulted in a 'show & tell' by Jason Schroeder, now CEO of the Scottish Men's Sheds Association. From that moment, interest quickly developed and initial meetings were held in the Community Centre at Bath Street. A board of trustees was assembled and gained traction under the Chairmanship of Bill Allan as the constitution was developed and charitable status achieved.

Bill led the Shed from the start and was instrumental in negotiating activities with Aberdeenshire Council and other interested bodies to secure premises for the embryo Men's Shed.

Once the location was agreed and the Beach Pavilion assigned to the Shed, Bill then took on the daunting task of securing grant funding to help make the Shed a reality as well as using his local knowledge to gain support from local contractors and organisations.

Bill led the charge to redevelop the Shed, using the skillsets he had achieved and maintained whilst working as a senior executive in the Oil & Gas Service industry until his retirement. The new, totally refurbished, Shed was then officially opened on the 13th September 2019.

Having committed much of his time to the development and refurbishing of the Shed as well as guiding the trustees during the initial opening stages (COVID aside) Bill decided, after eight (plus) years, that he needed to sit back and let a new set of hands steer the ship.

Chairmanship of the Shed was then transferred to Duncan Cursiter.

At the recent AGM of the Stonehaven and District Men's Shed, an informal presentation was made by the current Chairman Duncan, to Bill, on behalf of the Shedders showing their gratitude and recognition to their founder and now former Chairman for the unwavering support, guidance and goodwill he gave, and still gives, to the Shed.

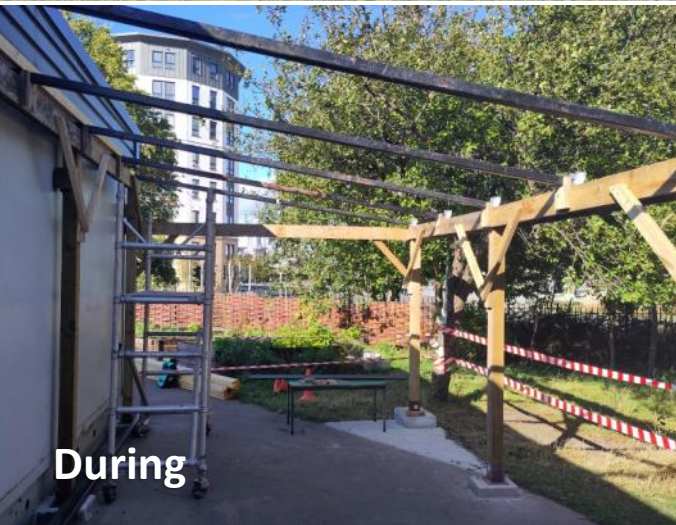
Bill was delighted to receive a plaque made by the Shed's 3D CNC team ably supported by other Shedders for the finishing and final touches. Bill still maintains a healthy interest in the Shed and is a font of knowledge and experience to tap as and when required.



Current Chairman Duncan Cursiter presents Bill with a plaque in recognition of his services to the Shed



Before



During



Complete



Men of Leith Shed leans on others for expansion

Thanks to lottery funding and teaming up with specialist design and build contractors McAleer & Rushe, the [Men of Leith Men's Shed](#) has been able to significantly expand its footprint for the benefit of its members with a new lean-to.

Shed Chairman Alastair Innes said: "At the Men of Leith Men's Shed, we are very fortunate to occupy a free-standing modular building which used to house two primary school classrooms. One is used for our woodworking shop and the other for our repair shed as well as the music group and other less-dusty activities.

"Some of our activities however such as welding, grinding and spray painting are just not safe to undertake indoors and to address this, we applied last year to the National Lottery Community Fund (NLCF) to extend our Shed with an open-sided lean-to shelter.

"The bid was successful on the basis that the NLCF would fund materials, electrics and plumbing but Shed members would do the construction. So, we got to it with the design initiated by a retired architect member and others sharing their useful ideas and helpful drawings.

"A realignment of the fire escape platform (big Meccano!) allowed fuller use of the space whilst still preserving an unimpeded emergency exit path.

"The project was stalled for months when we unfortunately could not attract any local firms to assist with the minor groundworks to form ten level concrete footpads for the supporting posts. But then, we were approached by local building firm, McAleer & Rushe.

"McAleer & Rushe had teamed up with [Goodstone Living](#) to commit to making a positive impact and create social value and bring wider community benefits in the communities in which they work.

"They offered to help build and level the footings for us and then

the construction by our members could begin with all hands on deck. Members devoted many hours to completing the roof structure. Aligning the corrugated roof panels proved harder than expected, but the final result survived storm Eowyn, so it seems to be pretty secure!

"Considerable funds were saved by using donated recycled timber from a dismantled decking structure, however we found this saving was almost completely offset by the high cost of paying for professional installation of electrics and plumbing, necessary to achieve certification, but we ended up within budget (final cost £4,600).

Paul Marlow, Project Director at McAleer & Rushe, said: "We recently had the pleasure of assisting The Men Of Leith Men's Shed, a charity local to our Ocean Drive project in Edinburgh. Our team volunteered to help them to construct a lean-to canopy at the charity's premises, where they offer a range of services and sessions to help local men feel valued and part of the community. These efforts are testament to our site team's ongoing dedication to supporting the communities where we work, well done to all involved."

Alastair added: "The space was so needed that members had started using it before it was even completely finished. We have now invested in welding screens and members with welding experience are already assisting others to learn this additional dark art in the lean-to.

"The end result is a roomy space where large objects such as planters and benches can easily be assembled. Having a covered outdoor space is a real boon, and we would encourage others to seek funding as we did. We found that funders really welcomed a project where construction costs were saved by Shed members building the structure themselves.

"We are now very much looking forward to the summer with many a weekend barbecue planned in our new space, safe in the knowledge that we will be dry whatever the Leith weather wants to throw at us!"

Renfrew Men's Shed film showcases how far they have come

The Renfrewshire Wellbeing Network, consisting of mental health and wellbeing projects from across Renfrewshire, paid a recent visit to one of their members, Renfrew Men's Shed, to film and showcase the extraordinary work that they do and how much has been achieved since the Shed doors opened in 2023.

Shed Founder John Carty said: "This is an excellent [short film](#) produced by the network with support from [Engage Renfrewshire](#). Our Shed received money through the Communities Mental Health and Wellbeing Fund which was crucial to get started and kitted out with tools and machinery and since then it has gone from strength to strength.

"When we got started, we turned one small office into a workshop then as we grew in popularity and word got around, we expanded to include a third room and a lock-up outside. Our popular workshops are now busy on Tuesdays, Wednesdays and Thursdays.

"The video is great to show how our empire continues to grow and raises awareness of the Shed as a place to meet people locally, share skills, learn new ones and be part of our community."

John, with his 40+ years' experience in teaching, is used to finding projects for people. The Shed offers skill-building projects that work on hand skills and hand-to-eye co-ordination. John said: "Our members' abilities range from those with zero workshop experience to those coming from a background of woodworking and it is important to highlight this to potential new members—you do not need to be a master woodworker to join a Shed!"

The 4.32 minute film features several Renfrew Sheddors including John who share the impact that the Shed has

had and show off some of their skills and creations.

Newly-retired member Jerry (pictured below left) joined the Shed ten months ago to get back into a routine. Jerry finds the Shed extremely enjoyable as he gets to meet other people and gain new skills. He looks forward to his Shed days which are the highlight of his week.

Member and ex-coalman, Harry (90) likes to keep the members all informed about local Renfrew history. Harry expresses that this is his first time doing woodworking since he was at school and admits he wasn't good at it then so was rather afraid to get back into it. Fast forward and his favourite project so far has been wood turning three intricate santa figurines.

Shedder Anthony (pictured below right) said he came along to check out the Shed as it was local and he wanted to meet new people, of all different ages, as well as show off his skills and make unique gifts for family members including a jewellery box for his mum.

John added: "The Shed is a microcosm. Everyone has a back story—it might not always be a good back story—but the other members and the workshop are here to take their mind off of it for a couple of hours and find something they like doing.

"We are fortunate to have had an incredible year in 2024 including doubling our membership numbers with the age of our members ranging from 38-89 (with an average age of 68), mirroring the rapid popularity of Scottish Men's Sheds.

"We sourced new resources for donations and are delighted to have a lock-up full of wood and tools. We have also increased the variety of member-led projects on offer ranging from working on small artefacts to larger pieces, many donated. "We also worked hard to raise our profile in our community by increasing



our presence at events like the local Gala Day, Christmas Fayre, Rotary Club, local commissions, engagement with our local media outlets through press releases, local film students' involvement, and neighbourhood help. Our Shed was also invited to go see the 'Men Don't Talk' play during its Scottish tour and this was a great opportunity for the members to get out and reach a wider audience.

"Nationally, we attended the SMSA's 10-year anniversary gathering in Perth in October and the Woodworking Trade Show in Harrogate in November. We also facilitated a visit from our SMSA regional Development Officer Stewart Beck and liaise with SMSA's Communications and PR Officer to have regular updates from our Shed featured in 'The Scottish Shedder' magazine.

"Through our social media platforms, our Facebook page is very well received. Member Harry shared a painting he had created which gained 13,000+ views which was a great boost for all of us!

"The most important part for us though is the socialising. An important part of any Shed is chatting informally to achieve a goal and this is often done over a cuppa or shoulder-to-shoulder in the workshop.

"Our future looks rosy as we prepare for a move to Longcroft Cottages. We have big plans to introduce specialism masterclasses and increasing social opportunities and activities by organising trips to other Sheds and places of interest. So, stay tuned!"



Kirkcaldy Men's Shed highlights a year of success

*There were many transformations at [Kirkcaldy & District Men's Shed](#), located in the former football changing pavilion at Ravenscraig Park, during the course of 2024. Here, new Shed Treasurer Nigel Duncan updates *The Scottish Shedder* readers on their busiest and best year to date.*

Nigel said: "Our Shed Chairman, Dave Stewart, was successful in securing various grants throughout the year that allowed us to tick many projects off our to-do list including replacing the windows, upgrading the kitchen and giving a general facelift to the interior of our building.

"The new kitchen was purchased thanks to a grant from the Fife Council Community Funding scheme and our members installed it. We then undertook the installation of a new dust extraction unit from [Axminster Tools](#) (pictured right) and fitting all the pipework that came with it.

"This was an extremely important project to help keep our members safe. Huge thanks go to Forrest and Gordon for their hard work getting it all in place and running smoothly. There is certainly a massive difference in the amount of dust and wood shavings floating about!

"There were also changes to our committee. Our Chairman David and Treasurer Glenda both stepped down this year and we thank them for all the work they have put in over the years which has been very much

appreciated by all of us to get us to where we are today. Derek Simpson stepped up as Chairman and I took over the role of Treasurer and we have big shoes to fill.

"The Shed held a successful open day in the summer where 30+ members of our community dropped in to find out more about us and also see demonstrations of the wide range of activities on offer at the Shed and even had a chance to have a go themselves.

"In November, the [Fife Health Charity](#)—which manage NHS Fife's extensive art collection—unveiled 50 picture frames (pictured bottom right) with photography featuring prominent local landmarks taken by healthcare staff in Fife. The new art has helped improve the environment for patients and visitors to the Day Intervention Unit at the Victoria Hospital.

"The frames were discovered in the Victoria Hospital and were given a new lease of life thanks to the skills of our members and are now helping to create a more homely and welcoming environment for all.

"Over the festive period, we ran our popular Christmas wreath making workshops and also a Christmas open day for members of the local community to purchase unique handmade gifts for loved ones and see our activity demos including floristry, glasswork, woodturning, drawing and more.

"We look forward to building on last year's successes with a bright future ahead of us."

Support and follow Kirkcaldy & District Men's Shed on [Facebook](#).





Clyde Coast & Cumbraes Shed strengthens collaboration with the SWI ladies

Clyde Coast & Cumbraes Men's Shed continues to strength its relationship with the Largs branch of the Scottish Women's Institute (SWI).

Pictured are a selection of photographs showcasing the extremely successful collaborative sessions with Shedders and SWI ladies sharing and learning a variety of skills and creating projects together.

Check out the connections and camaraderie in the Shed's video right.



Clyde Coast & Cumbraes Shed's CAT rubberstamped!

Clyde Coast & Cumbraes Men's Shed is all set to progress with their ambitious plans for the future as they celebrate the approval of their Community Asset Transfer application to North Ayrshire Council to take ownership of their current premises at the Brisbane Centre on Bath Street in Largs.

Back in March 2023, we celebrated the opening of the Shed's seafront hub and as the Shed approaches its second anniversary...this news is just the icing on the cake! Stay tuned as we cover the full story and their expansion plans in the next edition of 'The Scottish Shedder' magazine.



Lanark Men's Shed secures funding to operate for one year

Lanark Men's Shed (LMS) is delighted to announce that they have secured funding to assist with all operational costs for the next year.

Lanark Shed Chairman Alan Ross said: "On the 28th January 2025, we received the amazing news from Voluntary Action South Lanarkshire (VASLan) that we had been awarded 100% of our grant application to the Communities Mental Health and Wellbeing Fund 2024/5.

"This could not have come at a better time for us and is a major step forward to achieving phase 2 of our growth plan and ensure the continued existence of the Lanark Men's Shed and we are so grateful for this.

As some of you may be aware, funding for specific projects and equipment is relatively easier to get but funding for operational costs is hard to come by. The pots for funds such as this are usually over subscribed by lots of wonderful groups who also need help. So, being advised our application was successful was just the most amazing news for us all and allows us much needed breathing space and some time to focus on the 'fun' elements and projects for a bit!

"We are also in the process of finalising funding for an additional 3D printer, to complement the one we already have. We have generated a good source of revenue with our 3D models as well as printing parts for products that are expensive to buy but literally cost buttons to print. It is not only environmentally friendly as it is using corn starch filament and it is a hobby many of our members wish to get involved in.

"We also have plans to purchase a new CNC burner which is faster than the one we currently have. We do a lot of commissions and a more proficient model will mean the time spent on one item will be reduced, thus saving energy costs too.

"Our next large project is to investigate new funding to improve on the Shed itself and which will directly benefit our members. This will be upgrading the heating in all three units. The current main Shed has electric heating units but these are not suitable for the size of the building, cannot be set on timers and are costly to run. Upstairs has no heating, only small mobile heaters we purchased which are effective and are set to come on for the hours we are there but our other two units have none.



"We plan to have an energy survey report carried out this month by British Energy Scotland and this will provide us with the information to support our funding applications. We have already received the relevant permissions for the New Lanark Heritage Site as the buildings are listed and of course it benefits them to have cost effective and energy saving heating installed.

"We will keep you updated on our progress, and meanwhile we are already moving forward with the secondary glazing solution being installed by some of our experienced members to combat the cold.

"Finally, as part of our annual community project, LMS has chosen to stay close to home and work on the New Lanark World Heritage site. We plan to work our way around all the wooden benches and seating on site and give them some much needed TLC.

"We also plan to improve and repair the wooden children's play area in the wooded area, and connect with the newly appointed residents' association at New Lanark to assist as a Shed. We will also continue our support at Carmichael Primary School, a place that touched our member's hearts with the amazing ethos of a small community school....and plan to complete some projects and also additional plans in their outdoor space.

"Earlier this month, some of our members also paid a wee social visit to 'The Wood Place' (pictured above) at Auchengray, Carnwath. We toured their premises and were shown the principles of drying and storing of all types of woods. We were also approached by Motherwell Football Club who came out to see our premises and discuss working alongside them on a project, updates to follow for next edition. Watch this space for more exciting updates from LMS!"



Lanark Men's Shed accelerates its growth

Lanark Men's Shed (LMS) was looking to accelerate their Shed's development and came across free and flexible support from Community Enterprise to do just that.

LMS, founded in October 2021 and located at New Lanark (the UNESCO World Heritage Site) since October 2023, seeks to provide a safe learning environment where its members can share life skills through a variety of activities such as woodworking and restoration projects, wood turning, laser engraving and 3D printing.

With a growing membership (currently 40 members), Lanark Men's Shed (LMS) was keen to explore how it could expand its services and through the products made in its workshops generate more of its own income – with less reliance on grant funding.

Through the SCVO and VASLAN, LMS was made aware of the Community Enterprise's [Accelerate Programme](#) and how it could potentially support LMS in its development.

Accelerate is a free support programme for the Third Sector and community organisations and aims to help groups become more sustainable and/or enterprising. Accelerate 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. As examples, groups and organisations have used Accelerate to:

- Develop marketing plans
- Look at other funding options
- Explore new trading ideas
- Plan financially and work on budgets
- Improve branding
- Work on a business plan
- Strengthen their Board
- Look at their legal structure
- Find digital solutions

During 2024, LMS accessed the Accelerate Programme for two separate tranches of support – both designed to help develop, improve and extend the reach of its services – and, in doing so, contribute towards its longer-term sustainability.

The support provided included the development of a bespoke, rolling Strategic Business Plan, an online survey of existing members; and the building of a new [website](#).

The Strategic Plan was designed to consolidate LMS' current position and prepare itself for its next phase of growth – with LMS reviewing and updating the Strategy year-on-year.

The current strategic priorities were threefold: set up a website and donations platform; conduct a fundraising campaign with local businesses to help cover operating costs; and provide health and safety training for new members.

A key goal within the strategic plan was to undertake an anonymous online members' satisfaction survey to assess the impact that its activities have and highlight feedback and any ideas for future activities.

Findings were very positive, indicating a high level of satisfaction as well as a desire to use and share the skills and knowledge available within the current membership to contribute towards the Shed's sustainability.

LMS already generated a lot of interest and commissioned work through its active and popular Facebook page however the Shed anticipated that the [website](#) could promote the range of products available through its workshops, and reach a far wider audience.

One particular outcome of LMS' engagement with the Accelerate Programme has been to give it a more professional approach, both internally and externally. This has been important both in terms of dealings with potential funders as well as in promoting and selling its range of products.

LMS Chairman Alan Ross said: "Without our engagement in the Accelerate Programme and their

support we would not have been able to fast-track our plans for growth and self-sufficiency as much as we have."

"Without our engagement in the Accelerate Programme and their support we would not have been able to fast-track our plans for growth and self-sufficiency as much as we have."

"Together with our upgraded premises, new state-of-the-art equipment, and a new [website](#), LMS is looking to the future with a much greater confidence."

Through the support of the Accelerate Programme and its strong relationship with the New Lanark Trust, LMS has been able to generate almost 50% of its own income during 2024, selling its products

from its own shop within its main unit and to visitors in the New Lanark Gift Shop as well as sales within the local community.

Building on this and marketing via the new [website](#), will allow LMS to become stronger and play a greater role in promoting the mental, physical and emotional wellbeing of its members.

[Click here](#) to find out more about the Accelerate programme or [register interest online](#).

Looking to accelerate your Shed?

The Accelerate programme is for those who are:

- Based in Scotland and delivering benefits in Scotland
- Asset locked (non-profit distributing)
- Constituted or pre-constituted
- Non-trading (not taking a social enterprise/commercial approach)
- Willing to make change to their organisation to become more sustainable

Download the [Accelerate Leaflet >](#)



Honorary Life Membership presented to four Carse of Gowrie Shedders

In December 2024, [Carse of Gowrie & District Men's Shed](#) held a Christmas party with a twist—when Santa paid a surprise visit to present four members with a very special award.

Bill Beckers from Carse of Gowrie Men’s Shed said: “We had a great day of fun and laughter at our Shed Christmas party with 45 members and guests in attendance including veterans from the British Army, Royal Navy and Royal Air Force.

“Four members—John Hodge (aged 90), Bob Foulds, Lee Bushell and Norman Hunter (not in photo above centre) were presented with Honorary Life Membership from the great big man in red himself. Bob, Lee and Norman are all residents from Balhousie Care in Perth which provides care and support to allow older people to live fulfilling and meaningful lives in their communities.

“A delicious purvey was supplied by members—with special thanks to members Ian Muirhead and Martin Leiper for their help in kitchen—and Santa also presented prizes and gifts to winners of quizzes on the night. A great time was had by all.”



Barrhead Shedders celebrate new kitchen completion with fish & chips!

[Barrhead Men's Shed](#) is thoroughly delighted with their new kitchen supplied by [Howdens Kitchens of Pollokshaws Glasgow](#) and celebrated

Robert Humphrey, Secretary of Barrhead Men's Shed, said: “Howdens kindly supplied the parts and our members removed the old units and installed the new units, we have members with all the skills required for this project and the end result looking fantastic.

“We have vastly increased our Shed’s kitchen storage not to mention enhancing the look. The three members who undertook the task were Jim Murray, a former plumber and kitchen installer, and Toni Capriotti and

Alistair McNiven who were both shopfitters and designers during their working lives.

“To celebrate the completion of the new kitchen just before Christmas, our Shed committee decided to host a free Fish & Chips Christmas Lunch for all members.

“It was a wee thank you for their patience and understanding during the upheaval of the kitchen renovation and for all of their help in expanding and improving Barrhead Men's Shed over the last year. We would also like to thank KADIR's Fish and Chip Shop in Barrhead for supplying the fish suppers.”

Pictured (left to right): Toni Carpriotti, Alistair McNiven and Matt Struthers enjoying their fish suppers; Robert Humphrey enjoying his fish supper and reading a Christmas Card from Tom Arthur MSP wishing the Shed members a Merry Christmas; and the completed kitchen units when all work was finished in early January.

Barrack Charitable Trust donates to Forfar Men’s Shed



The [Barrack Charitable Trust](#), funded by the [Knight Property Group](#), is delighted to announce that it has donated almost £42,000 to 23 charities across Scotland including a £4,500 grant to [Forfar & District Men’s Shed](#).

Jim Van Nice, Treasurer of Forfar & District Men’s Shed, said: “We are proud to add the Barrack Charitable Trust to our list of contributors. With their generous grant of £4,500 we are able to replace our existing old and heavy sliding door to the workshop with a new motorised insulated roll up door. This will provide ease of operation, provide added security and prevent the loss of heat during these cold winter months. Many thanks from the members of Forfar & District Men’s Shed.”

This significant contribution is part of the Trust’s biannual giving programme, aimed at supporting a diverse range of organisations dedicated to making a difference in their communities across the country.

From grassroots initiatives to nationwide efforts, the Trust’s donations will help tackle pressing issues such as poverty, homelessness, mental health and youth support. The winter tranche of funding comes at a crucial time, as many charities face increased demand for their services during the holiday season.



PRIDE OF BRITAIN AWARDS

Garnock Valley Men’s Shed in the running for Pride of Britain Award

[Garnock Valley Men's Shed](#) (GVMS) is in the final five shortlist for Scotland in The Pride of Britain Awards Pride of Britain Fund 2025.



You can vote online for them, under the Scotland region [here](#).

Good luck to them and it goes without saying that the SMSA team members have cast our vote!

If GVMS go on to win, the funds received would cover the costs of an open day—complete with entertainment and celebratory buffet—where the public are invited to come along to view their recently renovated Shed and see for themselves what the Shed offers their local community.



CASTLE DOUGLAS SOAPBOX DERBY

SUNDAY 13TH JULY 2025

KING STREET, CASTLE DOUGLAS

FIRST RACE STARTS 1PM

FREE REGISTRATION for Scottish Shed teams!
RRP. £50

**FREE PUBLIC ENTRY | LOCAL CRAFT STALLS
FOOD AND REFERESHMENTS**



**REGISTER YOUR TEAM NOW @
CASTLEDOUGLASSOAPBOXDERBY@HOTMAIL.COM**



AXMINSTER

Tools & Machinery

Get Saving with Axminster!

As a benefit of Shed Membership of the Scottish Men's Sheds Association (SMSA), Sheds are entitled to a **10% discount** through the national association's partnership with Axminster, a market leader in the tools and machinery industry.

The SMSA aims to support Scottish Men's Shed to sustainability. This membership benefit saves Sheds money when buying new or replacing machines from one of the UK's biggest tool providers.

1 APPLY...



To access these savings, Shed members must email admin@scottishmsa.org.uk in the first instance to set up an exclusive SMSA/Axminster account. The SMSA will then provide you with a link to the online application form to action this.

2 SHOP...



Once the application is submitted and approved, the Axminster team will create a Shed account which entitles most Shed purchases to the discount. **All 10% discounted ordering must be done via email or over the phone (does not apply to online orders).*

3 SAVE...



Whilst the 10% discount applies to the 'Shed' rather than 'Shedders', if the Shed is happy to manage orders from its members, then those orders can be placed through the Shed account so your members can benefit too!

Important terms, conditions and exclusions for Sheds:

**Exemptions: Products that are already on promotion and the following branded power tools—Bosch; Makita; Festool; and DeWalt—are excluded from the discount*

Delivery: Axminster's quality delivery service is free for orders over £75 to Standard UK Mainland (a premium next-day delivery is also available at an additional cost). Larger items and delivery to UK Remote & Offshore may require a specialist carrier service and custom quotation so please discuss this with a member of the Axminster sales team prior to purchasing

SIGN UP TO THE AXMINSTER EMAIL CLUB

- Join the conversation and share your passion with like-minded woodworkers
- Keep up-to-date with the latest news, products, offers and promotions from Axminster
- Receive details about upcoming Axminster events and store demonstrations direct to your inbox

axminstertools.com/email-club



We simply have too many Shedders wanting to scream it from the rooftops about how great their local Men's Sheds is, so, to mark the first issue of a brand new year, we are spoiling our readers with two personal impact stories, yes two! Here, [Kirkmuirhill and Blackwood Men's Shed \(KBMS\)](#) member Alex Hunter—a Ministry of Defence veteran in his mid-70s with a newfound passion for bodging garden planters—reflects on the impact that the Shed has had on him.

Alex said: "I joined KBMS when it first started up in 2019. We all had a meeting in the local community centre and the place was full with people keen to have their very own local Men's Shed.

"Forms were handed out asking for our contacts details and to list what we were interested in, good at and what we did in our day-to-day and working lives. I put myself down as a 'bodger' cause everything I do is a bodge, if you know what I mean?

"I certainly couldn't make furniture for a house. I'm just not that neat and finished, but I was never into joinery or carpentry. I had zero woodwork experience and was Ministry of Defence Police for 23 years and before that, a light house keeper, and prior to that I was in the Royal Air Force (RAF). But now that I am in that Shed, oh, I'm right into it.

"The stuff I've made in the Shed is unbelievable, for me, and I'm very happy with it. I like to undertake projects like garden planters, after all if there are any wee mistakes—nobody notices, because it's sitting out in the garden anyway!

"Every Monday, Wednesday, Friday, and Thursday night, I'm at that Shed. I would say I'm one of the best attendees because I like it so much. And, the company is fantastic—we all get on so well and are all now really good friends.

"We work closely with our neighbouring Shed, [Coalburn Men's Shed](#) too which started up about two years behind us. We helped them out and have remained pals ever since. We're a good mixture of men, good friends and we look after each other.

"It is a fact that I simply would not be living such a happy and fulfilled life in my 70s without the Men's Shed—it is a huge part of my life.

"It is a fact that I simply would not be living such a happy and fulfilled life in my 70s without the Men's Shed—it is a huge part of my life"

"Because I was a storeman in the RAF, I'm also in charge of the stores - mainly the biscuits. It is a responsibility to be taken very seriously—biccies are kept under tight lock and key to make sure the members eat plain biscuits some days and not just the choccy ones!

"I also manage the Shed's Walking Tours in the good weather from April through to September. We've got four different historical walks that we do

around the villages where we get groups of up to six to go on a leisurely walk. Every one of our popular walks can be done in under two hours and at an easy pace for all whilst we explain the 'now and then' - what's there now and what used to be there many years ago.

"We look at everything in our surrounding community during the walk and we show pictures to compare the past with present day. We have produced folders upon folders containing all of the photographs and settings. We explain the history of our villages and there is a brilliant uptake for it. We are even educating some of the people that have lived here for decades and this all adds to the enjoyment!

"Without the Shed, I really would be lost. I never want to be stuck in the house looking at four walls or watching mind-numbing daytime television, do you? I want to get out and about, keeping myself busy enough and just have a really good time—and the Shed provides just that for me."



George (in green) with his fellow Black Isle Sheddars

The SMSA interviews 49-year-old George Smith from the [Black Isle Men's Shed](#) who, following a major accident at work, had to give up work in 2005. At a loose end, George started delivering green woodworking tutorials to members in Feddanhill Wood behind Fortrose.

George said: "I had been a carpenter and joiner since the age of 16—travelling all over the UK to wherever the work took me on projects of a transient nature and thoroughly enjoying life. Then in 2005, everything changed.

"I was working on a refurbishment project with a team of other lads but due to a structural architectural defect, the unstable building collapsed on us whilst we were working on the gable end. I quickly managed to shove two lads out of ground floor windows before I was then hit by over eight and a half tonnes of debris. I survived but the building didn't!

"After hours digging me out, which I thought was only a matter of minutes as I drifted in and out of consciousness, I have been informed by family members that I died several times in the ambulance. I remember waking to smashed teeth, golf-ball-sized dents in my head and a fractured pelvis—and was told about my vapourised hard hat and how I was lucky to be alive.

"On release from hospital, I really didn't know what to do with myself as I could not ever go back to work. I was heavily medicated and had to use a walking stick and I have had a permanent headache for the last twenty years. My limited mobility meant that I couldn't get out to do the things that I did before and I spiralled into a depressive rut which severely impacted on my mental health.

"Before the accident, I was quite outgoing and had worked on many high-profile projects including Europe's first commercial wave generating station on the Isle of Islay. But I had now totally lost my confidence—I was a changed man.

"Then, one day, I saw a post on Facebook that grabbed my attention. A meeting to start up a Black Isle Men Shed and thought it sounded right up my street, literally. To say that it took a lot for me to go along to the Shed that first time is an understatement—I was suffering from panic attacks and social anxiety in other similar scenarios—but thankfully I already knew some of the guys there, as I have lived in the Black Isle for 29 years now, which put me at ease and I felt welcomed and comfortable from day one.

"That was in 2017 and I have been a long-standing member ever since. Our Shed has the use of facilities at Avoch Community Centre which is operated by the 1st Avoch Sea Scouts for the benefit of the community. Our members have access to an indoor workshop, social area (Ward Room) and a storage container, small workshop and a large patio outside to work on larger projects when weather permits.

"I would go along to the Shed at the Avoch centre twice a week and as a team, we all helped get the Shed up and running. We started building our machine shop and work areas at our pace. Everything was great and then COVID reared its ugly head and the centre had to close.

Continued on next page...





...continued from previous page

“One of our members Graham Tuley owns a local wood, Feddanhill Wood, and he offered the space for members to work on projects outdoors.

“Graham and I began taking small manageable groups of up to five members each and started teaching the lads green woodworking—working with wet or unseasoned wood that has been freshly-felled—as well as tree identification and forestry management. We would meet up at the woods, learn new skills and soak up the great outdoors whilst carving away with our axes, saws and knives or turning bowls on our pull lathe.

“For our members with a love and passion, like me, for being outdoors, it was an escape for us during the pandemic. There is no power there, apart from a seldom used borrowed generator, and we began creating beautiful items like bowls and spoons using traditional methods the way it used to be—no power tools or electric bills!

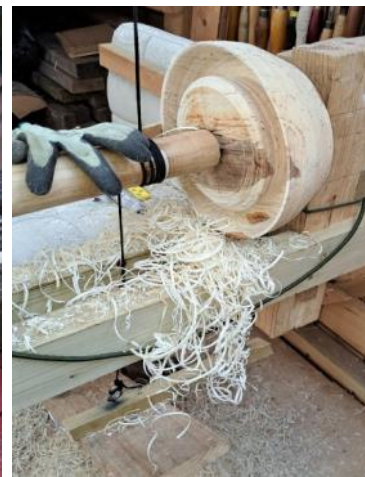
“Graham emptied three buildings at the woods and gave us two of them for shelter and storage. Over time, we demolished one that had seen better days and together, we built a new shed using interwoven sapling Ash. We also built another out of pallets and covered it in reclaimed corrugated sheeting.

“We skinned Sitka trees, which I had done before and swore I would never do again, and used the bark as a roofing membrane for the building. We built up numerous layers to ensure it was water tight—and several years on, it still is—not one leak! Graham now has more out buildings for storage and we have our double shed with a reasonably kitted out workshop with all of our hand tools.

“I won’t lie, it has not always been plain sailing. It took me two years to modify the pool lathe in order for me to get it just right to work it with my bad leg on a barber’s chair. But all of these challenges are part of the fun and banter we have there.

“Our plans for the future? Well, we pretty much want to do more of the same. It works! We just all gather with our flasks and a packed lunch and enjoy our time together. We have built up some great friendships. The only thing I would really like to see more of in the future is to introduce more social activities up at the woods since we have this huge outdoor space.

“I would like to see the lads making bows, arrows and targets and doing some archery. And, partake in some axe throwing too! I also really enjoy exploring the area with my metal detector, hopefully some of the lads will join me with that too and go on an adventure and treasure hunt with me next time!”



St. Laurence's Orchard Project



Photo by Finlay Campbell @106Creative

A society grows great when old men plant trees in whose shade they know they shall never sit

Winter is the ideal time to plant orchards. Fruit trees are dormant and can be transplanted easily ready to re-start growth in the spring. There is real skill however in choosing the correct cultivars, rootstocks, staking and layouts. [The Inverclyde Shed](#) members have been planting new heritage orchards and hedgerows this winter in partnership with [St Laurence RC Church](#) and [Lomond View Academy](#) and supported by [The Tree Council](#), [The Woodland Trust](#), [The Orchard Project](#), [Inverclyde Community Fund](#) and [Volunteering Matters Action Earth](#).

Bruce Newlands from The Inverclyde Shed said: "Phase 1 includes 36 new heritage apple trees and over 200 native species hedgerow saplings in a wonderful site in the shadow of the striking Grade A listed St Laurence RC Church, not too far from the Shed, just along the waterfront and up Orchard Street!"

"We have been out securing this site with a new fence, surveying, measuring, digging trial pits, testing drainage, recording biodiversity and native species and planning layouts with a team of volunteers from the Inverclyde Shed and Belville Community Garden.

"Phase 1a involves transplanting around 40 heritage apple trees to Lomond View Academy, involving the children learning new skills and investing in something that may well outlive them.

"We have already planted 16 apple trees at Lomond View Academy two years ago which are thriving and earlier this year we helped the school setup a 'no dig' growing space including 10 tons of imported compost, 40 barrels and vertical gardening canes.

"Phase 2 would involve planting a further 100 heritage fruit trees including plum, pear and cherry at the front of St Laurence RC and will be subject to successful funding bids which we'll hear about soon.

"This large orchard is the culmination of years of planting smaller orchards throughout Inverclyde, most notably at our Muirshiel Lane Community Garden where we have over 180 Fruit Tree's and Shore Street / Walled Garden where we have over 80 heritage fruit trees. We have also planted orchards in over thirty schools, nurseries, churches and with other community groups which was a big part of our recent RHS Community Engagement Award for 2024."

Find out more about planning your own orchard here on [The Orchard Project website](#). If you would like to find out more about the Inverclyde orchards, contact the Shed at contact@inverclydeshed.co.uk

Milngavie and Bearsden Shed's latest project gets the chop!

[Milngavie and Bearsden Men's Shed](#) member Sandy was out and about on his travels when he passed the window of his local butchers, [Christie the Butcher](#) at Bearsden Cross, and spotted a chopping board through the window.

Their local butcher is a regular supporter of the Men's Shed and also just recently provided the haggis for the members' Burns Lunch at the Shed premises with guest speakers. After seeing the blank chopping board, Sandy asked if he could quickly borrow it and headed back to the Shed to process it through their Red Dragon Laser.

He then returned to present the laser engraved board to one extremely appreciative butcher!



Dalkeith Shedder set to visit Japan Shed bearing gifts from Scotland

Dalkeith Shedder Duncan Seymour, on planning a trip to Japan this month, has arranged to visit Pokke Kotan—a Japanese Men's Shed based in Sapporo—on behalf of Dalkeith Men's Shed and the SMSA to foster international connections.

Dalkeith Men's Shed Outreach and Logistics Coordinator, Ronnie (pictured left) presented Duncan with this hand-crafted gift ready to pack for his travels. Well done, Ronnie!

Duncan will deliver the gift in person for their get together in Sapporo—a gathering that has also sparked interest with the Japanese Consulate in Edinburgh.

On posting a picture of the gift on their Shed's Facebook page, Dalkeith Shed received a response from Ayahito Ito, CEO of the Japan Community Sheds Association, expressing thanks for the wonderful token of friendship and wishing Duncan all the best on his trip and meeting with the Pokke Kotan Sheddors.

We wish Duncan well on his travels and look forward to covering his interview and photographs will feature in the April 2025 edition of The Scottish Shedder.



Share & Repair Network Impact Report 2022-2025

[Circular Communities Scotland](#) has launched its [Share & Repair Network Impact Report 2022-2025](#).

The [Share & Repair Network](#) has contributed meaningfully to the growth of sharing and repairing in Scotland – which offers alternative options for consumers over buying new, whilst connecting communities, tackling poverty and protecting our planet.

The [report](#) features many brilliant case studies including one on the Black Isle Repair Café (on page 17), which the [Black Isle Men's Shed](#) played a key role in creating, organising and supporting, and providing their repairing skills, knowledge and expertise at events.

SHARE & REPAIR NETWORK IMPACT REPORT 2022-2025

Supporting the Growth of Sharing and Repairing in Scotland

Supported by
Net Zero Scotland
Scottish Government

ZERO WASTE
SCOTLAND

A project of
CIRCULAR COMMUNITIES SCOTLAND

WWW.CIRCULARCOMMUNITIES.SCOT

Missing the smells and tastes of Christmas already? Jars of mincemeat still in your cupboards? Well, Foodie Quine has the recipe for you that will not only tantalise the taste buds, use up some leftovers and leave you feeling well nourished!

Passionate Scottish food and travel writer, blogger, recipe developer, content creator, and farmer's daughter Foodie Quine aka Claire Jessiman from Aberdeenshire shares her Mincemeat Muffin recipe that is just perfect for sharing with the lads down at the Shed.

Wife and mum of two Claire is passionate about cooking from scratch, seasonality, food education and family-friendly recipes and when we reached out to her for a tasty recipe that could be easily made in the Shed or made by Sheddors at home and freezes well, she came up with the perfect recipe that even a novice cook can prepare.

And, if you don't like mincemeat, no problem—you can substitute with apples, pears, berries, nuts and citrus zest and a touch of spice or make savoury versions with cheese, dried or fresh herbs and spices and olives—whatever tickles your fancy!

Put your own twist on it to stay well fed in the Shed!

Mincemeat Muffins (Makes 12)

Ingredients

- 225g Plain Flour
- 60g Rolled Oats
- 1/2 tsp Bicarbonate of Soda
- 2 tsp Baking Powder
- 1/2 tsp Salt
- 60g Caster Sugar
- 1 Free Range Egg
- 250ml Milk
- 90ml Vegetable or Corn oil
- 1 jar Mincemeat (411g)

Method

- Preheat the oven to 200c and prepare your muffin tins with 12 paper cases
- Sift together all dry ingredients into a large bowl
- In a separate bowl combine all wet ingredients and the mincemeat
- Pour wet into dry and mix until just combined
- Spoon into muffin cases and bake for 20 minutes until tops are lightly browned
- Sieve icing sugar over the top to serve



FOODIE  QUINE
Edible Scottish Adventures by Claire Jessiman

“These muffins are so quick and easy to make. When the Sheddors have made them once, they are sure to become a regular menu staple in and out of the Shed!”

— CLAIRE JESSIMAN —



Follow Foodie Quine on [X](#), [Facebook](#), [Instagram](#) and [Pinterest](#) for more edible Scottish adventures.



“We understand that a diagnosis of motor neuron disease impacts everyone. We’re here for everyone, whether that’s the person diagnosed, their family or friends. MND is a brutal condition, but we are here to make time count for everyone.”

— Angela Harris —

MND Scotland Director of Support Development

What is MND?

Motor neuron disease (MND) is a rapidly progressing terminal neurological illness, which stops signals from the brain reaching the muscles – causing significant weakness and wasting.

MND can rob someone of the ability to walk, talk, swallow and breathe unaided. The average life expectancy of someone with MND is just 18 months from diagnosis. There is no cure or meaningful treatments.

About MND Scotland

In 1981, police officer John Macleod set up the Scottish MND Association from his living room, two years after he was diagnosed with MND aged 33. Supported by his wife Peigi, their family, friends and John’s police colleagues, a new charity was established to help other families facing the challenges of this brutal disease.

Today, the charity supports hundreds of people living with MND across Scotland. We are the only charity in Scotland dedicated to directly supporting people with MND, their families and friends. We’ve also invested millions of pounds in cutting-edge research into finding effective treatments and a cure.

MND Scotland funds research

Awareness of MND has never been higher but MND Scotland believes it’s about time we found a cure. We fund research that is aimed at either finding treatments or improving quality of life.

Our most significant investment is the MND-SMART clinical trial. In the decade prior to the launch of MND-SMART, less than 10 people with MND in Scotland were able to participate in a clinical trial. Since 2020, almost 900 have been recruited across 22 sites in all four UK nations, including hundreds in Scotland, making it the largest MND trial in UK history.

Dr Jane Haley, Director of Research at MND Scotland, said: *“We are committed to funding [research](#) that will take us closer to our vision of a world without MND. Until*

Key statistics on MND:

- Someone’s lifetime risk of getting MND is 1 in 300
- There are around 450 people in Scotland currently living with MND
- On average almost 200 people are diagnosed each year in Scotland
- 30% of people with MND die within 12 months
- The average life expectancy is just 18 months from diagnosis.

there is a cure, we will continue to drive pioneering research projects, invest in clinical trials and help to train the next generation of MND researchers.”

MND Scotland support

MND Scotland is the only charity in Scotland dedicated to directly supporting people with MND, their families and friends, including:

- **Wellbeing support:** online peer support, 1-2-1 counselling, and bereavement support, including resources for children.
- **Independent support:** access to grants for equipment and communication aids.
- **Financial support:** benefits advice and grants, wills and Power of Attorney.
- **Accessible holidays & grants:** families affected by MND can holiday for free in our two holiday lodges with up to six family members and friends or apply for a grant to take a trip away, enjoy a hobby or take some time for themselves.
- **Advocacy service:** ensuring their voice is heard and help them access the support and services needed.

For more information on the support available, please visit the [MND Scotland website](#).

Ways to get involved

MND Scotland’s work is powered by their dedicated supporters and fundraisers across Scotland and beyond. Every penny raised helps ‘make time count’ for those affected by MND and enables vital MND research to bring us closer to a cure. For more information about how you can support our work, please visit our [Get Involved](#) webpage.

Keep up to date with MND Scotland’s latest news and announcements by following them on [Facebook](#), [X](#), [Instagram](#), [LinkedIn](#), [TikTok](#) and [Bluesky](#).





Marie Curie Companions

Supporting people affected by a terminal illness to live well and do what matters most to them, Marie Curie Companion Volunteers are there to be a friendly face and someone to talk to about what you are going through. Whether it's just meeting for a chat or going on a trip together, Marie Curie is all about the little things that make a big difference to health and wellbeing.

A diagnosis of a terminal illness can be an isolating and upsetting experience, whether you have been given a diagnosis yourself or you are caring for someone close to you who has. People often worry about talking to their loved ones about how they feel or that they will be treated differently if their friends and family know what they are going through. People who care for a loved one might find it tricky to make time for themselves to relax or to tackle everyday errands like shopping on top of being there for the person they care for.

Marie Curie's [Companion in the Community](#) service provides invaluable support by matching people with a specially trained befriender volunteer to visit them once a week. Having a weekly visit can be a lifeline for the people they support, something to look forward to and a chance to take time for themselves.

Steve, one of the companion volunteers in the Glasgow area, works in the community to support clients

and to help assess new clients who are referred to the service. Last year, he supported a gentleman who had been referred as he was feeling isolated due to his declining health and felt that having someone to talk to would help him to stay positive.

Steve said: "He struggled a little bit because he found himself in a position where he's never been before. He felt he was losing his independence and mobility.

"It was a process getting to know a bit more about him, a bit more in-depth, but he was quite open most of the time. There were times when he was obviously not feeling so good, so he'd say 'see you next week' and that's it. I usually phoned him before, just in case he's either got somebody else around or he wasn't feeling that brilliant."

Having someone to talk to can make a huge difference to someone's wellbeing when they're dealing with a terminal illness, but it can also make a huge difference to the people around them too. We talked to Steve about supporting the whole family with what matters most to them.

Steve said: "The person I was previously matched with was a lady with dementia. Her husband found the visits really useful because it meant he had a couple of hours talking to somebody who could respond.

"Obviously it's difficult when your partner's got dementia and trying to get a conversation going or to talk

about things in general. So, although I was matched to her, I probably spent more time with him because she was sleeping a lot."

We know that caring for a loved one can be difficult and emotionally challenging, and that it can be invaluable to have someone who is there to listen and to bring a bit of the outside world back into the situation. Often this support can be a lifeline for the whole family. It's thanks to volunteers like Steve that we can support people to live well; whether they are caring for a loved one or are living with a terminal illness themselves.

Companion Volunteers Required

Marie Curie is looking for more volunteers to join them and support someone in their community. Full training is provided and no previous experience is necessary. If you're looking for a way to make a difference in your community and you love meeting new people then they would love to hear from you. You can contact [Sara Murray](#) or visit the [website](#) for more information about roles available in your area.





Loughborough University

PARTICIPANTS NEEDED

Seeking to understand sleep patterns and related Physiological measures in people at High risk of PTSD Both with and without Obstructive Sleep Apnoea (OSA)

ELIGIBILITY:

18 years old or Above

At high risk of PTSD, as Assessed by our Screening tools (or With an existing Diagnosis of PTSD As per ICD-11)

Clinically stable, and If/on a stable Psychotropic Medication for at Least 3 months

EXCLUSION CRITERIA:

A clinical diagnosis of Central sleep apnoea OR Narcolepsy, OR Mixed apnoea OR Current substance use disorder)

Female individuals who are pregnant OR postpartum within the last 12 months, OR currently breastfeeding.

WHAT WILL THE STUDY INVOLVE?

Overnight sleep monitoring using polysomnography at a Loughborough University campus hotel, wearing a glucose sensor monitor and wrist sleep tracker for 14 days, and ingesting an e-pill to monitor internal temperature for 24 hours.

Location: Loughborough University and The Link hotel, Loughborough

How to compensate your time? £100 Love2shop voucher (Upon the completion of the study visits, £50 each in-person visit). Also, a health feedback report will be provided upon request.

Interested participants can reach out to the main investigator, Noora Mumenah, n.mumenah@lboro.ac.uk



Try something new and connect to nature

Take part in RHS Grow With It

Why take part in RHS Grow With It?

RHS Grow With It Programme 2025

Grow With It is a free national gardening programme from the Royal Horticultural Society (RHS), aiming to get people all over the country making small steps to get growing, improve biodiversity and connect with nature and others.

Not everyone has a garden or green space where they live, so Grow With It aims to support people to grow, no matter what space they have available. This year, they are inviting people to **grow a small space with a BIG impact** to benefit others in their neighbourhood – from people to pollinators.

From patios and balconies, to front door steps or cracks between paving, every small space can add up to make a BIG difference.

The programme will kick off with a fortnight of seed sowing activity from the **24th March to 6th April 2025**, when participants can join others across the UK and sow their small space. Participants will be supported throughout their growing journey with access to digital guidance and activities, as well as skill-learning webinars with gardening experts.

From practical gardening support and citizen science, to creative activities and nature connection, there are ways for everyone to get involved and share the impact a small space can have, and it's easy to get started:

- [Sign up](#) for **FREE** and receive your welcome pack of seeds while stocks last! If you miss out, don't worry, you can still take part with your own seeds or plants
- Sow your small space and plot it on to their interactive map
- Use the RHS's free resources and guidance throughout the year to build skills and maximise the impact of your small space

Sign up today and join thousands of others who are sowing in small spaces and making a BIG impact:

- **For people – bring people together through plants**
- **For pollinators – learn how to encourage and support wildlife with your plants**
- **For planet – build climate resilience by greening your neighbourhood**

[Find out more >](#)



Don't let it be you or someone you know!

On Friday 31st January 2025, an 84-year-old lady received a call, claiming to be from a local housing association, advising her that she had overpaid on her rent and a housing officer would visit her at home shortly.

A man then arrived at her address to facilitate the refund and asked for her card and PIN. Afterwards, the victim became concerned and contacted a family member, however a four-figure sum had already been withdrawn.

Police Scotland Crime Reduction Officer PC Mark Irvine said: "These fraudsters are heartless and have no conscience. They prey on the most vulnerable people in our communities with an aim to steal their savings.

"I would urge anyone with an elderly relative, friend or neighbour to make them aware of this type of fraud as soon as possible. These scammers use sophisticated tactics and go to great lengths—and may have personal details including your address—to appear legitimate."

**Any true caller will never ask for your bank card or PIN
or ask you to disclose personal financial information**

**If you receive a call of this nature, do not
engage with the caller and hang up**

Do not allow unexpected visitors into your home

If you have doubts—ask a friend, relative or the Police for advice

Any victims of these crimes or anyone with information or concerns regarding calls they have received should contact 101. Alternatively, Crimestoppers can be contacted on 0800 555 111, where anonymity can be maintained.

The Cyber and Fraud Centre Scotland has produced ['A Guide to Avoiding Fraud and Scams for Older People'](#) - please share with your Shed members.



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

Help **WAVE THE FLAG** for the SMSA and Scottish Men's Sheds Movement

There are many ways to support 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

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 vision for the people of Scotland. The charity'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.

SCOTTISH MEN'S SHEDS ASSOCIATION
BANCHORY BUSINESS CENTRE
BURN O'BENNIE ROAD, BANCHORY
ABERDEENSHIRE, AB31 5ZU

info@scottishmsa.org.uk
www.scottishmsa.org.uk

In Scotland, For Scotland

