

# 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*



Stonehaven Shedders  
strike a (yoga) pose!

Edition 48 | February 2026

# INSIDE THIS ISSUE

3-4	Talking Sheds: SMSA CEO Update	27	Verses from the Shed
5-8	SMSA News	28	A Personal Story
9-11	Development Officer Updates	29-30	Shed Projects
12-13	Shed in the Spotlight	31	Fed in the Shed
14-25	Shed Life	32-33	Men's Health Matters
20	Cover Story: New opportunities at Stonehaven Men's Shed	34-35	Opportunities

The Scottish Shedder magazine promotes the latest news from the SMSA and Scottish Sheds to inform and inspire others. The magazine is sent digitally every second month to over 5,000 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

**Send a contribution**

**DEADLINES FOR UPCOMING ISSUES:**

- APR 2026—Fri 17th Apr 2026
- JUN 2026—Fri 19th Jun 2026
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The movement that keeps on giving, improving lives and growing! The SMSA has just reached its 5,000th individual member of the charity and if that doesn't show the need, connection and importance of what we do to get the central support hub invested in properly, so we can achieve our six [Manifesto goals](#) for the benefit of all Sheds and people in Scotland I don't know what will show the importance and the **opportunity**.

We have fallen far behind the likes of Ireland with the **first in the world National Men's Health Policy 2008-2013** and the correct investment in their national Irish Men's Sheds Association (IMSA) and 400+ Sheds (£1m last year supporting Sheds with electricity bills through their Association).

I received a request from the Scottish Older People's Assembly (SOPA), which the SMSA is a member of, to review and give input on the Renewables Obligation Scotland Equalities Impact Assessment.

I responded that Scottish Sheds, run entirely by volunteers and the majority (65%) being older people, are facing rising electricity costs that increasingly divert resources away from their core health and wellbeing experience.

As independent charities tackling loneliness and isolation, they do not currently benefit from discounted rates. I urged that charitable or reduced electricity rates, similar to existing business rates and water relief for health charities, be extended to Men's Sheds to support their ongoing health and community impact—I will keep you updated if it gets any traction.

With the elections quickly approaching in May, I ask you to speak and write to all your local candidates asking them where do they stand in supporting men's health in Scotland? Will they support Scotland to have a dedicated men and boys' health policy like the Women's Health Plan?

Will they support third sector partners who deliver **directly** on men's health like the SMSA to be consulted on a new health policy? Will they support a **new investment** focus particularly on male mental health and healthy **prevention** based lifestyle opportunities aka Men's Sheds over three year periods moving away from one year short-term 'project' initiatives?

These questions and answers will raise their commitment, or lack of, over the next five year term so these following months are vital to raise men's health and Men's Sheds profiles. If they receive conversations and letters from you, our 5,000+ members, it will bring about the change we require. We cannot do it without YOU!

Scotland was the first country in the UK to publish a dedicated [Women's Health Plan in 2021-2024](#) with 66 actions with a second phase 2026-2029 already in development. Brilliant and we applaud such actions, so why not for men?

With Scotland still having the highest suicide rate in Europe of men and the recent [SPICe briefing paper](#) to the Scottish Government highlighting various gender specific issues sweeping them under the carpet is not an option.

The present Minister for Public Health and Women's Health Jenni Minto MSP which she has held since 2023 when recently asked about what plans do the Scottish Government have to (a) develop a dedicated men's health strategy, similar to that recently published by the UK Government for men in England, and (b) address any health inequalities affecting men and boys replied with, '**There are no current plans for the Scottish Government to develop a specific strategy focused on men's health;** however, the Framework contains 30 initial actions, including in those areas that disproportionately affect men.'

I am sorry this is just not good enough and it's up to us all (the SMSA and its 5,000+ individual members) to put pressure on the Ministers responsible for these policies to rectify this stance and lack of interest in men and boys' health.

It is way overdue to keep supporting the antiquated Strong and Silent masculine model from the Victorian era which doesn't mean there isn't a problem as it's not being 'vocalised' to you and the possible blame and shame under the banner of education I see being rolled out in schools to boys with the present Scottish Government (SG) launching a [new campaign to tackle misogyny](#) and its real-world impact on 'young people' in Scotland.

This campaign aims to reach the audience of young men and boys aged 11-18 in a campaign to prevent violence against women and girls.

Who is dealing with misandry, the other side of this coin? Why is this not being rolled out equally to girls or is it not known about as boys remain silent as they have learnt from their fathers and society but the silent wounds cut just as deep. Why are both situations not being spoken about at the same time if we want a different society based on equality and wellbeing for all?

If we want healthy fathers, husbands brothers, and sons we all need to speak up about it and I am calling on the men and women of Scotland to break the inherited shackles of 'silence' which is often worn as a badge of honour – '**Silent No More**' is our campaign to support this call for a change—we urgently need your support and urge you to [sign our 38 Degrees petition](#). Less division and more unity, it's a time for action and change.

We are presently working with the [Silent Men](#) film director Duncan Cowles on creating specific supported discussion topics that he tackled in the film for schools, Sheds and community groups—watch this space.

A [new national action plan setting out Scotland's priorities for suicide prevention](#) over the next three years has been published and backed by an increased budget of at least £3 million in 2026-27. Personally, I feel Scottish Men's Sheds and the camaraderie they offer is the very best in life quality measures available to men over the age of eighteen across Scotland. You can also [watch on YouTube](#), the Minister for Social Care & Mental Health Tom Arthur and Health & Social Care Spokesperson Paul Kelly reflect on the next phase of Creating Hope Together, the 2026-29 action plan.

*Continued on next page...*



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In my personal experience, I considered suicide in 2009 when I lost hope of finding a 'solution' to my problems as the mechanisms of the problem failed me and I could see no 'single' solution left after exploring the possibilities which is typical of the male single outcome focussed brain.

It was at this time that I started my 'life saving' investigation into the Men's Sheds Movement in Australia as a possible 'solution' to my male isolation, lack of local male friendships, and 'understanding without shame' male support.

It was in this place that the SMSA was given birth to as a possible new way in connecting men that had not existed before and if successful a new outcome could be achieved to keep insanity at bay.

Seventeen years on we now know this is true for the 12,000+ Scottish Shedders, their friends, families and communities and we require proper Scottish Government investment and attention to male health utilising this successfully proven intervention.

In the last two weeks, I have attended two suicide prevention conferences and to date, the SMSA has received no funding support from this budget. In creating more Sheds and therefore more availability to having 'hope' amongst Shedders when the troubled times start it is the best **prevention** strategy available in our society and to not let it escalate to when the '**reactionary**' services are required.

I have a meeting in the coming weeks with the Head of Targeted Prevention Unit and the National Delivery Lead in Suicide Prevention Scotland and my hope is for the first time we might get some investment support from this budget and a deeper understanding to the benefits of Men's Sheds as the most successful male engagement strategy not only in Scotland but the world in men's health.

I was asked to support our long-term research partner the Glasgow Caledonian University Yunus Centre for Social Business and Health for their proposal of a new project—CASSIAS: Creative, Appealing-to-men Activities that Support Social capital, Integration and Social

connectedness: A realist evaluation supporting cross-nation learning between the UK and Germany. These national and now international research collaborations accessing our local Shedders has and is invaluable in male health research as men are often a very hard to reach group in our populations.

Having men who are now brought together from all levels of society in the Sheds and who kindly support our research requests are helping understand and influence the bigger picture of men's health and lifestyle requirements.

This can lead to a men and boys health policy to help safeguard the present and future quality of life and the changes required. So a BIG thank you to all who respond so positively when we seek your help and support.

Another BIG thank you to the University of Stirling Staff Charities Appeal, Covetrus (a global animal-health technology and services company) and [Mackenzie Construction](#) for choosing us as their charity of the Year and all the individuals for the generous and kind donations.

In proactively supporting our vision for healthy men and communities in Scotland by developing and supporting sustainable safe places for men to thrive together we are making this happen.

Planning has begun for the SMSA National Gathering 2026. After taking the feedback from our members into consideration we are hoping to hold it a bit earlier this year. As soon as we know, you will know and can get it into your diaries.

And while you have your diaries out, the consultation with our members on the future of the SMSA's Shed Open Doors event is now complete.

Almost 80% of the responses wanted the event moved from International Men's Day in November, to June during Men's Health Week (15th-21st June 2026). For more information, please check out [page 6](#) and we urge you to register your Shed and get planning for your Shed's open day(s)!

Last but definitely not least, we are saying a sad farewell to the Men's Shed Legend that is our longest serving Development Officer Tim Green who is retiring at the end of March.

Tim has been a major contributor to the Scottish Men's Sheds Movement originally working for Age Scotland in this capacity and later when that post finished we were lucky enough to get him to join the SMSA straight away so no service provision was lost to the Shed movement.

We are presently seeking another special person to step into Tim's boots and join our team to continue the vital work required in understanding community development, the SMSA Shed development pathway, sustainability, circular communities, equality and the list goes on but most of all it's the commitment and heart that Tim has in bucket loads to creating a healthier Scotland for all through the Scottish Men's Sheds Movement.

I wish you all the very best Tim for the future, it has been an honour and pleasure to work with you in co-creating this thriving health movement we all love so much.

**Dr Jason Schroeder**  
SMSA CEO

**P.S. Please support the SMSA and the Scottish Men's Sheds Movement by signing the '[SILENT NO MORE](#)' campaign petition today.**

**M** SCOTTISH MEN'S SHEDS ASSOCIATION

Sign the SMSA's Petition  
**'Silent No More'**

Driving Forward a Scottish Men's Health Strategy and Men's Health Champion

Ensure our voices from across Scotland are heard!

NEVER MIND THE STRONG & SILENT BOLLOCKS  
SHED LIFE  
SCOTTISH MEN'S SHEDS ASSOCIATION

**12,000+**

MEN ATTENDING  
SCOTTISH SHEDS

**5,083**

SMSA INDIVIDUAL  
MEMBERS

**193**

SMSA SHED  
MEMBERS

**32**

LOCAL AUTHORITY  
REGIONS

## Share Your Shed's Story in *The Scottish Shedder!*

*As we kick off a new year, we'd love to start as we mean to go on by sharing all the amazing work and news from Scottish Men's Sheds — along with your plans, ideas and ambitions for the year ahead. From everyday Shed life to standout projects and future goals, your stories help showcase the real impact, that the Scottish Men's Sheds Movement is making, and inspire others.*

Our Sheditor, [Michelle Wibrew](#), is already working on the April 2026 edition and would love to hear from you. From your projects and partnerships to celebrations, milestones and everyday Shed life, it all matters and makes a difference in our communities!

Remember, [The Scottish Shedder](#) is YOUR magazine, and we're inviting Scottish Sheds to send in their news, stories and updates for our upcoming issues in 2026.

Please send your news, stories and supporting photographs to [Michelle Wibrew](#), SMSA Communications & PR Officer, for consideration or request a phone or Zoom interview.

Interested in being featured in a future "Shed in the Spotlight" or sharing a member's journey in "A Personal Story"? Let us know — we're always looking for inspiring content.

We look forward to hearing from you and celebrating the incredible, life-changing work happening in Sheds across Scotland.

**Michelle Wibrew**  
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**SCOTTISH  
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## COPY CALL FOR SCOTTISH SHEDS TO CONTRIBUTE TO THE THE SCOTTISH SHEDDER MAGAZINE

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## 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?  
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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](#)



## The SMSA Shed Open Doors consultation results are in! You voted, we listened!

Over the last few months, the SMSA has asked members across Scotland to share their views on the future of SMSA's Shed Open Doors Day.

Thank you to everyone who took the time to complete the survey — we received a great response, with invaluable feedback that will help us shape a more successful national event for 2026.

### What our members told us:

- a minority of responses still favoured holding the day on International Men's Day (19th November)
- a strong preference for moving away from November, largely due to: bad weather (snow, storms, darker days), limited daylight and competing seasonal commitments
- several Sheds told us they had no visitors at all in 2025 due to the severe weather
- weather was highlighted as a primary obstacle with the November date. Some Interest in Autumn Dates. A smaller but notable group suggested September to mid-October as an alternative—after the summer holidays but before clocks change
- across the responses, June emerged as the most frequently preferred option (79.6%). Most of these respondents favoured tying the event to Men's Health Week (15th–21st June 2026). This was seen as a week that gives flexibility for Sheds that only open on certain days and there is far more likely to be good weather and better opportunities for outdoor demonstrations, tool displays, garden project showcases and community engagement. Several Sheds also noted that June events they already run (plant sales, summer open days, etc.) attract far higher visitor numbers than winter events
- mixed opinions received on holding the event across "One Day", "One Week", or "One Month". A whole month was generally seen as unnecessary, a week was the most popular choice, giving flexibility for each Shed to choose the day(s) that week to best match opening hours
- a single set day divided opinion—many felt it would exclude Sheds not open on that specific day

## The conclusion

### SMSA Shed Open Doors WILL MOVE to Men's Health Week (15–21 June 2026)

After reviewing all members' feedback, the SMSA will shift the national event to **Men's Health Week** each year beginning in 2026. June was clearly the most supported option overall—and its link to Men's Health Week gives us a powerful and recognisable campaign framework.

This new timing:

- offers a more flexible approach that allows Sheds to participate throughout the entire week or choose the day or days that suit them best to hold their open day(s)
- avoids the winter weather and low footfall that many Sheds experienced
- gives Sheds a much better chance to host outdoor activities, barbecues, tool demos, or garden projects

### What about International Men's Day?

The SMSA and Scottish Men's Sheds will obviously continue to recognise and promote International Men's Day (19th November) annually, however the national Shed Open Doors event will no longer be attached to that date.

### Support for Sheds for June 2026

Leading up to Men's Health Week in June 2026, the SMSA will provide customisable promotional materials (posters and editable, press release template as well as social media campaign materials for Sheds to use on their own accounts or share from the SMSA pages). More details to follow via email communications with participating Sheds.

### A big thank you!

The SMSA is grateful for the candid feedback, honest reflections and practical suggestions from Sheds across Scotland. Your insights have shaped this decision and will help make SMSA Shed Open Doors Week 2026 our strongest, most vibrant national event yet.



Register your Shed for 2026 at [www.scottishmsa.org.uk/opendoors](http://www.scottishmsa.org.uk/opendoors)

## New accounting rules: what they mean for your Shed

*New accounting rules for UK charities have been published and how they apply to organisations will vary depending on their income, according to the new [Charities Statement of Recommended Practice \(SORP\) 2026](#). Read on to find out what this means for your Shed.*

After the 1st January 2026, only charities with annual turnovers of more than £15m will have to produce a detailed cashflow statement. Following a consultation earlier this year, there will be less stringent requirements for charities with incomes of £500k+ and the **lightest touch rules for smaller voluntary organisations, like Men's Sheds**.

In finalising the new accounting framework, the charity regulators across England and Wales, Scotland and Northern Ireland (who together make up the SORP-making body) have balanced a desire for simplicity and clarity for charities with the importance of transparency for donors and interested third parties.

The new SORP includes **refreshed annual report requirements for trustees**, with further guidance added on how to report financial reserves and plans about the future.

It has added dedicated sections for areas of public and donor interest including impact reporting, environmental, social and governance issues with associated guidance on reporting.

There are also updates to how charities should account for social investments, designed to align with the definition of such holdings in the Charities Act 2011.

The new SORP also aims to make requirements for reporting provisions and contingencies easier to understand.

Scottish Charity Regulator (OSCR) Head of Regulation, Alex Wright, said: "The updated Charities SORP represents a major advance in delivering transparency and proportionality for charity reporting in Scotland and across the UK. The new guidance, which has been developed following an extensive consultation process, introduces tailored, more proportionate reporting requirements for charities of all sizes, and enhanced requirements for reporting on income, leases, and social investments.

"We know that good governance of charities is essential to maintaining public trust. That's why the updated requirements place greater emphasis on reporting the impact charities have on society, as well as enhanced reporting around environmental, social, and governance issues. All of this will **improve transparency** of registered charities and **increase public trust** in individual organisations and the wider charity sector.

"The new requirements are proportionate and practical, particularly for smaller charities, while maintaining the high standards expected by the public. The SORP comes into effect for financial periods beginning on or after 1 January 2026, and we encourage all charities to review the guidance and prepare for these important changes now."

## Key changes: a breakdown

The SORP update, which will take effect for accounting periods starting on or after 1st January 2026, includes:

- New requirements for how charities should report on certain types of income and lease arrangements. The SORP now includes charity sector specific examples to assist charities in applying new requirements introduced by the Financial Reporting Council's update to Financial Reporting Standard 102.
- Three new tiers that set out expectations for increased transparency for the largest charities:
  - Tier 1—charities with income up to £500k
  - Tier 2—charities with income £500k - £15m
  - Tier 3—for charities with income above £15m
- Refreshed Trustees Annual Report requirements, with further guidance added on **how to report financial reserves and plans about the future**. Areas of particular public and donor interest – including impact reporting, environmental, social and governance issues – now have dedicated sections, with associated guidance on reporting.
- Updates to how charities should account for social investments, making it simpler for charities to report on such holdings and aligning the definition of social investments in SORP with the definition in the Charities Act 2011.
- Easier to understand requirements for reporting provisions and contingencies.
- [Visit the OSCR website for more details.](#)

## In short, what does this mean for Scottish Men's Sheds?

For small charities like Scottish Men's Sheds, the new SORP 2026 rules will mean simpler, more proportionate reporting that reflects their limited resources while still maintaining transparency and accountability.

With the lightest-touch requirements applying to organisations with incomes under £500,000, most Sheds will benefit from reduced administrative burden and clearer guidance on what's expected in their annual reports.

They will no longer need to produce complex cashflow statements or detailed breakdowns that larger charities must provide, but they will still be encouraged to highlight their community impact, financial reserves, and future plans in a more structured way. Overall, these changes aim to make compliance easier for smaller voluntary groups while strengthening public trust through consistent, accessible reporting standards.

## OSCR WEBINAR OPPORTUNITY

**Getting your charity accounts right:**

**A guide for smaller charities**

**Tuesday 3rd March 2026, 1-2pm online**

To help smaller charities get this right, OSCR is hosting a webinar led by their accounting experts. They will explain what to include (and what not to include) in your accounts, with clear examples tailored for small charities. For more information and/or to book, please [click here](#).

## SMSA marks 5,000+ milestone membership with veteran supporter also on board

*The Scottish Men's Sheds Association (SMSA) is celebrating two major milestones. The first is welcoming Major General Patrick Marriott CB CBE DL, HM Lord-Lieutenant for Sutherland, as an individual member—his support highlights the growing recognition of the vital role Sheds play in men's health, wellbeing, and community cohesion—particularly for veterans. The second milestone comes as the charity reaches 5,000+ members, a landmark achievement for the growing movement.*

Major General Marriott, a former British Army officer who became Commandant of the Royal Military Academy Sandhurst and was appointed Lord-Lieutenant of Sutherland in August 2022, has previously chaired the Scottish Committee of the charity Combat Stress, the UK's leading mental health charity for veterans.

Writing to the SMSA to request to join—following a visit to the Kyle of Sutherland Men's Shed in Ardgay, and recalling a previous visit to the Dornoch Shed—Major General Marriott shared his enthusiasm: "I am a keen supporter of Men's Sheds, primarily as I've seen first-hand how they can transform the lives of veterans. The companionship and creativity that they engender is wonderful to see. Both Sheds I visited recently, are thriving—the Kyle of Sutherland Shed having 30–40 regular members is superb!"

Drawing on his extensive experience with veterans, he went on to highlight the need for a further expansion of Sheds across Sutherland, including the west and north coasts, where isolated communities could greatly benefit from the model.

SMSA Chief Executive Dr Jason Schroeder praised Major General Marriott's proactive approach through [joining the SMSA](#), linking it directly to the charity's [manifesto](#) aim of reaching more veterans across Scotland: "The Major General's request to join us symbolises his commitment to the wellbeing of men and his support for the Scottish Men's Sheds movement.

"His experience with veterans aligns perfectly with our manifesto goal to expand the benefits of Sheds to those who have served, offering them companionship, camaraderie, purpose, belonging and creative outlets. We look forward to working closely with him to develop new Sheds in the region, ensuring that men in even the most remote communities have access to these life-changing opportunities."



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**SMSA Development Officer Tim Green writes his final update for The Scottish Shedder magazine. Here, Tim shares the story of his Shed journey, a tale of dedication, camaraderie, and the countless moments that have made our Shed community stronger. From his very first day, Tim has brought energy, laughter, and an unwavering commitment to support the Movement, leaving a lasting mark on all of us.**

At the end of March 2026, I am retiring. It has been an absolute blast and a huge privilege supporting and enabling the development of new and existing Men's Sheds across Scotland since July 2014 with Age Scotland and February 2022, after close partnership working with Jason and the SMSA Board, I joined the Association as Development Officer for the whole of Scotland.

With the recruitment of my colleagues in Highland, Western Isles and Northern Isles and the West of Scotland, I have latterly been able to concentrate on supporting the 100 Sheds in the East of Scotland in Moray, Aberdeenshire, Aberdeen City, Angus, Dundee City, Fife, City of Edinburgh, Midlothian, West Lothian, East Lothian, Scottish Borders and Clackmannanshire.

The first Shed I visited was Wee County Men's Shed when they were temporarily located in the Youth Room of the Ben Cleuch Centre in Tillicoultry. I then made the first of many visits to Macmerry Men's Shed. Since then, mainly by public transport, my work has taken me to the cardinal points of Scotland from Stoneykirk to Yell and from Broadford to Peterhead.

I have visited Sheddars in their temporary homes and then in their more permanent premises in a rich and diverse range of settings including new builds, village halls, church halls, football social clubs, scout huts, community centres, factories, industrial units, shipping containers, modular buildings, log cabins, nissan huts, garages, barns and former: rope works, bakers, schools, social work offices, cashmere mills, call centres, public conveniences, gardeners' cottages, fish processors, stables and the bothies and howffs of carpenters, grave diggers, and grounds maintenance workers.

With colleagues at Age Scotland, we launched a report and survey that outlined the positive impact that the growing men's shed movement was having on later life. Men from Sheds across Scotland told their story through oral history interviews for ['The Shed Effect'](#).

The report demonstrated how men's health and wellbeing has been lifted by getting involved in their local shed. The shed effect has now become synonymous with the magic that happens in Sheds where Sheds are, in effect, a 'superpower' in the

battle against isolation, anxiety, depression, and suicide, by nurturing a 'health by stealth', non-clinical and supportive environment. The term is also a metaphor for the huge benefits that Sheds, through a sense of belonging and community, generate for their members and their families, friends and the wider community.

In 2018, I worked with documentary film maker Steven Jefferies to produce films at Barrhead, Carse of Gowrie and Macmerry Men's Sheds to mark their fifth anniversaries. Excerpts from these films along with those made at Stonehaven, Dalbeattie and Clydebank formed the basis of ['Shedders - Four Corners of Scotland'](#) which highlighted how the 'Shed Effect' was multiplying as Shed numbers continued to grow.

During the Covid-19 pandemic, initially I was redeployed to the Age Scotland Helpline which was a baptism of fire in the first days of the lockdown giving out succour to lonely, isolated and very scared callers as well as information and advice, some of which changed on an hourly basis, on for example, social distancing, staying safe, shielding and getting help from local resilience groups. Very quickly we realised that Sheds needed our support. Many of them had embraced video calls to stay in touch with their members through Google Meet, Zoom and Teams.

Thus, online Network Meetings were convened to connect Sheddars across Aberdeen City/Aberdeenshire, the Ayrshires, Lothians, Fife, Perth and Kinross and Highlands, Islands and Moray. National events were organised by the SMSA to support Sheds with safely returning to Shed or Shed-like activity.

After partnership working on research projects with colleagues at Glasgow Caledonian University, I contributed along with Sheddars and the SMSA to the development of a [Toolkit for the Development and Sustainability of Sheds in the UK and Ireland](#).

Working with Jason, Michelle and the organisation MENSELF, we rolled out MOT4Men workshops to build on the health by stealth model in Sheds to introduce a more direct approach to well-being. We focussed on type two diabetes, cancer awareness particularly prostate, bowel, skin and testicular disease, cardio-vascular health and mental well-being and how being active and making healthy lifestyle choices can reduce the risk of developing these conditions and / or help manage existing illness.

Following feedback from Sheddars and the sound counsel of the SMSA Board, we tweaked our health promotion offer into Sheddars' Health Empowerment Drive for Wellness, Information, Signposting & Engagement (Shed-Wise) to include some more of the conditions that affect men including dementia, breast

cancer, oral health and abdominal aortic aneurysm. The focus is now on how Sheds can help men take charge of their health, make informed choices, and lead longer, healthier lives.

Can I take a moment to thank my brilliant colleagues, both the staff and trustees of the SMSA for their friendship, support, laughs and their infectious love for Sheds and Sheddars?

I couldn't have achieved any of this without the folk I've worked alongside or in partnership with at Age Scotland, health and social care partnerships, third sector interfaces, local authority community learning and development, Scottish Government, Glasgow Caledonian University and voluntary community ownership and empowerment, environmental sustainability and health improvement organisations. You are people that understand Sheds and your skills, wisdom, professionalism and genuine respect for Sheddars has enabled us to establish new Sheds and support and enable the sustainability the ever-growing number of established Sheds.

Lastly, my huge thanks to the Sheddars whose fierce banter and kindness I have enjoyed while boosting my tea levels and with, all those fine pieces, my waistline (remember lads measure round the bellybutton). You are a truly inspiring group of folk and I am in total awe of the 12,000+ unpaid Sheddars including office bearers and trustees who give their time freely to make their communities safer, healthier, greener and more cohesive. I salute your dynamism, tenacity and creativity and you have been an absolute joy to meet and/or speak to over the years.

As a person embarking on retirement you have left me with a deeply valuable legacy. You have gifted me the roadmap for my new life and presented me with a positive role model of masculinity in later life.

**Tim Green**  
SMSA East Coast Development Officer  
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## Farewell, Tim!

**Tim's impact on the SMSA and the Scottish Men's Shed Movement as a whole has been immense. He will be missed by all that have had the pleasure of knowing him.**

**While we are all saddened to see him go, we celebrate all that he has contributed and the extraordinary legacy he leaves behind.**

**Farewell, Tim – stay in touch, and know that you will always be a big part of our Shed family!**





Well, here we are again—well on the way to getting winter done and dusted and firmly binned. Good riddance, I say—bring on the spring, brighter days, and a bit of warmth to lift the spirits!

As usual, there's been plenty happening over the winter months, as we take refuge in our Sheds—places full of banter, brilliant stories, and projects galore. The kettle is always on, the biscuit tin remains half full rather than half empty, and the really good things happen in the friendships, laughter, and social connections that keep us going through the darker days.

There are some cracking stories to share, starting with The Three Towns Community Shed in Ardrossan, North Ayrshire. You're always guaranteed a warm welcome and a cuppa here, and the Shed continues to build an outstanding reputation in the local community.

Their recent achievements include the design and construction of a memorial tree (pictured below) for the local hospital, a meaningful project that reflects both skill and heart. Their 3D printers have also been working overtime producing items for local events, while members have supported open days, delivered projects for local schools, and made excellent use of their CNC wood carving machine.

A major expansion has added new spaces including a Resin Room, Shop Room, 3D Printing Room, and a She-Shed Room, helping widen



opportunities and participation. But the room I'm most excited about—still awaiting completion—is their Scale Model Room. I can't wait to get back to building models; it's such a therapeutic and rewarding pastime.

The Shed recently hosted the Ayrshire Shed Network meeting, welcoming Sheds from across the region to tour the facilities, share ideas, build partnerships, and discuss what really matters in Shed life. This shed truly embodies the Three C's: Community, Connections, and Camaraderie.

Also in Ayrshire, I attended the brilliant annual Burns Supper hosted by Clyde Coast & Cumbraes Men's Shed in Largs. Shedders, their partners, and friends pulled together to create an event that brought a wee bit of warmth to the soul on a cold January night. I couldn't help thinking that if Sheds had existed in Burns' day, Rabbie would definitely have been a member. The brotherhood and friendship in Largs—and across the wider Men's Shed movement worldwide—feel like a living embodiment of his prophetic words:

*"That Man to Man the world o'er Shall brithers be for a' that."*

Meanwhile, Strathaven & Avondale continue to build their own brotherhood. Strong partnerships are developing with South Lanarkshire Council, neighbouring Men's Sheds, the local community, and Voluntary Action South Lanarkshire (VASLAN).

The group now meets in The Drawing Room on Bridge Street, Strathaven, and I hear there's even a Tai Chi class on offer—a great way to stretch, relax, and boost wellbeing. If you're local, get yourself along: make new friends, feel good, and get connected. Best of all, it's free—what's not to like?

Not too far away, as the crow flies, I visited Auchinleck, where the Auchinleck Community Development Initiative (ACDI) is supporting a new Shed in this former mining town in East Ayrshire. Exciting developments are underway, including bike repair and recycling projects, toolbox talks, inter-shed visits, and preparations for an

official launch event. Watch this space—big things are coming.

Further north in the shire, Men's Shed Dalry has moved—lock, stock, and barrel—into a fantastic new town-centre facility. Members have worked round the clock installing ceilings and lighting, laying floors, landscaping, building benches, creating storage, and setting up a wood shed and bike workshop. The result is a warm, welcoming space that supports local people and improves members' health and wellbeing.

In Argyll & Bute, I attended an open day hosted by the Kirkmichael Community Development Group, where a strong group of local men are keen to revive an old sports pavilion as a new men's shed. We've arranged a public meeting at Bridge Church Hall in Helensburgh on Wednesday 18th March at 7.00pm—so if you're in the area, pop along to learn how you can share skills, gain new ones, and enjoy friendship and camaraderie.

Another busy, inspiring season across the West Coast Sheds—long may it continue!

**Stewart Beck**  
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One of the many rewarding aspects of this job is seeing Sheds develop, grow and make connections with each other. As well as organised network meetings there is a lot of informal connection being made.

Developing Sheds in Lochinver and Scourie in the northwest visited the Dingwall, Muir of Ord and Inverness Sheds to get a feel for what goes on. Steve from Lochinver said: "I was blown away and inspired by my visits. It was extremely helpful to see these Sheds and the guys were so welcoming."

The developing Kyle of Sutherland Shed also visited Dingwall, Dornoch and Cromarty Firth. In east Sutherland, the Brora, Dornoch and Kyle of Sutherland Sheds have put their heads together and are planning a joint application to the Highland Reuse and Repair Fund.

Inverness continues to boast a packed weekly diary, with activities ranging from the writing group and clock restoration to singing, an iPad course, Microsoft Windows classes, the friendship group, and woodwork sessions. It's clearly a thriving Shed with something happening every day—they are one busy Shed!

A new Shed is developing in Adersier with plans for a public meeting and a potential venue being explored. The success of the Lybster Shed in Caithness has reached out to other communities and men in Wick and Halkirk are investigating setting up their own Sheds.

I delivered another Shedwise course to 14 Sheddors at Muir of Ord. This course is consistently well received and there is always good discussion about various health issues. Most men identify areas where they intend to change their own behaviours, and they all agree on the importance of the Shed regarding peer support.

A poignant story from the Fort Augustus Shed. They've been meeting for over three years in the Caledonian Canal Centre café. Up to 12 men meet there every Wednesday and play darts on Tuesdays.

Their search for premises has been a long and frustrating journey. Stan Barnes, the vice chair passed away, and it was his wish that his own shed should be donated to the Sheddors until permanent premises are found. Stan's wife Maura is delighted that the Shed will be used by the men of Fort Augustus in Stan's memory.

Now with a workspace, they have plans for bird boxes and they've been asked by the community council to make signs for the local walking trails in the "Convent Land." They will continue meeting in the café, playing darts and will be at the Shed on Tuesdays.

Maura said: "It's great that the shed is being used, it's what Stan wanted, he was so enthusiastic about this group of men."

Talking about uplifting stories, the Nairn Shed has created an excellent [film](#). Nairn Sheddors share a glimpse of what their Shed is all about—from restoring items to sharing stories and lots of laughs. The video captures members talking to camera on how the Shed provides friendship, routine, a vital sense of belonging, and the difference a welcoming Shed can make in men's lives and in the wider community. I highly recommend you take a look.

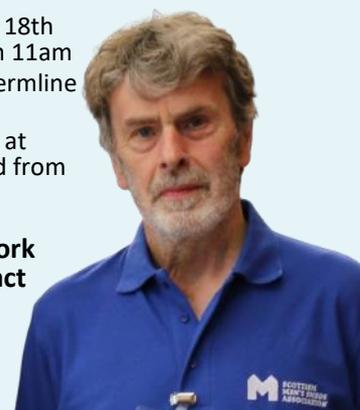
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## Upcoming Regional Shed Network Meetings 2026

- **Aberdeenshire** – Tuesday 3rd March at Aboyne Men's Shed from 10am
- **Aberdeen City** (trial first meeting) - Tuesday 10th March at Bridge of Don & District Men's Shed from 10am
- **Highlands**—Wednesday 11th March at Caol Community Centre, Fort William from 11.30am
- **Perth & Kinross**—Friday 13th March at Meigle and Ardler Community Shed from 10am
- **Dumfries & Galloway**—Wednesday 18th March at Dumfries Men's Shed from 11am
- **Fife**—Thursday 26th March at Dunfermline Men's Shed from 11am
- **Aberdeenshire** – Tuesday 26th May at Fraserburgh Community Men's Shed from 10am

**If you wish to attend a Shed Network meeting in your area, please contact the [Development Officer](#) for your region.**



### **Does the SMSA Development Team get the thumbs up?**

**Has your Shed received support from the SMSA or a Shed visit from one of our Development Officers recently? If so, we want to hear your thoughts.**

**Please let the SMSA know what you think of our support services so we can continue to meet the needs of our members:**

<https://scottishmsa.org.uk/smsa-support-evaluation>

## **SHEDLOADS** OF OPPORTUNITIES



FUNDING | CONSULTATIONS | CONNECTIONS | OPPORTUNITIES

*'Shedloads of Opportunities' is the SMSA's roundup of all of relevant funding, consultations, connections and opportunities open to Scottish Men's Sheds that are members of the SMSA.*



## Community support opens doors for Blackburn & Kinellar Shed

***Blackburn and Kinellar Men's Shed in Aberdeenshire, a vital community initiative aimed at fostering camaraderie, wellbeing, and skill-sharing among men, has reached a significant milestone. Thanks to the generosity and support of a local business, the group has finally found a permanent space to call its own, launching a new chapter for the recently formed Aberdeenshire Shed and allowing it to expand its positive impact in the local area.***

Since its inaugural meeting in June last year, held to gauge interest from the local community, Blackburn and Kinellar Men's Shed has operated with the goal of providing a welcoming environment where men of all backgrounds can gather, socialise, and participate in projects that benefit both themselves and the wider community.

Shed members have been meeting weekly on Wednesday evenings at the Kinellar Community Hall in Blackburn, attracting a steady turnout of 10-12 attendees. The group brings together men from a wide range of backgrounds, including former military personnel, retired police officers, teachers and local Rotary club members—a mix that creates plenty of shared experience, good banter and strong peer support.

The hall's management generously provided free meeting space on the basis that Sheddars might carry out some odd jobs around the building such as tidying up the surrounding gardens, sweeping up leaves—and more recently clearing snow—as well as carrying out community litter picking and helping to plant spring flowering bulbs around the village.

Kinellar Community Centre Manager, Katharina Holzkamp, said: "The community centre was very keen to support Blackburn and Kinellar Men's Shed because we recognise just how valuable it is for the health, wellbeing, and social connection of our local men.

"Supporting local initiatives like this is so important, and we were delighted to help get them started with a free place to gather and give them a strong foundation to build on. It's also been a real two-way partnership between charities—the men have already been helping out around the hall with odd jobs, which benefits everyone and strengthens the sense of community."

After appointing a Chairman, Treasurer and Secretary then drafting in another four members to form a steering committee to spread the workload, essential tasks such as obtaining charity status and opening a bank account were successfully achieved. Attention then turned to seeking funding and finding a permanent home.

Given the strong, mutually beneficial relationship with the community hall, efforts initially concentrated on the possibility of acquiring and converting one or more shipping containers which could have been located within the hall grounds. This then branched out to the potential of obtaining either a steel framed and latterly a timber log cabin style building, all of which would have required planning permission and considerable cost.

A vacant unit in Blackburn Industrial Estate, owned by Aberdeenshire Council, was also viewed. However, the annual rent being sought was far beyond what the Shed could reasonably afford—and with very few alternative premises available locally, options were extremely limited.

Christmas came early for the members in December however when responses to a local letter and email drop, seeking support from local businesses, resulted in an offer of premises in the village which will provide ample workshop and meeting space for the new Shed to develop, grow membership and work on projects that will benefit both members and the wider community.

Among a number of encouraging and much-appreciated responses—each offering support in different ways—there was one from long-established family firm H&R Insurance, Aberdeen's only remaining locally established independent insurance broker. They generously offered the upper floor of their two-storey office building in Blackburn Industrial Estate, presenting a particularly promising option for the Shed.

The site will provide a large open plan space which will be ideal for light-touch workshop activities such as woodworking, crafts, modelling or repair shop works, 3D printing or laser etching. There's also an adjoining meeting room come social area/canteen, a fully fitted kitchen (essential for making a brew!), toilets and a further smaller meeting room for breakout activities or for members to enjoy cards, dominoes, board games or just having a chat.

The flexibility of the space means it can easily adapt as interests grow and new projects emerge. The only drawback is that the premises are located on the upper floor of the building and, unfortunately, there is no lift access, which limits use for those with mobility issues—an issue the Shed will need to consider and work towards addressing over time to ensure the space is as inclusive and accessible as possible.

*Continued on next page...*



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H&R Insurance partner Ms Shona Robertson (pictured top right) explained that they first became aware of the group after receiving a local drop letter from the Shed and were keen to lend their support. She said: “We recognised the value a Men’s Shed brings to the community —offering social connection, combating loneliness— and realised we were in a position to help.

“It’s important to us to support positive, grassroots initiatives like this. If we can provide a space that allows the Shed to grow and thrive, then that’s something we’re very proud to do.”

Her gesture not only secures a physical base for the Shed’s activities but also highlights the strength of community partnerships and what can be achieved when businesses and local volunteers work together.

Members have already begun transforming the space, measuring the workshop area for the installation of suitable flooring on the existing concrete base, bringing in tools, working out the positioning of workbenches, and planning how to make best use of the facilities to suit members’ needs and activities. While the workshop and meeting space is located on the first floor with access by stairs, members have already identified that a stair lift could be installed to cater for anyone with mobility difficulties.

Another generous offer of support came from long established local fabrication engineering company H&F Moir who donated funds and provided Hi-Vis vests for members undertaking litter-picking or other outdoor activities (pictured above). A further local firm has also promised support in kind.

For the Shed, having a dedicated venue means the group can expand its outreach, welcome new members, and offer a greater variety of workshop activities and projects.

With their new home secured, Blackburn and Kinellar Men’s Shed is poised for growth. Plans are already underway for open days, collaborative projects with local and national charities, and new initiatives aimed at helping men learn new skills and make meaningful contributions to the locality.

Applications for funding support have been sent to the National Lottery and other country-wide and local grant-giving bodies to help the Shed get up and running. The Shed is grateful for assistance already confirmed by Aberdeenshire Council’s Garioch Area Small Grants Fund which is being used to acquire essential items such as a first aid kit and new vacuum to keep the premises clean and tidy.

The group extends its heartfelt thanks to local firms and its growing partnerships for their generosity and vision, as well as to all those in the community who have offered support along the way. Together, they have ensured that the Men’s Shed will remain a cornerstone of connection and creativity for years to come.

**Blackburn and Kinellar Men's Shed welcomes new members of all backgrounds. Whether individual interests are in woodworking, gardening, arts and crafts, or simply looking for a chat and a cuppa, there's a place for all. The Shed is currently developing a dedicated website which should go live soon. In the meantime, for more information on joining or supporting the Shed, please [email](#) and follow them on [Facebook](#).**



## Mocktails, 'Mashinis' and mindful drinking at Ayr and Prestwick Men's Shed

*Health & wellbeing took centre stage at [Ayr and Prestwick Men's Shed](#) during a popular 'Dry January' community event last month. Productive conversations, clear heads and a few unexpected flavours were all on the menu for the 30 members and supporters in attendance. A great good practice example of a Shed looking after its members.*

The event centred around a talk by Shed Trustee and Community Champion for Alcohol Change UK Michael Steel who led an engaging and informative session on alcohol, its effects on the body, and the benefits of taking time out from drinking.

Michael explored alcohol units across different drinks, often catching people out with just how quickly units add up. One of the biggest eye-openers for many was the discussion around recovery time and how long it can take before someone is legally fit to drive again.

Members were treated to a hands-on mocktail demonstration, with Michael mixing up a range of delicious non-alcoholic drinks for everyone to sample. The aim wasn't just tasting, but showing how easy and enjoyable alcohol-free alternatives can be. For some, it was their first experience of non-alcoholic spirits.

As member Ray Dodd put it: "I tasted gin for the first time in my life, even if it was the non-alcoholic kind. You certainly stretched my envelope. Entertaining and informative at the same time. Thank you Michael."

The event, which was well promoted through local TV and social media, including a [pre-event TV interview](#) from Michael, was sponsored by The Buzzworks Hospitality Group who provided the refreshments—helping underline that non-alcoholic choices are becoming increasingly mainstream and socially accepted—and food supplied by Pollock Williamson the Butcher.

Feedback from the Shed was overwhelmingly positive. Clive Brown commented: "Great job Michael, well presented and very informative!". Shed member Harold Burns reflected on the deeper impact of the session: "Alcohol is one of those things that we think we know all about, but when you drill into the facts about it being a neurotoxin and how even small amounts can affect our nervous system, it can be—pardon the pun—very sobering."

Following the presentation, the Shed's chef Jim took centre stage with a creative twist on a Burns Supper. Members enjoyed a deconstructed haggis, neeps and tatties, reimagined as a 'Mashini' and served in a martini glass with a Guinness sauce made from non-alcoholic Guinness.

Michael added that he would be happy to bring his presentation to other local Men's Sheds or community groups or share his notes so that other groups can run similar sessions themselves. "It's all about helping Sheds look after their members, have some fun, and explore healthier choices together," he said.



**At Britain’s most northerly Shed, a small group of men are proving that making a big impact doesn’t depend on big numbers. From accessible garden beds to bespoke community projects, *Westray Men’s Shed* is quietly helping to transform island life—one reclaimed pallet at a time. Here, Steve Dudley from the *Westray Shed* shares their story so far.**

Steve said: “Westray is a small island of just 18 square miles in the North Isles of Orkney and, being an hour and half by ferry from Orkney Mainland, we’re very much a self-contained and tight knit community of around 600 inhabitants.

“Westray Men’s Shed was set up in 2023 to provide a space for the isle’s menfolk to come together, to create, to yarn, to share a laugh or two.

“From the early half dozen or so founding members, the Shed now regularly hosts around a dozen active members and as we’ve grown, we’ve gained many ‘supporter members’ around the isle. Our members range from younger fellas in their 30s to older folk in the 80s with a real diversity of backgrounds and interests.

“Community is at the heart of Westray and at the heart of our Shed as we’re here to support not just our members but also the isle’s residents. This is evident from the creative side of the Shed with projects undertaken for both individuals and the wider community, where little things can make a big difference.”

**The community garden**

“Our isle’s village, Pierowall, is home to the Westray Community Garden. The garden is run by the Westray Development Trust and not only employs two islanders, but the produce from the garden is sold to islanders to take advantage of cheap, isle-grown produce.

“The garden has both open and enclosed growing spaces and last year the Shed was tasked with making a set of raised beds for the covered garden. The space between the beds needed to accommodate a wheelchair or walker to ensure the garden was accessible to everyone who wants to volunteer there.

“This was a big undertaking for us but using a mix of reclaimed and new wood we constructed a range of beds that are now delivering food for the community.

“So pleased are the gardeners with their raised beds that they’ve recently commissioned a ‘hot bed’ from us which is currently being designed.”

**A peedie walker shed**

“Our staple of bird tables and garden planters – all made from reclaimed pallets and packing crates – have always been popular and have led to folk asking us to make bespoke items for them. A recent project was a peedie (Orkadian for small) shed to house a village resident’s walker – a cumbersome object to keep having to get in and out of their house. So, utilising the wheelie bin space outside the front door, we made a bespoke peedie shed that works a treat.”

**R ‘n’ R**

“If you’ve ever visited Westray, you’ll know that Westray folk like to chat – or yarn as we say here. Last year, one of the isle groups, the Auk Club, was left money to buy and site some community benches. Having bought the benches, and with Westray being a wind-, rain- and sea-swept isle, they asked the Men’s Shed to treat the benches and carve an inscription to commemorate the benefactor. And where better to put them? One outside each of the village shops – the ideal place to catch up with folk and what’s going on around the isle.”

**A peedie raised bed**

“Inspired by the Community Garden’s raised beds, a local resident asked the Shed to create a bespoke raised bed for her peedie greenhouse. This was a tricky one as the required width was too wide to get it into the greenhouse, so it was constructed in two halves and assembled on site – just! It was a pretty snug fit!”

**Shedder benefits**

“Members are permitted to borrow tools for use at home. The house right next to the Shed is being renovated by one of our members and he wanted to upcycle all the ugly floorboards in the building. Using the Shed’s surface planer, he and his wife spent days de-nailing and then planing the boards before relaying them and restoring them to their former glory!” says Steve.

**WMS logo**

The Shed’s creativity doesn’t stop at woodworking either. Last year, when discussing how to better promote the Shed, the group decided that they



needed a more unique logo to replace the existing image of the isle with the Shed name overlain. So, in Shed fashion, one of the members set to it and knocked up a new logo.



**The future?**

As a small, isolated island community, there are naturally limits to how many members Westray Men’s Shed can attract. However, they believe that to truly grow and broaden their impact, a new Shed home is essential.

Currently, the Shed operates from a rather dilapidated former bakery store measuring just 60m<sup>2</sup>. A planning application has now been submitted for a purpose-built Shed which, if approved and funded, would more than double the available space and provide much-needed room to expand and diversify activities.

**Our fingers are crossed for this Shed, and we eagerly watch this space!**

## Bathgate Men’s Shed launches ‘Online Shed’

*Even without a physical space, the [Bathgate Men’s Shed](#) members are proving that a current lack of four walls won’t slow their momentum or positive impact on its thriving membership. At their first face-to-face meetup of 2026, the group officially launched its ‘Online Shed’ initiative, creating a digital foundation that will support members now and help build the Shed’s future in Bathgate for many years to come.*



Chairman Alan Young said, “As many in the Scottish Men’s Sheds Movement know, finding a physical Shed for a project of this scale is no easy feat. However, our Shed Board refused to let a lack of a storefront slow us down. Through our dedicated website and new members-only Facebook group, members can now connect at any time, share skills, chat about projects and life in general and support one another while the search for a permanent unit continues.

“Over the festive period, the team focused on setting up the digital presence and completing the necessary documentation to ensure the Shed has a long-term foundation in Bathgate. Through our thriving online hub and plans for a physical base on the horizon, we can keep the community spirit informed, energised and motivated until we reach our next milestone to secure a safe and welcoming space for our members.

“A key aim of the 'Online Shed' is to retain the skilled and knowledgeable members and volunteers who are already make the Shed thrive. Without a digital presence, there was a risk that some of these valuable contributors could lose motivation and drift away. The online space keeps them engaged, connected, and ready to contribute, ensuring the Shed maintains its strength and expertise while a permanent home is secured.

Bathgate Men’s Shed is set to continue making a real impact in its local community—proof that Scottish Sheddors, through camaraderie and skill-sharing, don’t need walls to flourish. Their search continues, with viewings of potential locations in progress. In the meantime, the Bathgate Men’s Shed is very much open for (online) business.

## A Southern Hemisphere Shedder’s stop-off in Nairn

*Nairn Men’s Shed (NMS) enjoyed a truly international flavour when they welcomed a visitor from the Southern Hemisphere to their unique railway station Shed hub.*

Dropping in for a morning of chat, laughter and shared Shed spirit was Innes Wright—a Shedder with deep Moray roots and a life story that spans continents.



Although now living in Rolleston, near Christchurch on New Zealand’s South Island, Innes was originally born and raised in Elgin. His working life began as an apprentice projectionist at the local cinema during a period when uncertainty hung heavy as closure was looming.

In 1959, at just 18 years old, he travelled to Yorkshire to visit his sister and soon found work in a factory in Halifax. The pay was a significant step up – almost three times what he had earned previously – but something was missing. “I saw no real future,” Innes recalls.

A chance conversation with a fellow worker proved to be a turning point. The man spoke enthusiastically about visiting his daughter in New Zealand, planting a seed that would soon grow into a life-changing move.

Taking advantage of an Overseas Experience scheme between Commonwealth countries, Innes set off for New Zealand at the age of 19. But important ties pulled him back home and he was reunited with his childhood sweetheart, Sheena. The pair had been together since they were 16, and Innes had promised he would return for her.

True to his word, he came back to the UK, bought a motorbike in Halifax and made regular journeys north to Elgin.

They became engaged in Aberdeen and, in 1963, the couple emigrated together to New Zealand.

Despite more than six decades abroad, Innes has never lost his Moray accent. New Zealand is firmly home now, with two daughters, four grandchildren and five great-grandchildren forming a growing family network. Community remains central to his life, and he is an active member of the Men’s Shed in Rolleston.

His visit to Nairn Men’s Shed was a highlight of his time back in Scotland. “It was lovely meeting fellow Sheddors in Nairn. I spent a lovely morning with them at their HQ on Nairn Railway Station meeting members, touring the workshop then met up on Saturday to join some members at a Highland League football game between Nairn County and Inverurie Locos at Station Park which is next to the Nairn Shed base.” he said.

For the Sheddors in Nairn, it was a reminder that while Sheds are rooted in local communities, they are also part of a much wider global family – one where a shared ethos of connection, purpose and belonging can bridge half the world in a single conversation over a cuppa.

**Pictured:** Innes with therapy dog Rosie (front) and NMS members.

## Discovering Lybster Men's Shed

*Nestled in the heart of Caithness, the Lybster Men's Shed is more than just a workshop—it's a vibrant community hub where men are coming together to share skills, stories, and most importantly... have a good laugh. Whether you're a chess strategist, a craft-mad creator, problem-solver, a budding guitarist or drummer, car restorer, or just want a good brew and a blether, this Shed is a space for everyone.*

Following the success of its official launch in November 2025, Lybster Men's Shed has started the new year well and continues to meet at Seaview House every Wednesday between 10am and 12.30pm. The Shed welcomes men over the age of 18 years interested in a wealth of activities from woodworking to crafting as well as providing a space for members to pop along to chat over a cup of tea, enjoy a game of chess and share hobbies like 3D printing. Some of the members also enjoy playing guitars and drums and are looking to form their very own band!

The Shed, in partnership with the [Latheron, Lybster & Clyth Community Development Company](#), has developed a trio of engaging videos as part of its membership recruitment drive as an opportunity for potential new members and supporters to find out more about this flourishing new Shed and learn with Lybster laddies, craft with Caithness cheels, or just blether with boyagies.

Viewers can get an inside peek at the Shed's daily rhythm, the variety of projects on offer, and the camaraderie that drives the community forward with these three short films:

- [Lybster Men's Shed Intro](#) (1m 35s) highlights the welcoming atmosphere and the practical projects members take on, while also explaining how Seaview House has been transformed from a previously under-utilised building into a vibrant community hub. The video showcases how the Shed enables members to share existing skills, learn new ones, and connect socially, bringing the village together in creative and practical ways.
- [Lybster Men's Shed Interview](#) (2m 10s) dives a bit deeper, capturing workshops in action, showing members in informal settings, enjoying conversation, advice, and the occasional cheeky joke—reminding us that at the heart of the Shed is connection. Here, you see the skills being shared and friendships being forged.
- [Interview with LLCCDC Manager, Kenneth McElroy](#) (1m 54s) who paints the Lybster Men's Shed as inclusive, supportive, and community-driven for their local men aged 18+—a place where intergenerational friendships, skills, and shared ambitions can thrive.

For anyone seeking inspiration, community, or simply a place to tinker, Lybster Men's Shed is proof that Men's Sheds are about more than projects—they're about people.





## It's all go at Milngavie and Bearsden Men's Shed

**Bursting with creativity and camaraderie, [Milngavie and Bearsden Men's Shed](#) is a lively hub of activity, laughter, and learning. From imaginative sculptures and delicious lunches to engaging talks and a wide range of tools keeping members connected, the Shed is buzzing—with recent royal recognition to boot!**

The Shedders thoroughly enjoyed their Christmas Lunch on Monday 8th December 2025 at Bearsden Golf Club, which was attended by 37 members. The Shed's 'Tuesday lunches' also continue to bring members together, with meals prepared by volunteers for 8–16 members who contribute a small donation towards the cost of ingredients.

Meals are usually served around 12.30 pm and are sometimes followed by a guest speaker. Members are also encouraged to volunteer to give talks. Shed Secretary Hamish Livingstone said, "Members have started delivering engaging presentations to their fellow members, making great use of our new projection system. With such a wealth of experience among our members, there are many potential speakers for future sessions."

On Tuesday, 27th January 2026, the Shedders enjoyed a traditional Burns Lunch prepared by Bobby and Brian, with Angus delivering the words of the bard to make the meal even more special.

The following week, on Tuesday 3rd February, Craig served up delicious curries—a mild chicken option and a spicier lamb version. After lunch, film enthusiast Neil C screened some original, uncut Tom and Jerry cartoons, a rare treat that delighted members.

Meja Vesterlund from the Scottish Wildlife Trust gave a fascinating talk on red and grey squirrels and "Saving Scotland's Red Squirrels." Following the talk, members volunteered to construct squirrel feeders to assist the Trust's work.

Some Shed members recently visited their local Asda store in Bearsden, where they collected a generous donation of biscuits, sweets, and treats. Thank you to the Asda team for their generosity. These treats will be enjoyed by all visitors to the Shed.

Hamish added: "The Shed has also been experimenting with weekend opening hours, opening on Saturday 7th February from 1–4 pm, and on Sunday 8th February from 12–3 pm. Thanks to the volunteer key holders who make this possible, the Shed may be the first Men's Shed in Scotland to trial a seven-day-a-week opening!"

And, more great news—the Shed has been nominated for the prestigious [King's Award for Voluntary Service \(KAVS\)](#). Deputies from the Lord Lieutenant's office, Elliot Witherow and Liz Connolly, recently visited the Shed—meeting trustees and touring the building. The process continues, with further visits and reports being prepared for the London committee. "Just to receive this nomination is an honour—a major achievement for our Shed and recognition for all our members do," said Hamish.

The Shed continues to deliver practical projects alongside its social and educational activities. Thanks to Cooperative Funeralcare in Govan, the Shed has also acquired a quantity of American oak offcuts, perfect for decorative and ornamental projects.

Shed member Harry has been quietly working away in the garage, often unseen, and the results speak for themselves. He has created a striking sculpture of a couple sitting on a bench eating chips (pictured right), made from scrap metal, sand, and

cement turning it into a fantastic garden feature. What talent—well done, Harry!

As some members, like Harry, often work in the garage alone. Member Neil C installed a "walky-talkie" alarm. The alarm sounds at the key holder table in the Pagoda and can be reset once investigated—a simple but potentially life-saving addition.

To keep members connected and engaged, the Shed runs a number of WhatsApp groups covering a range of interests. These include *Bullshed* for banter, local news, and humour; *Err on a G-string* for music; *Workshop* for project discussions and advice; *K6 Phone Box* for renovation projects; *Red Dragon* for laser cutter enthusiasts; and the *Men's Shed Social* for social events. Trustees and key holders also have a separate group.

With a blend of creativity, camaraderie, and community spirit, Milngavie and Bearsden Men's Shed is more than just a place to meet – it's a place to learn, share, and be inspired. Whether it's crafting, cooking, volunteering, or simply enjoying good company, there's always something happening, and everyone is welcome to join in the fun.



**Bridge of Don Men’s Shed: Keeping their community cosy and fed this winter**

*As the winter chill bites, the Bridge of Don Sheddars stepped in with a heart-warming project to help keep local residents snug.*

Members of the Shed—including Chair Gary Mcleod, John Smith, Dennis Mackie and Graeme Franklin—recently popped along to a St Columba’s Church Friendship Group event to hand out 40 sets of draught excluders and warm throws to senior citizens in the area.

Gary explained that while the Shed has been working on making its own Shed base a warm, welcoming space with new windows, doors and insulation (plus a hot cuppa and bletcher available weekday mornings), they wanted to do something extra for others in the community so they turned to the Aberdeen Student Show for funding.

Their support helped cover the cost of gifts that are now keeping Bridge of Don’s older generation a bit more comfortable this winter. Chatting at the church, Shed members highlighted how meaningful it was to receive support from a younger group of student fundraisers.

Among those who received the cosy bundles, 81-year-old Mabel Jenkins and 85-year-old Dee Foster were fair chuffed with their cosy gifts, praising the Shed for its ongoing contributions to the community.

And, the Shed’s community role doesn’t stop there. Every third Saturday of the month rain, hail or shine, from 9am to 12pm, their popular producers’ market brings together local makers, bakers, growers and creators.

The market offers not only crafts and treats, but also fresh, wholesome, locally-produced food—helping to nourish the community in more ways than one.



L-R: John Smith, Gary Mcleod, Dennis Mackie and Graeme Franklin from the Bridge of Don Men's Shed. Image: Kami Thomson/DC Thomson

Now, with the launch of the [Bridge of Don Producers’ Market’s brand-new website](#), it’s easier than ever for locals to check market dates and learn more about the traders who make the monthly event such a success.

The market features an impressive range of traders, including artisan bakers, cheesemakers, coffee specialists, craft creators, honey producers, flower growers and much more. From sweet treats and savoury delights to handcrafted goods and fresh produce, the market has become a valuable platform for supporting small local businesses.

One firm favourite is Snochery Jocks from Kintore, Aberdeenshire—run by Allan and Sandra—whose stall is as entertaining as it is popular. Known for their handmade small-batch oatcakes, shortbread and tablet, they offer an ever-growing range of flavours—from classic plain oatcakes to cheese and chive, cheese and onion, and even extra-hot chilli varieties. Their latest addition, tomato and oregano oatcakes, has already proven a hit with regular market goers.



**Renfrew Sheddars’ Hootenanny raises £1,200 for local hospice**

*Renfrew Men’s Shed members John Carty and Ted Mullan have years of experience in the local music scene and organise an annual Hootenanny and invite their musician friends, family and the public along to raise funds for a good cause.*

This year’s event took place in the Renfrew Golf Club and was played to a packed hall. And, their chosen charity was also close to home. Their fellow Men’s Shed colleague Bryan Watson has been hands on in his voluntary contribution to the Accord Hospice over the last year.

John said: “We have been running our Hootenanny for many years and every year we choose different charities to donate to. This year, because of our fellow Shedder

Bryan’s voluntary work, we choose to donate to Accord Hospice.

“Bryan has made an outstanding effort in improving the landscaping and vocational activities on the Hospice campus. Renfrew Men’s Shed has donated materials and tools to assist in Bryans efforts. We were delighted to choose this cause.”

Ted Mullan said: “John and I have for years gathered up our musician friends and put on a show, this year we had 15 musicians making up five different bands. It was a great evening which we thoroughly enjoyed taking part in. We’re glad to contribute to a cause close to Bryan’s heart”

Guests at the event donated generously and took part in a huge quick-fire raffle whilst enjoying the variety of music acts.

## New opportunities at Stonehaven Men's Shed

Over the past year, *Stonehaven Men's Shed* has broadened its capabilities by introducing a range of new equipment to support its growing membership. Additions include a CNC router, a 3D printer, two laser etching machines, and a new woodworking lathe.

Former Chairman Bill Allan said: "These valuable acquisitions were made possible thanks to the very generous donation from the Stonehaven Beerfest, along with the fantastic support of the pupils of Mackie Academy, who raised funds through a sponsored walk. We are extremely grateful for this community support."

Originally, the Shed offered traditional woodworking facilities, a model-making room, and space for renovating mechanical and electrical equipment such as bicycles and garden machinery. These activities mainly attracted ex-engineers, tradesmen, and long-standing hobbyists.

Bill added: "The introduction of modern digital machinery has opened up tremendous new opportunities. Members with computer-based skills have been drawn in, while existing members have embraced the chance to learn something completely new.

"As a result, the Shed can now produce a wide range of items including signage and plaques, trophies, home décor pieces, and items for Christmas and Easter fayres, as well as various accessories.

"Our Men's Shed is equipped with an OMTech Polar 50W CO<sub>2</sub> laser system for precision cutting and engraving, with a 510 x 300 mm (20" x 12")

working area suitable for medium-sized components and signage. The 50-watt CO<sub>2</sub> laser can engrave and cut a wide range of laser-safe, non-metallic materials, including timber, slate, leather, glass, and acrylic, and can cut materials up to approximately 12 mm (½") thick depending on material type. It features integrated water cooling for stable operation and rotary capability for engraving cylindrical and curved objects, provided materials are CO<sub>2</sub>-compatible and do not produce hazardous fumes.

Bill added: "Today, the Men's Shed has a growing group of all ages involved in these new activities. One of our most recent additions is also one of our oldest: an 86-year-old ex-electrician who is keen to learn new skills and get involved in this new chapter of the Shed's work.

"The photos show some of our members in action and a selection of the items they create. They reflect not only the practical value of the donations received, but also the social benefits of the Men's Shed—bringing men together, encouraging learning at any age, and creating new opportunities for connection, creativity, and wellbeing."

It is important to highlight however that the Shed is not solely centred on woodwork, with an increasing range of non-practical and wellbeing activities now open to members. In recent years it has developed beyond traditional workshop pursuits to include health, fitness and social opportunities, attracting people with a wider variety of interests and abilities. New additions this year include a Pilates class led by instructor Steve, running alongside the existing Yoga sessions (pictured right).





**Foggie Shed—busy with blethers, bakes and big hearts**

***Aberchirder & District Men's Shed, fondly known as Foggie Men's Shed, has enjoyed a busy and festive season, bringing together Shedders, 'better halves', and the wider community.***

The Shed's Christmas get-together was another big hit this year with a delicious feast prepared by Shedders and their partners. Shedder Jim Paterson made his infamous curry, and Kathleen contributed a luscious lasagne that quickly disappeared among the hungry crowd!

A Christmas quiz, played on the Shed's fancy new screen and projector, provided laughter and competition, with prizes kindly awarded by the chairman. The celebrations extended to local school pupils who visited Santa at the Shed, enjoying Christmas songs and cartoons while patiently waiting their turn.

The Shed enjoyed a successful and productive day at The Foggie Neuk Christmas Fair in the Village Hall. Visitors also braved the weather in November to attend Shed Open Doors Day on International Men's Day

(on the 19th November 2025), sampling tasty treats and hearing from Vicky Wilde Prendergast from the Co-op about Fair Trade products and the history of the Co-operative.

In September, the Shed hosted an **SMSA Shed-Wise** session, welcoming neighbouring Sheds to explore the preventative health programme and consider its benefits for their members.

Fundraising has also been a highlight with the Shed's coffee morning in September raising £306 for the Air Ambulance, rounded up to £350 by the Shed to donate towards their new helicopter. The event attracted an impressive line-up of local sponsors and their kindness and community spirit helped make the coffee morning a resounding success.

Thanks go to the New Inn Aberchirder, Brown's Butcher Turriff, Celebrations Turriff, HIS Turriff, Ravenhill Turriff, Gary Persley Oldmeldrum, Boyndie Partnership, Spotty Bag Banff, Harbro, Giles and Grant Butcher, Peters Turriff, and Vicky Pendercrast, Co-op Area Members Activator, who also provided refreshments.

Support like this, alongside the home baking and help on the day, truly shows the strength of the local

community and is very much appreciated by everyone at the Shed.

Visiting Shedders from Fraserburgh Shed also enjoyed an evening exploring the Foggie Shed, sharing projects, and exchanging ideas—with the hope of a reciprocal visit in the near future.

Members have also been busy on practical projects, repairing and re-erecting the Aberchirder Community Garden sign and collaborating with Mears Care to build a bicycle storage unit for Blair, giving him a sense of achievement.

The Shed's Christmas wreaths, kindling, and logs have also been in high demand to help the community through winter with proceeds going towards the Shed's running costs.

With new opening times of Tuesday to Friday from 9am to 12.30pm as well as the introduction of some evening sessions from 6.30pm to 9.00pm—open to all for socialising, darts, cards, model making, woodturning, or simply a cuppa and a blether—the Shed continues to be a welcoming hub for friendship, skill-sharing, and community support, making a tangible difference in the local area while fostering camaraderie among its members.





Oakham Level Crossing Station



Superquickton

## Does your Shed have room for a Model Railway?

***Model railway modelling is fast becoming a popular and rewarding activity in Scottish Sheds—and with good reason. It brings together creativity, craftsmanship, problem-solving and shared learning, all wrapped up in a hobby that many members either fondly remember or are discovering for the first time. Here, railway author Ian Lamb explores why it is proving such a natural fit for Sheds and how even modest spaces can accommodate a layout.***

In the [October 2025](#) issue of The Scottish Shedder magazine (page 21), Ian Lamb—an author on both real and model railways and a familiar name in the Hornby and Bachmann Collectors' Club magazines—highlighted the growing enthusiasm for model railways as a Shed-based activity. This was clearly demonstrated at the SMSA National Gathering 2025 in Perth, where Nairn Men's Shed facilitated a popular workshop for SMSA members to showcase their impressive model railway to raise awareness and inspire others.

Tony Hartley from the Nairn Shed displayed his 'N' Gauge layout, allowing groups and individuals to see first-hand what is involved in building a working model railway. Such was the level of interest that Nairn Men's Shed has a desire to see a national Shed railway group set up and an annual exhibition dedicated to model railway layouts created within Scottish Men's Sheds.

This enthusiasm also reflects experiences elsewhere. In an earlier edition of The Scottish Shedder magazine, Ralph Grantham of Fraserburgh Community Men's Shed commented on the unexpected level of engagement: "We never thought there would be so much interest in model railways when the idea was spoken about at a members' meeting one day."

Beyond the technical and creative appeal, model railway building is widely recognised for its therapeutic value. As one retired enthusiast now living in Dorset observed: "Getting old is one of the things we lucky ones must face! So enjoy life and absorb yourself in the wonderful hobby of model railways. It's very therapeutic."

And, Ian highlights that a large space is not essential. Even a modest space can accommodate a simple diorama or compact layout, making the hobby accessible to many Sheds.

And support from Ian is available for groups considering whether railway modelling could work for them, including advice on layout design and how to avoid common beginner mistakes.

For many Sheds, getting started is the biggest challenge. With a wide variety of gauges, scales and systems available, it can be difficult to know where to begin.

Discussion and planning—ideally within the Shed itself—can help determine what type of layout would best suit members' interests, whether a small collaborative project or a more ambitious long-term build.

To help Sheds take those first steps, Ian Lamb has a significant supply of new and second-hand 00 scale track, points and related items available for donation to Sheds genuinely interested in offering model railway activities to their members.

This support is particularly aimed at groups wishing to construct their own bespoke layouts. In addition, several existing layouts are available, enabling a Shed to get up and running quickly, with members typically providing their own locomotives and rolling stock.

Ian Lamb has been Hornby's principal writer for around thirty years and also works closely with Bachmann, alongside involvement in a wide range of railway groups. His aim is to help Men's Sheds explore the creative, social and wellbeing benefits that model railway modelling can offer.

Sheds interested in exploring the possibilities, or simply finding out more, are encouraged to get in touch at [ianlambyct@gmail.com](mailto:ianlambyct@gmail.com).

A model railway could be the next engaging, skill-sharing project to bring Shed members together.



**In 2025, Sanday Men's Shed proudly welcomed its first Duke of Edinburgh's Award student—marking an exciting literal milestone for the Shed. Under the careful guidance and mentorship of one of their long-standing Shedders, Jimmy Walls, Josiah undertook an intensive period of learning focused on the repair and construction of dry-stone dykes.**

Dry-stone dyke building traditions vary from island to island, and Sanday Men's Shed is extremely fortunate to have Jimmy, who brings with him 80 years of local knowledge and experience of what he fondly refers to as "the Sanday Way".

Jimmy kindly offered to take Duke of Edinburgh student Josiah on as a trainee, and the Shed was happy to agree on the understanding that Josiah would be supervised at all times by Jimmy. This approach worked exceptionally well and proved to be a rewarding experience for everyone involved.

Throughout his placement, Josiah learned practical skills, gained confidence, and became a valued presence within the Shed. On completing his course, he reflected on his experience: "I really enjoyed working with Jimmy and the Men's Shed. They were really welcoming, and I felt like I got included nicely. It's made me confident to tackle my own stone wall at home. I really enjoy having the Men's Shed as part of my schedule and want to keep

going back, as the whole Men's Shed made me feel welcomed."

In recognition of his outstanding commitment and progress, Josiah was presented with a certificate by Jimmy (pictured below left) at Sanday Men's Shed on completion of his course.

Alongside mentoring Josiah, Jimmy has also been generously passing on his skills and experience to other Shed members. The Shedders have been busy rebuilding the dykes around the Shed and creating an impressive new "Standing Stone" at the entrance (pictured above left), which is fast becoming a point of pride here on Sanday.

Francis Edwards from Sanday Men's Shed added: "As a Shed, we are keen to learn how other Scottish Men's Sheds accommodate the Duke of Edinburgh's Award scheme. What policies or procedures are in place to support young people's safety, learning, and enjoyment within your Shed? If you have advice or examples you're willing to share, we would love to hear from you. Please email us at [sandayshed@gmail.com](mailto:sandayshed@gmail.com)."

**Pictured clockwise:** the dry-stone dyke, presentation of the certificate to Josiah, Josiah with his proud Father, the certificate; and Jimmy handing over the certificate.



## Sanquhar Shed acts swiftly to save the birds

*When the call went out to help one of Scotland's most intriguing and endangered birds, [Sanquhar & District Men's Shed](#) didn't hesitate—they acted swiftly, quite literally.*

The Shed has been busy delivering an inspiring intergenerational project focused on conserving Swifts, the remarkable summer visitors whose screaming aerial displays have long been a soundtrack to warmer days.

Working alongside local Swift conservation enthusiast Andrew Turney, the Sanquhar Sheddors are building Swift nest boxes and innovative electronic Swift callers to help reverse the dramatic decline of these extraordinary birds.

### A bird in trouble

In just 25 years, more than half of the UK's swifts have disappeared, largely due to the loss of nesting sites caused by modern building practices and renovations. Buildings are increasingly made airtight, with gaps and cavities sealed, leaving swifts with nowhere to nest.

Each May, swifts begin their remarkable 7,000-mile journey to the UK to breed, returning to Africa by late July or early August. They need suitable nesting places to be waiting for them—without them, many cannot breed successfully. That's where some Sanquhar Sheddors have stepped in.

### Shed skills take flight

Sanquhar Shedder Andy Williamson first became interested in the cause after attending a talk by Andrew Turney on the rise of Swift conservation work across Dumfries & Galloway.

"Before attending the meeting, I'd have said there were no Swifts here," Andy admits. "Then I went out with Andrew and was shown loads of them. We just weren't looking for them—but they are most certainly there."

Soon, Sanquhar Men's Shed members were fully on board. Andy Williamson led on the construction of Swift nesting boxes, while young Shedder 'Draco' has taken on the technical challenge of designing and building electronic Swift caller units—a fantastic example of intergenerational learning in action.

Swift callers are small electronic devices that play the fast, high-pitched

"screaming" calls Swifts use to communicate. Played at specific times, these calls help attract Swifts to new, unoccupied nest boxes, encouraging them to investigate and settle.

Draco's caller units (prototype pictured right) are solar-powered and purpose-built for conservation use. "My goal is to have the first batch of Swift caller units ready by mid-February," Draco explains.

This will include:

- Developer Kits—designed for other Sheds to incorporate into their own builds. These include the custom SC-MPU (Swift Caller–Main Processing Unit), pre-programmed software, solar panel, speaker and a maintenance manual
- There will also be the option to purchase full units—fully assembled and ready to be installed in the field

"We're working hard to keep costs as low as possible for Sheds interested in getting involved," Draco adds. "And the caller can actually be adapted for use with other bird species too."

Sanquhar Men's Shed plans to have all boxes and units ready to sell at their popular annual coffee morning.

### Sharing the knowledge

Inspired, Andy invited Andrew to give a talk at the Dumfries and Galloway Men's Shed Network meeting where approximately ten Men's Sheds had representatives present.

Andy also gave a practical rundown on building Swift nest boxes, while Draco demonstrated his caller device—designed and built completely from scratch.

The response? Several Sheds immediately expressed an interest in building their own Swift boxes—brilliant news for Swifts and a real testament to the power of Shed-to-Shed knowledge sharing.

### Let's take this Scotland-wide

With Swifts returning around May, now is the perfect time for Men's Sheds all across Scotland to get involved. Conservation priorities are clear, we must:

- Find and protect existing nest sites
- Extend current colonies using swift bricks, nest boxes, and other suitable options
- If swifts are regularly seen in an area but no nesting sites obvious, consider establishing a new colony.



## Did you know?

- Swifts often sleep on the wing
- Swifts are long-lived, often reaching up to 20-25 years
- They are fiercely loyal to their homes, returning to the same nest sites and colonies year after year

### Inspiring footage

For a closer look at swifts in action, [check out the inspiring coverage](#) by Hamza in *Hidden Wild Isles* (BBC iPlayer). The swift segment (7m) from 43:44—50:35 mins beautifully captures these incredible birds in their urban habitats.

### Here's how you/Sheds can help:

- Get in touch with [Sanquhar Men's Shed](#) to chat about the project or [visit the project webpage](#) which hosts the developer kit resources (sounds, firmware, manuals etc.)
- Search the [Swifts Local Network](#) for a group near you—or start one if none exist in your area! [Andrew](#) is happy to offer advice on this.
- Record nesting sites and Swift screaming parties on [Swift Mapper](#)
- Raise awareness locally—promote the cause and the installation of Swift nest boxes or Swift bricks, especially during renovations or new builds

**Swifts have shared our skies for centuries and thanks to the creativity and collaboration taking place at Sanquhar Men's Shed, they have a better chance of doing so for many generations to come. Let's act swiftly—together and watch this space for more updates.**



## Auchterarder Men's Shed doubles workshop capacity in a day!

*Is it possible to double your Shed's workshop space and erect a brand spanking new workshop in just one day? If you take a look at the photos, you'll see exactly how [Auchterarder and District Mens Shed](#) managed it — with teamwork and plenty of enthusiasm!*

The Auchterarder Shedders came together earlier this month to assemble their brand-new, purpose-built workshop, marking an exciting milestone for the Shed.

The new workshop has been made possible thanks to generous funding from the Friends of St Margaret's Hospital and the Auchterarder Community Trust Fund. The Shed is extremely grateful for this support, which has enabled a major step forward in both facilities and opportunities for members.

By doubling the available work area, the workshop will allow more members to get involved at the same time, making it easier to share skills, take on larger projects and welcome new faces.

The space has been named the "John Boyd Shed", in recognition of founding member John Boyd, who has served as Shed Secretary since the group was established in 2017.

It's a fitting tribute to someone who has played such a key role in the Shed's journey.

As always, the Shed is busy with practical projects that benefit both members and the wider community. Current work includes building new staging for Auchterarder Bloom Association's polytunnel, fitting out the new workshop with sturdy workbenches, and crafting hedgehog boxes to help reverse the decline of these much-loved garden visitors. These projects not only produce something useful, but also provide a relaxed, sociable environment where members can work at their own pace shoulder-to-shoulder.

Auchterarder and District Men's Shed is about much more than just wood and tools though. Alongside workshop activities, members also enjoy music, with a friendly ukulele group proving particularly popular—and was a huge hit at the SMSA National Gathering in October 2025. So, whether you're handy with a hammer, curious to learn something new, or want to give the ukulele a go—all while enjoying good company, this is the place for you.

The Shed meets every Tuesday and Thursday from 2–4pm at the Parish Church Community Centre, and new members are always assured a warm welcome.

To find out more, email [auchterardershed@gmail.com](mailto:auchterardershed@gmail.com) or contact John on 07767 876489.



Govan Shedders Bobby and James pictured with Lochie the Scottie at Buchanan Galleries

## Men's Shed Govan goes barking mad!

*Men's Shed Govan has well and truly gone barking mad—but all for a brilliant cause! As Maggie's prepares to unleash a pack of giant Scottie dogs across Glasgow next summer, the Govan Shedders have rolled up their sleeves to build the sturdy plinths these colourful canines will proudly stand on.*

**Maggie's** is famous for offering a unique kind of cancer care—bright, welcoming spaces where you can get help managing stress, sort out money worries, or just have a friendly ear when you need someone to listen.

Now, a pack of giant Scottie dogs is heading to Glasgow in summer 2026 – all to raise awareness of Maggie's and the amazing support they give to people with cancer, and their friends and family.

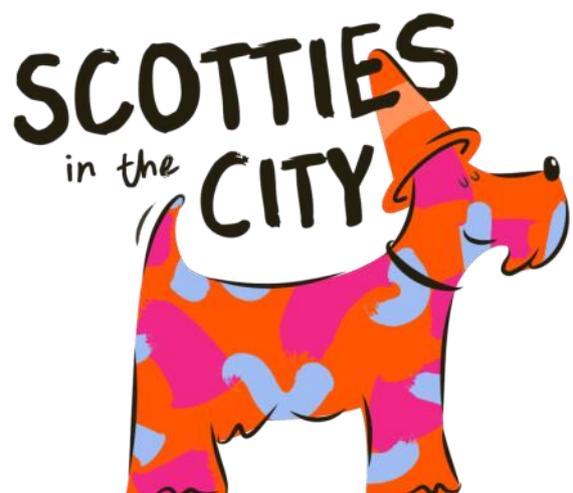
Each Scottie on the trail will be a one-of-a-kind creation, designed and painted by talented artists, and sponsored by local businesses.

**Men's Shed Govan** is proud to be playing their part. With a core build team from Men's Shed Govan including James, Scott, and Bobby. Men's Shed Govan is contributing by building the plinths that the Scotties will sit on. The Shed may construct as many as fifty plinths, depending on Maggie's requirements.

The first plinth has already been completed and is now on display at Buchanan Galleries in Glasgow (pictured above).

Updates will be shared as the Shed team continues its work alongside Maggie's. While the project highlights the Shed's craftsmanship, the focus remains on Maggie's and its charitable mission, and support for the charity is encouraged.

For more information on the Scottie Dog Art Trail, please visit [scottiesinthecity.co.uk](http://scottiesinthecity.co.uk)



## Hidden Poets of the Shed

If you asked most Shedders whether they are poets, you'd likely get a quick response of "no, nae me". But once you spend time in a Men's Shed, you'll hear it straight away: the stories shared, sharp one-liners, quiet observations and quick wit that sticks with you long after the kettle's boiled.

Poetry doesn't arrive neatly on a page. Sometimes it's in the way a Shedder talks about his past—his parents, working life, a football result that still stings, or a moment of unexpected kindness. Many men have been sharing stories all their lives without ever calling them that.

The Shed gives the space and the time for those voices to come out. A place where words don't have to be well-polished or clever—just true. And when pen is finally put to paper or fingers hit the keyboard, it often surprises everyone, including the writer themselves.

In this issue of The Scottish Shedder magazine, one Shedder has done just that. Ken Moore from The Men of

Leith Men's Shed has written this fantastic poem to share with Scottish Shedder readers and is excellent proof that there are far more poets in our Sheds than anyone ever realised.

The poem on the right takes a different slant, with an unexpected co-writer: artificial intelligence (AI). Using AI as a starting point, Clyde Coast and Cumbraes Men's Shed Secretary Michael Reid fed in a few ideas of what he wanted, then shaped the result into something meaningful for the Shed's recent Burns Supper.

It's a reminder that new tools don't replace lived experience—they can just help unlock and shape it. Whether it's pen and paper, a conversation over a cuppa, or a bit of modern tech, what matters most is finding a way for voices to be heard and recorded.

## Got something to say?

If you have a Shed poem, short story, or piece of writing that you'd love to share, we'd be delighted to hear from you. Send your words to Michelle Wibrew at the SMSA at [comms@scottishmsa.org.uk](mailto:comms@scottishmsa.org.uk).



## Scriveens Frae Newhavens Men's Shed

*Written by Shedder Ken (James) Moore from The Men of Leith Men's Shed*

Aw jings crivens, help ma boab!  
Whit dae ye dae wi'oot a job?  
Lang dawlie days an weary nights  
Ah'll hae tae dae somethin tae pit things right.

But whit tae dae ah dinna ken  
The best laid schemes o' mice and men  
Gang aft agley, or so they say  
Something wull turn up ah hoap an prey

A'n then while stravaigin aboot yin day  
Doon bi the harbour a often wud stray  
Eureka ! Eureka ! oot o the blue  
Newhaven Men's shed cam intae view

So in ah go for the guided tour  
Lot's o noise an plenty stoor  
Met some shedders an they a seemed fine  
A place nae doot ah could spend some time

Now monies a month's gaun by sin then  
An still twice weekly ah like tae attend  
Wi help an advice again and again  
A muckle big thanks tae the shed o the men.



## The Men's Shed by Rab 'AI' Burns

*AI-generated by Shedder, Michael Reid for the Clyde Coast and Cumbrae Men's Shed's 2026 Burns Supper*

Ode to the Men's Shed, sae braw and free,  
A haven for laddies, frae toil and frae glee,  
Wi' hammers and saws, and tales lang and wide,  
A place whaur kinship and craft dwell side by side.

Beneath the airm, 'neath the heather's bloom,  
They gather in comfort, in laughter and gloom,  
Wi' hands that are steady, and hearts that are kin,  
A brotherhood strong, frae the outside's din.

Wi' spanners and chisels, and stories they share,  
O' days gane by in auld friendship's care,  
A refuge for men, aye, sae hearty and true,  
In the shed's warm embrace, 'neath the sky's vast blue.

So let us raise a glass, to this noble place,  
Where men find their solace, their joy and their grace,  
A sanctuary built, wi' love and wi' wood,  
The Men's Shed, aye, it's a treasure sae good.

## Finding his way back to the bench

*Jimmy Cormack, 75, on craft and companionship at Kinlochleven Men's Shed*

*After a lifetime of work, family and responsibility, Jimmy Cormack thought his joinery days were long behind him. But at [Kinlochleven Men's Shed](#), skills set aside for half a century have found new life—along with friendship, purpose and a place to belong.*

Jimmy Cormack's hands remember things his head hasn't touched for decades. At 15, he went to work with a local joiner, learning the trade under a man called Jimmy Harrison. It was a promising start — but life, as it often does, had other plans.

"I never got my apprenticeship started," Jimmy says. "So I left pretty early to seek more money. That was my mother's idea, not mine."

Brickwork followed. Then years passed. Then decades. The joinery skills he'd picked up as a teenager were shelved, put on hold for nearly 60 years. It wasn't until much later—and much closer to home—they resurfaced.

Jimmy was there at the very beginning of Kinlochleven Men's Shed, involved when it was still just an idea: meetings, planning, health and safety discussions. But when his wife became ill, everything else took a back seat. "My wife was ill for two years," he says. "So I stepped away from the Shed at the development stage."

Now, thankfully, his wife is doing much better and that change gave Jimmy something precious again: freedom. A gentle nudge came from another local initiative—the 'Blokey Brew', a group of men from Ballachulish who meet every second Tuesday for a cuppa, conversation and the odd outing. "One of the outings was back to the Men's Shed," Jimmy explains. "I went back the next week."

These days, you'll find him at the Shed twice a week—every Tuesday and Thursday—he says. "I returned to the Shed a year ago to find a space full of life. It's a pleasure to work there. It really is —with the boys."

He brought his tools with him — hand tools, saws, drills — rescued from a tiny cellar at the back of the house. When he arrived, one familiar sight sealed the deal.



"My saw was there. So I started doing it up, making it workable again. And it just went from there."

Because Jimmy uses a wheelchair, accessibility matters —and at Kinlochleven Men's Shed, it wasn't an afterthought. With the support of fellow Sheddors, his workspace was redesigned so he could work comfortably and independently.

"They've done all that for me," he says simply. Now, the Shed is building something even bigger: a workbench designed to accommodate more wheelchairs. It's practical, yes — but it's also a statement. "I'd like to see more folk with physical disabilities joining the Men's Shed," Jimmy says. "It's not just joinery. We do everything. We've got our own electrician, our own painter. Some of the boys organise things. If I need a bit of wood, somebody'll hunt it down for me. No question." What he describes isn't just a workshop—it's a team. "We're a family," he says. "And because we're a family, there are differences of opinion. That's what makes the tea breaks interesting."

There's banter too. Plenty of it. Sailors debating sailing, old Navy stories colliding with modern-day boating adventures. Opinions are exchanged, challenged, laughed off. "It's just for the crack," Jimmy smiles.

For him, the Shed is also about passing skills on— gently, informally, without pressure. One current project involves upgrading a small table saw and showing another young man, from the 'Blokey Brew' group, how to use a router. "If he likes it, he might come along more often," Jimmy says. "He might even join himself."

That's how it works. Quiet invitations. Open doors. Jimmy believes Men's Sheds could play an even bigger role in the future—especially when it comes to skills.

"There's not enough joiners, electricians, plumbers," he says. "The technical teachers are being taken out of schools. Kids aren't getting woodwork experience anymore." The Shed, he says, is a great leveller. "It doesn't matter if you've got a university degree — you're still making tea. You still muck in."

Through the Shed, Jimmy has found himself reunited with old friends he once "palled about with" in Kinlochleven—men he'd played darts with back when the village had three or four competitive teams and a busy social scene. Some are familiar faces from his wife's school days; others are family in the way Highland communities understand family—cousins of cousins, connections that stretch back generations. "Up here, that's just how it works. We used to say if you were related to anybody on the ferry, you got across for nothing."

Looking ahead, Jimmy hopes to keep going as long as the ideas last. There's talk of a Men's Shed opening closer to his home in Ballachulish—welcome news, especially when winter travel starts to feel less appealing.

"I don't fancy travelling seven miles in the snow when I'm 90," he laughs. Would he help set one up? Of course — in his own way. "I'll offer my services," he says. "But I don't want to be bogged down in paperwork. I've done enough risk assessments in my time. I'll let somebody else organise it — I'll take the fun part."

It's a fair deal. And one that sums up Jimmy perfectly. At Kinlochleven Men's Shed, he's not just rediscovered old skills — he's found community, purpose and a place where everyone, regardless of background or ability, works on the same level.

"I actually look forward to going," he says. And that's the biggest impact of all.



Image: Motherwell FC



## Carluker Men’s Shed crafts lasting legacy in Motherwell FC Memorial Garden

Members of [Carluker Men’s Shed](#) have created a touching new feature within the Memorial Garden at Motherwell FC, helping families and supporters connect, reflect, and share memories of loved ones.

As part of a project in partnership with the [Well Society](#), the Shed built a beautiful wooden box to house the special ‘Well Remembered’ notebook.

This thoughtful addition invites visitors to write messages, share stories, drawings, and poems, creating a living tribute within the garden.

The project was led by Carluker Men’s Shed member Gerry Howley, who carefully crafted the box in his own garage. His dedication and skill have created something that will serve the Motherwell community for years to come. Fellow Shed member Tom Kennedy and his wife Wendy were particularly touched to be involved, having known young supporter Zac Gunn.

Zac was a devoted Motherwell fan who was diagnosed with pulmonary hypertension in 2019, a rare condition affecting the heart and lungs. He faced his illness with courage, but sadly passed away last year.

The memory box was originally designed to be raised beside a memorial bench, but it has since taken on an additional, heartfelt purpose. Children visiting the garden naturally began using it as a seat—as it was just the right size for them—and it has remained that way.

Sally Hall, Development Manager at the Well Society, reflected on the importance of the new addition. She said: *“When we reopened the garden and invited families whose loved ones’ ashes are interred here, we were struck that none of them had ever met each other before. The book is for them and other visitors to the garden to record thoughts, drawings, memories, poems which the space inspires. It serves as a reminder to people that they are not alone, and are part of the Motherwell FC family.”*

The project highlights the powerful role Men’s Sheds play in their communities—not only building practical items, but creating meaningful spaces for connection, remembrance, and healing. Through their craftsmanship, Carluker Men’s Shed has helped ensure that memories, stories, and the spirit of supporters like Zac will continue to be shared for generations to come.



## Allan's precision, patience and pride is a cut above the rest!

Allan McGhie of *Harbourside Men's Shed* in Irvine has created an outstanding end-grain chopping board—a solid, hard-wearing example of Shed craftsmanship that shows just how high the bar can be set.

The board, measuring 16 x 16 inches and a substantial two inches thick, is crafted from cherry, maple and beech hardwoods, arranged to create a bold, eye-catching mosaic pattern.

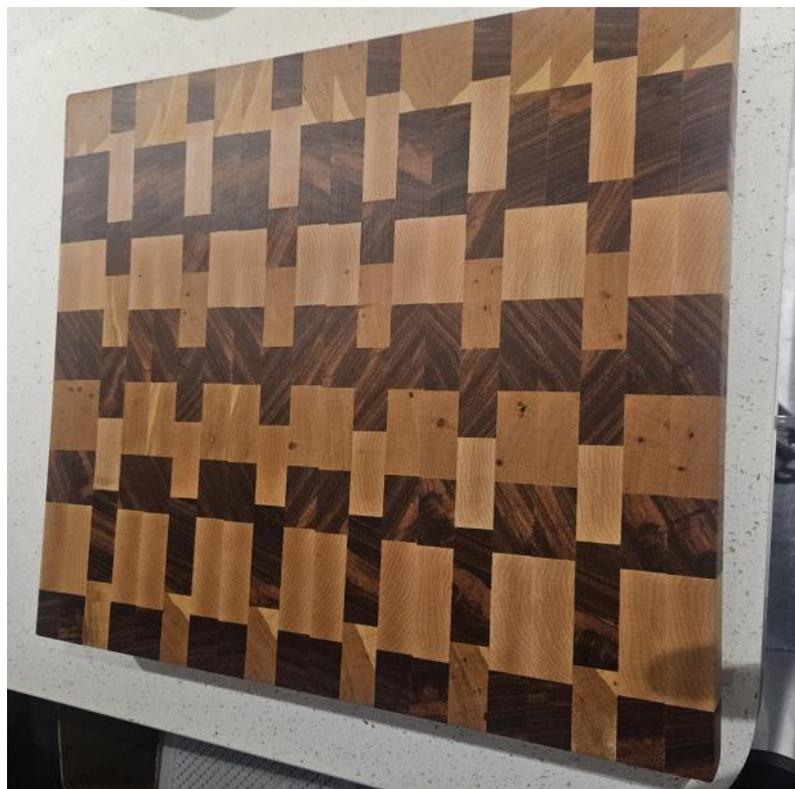
The project caught the attention of SMSA Development Officer Stewart Beck, who spotted the unique project on a recent Shed visit. Stewart said: "This guy is making some seriously exceptional-quality chopping boards," adding that it was clear the piece deserved to be featured in *The Scottish Shedder* magazine.

Allan said: "The build began with the hardwoods cut into 1-inch and 2-inch strips, carefully glued before being cross-cut and turned to expose the end grain. This method not only enhances durability but gives the board its distinctive, tiled appearance, with impressively tight joints and clean glue lines throughout.

"It took four days to complete it, the board was sanded progressively through 80, 110 and 240 grits. A 45-degree chamfer was then added to the underside, followed by water popping to raise the grain and a final re-sand with 240 grit, ensuring a smooth, professional finish."

The final step was carefully applying food-safe oil to bring out the rich tones of the woods and protect the surface, before attaching sturdy feet (shown right), to lift the board slightly off the countertop.

The result is not only a practical kitchen tool but also a striking piece of functional art, combining form and function in true Shed style. Ready for use, the board stands as a testament to Allan's meticulous approach, patience, and unwavering pride in his craft—a piece that will undoubtedly be admired, used, and treasured for years to come.



# Garioch Community Kitchen's Meals for Men

## Fish & Vegetable Pie

This recipe creates four servings—one to eat and the leftovers freeze well!

### Ingredients:

- 5–6 potatoes, washed, peeled and cut into quarters
- 1 onion, finely chopped (or 1 cup frozen chopped onion)
- 1 carrot, finely chopped (or 1 cup frozen chopped carrot)
- 1 small tin of peas, drained
- A large handful of fresh or frozen spinach
- ½ pint double cream
- About 50 g Cheddar cheese, grated (or 2 handfuls)
- 400 g of any fish you like, skin removed and cut into bite-sized chunks:
  - ⇒ Cod – classic, flaky, easy to cook
  - ⇒ Haddock – mild flavour, slightly sweet
  - ⇒ Smoked haddock – rich, smoky flavour
  - ⇒ Pollock – budget-friendly, firm texture
  - ⇒ Salmon – richer taste, works well in pies
  - ⇒ Hake – soft and tender, holds up in baking
  - ⇒ Tilapia – mild and easy to find
  - ⇒ Trout – slightly stronger flavour, still works
- 1 tsp English mustard
- A handful of parsley, finely chopped
- Juice of half a lemon (or to your taste)
- A little oil for frying

### Method:

1. **Preheat the oven to 180°C**
2. **Cook the potatoes:** Put the potatoes in a pot of boiling water with a pinch of salt. Boil for 15–20 minutes until soft. You can test to see if they are ready by poking them with a fork. Drain the potatoes and place into a bowl. Mash with a little oil, butter, or milk. Add salt and pepper if you like. Set aside.
3. **Cook the vegetables:** Heat a little oil in a frying pan on medium heat. Fry onion and carrot for about 5 minutes until soft. Add peas and spinach and stir until warmed through.
4. **Make the creamy mix:** Pour in the cream and heat gently until almost boiling. Take off the heat. Add cheese, mustard, parsley, and lemon juice. Stir well.
5. **Assemble the pie:** Put your fish into an ovenproof dish. Pour the creamy vegetable mix over the fish. Spread mashed potato evenly on top. Sprinkle extra cheese on top if you like.
6. **Cook in the oven:** Heat oven to 180°C. Bake pie for 25–30 minutes, until the potato is golden. ***Air fryer option:** Cover loosely with foil for the first 10 minutes. Remove foil and cook for another 10–15 minutes.*
7. **Serve:** Season to your taste and enjoy! Serve with any extra vegetables you like.

For more simple recipes, please visit:

- [NHS Healthy Recipes](#)
- [Confidence2Cook Recipes](#)





## Oral Cancer Awareness

Did you know that oral cancer can occur in the mouth, lips, tongue, cheeks, palate and/or throat?

### Signs and Symptoms

- Persistent mouth ulcers that don't self-heal
- Red or white patches in the mouth
- Lumps, bumps or swelling in the mouth, jaw or neck
- Difficulty swallowing or speaking
- Unexplained bleeding or numbness
- Persistent hoarseness or a change in the sound of your voice



### Facts and Figures

- Oral cancer is one of the fastest growing cancers in the UK and in the top 10 most common cancers in men in the UK
- Many cases are preventable – there were 10,000 approx. cases reported last year in the UK
- Men are twice as likely to develop oral cancer as women and 78% of cases develop in those aged over 55
- Mouth cancer causes more deaths than testicular and cervical cancer combined – 3637 approx. last year in the UK

### Risk Factors and How We Can Reduce Risk



**Tobacco use** (smoking or chewing) – tobacco users are six times more likely to develop head and neck cancer, if you wish to stop smoking there are lots of services now available, see [Quit smoking - Better Health - NHS](#)



**Excessive alcohol consumption** – This can increase your risk by up to four times - cut down on the levels that you are consuming, if you are struggling to do this, please seek professional help such as your GP or the link attached [Drink less alcohol - Better Health - NHS](#)



**Human Papilloma Virus (HPV) infection** – spread through unprotected sex but vaccinations are now available to academy aged children



**Poor oral hygiene** – brush twice daily, for two minutes with a fluoride toothpaste, using the spit don't rinse method



**Sun exposure (lip cancer)** – please use products that contain SPF and apply to lips, face, neck and don't forget the top of your head, this applies to here in not so sunny Scotland not just when we are in hotter climates

### Early Detection

- Early detection saves lives! Five-year survival rates have barely improved over the past decades, largely due to late detection."
- Be alert to what is normal for yourself and do [regular self-checks](#)
- Regular dental check-ups – everyone should be attending the dentist annually, even if we don't have our own teeth!

### Useful Links

If you would like more information, the following websites are a great starting point:

- [Mouth Cancer Foundation](#)
- [Oral Health Foundation](#)





## Get fitter, feel stronger – free programme for men affected by prostate cancer

A free 12-week programme is returning to Kilmarnock to help men affected by prostate cancer get stronger, fitter and feel more supported.

Developed by Prostate Scotland and the SPFL Trust, Prostate FFIT (Football Fans in Training) takes place at Rugby Park and combines light exercise with friendly group sessions led by trained community coaches from The Killie Community.

It's suitable for all abilities and focuses on building confidence, improving wellbeing and supporting men through and beyond treatment.

Many men say the programme helps them feel less isolated and more in control of their health – and friendships often continue long after the programme ends.

There are 16 places available, register to secure your spot.

-  **Starts:** The programme kicked off on Friday 6th Feb at 10.30am-12.30pm however places still remain
-  **Location:** Rugby Park, Kilmarnock FC
-  **Cost:** Free
-  **Register here:** <https://spfltrust.org.uk/prostateffit> or email [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk)





## Places for People: Commitment to Social Value

*The UK's leading social enterprise, **Places for People**, recognises that communities across the UK are facing significant and complex challenges. Poverty, inequality, a shortage of suitable and affordable housing, and continued pressure on public services all impact the wellbeing and resilience of individuals and families. In response, Places for People's commitment to social value is embedded in everything they do, with the clear aim of helping our communities not just to cope, but to truly thrive.*

At the heart of the social enterprise's work is the belief that safe, secure and affordable housing is a foundation for strong communities. Alongside tackling the housing crisis, Places for People is committed to improving health, wellbeing and life chances through meaningful collaboration, partnership working and long-term investment in people and places.

Its Environmental, Social and Governance (ESG) strategy is built around three key social themes:

### Managing Communities

Places for People is committed to ensuring its homes are safe, secure and affordable, while delivering services in a way that is customer-focused, inclusive and accessible. By putting people first, the organisation aims to make every interaction with them as straightforward and supportive as possible.

### Developing Communities

Places for People is addressing the housing crisis by building more

affordable, future-proof homes that meet net zero standards. These homes are designed not only to meet today's needs but also to support sustainable, resilient communities for the future.

## Helping Communities ...and Sheds!

The organisation remains firmly committed to increasing the social value it generates year on year. By supporting individuals, families and community groups like Men's Sheds, the organisation helps people build skills, improve wellbeing and strengthen local connections.

## Free meeting space for community groups

A strong example of this commitment in action is **Hays Community Hub**, an **accessible, welcoming and inclusive community space** located at 4 Hay Avenue, Craigmillar, Edinburgh, EH16 4AQ—which would make an ideal space for Shed gatherings.

The Hub has developed a trusted and well-established relationship with the local community, welcoming over 500 community participants a week.

Its reach is wide, the programme is well attended, and the space is widely recognised as safe, relaxed and welcoming.

Hays Community Hub hosts **weekly pop-up sessions** for organisations, services and groups seeking to raise awareness and engage directly with local people.

These pop-ups provide maximum reach and meaningful engagement in a supportive environment. The agile community space is **free to use for short-term, long-term and one-off bookings** for up to 70 people at a time, ensuring that cost is never a barrier to community-led activity.

The Hub delivers a diverse and inclusive weekly programme that responds directly to local need.

Activities include ESOL assessments and classes, everyday English sessions, employability and skills development courses, wellbeing and peer support groups, cultural activities, food provision, physical activity, and creative opportunities.

These range from community walking groups, sewing and craft sessions, cooking classes and boxing for fitness, to specialist support such as the Parkinson's Social Café, Mindful Mothers, men's and refugee support groups, and youth provision.

Practical support is also a core part of the Hub's offering. The Hays Community Pantry provides affordable food, helping households stretch their budgets, while the Pet Foodbank ensures that no one has to choose between feeding themselves or their pets. Clothing provision, wellbeing sessions and employability support further strengthen the Hub's impact.

Hays Community Hub operates seven days a week, offering activities for all ages, backgrounds and abilities. From multicultural youth groups and Scouts on Saturdays, to full-day community-led provision on Sundays, the Hub remains a vibrant, well-used space that reflects and celebrates the diversity of Craigmillar.

Through Hays Community Hub, Places for People demonstrates how social value is delivered on the ground: by listening to communities, working in partnership, and creating spaces where people feel welcome, supported and empowered.

**For further information, please contact [Suzanne Douglas](#), Social Impact Officer or [Katie Brash](#), Community Engagement Worker.**



# Your next career step awaits!

## ***An opportunity to join the SMSA Team in a flexible home-based role and make a real difference across Scotland!***

After years of dedicated service supporting our Scottish Men's Sheds, our longest-serving Development Officer Tim Green is retiring.

Reflecting on the vital role that this position plays for Men's Sheds across Scotland, the Association is looking to recruit one or two part-time Development Officers (**2–3 days a week, £26–29,000 pro-rata**) to cover the East Coast, from Moray to the Borders.

The successful candidate will support Men's Sheds across the region at every stage of their Shed journey—from start-up to sustainability. This includes helping new Sheds get off the ground, providing advice and guidance to existing Sheds, delivering men's health workshops, supporting volunteers, and ensuring each Shed is equipped to thrive long-term.

### **Desirable:**

- Previous experience working with Men's Sheds or similar community-based organisations
- Experience in co-ordinating public meetings to gauge interest
- Knowledge of men's health and wellbeing issues
- Experience with reporting and monitoring support delivery and outcomes
- Familiarity with community groups in the East Coast region

### **Essential:**

- Strong community development, learning, and engagement experience
- Confident presenting and delivering workshops
- Computer literacy
- An ability to work independently and in a team

### **Practical requirements:**

- Own transport, clean driving licence, and flexibility to travel across the region
- Good health and energy for a people-focused role

### **Why join the SMSA team?**

You will be part of a small, committed team making a real difference in Scotland's largest men's health and wellbeing charity with a passion for supporting local communities.

This part-time opportunity offers a flexible, home-based role to minimise travel and maximise work-life balance whilst keeping our charity's travel costs low.

### **How to Apply:**

Email SMSA CEO Jason Schroeder at [ceo@scottishmsa.org.uk](mailto:ceo@scottishmsa.org.uk) for an informal chat or to request further details.

### **Job start date:**

ASAP. Apply today to join a passionate team dedicated to men's health and wellbeing!

**Please share — the right person might be just one post away!**



**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  
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*In Scotland, For Scotland*

