

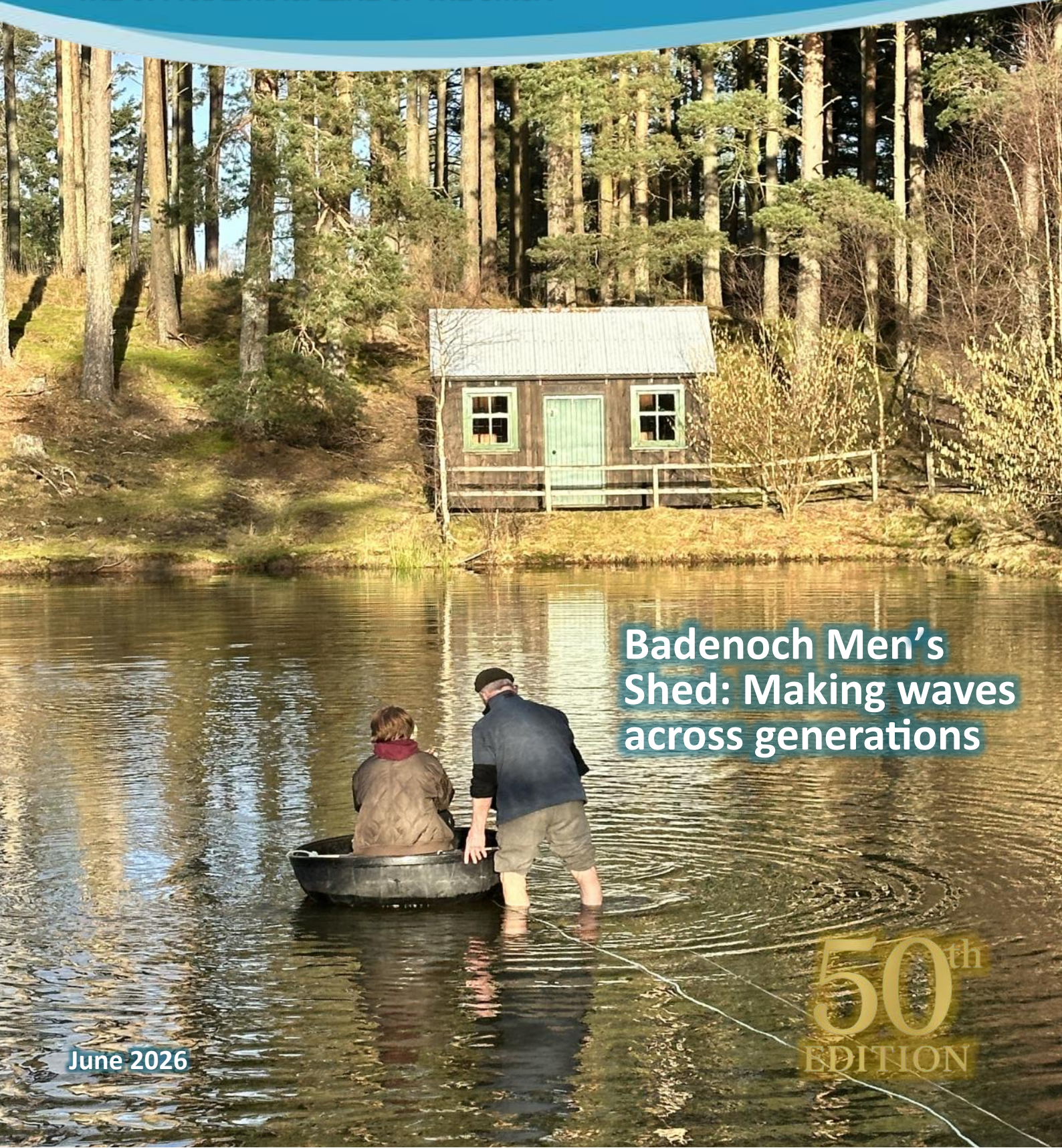
THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTLAND'S LARGEST
MEN'S HEALTH & WELLBEING CHARITY

In Scotland, For Scotland



Badenoch Men's
Shed: Making waves
across generations

June 2026

50th
EDITION

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Badenoch Men's Shed's making waves across generations

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 5,100 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

Send a contribution

DEADLINES FOR UPCOMING ISSUES:

AUG 2026—Fri 14th Aug 2026

OCT 2026—Fri 16th Oct 2026

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Welcome to the 50th edition of The Scottish Shedder magazine! Now how did that happen? When I started creating the newsletter back in 2015, I hoped it would become a magazine as my background is in newspaper publishing and other magazines over the decades.

Another dream realised and thanks to our wonderful 'Sheditor' Michelle—who took over edition 9 back in 2019—and you guys promoting your Sheds, the incredible personal stories of your lives, community projects and all the life changing magic that happens in the Scottish Men's Sheds movement, it is now the magnificent beast we all receive every second month which—as your feedback shows—is a highlight of the week over a cuppa. Lets raise our mugs of a fine brew to the next 50 editions. Cheers and enjoy this special edition.

Let us know what you think of our publication if you haven't already. Is the publication meeting your needs? Should we introduce some new features you would love to know about? [Let us know here](#).

Thank you to the 1,478 people who have signed our 'Silent No More' petition so far.... can we urge you to help us hit the next milestone of 2,000? The pen is mightier than the sword and we need your (online) pen! [Please click here to sign and share the campaign](#).

Men's Health Week was in June (15th-21st)—lots of health promotion in this issue from our partners, Prostate Scotland and Alcohol Change UK—please do take a few moments to read and share with fellow Shedders.

Yes, the prostate is an important and unique organ just men have and it is not often acknowledged or known about until something starts going wrong—it's so important to your sex life we made an animation video about it in our You Tube Channel—[check out 'The Three Amigos' here](#).

[Alcohol Awareness Week 2026](#) runs from the 6th-12th July 2026 and we have linked up with its co-ordinator, the charity Alcohol Change UK to promote this in the Shedder. Alcohol Change UK will also be present as an exhibitor at the [SMSA National Gathering](#) on the 28th August in Perth shaking up some mocktails and promoting mindful choices.

Alcohol consumption, according to our patron Sir Harry Burns, is the biggest health risk in Scotland, so as we are all about improving our quality of lives this is one not to sweep under the carpet until it's too late. Awareness plus small day-to-day changes can bring about BIG results.

Shed Open Doors Day took place this month with 30 Sheds taking part. While we had hoped for a much higher level of participation from the 200+ Sheds across Scotland, early feedback has been very encouraging, with several Sheds already reporting new members and valuable new contacts as a result.

That kind of outcome is exactly what makes this initiative worthwhile for your Shed, and the benefits will likely continue to grow in the weeks ahead. It takes a lot of behind the scenes work for us to set this up for you, our Shed members. Will it or should it take place next June?

It's been a particularly busy period lately, with annual reporting underway for funders and preparations in full swing for the upcoming AGM. Everything is now well in hand for the National Gathering in August—thanks to our hosts Perth & Kinross Council having us back for a third year.

The event features a strong line-up of presenters and workshops, alongside plenty of opportunities for networking. Your feedback has been taken on board to improve the experience further, and the Civic Hall this year will showcase a fantastic range of exhibitors.

We were asked last year if we could have BSL interpreters in place for deaf people to attend this year and I am very pleased to report that this will be happening this year. So, if you have any Shedders that are deaf or hard of hearing, that would like to attend and normally wouldn't please do let them know as bookings are coming in quickly, so [early registration is encouraged](#) to avoid missing out on this great opportunity.

I look forward to seeing many of you at the Gathering and our Scottish Men's Shed of the Year awards. Please enjoy this celebratory 50th edition.

Dr Jason Schroeder
SMSA CEO



The Scottish Men's Sheds Movement Continues to Grow...



12,000+
SCOTTISH 'SHEDDERS'



210+
MEN'S
SHEDS



5,220
SMSA
MEMBERS



198
SMSA
MEMBER SHEDS



32
LOCAL
AUTHORITY AREAS

The Scottish Men's Shed of the Year Awards 2026 has now closed

Applications for the Scottish Men's Shed of the Year Awards 2026 have officially closed.



This year's competition once again attracted entries from across the country, with Sheds sharing their inspiring stories of achievement, resilience, innovation, intergenerational projects and community involvement.

From tackling loneliness and isolation to supporting local projects, working with local schools and creating opportunities for learning and friendship, the applications highlight the incredible work taking place in Sheds every single day.

The judges—made up of one SMSA Staff Member and Trustee per each of the five regions—will now begin the difficult task of reviewing applications and selecting the five regional winners.

These five Sheds will then progress to the next stage of the competition, with three finalists ultimately chosen by the SMSA Board before a public vote determines the national winner.

The overall Scottish Men's Shed of the Year 2026 winner will be announced at the SMSA National Gathering, AGM and Awards event in Perth on Friday 28th August 2026.

Good luck to every Shed that entered.



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

CONTENT CALL FOR SCOTTISH SHEDS TO CONTRIBUTE TO THE THE SCOTTISH SHEDDER MAGAZINE

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AUG 2026—Fri 14th Aug 2026

OCT 2026—Fri 16th Oct 2026

DEC 2026—Fri 4th Dec 2026

Contact comms@scottishmsa.org.uk

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

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

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

KEEP YOUR DETAILS UP-TO-DATE WITH THE SMSA



**New email address?
Moved house?**



**Change of Office Bearers?
New Chair?**



**Not sure if you are a
member or not?**

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

[Click here to notify the SMSA](#)



Join us at the SMSA National Gathering 2026 including the SMSA AGM & 'Scottish Men's Shed of the Year Awards' 2026

The SMSA charity is delighted to invite SMSA members from across Scotland to our annual National Gathering 2026.

This popular event brings Sheddars together from every corner of the country for a day of learning, inspiration, networking and celebration. Whether you're an established Shed, a new group, a supporter or simply want to find out more about the Men's Sheds Movement in Scotland, then this is a fantastic opportunity to connect with fellow Sheddars, share ideas and discover new opportunities.

What's on the agenda?

- **Live Music**—Enjoy a special performance from the Renfrew Men's Shed Band to kick-start the day.
- **Interactive Workshops**
Choose from a range of practical and informative sessions, including:
 - * Trains, Tracks & Modelling Skills Showcase
 - * Grant Applications – What You Need to Know
 - * Staying Sharp in the Shed – Tool and Blade Sharpening
 - * Rocking Horse Project Showcase
- **Inspiring Presentations:** *Don't Be a Deaf Shedder* – Hugh Donaghy, RNID; *From Pews to Workbenches? Former Places of Worship Retained for New Community Use* – Harry Whitmore, COSS; and *Silent Men* Documentary – Duncan Cowles
- **SMSA Annual General Meeting**—SMSA's work over the last year and plans for the future
- **Scottish Men's Shed of the Year Awards 2026**
Celebrate the achievements, innovation and community impact of Scotland's Men's Sheds
- **Exhibitions**—Meet organisations and partners supporting Men's Sheds across Scotland
- **Networking Opportunities**—Catch up with fellow Sheddars, make new connections and exchange ideas across the movement.



Friday 28th August 2026



9.00am – 3.15pm



Perth & Kinross Council Chambers
& Civic Hall, 2 High St,
Perth, PH1 5PH

Book your place

Spaces are limited and going fast. Advance booking is essential. Don't delay, [register today!](#)



Could Scottish Sheds help shape the future of men's health research?

Men's Sheds exist because men's health matters. The movement was built on a simple but powerful truth: men face real and specific health challenges, and they need spaces that meet them where they are. That philosophy is one that health researchers share—and it's why a partnership between the Scottish Men's Sheds community and SHARE, the Scottish Health Research Register and Biobank, makes so much sense.

SHARE is an NHS Research Scotland initiative working with all Health Boards across Scotland. With over 312,000 registered participants, it connects medical researchers with people across Scotland who are willing to take part in health studies—from online surveys and questionnaires to trials of new treatments and technologies.

Participation is entirely voluntary, and members choose which projects they want to be involved in. [Registration](#) is free and takes less than two minutes.

Currently, around 60% of SHARE's registered participants are women, and **only 40% are men**. That gap matters more than it might appear. When research studies draw

on a register that skews female, the findings can reflect that imbalance. Treatments, screening tools, and health interventions developed from skewed evidence may work less well for men—or miss male-specific patterns of disease altogether.

Better representation of men in health research doesn't just benefit researchers. It directly improves the quality and relevance of the medicine that men receive.

Men's Shed members are exactly the kind of participants that health research needs. Whilst, the Men's Shed model is aged 18+, the majority of Sheddars tend to be older/ and retired and conditions like cardiovascular disease, diabetes, prostate health, and cognitive decline become increasingly relevant—precisely the areas where good research has the potential to make a real difference.

By joining SHARE, Sheddars can help ensure that future medical advances are shaped by people like them, not just about them. Joining SHARE doesn't mean committing to anything. It means putting your hand up to say you're open to hearing about research opportunities that might suit you. You stay in control.

If you'd like to find out more or register, please visit www.registerforshare.org. It only takes a minute — and it could help shape Scottish healthcare for generations to come.

Skimming for a cause!

When most people think about fundraising, they picture bake sales, quiz nights, race nights, raffles and sponsored walks. Stuart Gray, on the other hand, decided to take things in a very different direction—straight into the sea—to support a cause he is very passionate about...Scottish Men's Sheds and men's health.

Stuart recently contacted the SMSA team to tell us all about his creative idea to fundraise for the Association's vital work, by entering the 2026 World Stone Skimming Championships, on the 5th September 2026 at Easdale Island, through his ['Skimming for the SMSA' GoFundMe campaign](#).

The World Stone Skimming Championships is a uniquely Scottish annual event that brings skimming competitors from around the world together on the tiny island to test their technique, aiming to send flat stones bouncing across the water's surface as many times as possible.

What began as a local pastime has grown into a major international gathering, attracting hundreds of participants and spectators, while also serving as a community fundraiser that supports local projects and charities.

Through his efforts, Stuart aims to improve visibility and bring attention to the SMSA and this grassroots

movement that continues to grow through community effort, volunteers, and supporters just like him.

Stuart said: "It's not all about climbing all the Munros in one winter season or running 30 Marathons in 30 days... it can be just chuckin a stone!?"

"Every single donation and every conversation that my efforts spark along the way helps strengthen the Men's Shed message."

Stuart is also encouraging others to step forward with their own fundraising ideas—whether it's a sporting challenge, a community event, or something completely unexpected.

International collaboration: Scotland to Japan

Dr Ayahito Ito of Tohoku University and the [Japan Community Sheds Association](#) has shared news of a significant milestone for the growing Shed movement in Japan: the completion of the association's Shed toolkit and an [English-language version](#).

In a message to the SMSA, Ayahito expressed heartfelt thanks to the SMSA, the Scottish Shed movement and Dr Danielle Hutcheon at Glasgow Caledonian University (GCU) for the inspiration, guidance and resources that helped make the publication possible.

Ayahito said: "This handbook would not exist without the movement that you and your colleagues have built. With your kind permission, we translated and adapted materials from your association, combining them with

what we have learned from running Sheds here in Japan."

There are currently six Sheds in Japan, with around 100 members taking part. The know-how gained at these Sheds has been incorporated into the handbook and will be updated on a regular basis.

The publication reflects years of learning, collaboration and shared experience. Drawing on materials developed by the SMSA and research from GCU, and adapted for a Japanese audience, the handbook combines international best practice with lessons learned from operating Sheds in Japan.

The new toolkit is intended to support the continued growth of Sheds throughout Japan, where increasing numbers of people are discovering the social, practical and wellbeing benefits that Shed membership can bring.



£755 to goal

Donate now!

Support Scotland's Men's Sheds for generations to come ... leave a legacy that keeps Scottish men connected

Every day, Men's Sheds across Scotland provide friendship, purpose, practical support, and community for thousands of men.

A gift in your Will to the Scottish Men's Sheds Association (SMSA) charity will ensure that we can continue our focused 'In Scotland For Scotland' development and sustainability support to the volunteers of the Scottish Men's Sheds Movement. Your support to the SMSA will ensure that this life-changing movement continues giving men purpose and friendships in their communities who may otherwise face loneliness, isolation, boredom and make poor health choices.

Your legacy can help the SMSA charity to:

- reach new and existing Men's Sheds across Scotland to support them at any stage of their journey
- identify local demand for more new Men's Sheds—especially in hard-to-reach, rural, and disadvantaged communities across Scotland
- support and engage over 12,000 (and rising) Shedder volunteers across the nation
- improve men's health and wellbeing and reduce loneliness and social isolation across our Scottish communities
- provide guidance, resources and health awareness training to Scottish Men's Sheds
- support resilient, safe, welcoming and healthy intergenerational spaces that stand the test of time

Every gift matters

After taking care of family and loved ones, even a small percentage of your estate can make a lasting difference to men and communities across Scotland.

Your support brings us closer to our vision that every man in Scotland should have the opportunity to attend their local Men's Shed if they wish to do so.

Why Men's Sheds matter

Men's Sheds are safe places of friendship, learning, support, laughter, and belonging. For many men, a Shed is a lifeline and a sanctuary.

Can you support our charity?

If the answer is yes, and you require more information, please do contact us at the SMSA. We are not affiliated to any other organisations and all our work only supports Scottish Men's Sheds.

Contact our Chief Executive Officer Jason Schroeder on 07397382533 for a conversation or email ceo@scottishmsa.org.uk. To learn more about the SMSA, please visit www.scottishmsa.org.uk.

THANK YOU FOR YOUR SUPPORT - WE CANNOT DO IT WITHOUT YOU!

"Together, we can ensure the SMSA charity continues to support even more safe and healthy places for men to connect, contribute, and thrive."



LEGACY & WILLS
supporting scottish men's sheds
for future generations



Fraserburgh



Culter



Inverurie

It certainly doesn't feel like it's been two months since I started in my Development Officer role following the retiral of Tim Green—how time flies when you are enjoying yourself!

After a bit of a stop-start time initially while I completed my invigilator duties in April/May for Qualification Scotland, it is great to be able to focus solely on the job.

During these last couple of months I've spent some time 'shadowing' my colleague Ross Murray, Development Officer for the Highlands and Islands, and much thanks goes to Ross for 'showing me the ropes'.

While out on the road with Ross, I've helped deliver a public meeting in Ardersier—where it was great to see so many enthusiastic individuals interested in starting a new Shed – and also visited a number of the Highland Sheds.

I'm always amazed at the diversity in Shed buildings, e.g. the Railway building within a working railway station which houses Nairn Shed to the wooden cabin structure of Cromarty Firth Men's Shed—they may be 'off-grid' but they certainly make a wonderful fry-up! I'm also planning to help Ross deliver a [Shed-Wise](#) presentation mid-July.

Back on my own 'patch', I've attended three Network meetings: Aberdeenshire (hosted by Fraserburgh); Aberdeen City (hosted by Culter) and Perth & Kinross (hosted by Comrie). While the

Aberdeenshire meeting saw some 11 Sheds represented—and it was great to meet so many new faces—the Aberdeen City and Perth & Kinross meetings only attracted reps from two visiting Sheds at each meeting, and whilst there was still excellent discussion, it would be good to understand why so many Sheds could not attend. This is something that I'll look into before the next round of meetings are scheduled.

One of my first visits was to the Inverurie & District Men's Shed Open Day on Saturday 16th May 2026. It was great to see so many locals visiting the Shed. I saw their plans for a new social area and it will be good to see how this progresses.

I spoke with the Treasurer, Geoff Binfield, who was telling me all about the process of claiming Tax Relief on Donations and given that this is something that can benefit most Sheds, I think I'll try and put a 'one pager' guide up on the website soon (I'll get Geoff to give it the once over first!). I also heard about the allotments that Inverurie have and that is something that is definitely on my list to visit soon.

I also managed to get along the Moray coast with visits to Forres and Fochabers. Fochabers village is celebrating its 250th anniversary in 2026 with a year-long programme of events which the Men's Shed is actively involved in.

There is a perception among many people, I think, that Sheds are just there to make things and it is only worthwhile attending if you are good at woodwork/metalwork/construction, but it is great to see so many Sheds having a diverse range of activities, such as: arts & crafts; photography; model making; music; and reading.

As one Shedder said to me at the Fraserburgh Network meeting, 'it's good just to come along for a bit of a

blether and put the world to rights'.

Alongside Turriff and District Men's Shed, I attended a meeting with Hugh Fraser, Outdoor Coordinator for Bailies of Bennachie, the volunteer organisation which looks after the iconic hill range, with a view to establishing an ongoing relationship for the Shed to both maintain/refurbish the existing information boxes and also build new boxes.

These boxes sit out on the hills at strategic points and provide information to hill-walkers. Obviously, given that they are sitting out exposed all year, they need to be well built, and it is great that they have chosen one of the Scottish Men's Sheds for this purpose.

I'm pleased to report that following initial discussions, the Bailies of Bennachie have approved the repair and refurbishment of two initial boxes and also the building of five new boxes.

I've not yet been to any Angus & Dundee Sheds, but this is something I'll get to soon. I used to live in Monifieth and work in Dundee City centre, so I know the area well and it will be good to get back down soon.

I have a busy end to the month with an invite to the Royal Garden Party at Holyrood Palace on 30th June (or at least I hope I have as my invite from Buckingham Palace appears to have got lost in the post—would you believe it!) and later that week I have tickets for No 1 Court at Wimbledon!

Hopefully I can visit many more Sheds and meet lots more of you in the coming months.

Brian McWilliam
East Coast Development Officer
(Part-time, two days a week)
Email: dev1@scottishmsa.org.uk
Mob: 07493 361003



Brian McWilliam



May and June have been busy and encouraging months, with plenty of positive movement across the Shed networks. One of the most heartening things has been seeing new Sheds beginning to take shape in different communities, each with its own local energy, ideas, and people willing to give their time to make something worthwhile happen.

Lately, I have been assisting and keeping an eye on developments in Dalmally, Oban, Nitshill, Bishopbriggs, Auchinleck, and Kilmarnock, where new Sheds are springing up and beginning to find their feet.

It is always encouraging to see that first stage of a Shed's journey, when conversations turn into plans and plans begin to turn into real community spaces. These early steps are important, and they say a lot about the continued need for places where men can meet, work alongside one another, share skills, and enjoy good company.

Part of my work during this period has been gathering these updates, noting where progress is being made, and thinking about how best to share the stories behind each new Shed. Every group starts slightly differently, depending on the people involved and the needs of the local area, but the common thread is the same: people coming together to create a welcoming, practical, and supportive place for their community.

There is still more to follow up, including gathering further details, contacts, and photographs where possible, as well as providing guidance on using the SMSA resources available on our website. These details will help bring the stories to life, provide useful

structure, and give the wider Shed network a better sense of the people behind the progress. The aim is not simply to report that new Sheds are forming, but to celebrate the effort, enthusiasm, and commitment from volunteers that goes into getting them started in the first place.

One of the most rewarding parts of my role is being able to see the wider

picture across the Shed network, and then connect Sheds in development with more established Sheds, or with those that have already followed a particular route, such as Community Asset Transfer (CAT) or expansion.

With this in mind, I accompanied a delegation of Shedders from Denny and Bonnybridge Shed to The Inverclyde Shed. The visit allowed them to share knowledge and experience around CAT, Shed design, and future development, and the Denny Shedders found it extremely helpful.

Similarly, recognising the similarities in how Sheds are started and developed in small rural communities, I accompanied a group of Shedders from Dalmally to visit the newly established Men's and Hen's Shed in Fintry.

The Dalmally Shedders were able to see how a Shed had been gifted land next to a community hub in a small village, and how it had accessed lottery funding, community benefit support, and backing from local businesses.

Overall, the last two months have been a reminder that the Men's Shed movement continues to grow because local people really believe in it. Whether in Dalmally, Oban, Nitshill, Bishopbriggs, Auchinleck, Kilmarnock, or elsewhere, each new Shed represents another opportunity for friendship, support, and shared purpose.

I look forward to seeing how these groups develop in the months ahead and to sharing more of their stories with you as they take shape.

And, to finish on an amazing high, I am very pleased to report that both Troon Men's Shed and Kilwinning Community Shed have been successful in their CAT applications with South Ayrshire Council, and North Ayrshire Council respectively.

Troon Men's Shed with a CAT for Hosiery Park Pavilion, and Kilwinning with Blacklands Hall. Massive congratulations!!! Can't wait to see these Sheds growing and thriving in their new homes, and expanding the Shed movement in Troon and Kilwinning.

Stewart Beck
SMSA West Coast Development Officer
07765929973
dev2@scottishmsa.org.uk





Thurso

Highlands Central

My favourite feedback recently has not been from a Shedder, but from Ashton, a pupil from Kingussie High School.

"Our generation doesn't make things by hand anymore, we order things on our phones from Amazon. The Men's Shed has been brilliant. They show us how to make real things, hand built, with hand tools, it's such fun."

The Badenoch Men's Shed are still looking for permanent premises. The local school looked kindly on them and offered them the use of their technical department. This then led to an intergenerational project in partnership with IRL (In Real Life) Education.

To find out how the Badenoch Sheddors and local pupils are reviving traditional Spey coracle-making while supporting wildlife conservation through an inspiring intergenerational project, [click here](#).

New Shed Activity—Highlands North

I met with the Thurso Community Development Trust and Stepping Stones Thurso and they both offered potential venues for a Men's Shed.

We held a public meeting in the Trust's premises with 12 keen men attending. Their enthusiasm was apparent with them setting up a



Badenoch

WhatsApp group and appointing a committee that night!

It looks like there'll be a Men's Shed in Thurso very soon.

Highlands East

Three men from Ardersier, between Inverness and Nairn approached me about setting up a Shed. Tommy booked the Memorial Hall, and ably assisted by our new Development Officer for the East Coast, Brian McWilliam, I hosted a meeting with 13 men attending.

Local knowledge ensured there was lots of discussion about potential venues and an enthusiast volunteered to process the sign-up forms and open a shed email account. Watch this space.

Highlands South—Shed Trio Trip

A three Shed trip to Mallaig, Acharacle and Kilchoan near the end of the Ardnamurchan peninsula.

After my first midge encounter of the year at Lochailort, the Mallaig Shed lifted my spirits with much hilarity, banter and irreverence. There was a story about a bench, 200 quid and a dumpling! Some people's negotiating skills are something else!

Onwards to the new Sheds at Acharacle and Kilchoan. The Acharacle guys meet weekly in the



Mallaig

community centre and have their eye on a nice piece of land.

Kilchoan are ensconced in an old University of the Highland Islands building with huge potential and have secured some healthy funding from various sources.

I've been out and about visiting various Sheds in Easter Ross and Inverness shire with an enquiry about a new Shed in Kirkhill. Next steps are to fill a couple of gaps.

We have a keen supporter of Men's Sheds, with the Lord Lieutenant of Sutherland, Patrick Marriot, passing on helpful contacts.

Setting up new Sheds on Sutherland's north coast will be my next venture and I'm looking forward to it already.

Ross Murray
SMSA Highlands/Islands
Development Officer
07777134950



Acharacle

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.



For this edition's *Shed in the Spotlight*, the SMSA caught up with Acting Secretary Michael Booker to find out how [Lybster Area Men's Shed](#) has grown into a thriving community hub in the heart of Caithness. Since relaunching in autumn 2025, the Shed has brought together men of all ages and walks of life, creating a welcoming space where friendships are formed, skills are shared and new opportunities are constantly emerging.

Based at Seaview House, Lybster Area Men's Shed has quickly built a reputation for its community projects, varied activities and strong sense of camaraderie. "We first set up in 2023," explains Michael. "Unfortunately, changes in staff at the centre and the time it took to appoint replacements meant interest dropped away. We knew there was still a need for a Shed in the area though, so we relaunched in autumn 2025 with an open day at Seaview House and held our first meeting a week later."

"We've got 20+ members ranging from their mid-twenties right through to their eighties, with an average of 13 or more attending every Wednesday morning session—that mix of ages and experiences is one of our strengths. Everyone brings something different to the table."

The group meets every Wednesday from 10am until 12.30pm and members can also make use of the facilities at other times when needed. One of the reasons for the Shed's growing popularity is the variety of activities on offer.

"We've got a good mix of workshop and social activities," said Michael. "There's woodworking, repairs, photography, chess, darts, music, craft work and all sorts of exciting projects. We've even got members interested in golf memorabilia and making decorative wall hangers."

Music has become a particular success story. "A few of the lads discovered they had instruments tucked away at home and before long we'd started our own band, *The Shedders*. It's another way of bringing people together and having a laugh."

There are also regular opportunities for members to learn something completely new. One memorable session involved Michael demonstrating the art of sabrage—opening a bottle with a sabre (pictured right)—a skill he learned during his years working internationally in the hotel industry.

"Not to be beaten by a youngster, our octogenarian member David had a go and managed a perfect sabrage on his very first attempt," he said. "The goggles were on and health and safety was fully observed of course!"

Supporting the local community is a key part of Shed life. Current projects include producing tee markers for the centenary celebrations of Lybster Golf Club, as well as repairing a damaged bench and building a new one from scratch for the village children's play area.

"We like to make useful things that benefit local people," said Michael. "It gives members a real sense of purpose." The Shed also work alongside local organisations including Keep Lybster Clean, Lybster Golf Club and the Latheron, Lybster and Clyth Community Development Company.

"The support we've received from the community has been fantastic," Michael recalled. "Funding from local organisations has helped us get established and businesses such as Tesco Wick have supported us with donations of tea, coffee and biccies for events and open days."

For Michael, one of the most important developments has been the way members have grown comfortable talking openly with one another. "The impact on members' lives has probably been the biggest highlight," he said. "Men are meeting new people, learning new skills and gaining confidence using tools safely. More importantly, they're building lasting friendships."

A particularly meaningful visit came from representatives of the North Highland Cancer Information & Support Centre. "Everyone talked openly about their own experiences with cancer," Michael reflected. "There was plenty of honest conversation, support, a few laughs and cups of tea along the way. Those chats are so important in helping people feel connected, supported and not alone."

Continued...





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He believes this supportive atmosphere lies at the heart of what makes Men's Sheds so valuable. "Like-minded men have inspired each other to use tools, make useful items and get involved in community projects," he said. "But it's about much more than making things. The friendships and support are what really matter."

The Shed's positive reputation continues to spread. One recent highlight was a visit from Jamie Stone (pictured below left)—MP for Caithness, Sutherland and Easter Ross—who met members working on community projects and learning fly-fishing techniques. Michael added: "We were delighted when he accepted our invitation to become the first Honorary Member of our Shed - it was a very enjoyable and informative visit."

The Shed's participation in Shed Open Doors Week during Men's Health Week was a great success (see picture below right). "Just getting one man to join his local Shed is a win," said Michael. "So, to welcome three new faces was fantastic. It's great to see local people dropping in, finding out what the Shed is all about and enjoying a warm welcome."

The group has also been looking beyond Caithness for inspiration. Earlier this year, 14 members travelled to visit Orkney Men's Shed. "Our members were amazed by the range of facilities and activities they had," said Michael. "The visit gave us lots of new ideas and inspired us to think about how we can continue developing."

Like many newer Sheds, Lybster is navigating the transition from a newly formed group into an established community organisation. "That involves a lot of thought and forward planning," explained Michael.

"Not everyone wants to take on committee responsibilities and we have older members who benefit enormously from the camaraderie and support. We need to make sure everyone can contribute at a level they're comfortable with."

Despite those challenges, the Shed members are optimistic about the future. "The next phase is exciting and we're moving forward carefully," he said. "Members are becoming more comfortable discussing personal matters, new activities are being developed and we're exploring plans for traditional chair-making courses through heritage funding."

During SMSA Development Officer Ross Murray's recent visit, there were even discussions about the potential for new Men's Sheds elsewhere in Caithness. It's encouraging to see interest growing and people recognising the difference a Shed can make in their community.

"We've achieved so much in such a short space of time," added Michael. "The most important thing is that men feel welcome when they come through the door. Men's Sheds are a mental health defibrillator. Members find friendship, support and something interesting to get involved in. For many, it gives them a renewed sense of purpose and a new zest for life."

The Shed foundations are certainly firmly in place in Lybster. With enthusiastic members, strong community support and plenty of ideas still to explore, the future is looking very bright indeed.





COVER STORY: Badenoch Men's Shed's making waves across generations

One of the greatest strengths of the Men's Shed movement is its ability to bring generations together, and [Badenoch Men's Shed](#) is doing exactly that through an innovative partnership that sees Sheddars and young people learning, creating and achieving side by side.

SMSA Development Officer Ross Murray recently visited Badenoch Men's Shed, where members are proving that you do not need a permanent Shed building to make a real difference in your community.

The Sheddars have use of Kingussie High School's techie dept and are working in partnership IRL (In Real Life) Education with some pupils to build coracles—small, lightweight boats traditionally used by fishermen on the River Spey.

The Sheddars and local pupils are sharing skills, stories and experiences through this hands-on project that celebrates heritage, craftsmanship and community. Pupils, Ashton, Chloe and Douglas were enthusiastically grappling with a coracle frame during Ross' visit (pictured top right).

Naturally, neither the Sheddars nor the pupils were going to spend weeks building coracles without putting them to the test. The group has already taken to the water for a memorable – and somewhat "wobbly" – paddle, giving everyone the chance to experience first-hand how these traditional Speyside craft were once used on the river.

The Sheddars have also been making swift and hedgehog boxes for the Cairngorm National Park green initiative. A park ranger will take the pupils on a field trip to locate the hedgehog boxes.

The Sheddars also meet fortnightly on Saturdays at the Clan Macpherson Museum in Newtonmore and fortnightly on Wednesdays at the Iona Gallery, Kingussie.

KHS BOAT-BUILDING PROJECT

WE ARE A GROUP OF STUDENTS FROM KINGUSSIE HIGH SCHOOL. HERE IS THE 3RD EDITION OF OUR PROGRESS BLOG FOR OUR BOAT-BUILDING PROJECT WITH BADENOCH MEN'S SHED

MAY 2026

We are back! After a long period of exams we are back building our boat and we have a few things we would like to share with you all!

This month in our boat building project we had a few setbacks. We came back from a short break to find that our original frame for our coracle had been destroyed and due to our members having a lot of studying and exams to do we haven't been able to repair the damage. So we are starting from scratch and we have managed to build and fit the seat for our coracle. Our recent progress may not look like much but that is because we have something special to share!

As mentioned in the first blog we released we said the Men's Shed were helping us build a coracle but they were also going to help us build a canoe. Many thanks to Hannah from IRL Education, she has been able to get in contact with Cape Falcon Kayak, an outdoor and sporting goods company and we have managed to get instructions for 2 canoes! Hannah has also ordered all the wood we need to build our canoes! Another piece of exciting news is that we have a new member joining us and we are very excited to see how our different skills work together while building our boats!

Again, we are very excited to build our canoes and our coracle but we are also very grateful for the help and support we have been receiving from the Men's Shed, Hannah and the resources we have been able to use from the techie department in school.



This workshop was made possible through Cairngorms Trust and Cairngorms 2030. Cairngorms 2030 is a Cairngorms National Park Authority programme supported by The National Lottery Heritage Fund, with thanks to the National Lottery Players.



A year of growth at Bervie Men's Shed

One year after a public meeting sparked the idea of a [Men's Shed in Inverbervie](#), the group has built a strong and enthusiastic membership, established a temporary home, and begun planning for a permanent future. Chairman Sandy Inglis reflects on the Shed's first year, the challenges faced, and the support that has helped the group make such positive progress.

In June 2025, George Pringle and Doug Smith called for those interested in starting a Men's Shed in Inverbervie to come to a meeting at the Salutation Hotel. The response was encouraging, and the group still has that strong core membership of 30 active Sheddors, with nine members serving on the Steering Committee.

One of the main objectives of the Steering Committee was to find suitable premises for our meetings that could be used to bring the Men's Shed philosophy to life by providing a welcoming space for all men aged 18+ to get together, work on practical and community projects and meet in a sociable environment. "Finding the right premises has been one of our biggest challenges," said Chairman Sandy Inglis.

"We looked at several potential locations around Inverbervie, but for various reasons none progressed beyond the discussion stage. As a committee, we came to the conclusion that the ideal premises would be a purpose-built Shed.

"We heard that Midmar Men's Shed was in the process of doing just that and arranged a visit. They began designing and building their own Shed a couple of years ago and, when we visited, had just started fitting out the interior. We were made extremely welcome and were offered valuable help and advice on the process of building our own Shed."

"Seeing what Midmar had achieved was truly inspiring," said Sandy. "Their willingness to share their experience and knowledge has been invaluable."

Building from scratch is, by definition, a long-term solution. Initially, we met in the local Masonic Hall, which was ideal for social get-togethers but not suitable for getting the practical side of Shedding underway. We also explored the possibility of taking on one of the local council business units at Linton Industrial Park through an Asset Transfer, but the units are now all occupied, so that option is no longer available.

Around this time, Colin and Caroline Carter of Damside House, Johnshaven, just outside Inverbervie, came to the rescue by offering us the use of their Summerhouse. Colin is a member of Stonehaven Men's Shed and travels there once or twice a week.

"This was an incredibly generous offer," Sandy said. "It gave us somewhere we could finally start working on projects while still enjoying the social side of the Shed. We use the Summerhouse (below) for our Thursday



morning meetings. It has been adapted so that we can carry out various woodworking projects we have been asked to undertake, while also providing an all-important social area where we can enjoy a cuppa and a blether."

The committee remains keen to either develop its own premises or secure a more suitable and accessible building closer to the centre of Bervie. To progress our plans, we are developing a strategy to raise the necessary funds. Local builder Michael Fotheringham was approached to provide an initial indication of the likely timeframes and costs involved in constructing a dedicated Shed. The committee also received permission from Midmar Men's Shed to use their building plans as a reference point for costing purposes.

Michael Fotheringham has since agreed to produce a detailed building plan along with a projected timescale, which will help inform and strengthen the overall fundraising strategy.

"We know it won't happen overnight," Sandy said, "but having a clear plan gives us something to work towards and helps us focus our fundraising efforts."

Since its inception, the Shed has benefited from the support, advice and generous donations of a wide range of individuals and organisations. Wee County Men's Shed contributed a substantial amount of tools and equipment, while Midmar Men's Shed provided valuable guidance along with permission to use their drawings to help develop plans. The Stonehaven and Portlethen Men's Sheds also offered helpful advice during the start-up phase. Colin and Caroline Carter made their summerhouse available for use as a workshop and social space. In addition, Ron Ellis of Wee County Men's Shed supplied a significant quantity of materials and equipment and has since moved to the area and become an active member of the Bervie Shed.

"The support we've received from other Sheds and local people has been tremendous," said Sandy. "We simply wouldn't be where we are today without their generosity and encouragement."

To sum up, we have received a great deal of assistance and advice from a broad range of people and organisations, helping us progress to where we are today. We still have a long way to go, but with the enthusiasm of our members, I cannot see us going anywhere other than forward towards our goal of having a Shed of our own.

As Inverbervie and District Men's Shed enters its second year, the group remains focused on securing a permanent home while continuing to provide friendship, support and practical activities for local men. With strong community backing and plenty of determination, the future is looking bright for the Sheddors of Bervie.





Kirkmuirhill and Blackwood Men's Shed opens its new doors

It was a pleasure for SMSA Development Officer Stewart Beck to attend the [Kirkmuirhill and Blackwood Men's Shed](#) Open Day on Sunday 7th June 2026 and see first-hand the remarkable transformation of their new premises.

When Stewart arrived at the former public house on Main Street, Kirkmuirhill, the building was absolutely buzzing. More than 100 people had gathered to celebrate this important milestone, demonstrating the strong support the Shed enjoys within the local community.

The event attracted people of all ages, creating a warm and welcoming atmosphere that reflected the spirit of the Shed and its place at the heart of community life.

Visitors were able to see the extensive work that has gone into renovating the century-old building and creating a space that will benefit local people for generations to come.

The official opening ceremony was carried out by the Shed's oldest member, Charlie Johnston, who paid tribute to the dedication and commitment of the Shedders. Over many months, members have invested hundreds of hours of their time, skills and effort into bringing the building back to life.

Their hard work, determination and teamwork have created something truly special. The premises are looking superb and stand as a testament to what can be achieved when people come together with a shared vision and purpose.

Everyone involved should be immensely proud of what has been accomplished. This is an outstanding achievement and a tremendous asset for the community. There is little doubt that the building will continue serving local people for another hundred years. Congratulations to all the Shedders and supporters who helped make this vision a reality.

See next page for details of how this progress was funded...

Wind farm funding helps Kirkmuirhill & Blackwood Shed open new chapter

Kirkmuirhill and Blackwood Men's Shed in South Lanarkshire received £25,000 from the Kype Muir Wind Farm Community Fund, owned by renewable energy developers OnPath Energy, to support the purchase and refurbishment of the former pub building next door to its original base.

The Shed, which has been operating since 2019, began life in a converted shipping container owned by the Thornton Road Community Centre Association. However, as membership grew, the group quickly outgrew the space, with only three or four members able to work comfortably inside at any one time.

The new premises will give the group significantly more room for its activities, improve accessibility for disabled members and create additional opportunities for local people to come together. Kirkmuirhill and Blackwood Men's Shed currently has 64 members, with 11 new members joining since work began on the new building.

Members mainly undertake woodworking activities, with plans to expand the range of activities and create space to display work made by members and other local craft groups.

The original shipping container will now be moved beside the new premises and used as a dedicated machine room, while a large garage at the rear of the building will provide further workshop space in the future.

Shed Trustee Bill Dewar said: "Having this new space is a huge step forward for us. The Shed is about much more than making things. It is about camaraderie, banter and giving men somewhere to go. It has really helped people who are lonely, living on their own or dealing with mental health problems.

"Most of the people I now count as friends are people I met through the Shed. I think our wives are glad to have us out of the house! My wife says it's like I have a second career. To now have this funding is absolutely fantastic."

The group officially marked the opening of the new workshop with a ribbon-cutting ceremony led by its oldest member, 89-year-old Charlie Johnson.

OnPath Energy is one of the UK's leading renewable energy developers, its community funds are designed to build long-term community value for local people. Last year alone, more than £2.1 million in community funding was awarded by the company to over 100 community groups and environmental projects across the UK.

Aileen McCreadie, community and partnerships manager at OnPath Energy, said: "This is a wonderful new space for Kirkmuirhill and Blackwood Men's Shed. The group plays such an important role locally, creating a welcoming place where men can come together, build friendships and support one another.

"This funding is a great example of how wind farm community funds can make a genuine difference, helping groups like this grow, reach more people and continue providing that all-important sense of connection and support.

"We would really encourage other local groups to explore what funding opportunities may be available to them, as there are so many fantastic projects out there that could benefit from this kind of support."

The Kype Muir Wind Farm Community Fund—administered by the Kype Muir Community Panel (KMCP)—supports projects in communities close to the wind farm, helping local groups deliver initiatives which support community facilities, health and wellbeing, social welfare and environmental improvement.

KMCP representative Johnny Hamilton, said: "The Kirkmuirhill and Blackwood Men's Shed group is a fantastic example of a community group coming together to support each other and share experiences and skills for the benefit of themselves and other.

"The group has carried out many projects for our community, which have enhanced the villages and benefitted all age groups, and this new facility will allow the group to grow, carry out more projects and let other groups share their premises. It is a fantastic success story."

SMSA CEO Dr Jason Schroeder said: "Men's Sheds have become one of the most important grassroots movements supporting men's health and wellbeing, not just in Scotland but internationally. The movement, which began in Australia over three decades ago, now spans more than 3,300 Sheds across over 15 countries worldwide, continuing to grow as communities recognise its impact on men's health, wellbeing and social connection.

"What makes them so powerful is their simplicity – a welcoming space where men can come together, share skills, work on practical and community projects but, most importantly, talk. Over the years we've seen thousands of lives changed through new friendships, camaraderie, reduced isolation, improved mental health and the rebuilding of social connection and purpose in communities.

"Groups like KBMS show exactly why this movement continues to grow and thrive. This funding is a fantastic achievement, helping unlock a new chapter for the group and strengthening the vital role it plays in supporting local men's wellbeing and community connection for today and future generations."

Local communities can find out if they may be eligible for funding by visiting www.onpathenergy.com/kype-muir





Troon Men's Shed welcomes approval of Community Asset Transfer by South Ayrshire Council

Troon Men's Shed (TMS) is delighted to announce that South Ayrshire Council approved the charity's Community Asset Transfer (CAT) application for the Hosiery Park Pavilion at their full cabinet meeting on the 16th June 2026.

This decision marks a significant milestone in a process that has taken 19 months of sustained effort, collaboration, and community engagement. The approval provides a clear pathway for Troon Men's Shed to secure a permanent base from which to expand its activities and continue delivering social, practical, and wellbeing benefits to local residents.

The Trustees extend their deepest thanks to the members of Troon Men's Shed, whose commitment, patience, and support have been central to the success of the application. Member involvement throughout the consultation and assessment process has demonstrated the strength and value of the Shed within the local community.

Troon Men's Shed acknowledges the many local Troon community groups and partners who offered letters of support, guidance, and encouragement. Their contributions helped evidence the wider community benefit of Troon Mens Shed. We would also like to thank South Ayrshire Council and our local councillors for their support and approval of our CAT today.

In addition, TMS expresses sincere appreciation to its funders, whose ongoing financial support enables the Shed's programmes, outreach, and operational sustainability. Their backing has been vital in demonstrating the Shed's capacity to deliver meaningful outcomes for the people of Troon and beyond.

With the CAT now approved, Troon Men's Shed will move into the next phase of planning and negotiation and will continue to keep members and stakeholders informed as progress develops.

The sky's the limit!



Stonehaven & District Men's Shed's Annual Golf Outing

The [Stonehaven & District Men's Shed's](#) 6th annual Texas Scramble golf outing, organised by Duncan Cursiter, took place on Tuesday 26th May 2026 at Stonehaven Golf Club.

Fourteen golfers took part across four teams, with a Shedder appointed as captain of each team. The event also welcomed back a guest from the Scottish Men's Sheds Association—CEO Jason Schroeder along with his son Cormac as well as local individuals associated with the Shed, and a member from Midmar Men's Shed.

Once again, the Stonehaven weather proved favourable, and the Texas Scramble format over 14 holes was enjoyed by all. A breakfast of tea, coffee and bacon rolls was served before tee-off, with lunch and prizegiving held after the competition. The Shed extends its thanks to Stonehaven Golf Club for once again allowing the use of the course for this event. The Shed also carries out occasional work for the club, including bench refurbishment.

This year's competition featured two teams of four playing scratch, and two teams of three with an allowance applied for the difference.

Results:

- 1st place: Team 1 – Willie Shepherd, Duncan Cursiter, John Cruickshank, Nigel Bennet (Midmar Men's Shed) – winning score of 46
- Joint 2nd: Team 3 – Tony Zaccarini, Keith Gordon, Jane Cruickshank – score of 52
- Joint 2nd: Team 4 – Peter Walker, Ivan Groundwater, Cormac Schroeder – score of 52
- 3rd place: Team 2 – Kenny Dingwall, Jason Schroeder, Doug Paton, Bert Butchart – score of 54

Additional prizes included:

- Longest drive at Hole 1: Nigel Bennet, who nearly reached the green
- Nearest the pin at Hole 18: Keith Gordon

This year, no prize was awarded for most balls lost — last year's towel award for the category proved memorable enough.

Thanks go to all competitors for contributing prizes, and to Shedder Steve Holt for administrative support and photography. The trophy will be engraved and displayed in the Shed.

At the prizegiving, SMSA CEO Jason Schroeder took on the highly-specialised executive role of trophy handover to the true winners (pictured right).

A small cash balance from the winning proceeds was donated to Shed funds, and everyone is already looking forward to another enjoyable and sociable event next year.





Strathaven & Avondale Men's Shed one year in

One year on from its formation, [Strathaven & Avondale Men's Shed](#) is celebrating a successful first chapter. What began as a handful of local men exploring the idea of a Shed last April has developed into a vibrant and growing group with charitable status, more than 30 members and a busy programme of activities.

Strathaven & Avondale Men's Shed has made impressive progress since its first meeting on the 8th April 2025, when Paul Creechan of South Lanarkshire Council's Seniors Together team brought local men together at Avondale Community Wing to explore the possibility of establishing a Shed in the town.

Following a series of well-attended meetings, a management committee was formed in July 2025 and began meeting weekly at Strathaven Golf Club while plans for the new Shed took shape.

A constitution was agreed and, from the 1st October 2025, members were able to meet regularly in a room kindly provided by The Crib Community Coffee House. The Shed also opened a bank account and secured charitable status towards the end of last year.

"Having somewhere to meet from the very beginning made a tremendous difference," explained Gary Smith, Secretary of Strathaven & Avondale Men's Shed. "Many groups spend months, sometimes years, searching for premises and can lose momentum along the way. Having a base helped us build friendships, establish routines and create a real sense of belonging whilst we work together to secure permanent premises."

That sense of community has been strengthened through visits to other Men's Sheds, presentations from local organisations and social outings. A successful Christmas lunch (pictured right) further demonstrated the strong bonds developing within the group.

As membership numbers increased, the group outgrew its original meeting room and relocated to the larger Drawing Room facility, generously made available each week by local restaurant owners.

The additional space has allowed members to expand activities and social opportunities, including the formation of a thriving electronics group and a programme of guest speakers and demonstrations.

"We now have more than 30 members and regularly welcome between 15 and 20 Shedders every Wednesday afternoon," said Gary. "The enthusiasm has been fantastic, and we expect numbers to continue increasing once we secure workshop facilities and a permanent home."

Communication within the Shed is maintained through email, Facebook and WhatsApp, with the group already attracting more than 200 followers and friends on Facebook.

Gary believes the support received from the local community has been instrumental in the Shed's success. "We've been incredibly fortunate that local organisations and businesses have been so willing to help. Their support has allowed us to establish a healthy, active and growing Shed in a relatively short period of time."

The search for a permanent base remains a key priority. Members hope to secure premises that can provide workshop space, social areas and, ideally, a community garden.

"Our long-term ambition is to create a facility where members can enjoy woodworking, light engineering, electronics and other practical activities alongside the social side of the Shed," Gary added. "Until then, we'll continue building on what we've already achieved, strengthening the group and ensuring we're ready to make the most of a permanent home when the opportunity arises."

For now, Strathaven & Avondale Men's Shed continues to go from strength to strength, demonstrating the value of friendship, shared interests and community support in helping men stay connected and active—and we wish them every success for the future.



School collaboration helps Wee County Shed land £3,000 boost

A collaboration between the [Wee County Men's Shed](#) and pupils from Lornhill Academy in Alloa, Clackmannanshire has resulted in a £3,000 Youth and Philanthropy Initiative (YPI) award. Through visits and discussions, the students learned how the Shed tackles men's health issues, loneliness, and community support, using this insight to build a winning presentation that impressed and secured the funding.

The [Youth and Philanthropy Initiative \(YPI\) Scotland](#) is an active citizenship programme, empowering young people to make a difference in their communities while developing a range of skills.

Managed and principally funded by The Wood Foundation, the YPI has engaged more than 390,000 young people who have taken responsibility for £8.5m of charitable giving. The programme raises awareness of social issues and local charities

YPI is the biggest independent initiative being delivered in Scottish education. Each participating school is responsible for directing a grant of £3,000 to a local charity championed by its students through a unique combination of teamwork, research, and competition.

Working in teams, pupils identify a social issue they care about and a charity supporting that issue in their area. They then have to get in touch with the charity before producing a passionate and impactful piece of work explaining the issue(s) and what actions their selected charity undertakes to address them.

Each school then chooses the most creative and convincing team presentation for its £3,000 grant.

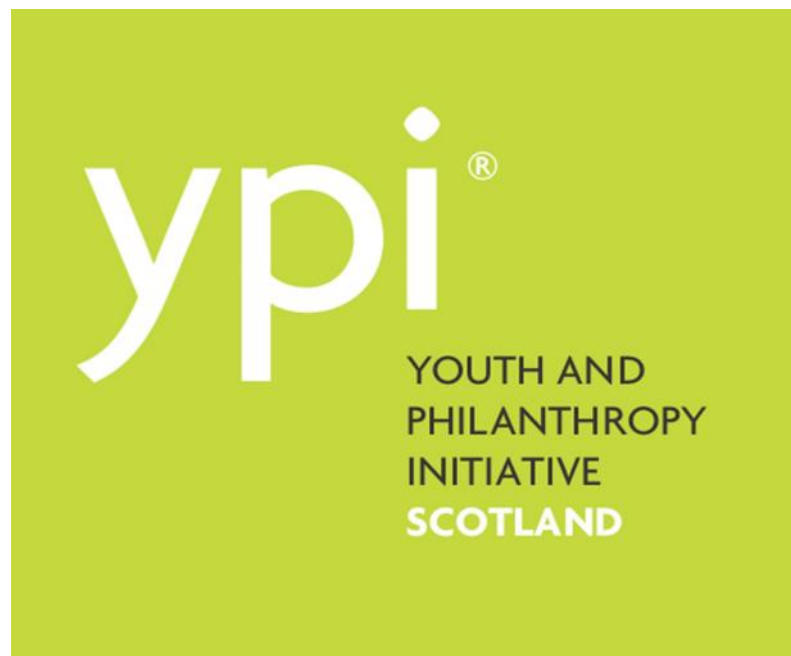
The Wee County Men's Shed was contacted by pupils from Lornhill Academy, in Tullibody, who were/are concerned about men's health, the high suicide rate of men in Scotland, and the social isolation sometimes suffered by men, particularly the old, the unemployed, and the sick.

A number of visits to the Shed were arranged for pupils to meet the Sheddors, see what activities were available, and learn how the Shed supports its members—including ex-military and blue light service personnel—and how the Shed reaches out into the community to support other organisations and non-members.

The pupils learned about the recycling work carried out with the co-operation of the local council, the repair work for other local charities and for older people living alone with no other means of getting small repairs done.

The students also learned that the Shed very rarely charges for these services. A donation from those who can or, preferably, a homemade cake from those who may prefer to swap their skills for the Sheddors' skills is very acceptable.

The pupils also learned of the national and global reach of the Men's Shed Movement and through this, contacts



with an organisation to whom the Shed donates old tools for refurbishing and subsequent shipment to Africa for use in developing communities there.

There were, of course, lots of questions. How did we learn the skills needed, how much does it cost to join, could anyone join, could they join? Some of our answers prompted further questions; on funding, and why was it just for men.

After the meetings, the Shed's involvement ended, and they were no longer able to influence the way the pupils presented what they had learned to their colleagues and the rest of the school.

The objective of the YPI scheme is to expose pupils to an environment where they have to cooperate to make decisions, gather information, and then arrange and present this information in a fashion which would help others make further decisions.

The Wee County Men's Shed is proud to have helped the young people involved and very proud to be associated with the winning team.

On the 27th May 2026, the Wee County Men's Shed was announced the winner and awarded the £3,000. Congratulations!





Scotland to Japan: International friendship forged through Sheds

Three members of [Dalkeith Men's Shed](#) recently returned from an unforgettable visit to Hokkaido, Japan, where they took part in the Hokkaido Scotland-Japan International Men's Shed Summit alongside partner Shed, Pokke Kotan.

After a gruelling 24-hour journey, Dalkeith Shedders John Bell, Chris Smith and Mike Wignall touched down in Sapporo. Although a little worse for wear, there was still enough energy to explore some of the city before receiving an incredibly warm welcome from Chihiro Sugimoto, Vice Chair of Pokke Kotan.

John Bell said: "Our first evening together, over a wonderful meal hosted by Chihiro, offered an immediate glimpse into Japanese culture and was a fitting introduction.

"Our first full day began with members of Pokke Kotan collecting us by car for a tour of two of Hokkaido's best known traditions, whisky and sake.

"At the Nikka Whisky Distillery, we learned about the remarkable connection between Scotland and Japan through the story of the distillery's founder, who travelled to Scotland with little more than determination and just enough English to ask whether someone would teach him how to make whisky. Years later he returned to Japan carrying countless pages of notes, invaluable knowledge and even a Scottish wife named Rita!

"Later, we visited a traditional sake brewery where we learned about the process of polishing rice by removing

the outer layers of each grain, less rice remains to produce the sake, but the final product is of a much higher quality. Naturally there was some sampling, and several souvenirs found their way into our suitcases."

"The second day took us to Pokke Kotan's community hub in Sapporo where we enjoyed one of the most rewarding exchanges of the entire visit. We were privileged to hear from a researcher from Hokkaido University, who explained the ground-breaking research project being undertaken alongside Pokke Kotan.

"Supported by the Japanese Government, the study is exploring the physical and mental health benefits of Men's Sheds for older men in Japan, including regular MRI scans to better understand the long term impact of participation.

"One interesting difference between our organisations is that members of Men's Sheds in Japan generally join from the age of 60, whereas Scottish Sheds welcome adults from age 18+."

Following the presentation, Dalkeith Men's Shed had the opportunity to share their Shed journey story. Two short films were screened. One filmed and edited by John himself introducing the Shed, activities and the partnership with One Dalkeith.

The second film was a professional production, by friend of Dalkeith Men's Shed Alan Somerville of Somerville Productions, and celebrated the rich history of Dalkeith and the surrounding area, produced in partnership with Dalkeith Museum and the National Mining Museum Scotland.

Both films included Japanese subtitles so that the language barrier wouldn't pose a problem.



The day concluded with a culinary fusion, the likes of which has perhaps never been seen before. While some members of Dalkeith Shed were taken through the process of making fresh soba noodles by hand, another team was hard at work in the kitchen preparing a traditional Scottish meal.

As strict customs regulations prevented the Scottish Shedders from bringing meat into Japan, vegetarian haggis became the star of the show, served alongside neeps, tatties and a rich whisky sauce.

The result was a wonderful feast of Japanese soba noodles served alongside vegetarian haggis, turnips and potatoes. It was an improvised combination that had no right to work quite so well, yet it proved a resounding success.

More importantly, it perfectly captured the spirit of the summit, with two cultures, two traditions and two groups of friends each contributing something of themselves before sitting down together to enjoy the meal as one.

John added: "Before parting ways, we presented a selection of gifts, including Scottish biscuits, whisky and handcrafted wooden pieces made by former Dalkeith Men's Shed Vice Chair Duncan Seymour.

"It was especially meaningful to include Duncan's work, as his chance meeting with members of Pokke Kotan during a visit to Japan last year sparked the friendship that made this remarkable exchange possible."

[Read more: Duncan Seymour's story is available on the SMSA website.](#)

Continued...



...continued

"Our third day together was dedicated to friendship and fun kicking off with a friendly tournament of Molkky, a Finnish throwing game hugely popular in Japan."

While Dalkeith Men's Shed enjoys Molkky recreationally, Pokke Kotan takes the game very seriously with a dedicated Molkky group and competes internationally.

The Scots made an impressive start and won the opening game before their experienced Japanese hosts demonstrated why they are among the sport's best.

Following the games, the day concluded with a tour of Pokke Kotan's workshop and adjoining allotment where members grow a variety of crops.

John reflected: "In the workshop, together we created beautiful bamboo lamps by carving intricate Celtic inspired designs into thick sections of bamboo before placing tea lights inside to illuminate the finished pieces. It was a rewarding opportunity to create something together that combined both Scottish and Japanese influences.

"Sadly, Chris Smith's experience with Scottish Forestry meant he had to deliver the disappointing news that untreated bamboo could not legally be brought back into the UK without risking significant customs penalties.

"Although we had to leave our lamps behind, we certainly brought home the inspiration and plans to adapt the activity for future projects back home in our Shed."

That evening, the summit concluded with a live international video link between Japan and Scotland. Back in Dalkeith, Duncan Seymour hosted a community event in partnership with the Japanese Consulate in Edinburgh, supported by honorary member Masataka Abe and friends at One Dalkeith.

More than 30 people gathered to learn about the partnership before connecting live to Japan from the living room of Pokke Kotan Chair Kazuo Yamada.

Those gathered in Scotland heard about the group's adventures before enjoying an informal conversation with our friends in Japan, with attendees taking turns to speak directly to one another through the live video link.

Guests enjoyed a selection of Japanese snacks and drinks specially prepared for the occasion. Although catering proved a little generous, the remaining treats will be put to good use at the public screening of the summit film later this summer.

John added: "Just when we thought the week could not get any better, Chihiro surprised us with one final invitation before our departure. We joined Chihiro, Kazuo and Susumu for one last evening together at a traditional Genghis Khan restaurant. Each table was equipped with hibachi grills where diners cooked their own lamb and vegetables, making for a wonderfully unique dining experience.

"Most importantly, it gave us one final opportunity to

spend time together not as hosts and visitors, but simply as friends." The Hokkaido Scotland-Japan International Men's Shed Summit would not have been possible without the generous support of the Daiwa Foundation and the Japan Society of Scotland, whose funding helped make the visit possible.

The entire exchange has been documented and will be produced as a film, which will be released at the end of July. A public screening will be held at One Dalkeith and everyone will be welcome to attend.

Please keep an eye on Dalkeith Men's Shed's social media channels for details as they become available.

John concluded: "Above all else, what we will remember from our visit is not simply the whisky, the sake, the Molkky or the bamboo lamps. We will remember the people.

"From the moment we stepped off the plane until the moment we boarded it again to return home, we were welcomed with extraordinary kindness, generosity, humour and brotherhood by everyone at Pokke Kotan.

"We did not simply visit another Men's Shed. We spent time with people who have become genuine friends. As we shook hands one final time there were certainly a few lumps in throats, but there was also excitement. Because this did not feel like the end of something. It felt like the beginning."

Plans are already underway for the 2027 Scotland-Japan International Men's Shed Summit, when friends from Pokke Kotan will travel to Dalkeith.

Following the extraordinary hospitality shown in Japan, the Scottish hosts look forward to returning the favour and continuing a friendship that now spans continents. It was not goodbye—simply, "Until next time."





Ayr & Prestwick Men's Shed's Wellbeing Centre officially opens!

Putting men's health and wellbeing firmly at the heart of everything they do, [Ayr & Prestwick Men's Shed \(APMS\)](#) has officially opened its dedicated Wellbeing Centre. The new 'Chatty Space' marks an exciting milestone for the Shed and demonstrates how Men's Sheds are continuing to evolve, creating even more opportunities for members to improve their physical health, mental wellbeing and social connections.

It was a great pleasure and honour for SMSA Development Officer Stewart Beck to be invited to say a few words and cut the ribbon to officially declare the APMS Wellbeing Centre, funded by Voluntary Action South Ayrshire, open on Thursday 25th June 2026. This new quiet area is designed for conversation and a clean working space for small hobby projects such as model making and jigsaws.

On a sweltering summer day, Sheddars from near and far gathered to celebrate, including a special overseas contingent from North Belfast Men's Shed! The event also welcomed representatives from South Ayrshire Health & Social Care Partnership, Age Concern, and South Ayrshire Council—including local councillor Willie Hog—all of whom have been tremendous supporters of the Shed and its work within the community.

Presentations were made to friends and supporters from North Belfast Men's Shed, Voluntary Action South Ayrshire (VASA), and Age Concern in recognition of their support and contribution to making this happen.

During the opening, APMS Chairman Frank Tanner presented an appreciation slate plaque, handcrafted by Sheddars, to Leslie Reid, Senior Manager at South Ayrshire Health and Social Care Partnership.

The plaque recognises the invaluable support of VASA, whose funding helped make the development of the Shed's new facilities possible, enabling even more men to benefit from improved health, wellbeing and positive social connections.

Everyone enjoyed a fantastic barbecue, thanks to resident master chef, Jim. And, ahead of [Alcohol Awareness Week 2026](#) in July (see [page 27](#) for more info), the event also highlighted the importance of making mindful healthier choices and having open conversations about alcohol.

Thanks to the support of [Alcohol Change UK](#) representative and APMS member Michael Steel, guests were able to enjoy a range of alcohol-free beers, spirits and mocktails—generously supplied by Buzzworks and Alcohol Change UK—demonstrating that celebrating together doesn't have to revolve around alcohol.

Michael and Kerry McGee from [Ayrshire Council on Alcohol](#) (ACA) shook up some delicious mocktails, including No-hitos, strawberry 'gin' and tonic, and BrewDog's non-alcoholic IPA.

Michael, representing APMS and Alcohol Change UK, will also be at the SMSA Gathering on Friday 28th August 2026 at Perth & Kinross Council Chambers and Civic Hall, serving up 'Men's Shed Shots' made with ginger, turmeric, honey and lime. Have you booked your place yet? If not, [book online](#)—but be quick, only limited spaces remain!

What an event, and what a turnout! The atmosphere, friendship, and community spirit on display were a perfect reminder of just how fantastic Men's Sheds really are, and how big on wellbeing they truly are!

And now for the follow-up – Stewart will be delivering an SMSA [Shed-Wise](#) session in the brand-new Wellbeing Centre very soon.

Alcohol Awareness Week

6-12 July 2026

Take a moment to check in on your drinking



#AlcoholAwarenessWeek
alcoholchange.org.uk

ALCOHOL CHANGE UK

Scotland's oldest Shedder remembered

It is with great sadness that the [Milngavie and Bearsden Men's Shed](#) members share the passing of Tommy McGuinness, a much-loved member, who died on the 16th May 2026 at the remarkable age of 103. Tommy was not only the Shed's oldest member, and possibly the oldest Shedder in Scotland, but also one of the most inspiring people many have ever had the privilege to know. An engineer, mountaineer, skier, singer, storyteller and friend, Tommy lived a life filled with adventure, resilience, humour and determination. His captivating stories, fascinating experiences, sharp wit and his presence enriched every visit to the Shed.

Tommy was born in Argyle Street, Maryhill (before Maryhill became a district of Glasgow) on the 15th April 1923. He left school at 14 and first worked as a soap-boy in a barber shop, lathering customers before they were shaved. He supplemented his income by going round door to door in the evenings selling kindling firewood.

He then managed to gain an engineering apprenticeship at Barr and Stroud Engineering where he became a very skilled engineer. Barr and Stroud is well known for optical engineering for military equipment and is famous for artillery sights, periscopes and now thermal imaging.

In 1945 Tommy was called up to serve in the RAF but he only spent two days in service. His commanding officer received a telephone call from the MD of Barr and Stroud to say that Tommy was in charge of the engineers making the sights for Spitfire aircraft and they urgently needed him to return to sort out the problems they were now experiencing.

Tommy's passion was mountaineering and skiing. He was a trailblazer in both and is named in many publications on these subjects. When opportunities arose he travelled the world seeking new climbing challenges and was able to use his engineering skills to quickly gain employment.

He met his wife, Pearl, in 1953 and they enjoyed 71 years of marriage before she passed away. They both enjoyed mountaineering and skiing.

Tommy was actively involved in mountain rescue and on one occasion recovered two bodies after spending 22 hours in blizzard conditions. This was when he first discovered that his sight was failing. Tommy completely lost his sight in the 1970's.

But, this did not prevent Tommy continuing to enjoy his skiing. He continued to ski in Europe and America wearing a "Blind Skier" jersey and being guided by Pearl using a radio. He had great trust in Pearl. He says that the main benefit of his jersey was that other skiers always guided him to the head of any queues and they always cheered him on.

Until recently, Tommy lived alone in his flat in Milngavie with visiting carers. After hospitalisation and his recovery, he then moved to Mugdock House Care Home, Bearsden. His friend, Ralph, a local Shed member, introduced Tommy to the Milngavie and Bearsden Men's Shed. Until his last hospitalisation, Tommy was a regular visitor to the Shed.

Tommy enjoyed the social side of the Shed and kept everyone engaged with his entertaining stories and fascinating recollections. Shed Secretary Hamish Livingstone recalled: "I was listening to him with interest one day when, after about five minutes, he said, 'Are you still there?' We then realised the importance of speaking to him while he was talking." Tommy was also an excellent singer and delighted fellow Sheddors with his songs at the annual Christmas lunches.

When asked the important question about the secret to his long life, Tommy's reply was typically mischievous: "White and Mackay and sex at high altitude." Behind the humour, however, he was quick to acknowledge how fortunate he had been to have the love and support of his wife, Pearl, whose companionship helped him enjoy such a rich, adventurous and fulfilling life.

Tommy's life was truly extraordinary, and he will be remembered just as much for his warmth, humour and friendship as for his many achievements. Tommy was genuinely loved by his friends at Milngavie and Bearsden Men's Shed and will be sadly missed. It is hoped that he is now enjoying a wee dram of White and Mackay up there, with a song on his lips and another great story to tell.





Precision by laser: Seamus tinkers with Shed group shot

Milngavie and Bearsden Shedder Seamus has been having a bit of a play around with the Shed's latest AGM group photograph on the Shed's laser printer.

He has been trying out a few different settings and techniques to see what gives the best result.

It's still very much a work in progress, but it's great to see the experimentation and effort going into it. Well done Seamus — keep at it, it's coming along nicely!



Turriff Sheddars reach new heights with Bennachie partnership

*A new partnership between **Turriff & District Men's Shed** and **Bailies of Bennachie** is set to help preserve important visitor information points across one of Aberdeenshire's most iconic landscapes. The collaboration brings together local skills, community spirit and conservation efforts to support the ongoing maintenance and future development of Bennachie's information boxes.*

Hugh Fraser, Outdoor Coordinator for **Bailies of Bennachie**—a voluntary conservation charity dedicated to protecting and promoting Bennachie, the famous range of hills in Aberdeenshire—recently reached out to **Turriff & District Men's Shed** looking for support with the ongoing maintenance of the Bennachie Information Boxes.



Bailies of Bennachie, founded in 1973, has 700 volunteers dedicated to preserving the natural environment, history and culture of Bennachie, safeguarding this unique landscape for future generations.

SMSA Development Officer Brian McWilliam, also a trustee at Turriff Men's Shed, was keen to develop an ongoing relationship with Bailies of Bennachie and invited Hugh along to the Turriff Shed last month.

The information boxes are situated at particular points of interest across the area, keeping visitors informed, and obviously are at the mercy of the elements and do require regular maintenance. Hugh brought in a couple of the boxes for the team at Turriff to see first hand what was required.

This is just the beginning of what both the Bailies and Turriff Shed hope will be an ongoing relationship involving not just the repair and maintenance of existing boxes, but the building of new boxes too.

Milngavie & Bearsden Shedder dig in for the next generation

This team from **Milngavie & Bearsden Men's Shed** have been hard at work at Baljaffray Nursery, erecting a new fence and assembling planters for the children to enjoy.

Shedder Craig put his power-driven auger to good use, making light work of installing the fence posts.

The project is nearing completion and the nursery staff will fill the planters and paint the fence, while the nursery children will enjoy planting and watching their efforts grow.

Well done everyone involved in the project and Malcolm for coordinating everything.



Auchterarder Shed 'supports' local art exhibition

Members of [Auchterarder and District Men's Shed](#) have once again demonstrated the positive impact they have within the local community by providing practical support for the 'Art at the Picturehouse' Exhibition at the old [Auchterarder Picturehouse](#) last month.

Faced with the challenge of displaying artwork in an auditorium with a sloping floor, the Picturehouse Crew turned to the Shed's workshop team for help.

The volunteers designed and built a series of bespoke wooden supports that would ensure the exhibition display boards stood perfectly upright. The project involved careful planning, woodworking and finishing before the supports were installed on site.

The completed stands now provide a secure and professional display solution, helping to showcase artwork created by pupils from the Community School of Auchterarder alongside pieces from local artists.

Their contribution has enhanced the exhibition space and allowed visitors to enjoy the artwork as intended.

The Picturehouse Crew continue to do fantastic work preserving and promoting this important community venue, and the Shed is proud to have played a small part in supporting their latest exhibition.

Visitors to the exhibition in May took the opportunity to see the exhibition and support both the talented artists and the dedicated volunteers who made it all possible.



Shedders help Stonehaven shore stay shipshape

[Stonehaven & District Men's Shed](#) in Aberdeenshire has played a key role in helping preserve beach tidy boxes for community use, putting their practical skills and local partnership working together for a shared cause.

The [Take 4 for the Shore](#) project, through the East Grampian Coastal Partnership (EGCP), is a coastal care initiative rolling out across some of the North East of Scotland's most visited beaches, with a strong focus on encouraging a simple but extremely helpful task from anyone spending time by the sea.

The project is a partnership between Turning the Plastic Tide and the National Nature Reserves at Forvie and St Cyrus, with the aim to reduce litter along the coast. At its heart are 19 specially placed beach clean kit boxes installed at popular locations including Balmedie, Collieston, Cruden Bay, East Haven, Fraserburgh, Inverbervie, Macduff, Newburgh, Peterhead, St Cyrus and Stonehaven.

Stonehaven beach hosts strong visitor numbers and the beach has its own dedicated kit box on the Mearns town's promenade, stocked with essentials like litter pickers, gloves, and bags. The kit makes it easy for locals and visitors to pause for a few minutes and collect a handful of items safely while also enjoying the shoreline.



The Shed was approached to assess maintenance needs for the beach boxes, which had become increasingly difficult for the community to manage. The Shed members helped identify solutions to support ongoing upkeep and protect the much-loved facility.

With support from the EGCP, funding has now been secured to help the Shed maintain the beach boxes and ensure they remain accessible for residents and visitors for many years to come.

Pictured (l-r): Steve McQueen Fountainhall Wines with son Myles, Janice Langdon owner of Molly's Cafe Bar, George McKinnon member of the Stonehaven and District Men's Shed and Cllr Sarah Dickinson

YOUR POLICE YOUR SAY

Have Your Say on Policing in Scotland Your Police 2026/27 Survey

Police Scotland has reached out to the Scottish Men's Sheds Association to assist with encouraging men across Scotland to take part in its **Your Police 2026/27 Survey**, helping to ensure that men's experiences, concerns and priorities are reflected in future policing decisions.

The anonymous survey asks people about a range of issues, including feelings of safety, confidence in policing, local priorities and community concerns. The information gathered will help Police Scotland better understand what matters most to communities across the country and shape future services and engagement.

Police Scotland's [Research and Insight team](#) contacted the SMSA after identifying that participation from men is currently lower than expected. With Men's Sheds playing such an important role in communities across Scotland, Sheds can help ensure that the voices of men are represented in the findings.

Whether you are a long-standing Shed member or newly involved in your local community, this is an opportunity to share your views and contribute to a national picture of policing in Scotland.

The survey is completely anonymous and should only take a short time to complete.

Take part in the survey here:

<https://consult.scotland.police.uk/strategy-insight-and-innovation/your-police-2026-2027>

Please note that the survey is not a way to report crimes or request police assistance. In an emergency, always call 999. By taking a few minutes to complete the survey, Shed members can help ensure that the experiences and perspectives of men across Scotland are heard and considered.

Opened: 8th May 2026 | Closes: 31st March 2027





CASTLE DOUGLAS SOAP BOX DERBY

SUNDAY 12th JULY 2026



Do you have what it takes to stop our
two in a row winners from getting their hat-trick?

Free to enter a team, a free to attend event,
we don't sell tickets 🎉

Email us directly for your registration pack to race

CastleDouglasSoapBoxDerby@hotmail.com

Alcohol Awareness Week

ALCOHOL CHANGE^{UK}

6-12 July 2026

Take a moment to check in on your drinking



#AlcoholAwarenessWeek

alcoholchange.org.uk

Alcohol Awareness Week 2026 6th–12th July

It's time to think about 'Alcohol and Me'

Alcohol Awareness Week is an opportunity for charities, local authorities, GP surgeries, businesses and more to think and talk with people in their communities about the impact that alcohol has on our own lives and the lives of those around us. This year's [Alcohol Awareness Week](#) theme is 'Alcohol and Me', offering an excellent opportunity for Men's Sheds to get involved, spark open conversations, and promote awareness of healthier choices within their Shed community.

From family celebrations and barbecues to sporting events and nights in or out with friends, alcohol is often seen as a normal part of everyday life. But Alcohol Awareness Week 2026 is encouraging us to pause for just a moment and ask a simple question: "Alcohol and me—what's my story?"

This year's campaign, organised by [Alcohol Change UK](#), isn't about telling people they should stop drinking. Instead, it's about helping everyone understand their own relationship with alcohol and whether making small changes could improve their health and wellbeing.

Why does it matter?

Alcohol can affect us in ways we don't always notice. While many people associate drinking with social occasions, it can also contribute to poor sleep, lower energy levels, increased anxiety and reduced concentration. Over time, drinking above the recommended guidelines can increase the risk of developing serious health conditions, including liver disease, high blood pressure, stroke and several types of cancer.

The good news is that even small changes can see big results. Small reductions in alcohol consumption can have positive effects with many people noticing improvements in sleep, mood, energy levels and overall wellbeing after cutting back or taking regular alcohol-free days.

At Men's Sheds, health and wellbeing are about much more than physical activity. Friendship, conversation, purpose and making healthier choices all play an important role in helping men live happier, healthier lives. That's why Ayr & Prestwick Men's Shed recently partnered with Alcohol Change UK to promote alcohol-free alternatives during the opening of their new Wellbeing Centre (see [page 23](#)). Members and guests enjoyed a range of alcohol-free beers, spirits and mocktails, showing that you don't need alcohol to celebrate, socialise or enjoy good company.

It's a simple but powerful message: looking after your health doesn't have to mean missing out.

As part of Alcohol Awareness Week, Alcohol Change UK is encouraging everyone to spend just a couple of minutes reflecting on their drinking habits. Whether that means learning more about alcohol, trying a few alcohol-free drinks, cutting back slightly or simply becoming more aware of how alcohol affects you, every positive step counts.

If you'd like to find out more, access [free resources](#) for the Shed—including their [unit calculator](#) and [six top tips](#) for cutting down on alcohol and improving your health—and/or take Alcohol Change UK's online drinking check, visit [Alcohol Change UK's Alcohol Awareness Week webpage](#).



"The positive impacts showed up quietly at first – clearer thinking, a sense of pride coming back, deeper connections with the people I love."

Check your drinking today...

#AlcoholAwarenessWeek

alcoholchange.org.uk

[CLICK HERE](#) to take a quick quiz to see if your drinking is likely to be affecting your health >>



Could it be more than just getting older?

As part of Men's Health Week earlier this month (15th -21st June 2026), SMSA partner Prostate Scotland shone a light on Benign Prostatic Enlargement (BPE), a common prostate condition that affects many men as they get older.

Needing to pee more often isn't necessarily something to worry about. It can be part of getting older. But it could also be a sign of an enlarged prostate (BPE), and support and treatment are available, so don't just put up with it.

Three things to know about BPE:

- BPE is a common prostate condition that can affect men from their 40s onwards and becomes more common with age
- Common symptoms include needing to pee more often, getting up during the night and a weaker urine flow
- Support and treatment are available, so don't ignore symptoms

It's important to know that BPE does not cause prostate cancer and does not increase your risk of developing prostate cancer.

If you are experiencing urinary symptoms or are concerned about your prostate health, speak to your GP so the cause can be properly assessed.

For trusted information about BPE, symptoms and treatment options, please visit Prostate Scotland's website at <https://www.prostatescotland.org.uk/disease-tests-and-treatments/benign-prostatic-hyperplasia-bph>

Shedders please share:

It is helpful to pass this kind of information on to fellow Shedders too, especially when conversations naturally come up over a cuppa in the Shed.

Sharing reliable guidance can make it easier for someone to recognise symptoms early and feel more confident about speaking to their GP, rather than brushing things off.

By keeping an eye out for one another and normalising these health chats, we help build a stronger, more informed Shed community where nobody feels they have to worry alone.

Need to pee often?

Many men assume needing to pee more often is simply part of getting older. It can be, but it can also be linked to an enlarged prostate.



Did you know?

BPE can affect men from their 40s onwards and support and treatment are available.



What are the symptoms of BPE?

Could any of these symptoms sound familiar?

- Needing to pass urine more often
- Getting up during the night to urinate
- A weaker urine flow
- Difficulty emptying the bladder



A guide to Prostate Scotland's Support and Information Services

COMPASS Support Services

COMPASS is our comprehensive range of support services to help men and their families across Scotland navigate prostate cancer. These services are specifically designed for all men affected by prostate cancer, wherever they are on their journey. They complement the excellent care received from medical experts and offer the opportunity to meet others in a similar situation.

Living Well with Prostate Cancer

Our 6-week Living Well with Prostate Cancer course is free and run in partnership with all Maggie's Centres across Scotland, as well as Ayrshire Cancer Support in both Ayr and Kilmarnock. Men hear from experts on all aspects of living with prostate cancer, from managing urinary problems to financial advice and everything in between.

Prostate FFIT

Prostate Scotland has teamed up with the SPFL Trust to run our unique Prostate FFIT (Football Fans in Training) programme. A free, 12-week health and wellbeing programme, it is an invaluable opportunity to meet others and share experiences. Men learn about different types of exercise, diet and nutrition, in a relaxed, fun environment.



Scan here to find out about the next Living Well course or Prostate FFIT session in your area:



...continued



Information Resources

We provide a wide range of information resources focusing on prostate cancer and disease. These include:

- Awareness leaflets informing men and their families on symptoms and risk factors.
- Introductory guides covering topics such as PSA testing, prostate cancer, benign prostatic enlargement (BPE) and prostatitis.
- In-depth booklets providing comprehensive information on diagnosis, different stages of disease and treatment options.



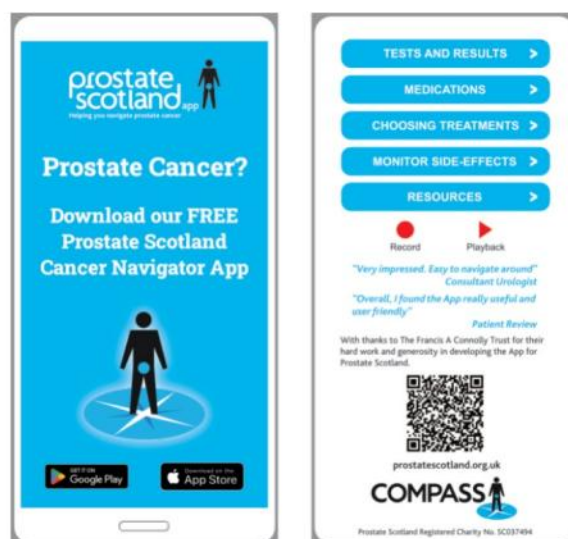
Our resources are developed by Prostate Scotland and reviewed by our expert Advisory Panel of medical clinicians and patients with lived experience of prostate cancer or disease. They are available in both print and online by scanning the QR code or by emailing info@prostatescotland.org.uk

Prostate Scotland Cancer Navigator App

Our free App has been designed in collaboration with prostate cancer patients and their families, as well as clinicians and experts across Scotland.

Features include:

- Treatment decision-making tool
- PSA test results tracker
- A monitor to record any side-effects
- Practical information and support resources



Contact Us

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www.prostatescotland.org.uk





**SCOTTISH
MEN'S SHEDS
ASSOCIATION**



BECOME AN INDIVIDUAL MEMBER FOR FREE

By joining the SMSA, together we are strengthening the Men's Sheds Movement in Scotland.

SMSA Individual Members receive:

- ▶ A welcome pack and goodies
- ▶ Latest news on the Movement
- ▶ 'The Scottish Shedder' magazine direct to your inbox
- ▶ Advice and assistance

Pick up a SMSA leaflet in your local Shed
or visit www.scottishmsa.org.uk/join

Follow the SMSA at:



'In Scotland, For Scotland'

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



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

Help **WAVE THE FLAG** for the SMSA and

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

The SMSA is a registered Scottish charity ([SC045139](#)). Its [Board of Trustees](#)—all volunteers that receive no remuneration for their time and efforts—passionately believe in the SMSA's vision for the people of Scotland.

As an independent Scottish charity, the SMSA is solely focused on supporting Scotland's Men's Sheds. The charity is not affiliated with any other Shed association or umbrella organisation, enabling us to develop services and guidance tailored specifically to Scotland's legal, policy and community landscape.

The charity's small [team](#) of passionate staff work to promote and support the growth of the grassroots movement across Scotland. From speaking to hundreds of individuals seeking support to establish their own Men's Shed, creating pathways and documentation specific to Scottish law, to lobbying policymakers on men's health and wellbeing, everything we do is driven by an "In Scotland, for Scotland" approach.

SCOTTISH MEN'S SHEDS ASSOCIATION
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In Scotland, For Scotland

