

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTTISH
MEN'S SHEDS
ASSOCIATION

SCOTLAND'S LARGEST
MEN'S HEALTH & WELLBEING CHARITY

In Scotland, For Scotland



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ASSOCIATION



Stonehaven
Men's Shed
scoops
national
top spot

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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 5,400 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

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OCT 2026—Fri 16th Oct 2026

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Pictured (top to bottom): The five regional winning Sheds being presented with their certificate at the SMSA Gathering: Irvine New Town Men's Shed; Ross Murray on behalf of Badenoch Men's Shed; Ellon Men's Shed; Stonehaven Men's Shed; and Milngavie and Bearsden Men's Shed

I am delighted to be kicking off this edition's Talking Sheds with a huge congratulations to your winner by members votes— [Stonehaven & District Men's Shed](#) has taken the gold! [Milngavie and Bearsden Men's Shed](#) took silver in second place and [Irvine New Town Men's Shed](#) took the bronze.

What an incredible accomplishment not only to be in the top five regional winners but to make it through to the top three. I hope our efforts in making the three films, guided by their applications, shows why they were chosen and why you voted for them.

This edition, we're shining a spotlight on all five finalists, featuring their inspiring stories. Every Shed earned its place by making a remarkable difference to the people and communities they serve.

Meet our finalists and discover what makes each of these outstanding Sheds so special and why maybe next year it could be your Shed. See pages [8-13](#).

We had a full house of Sheddors from across the country at The Gathering/ AGM/Shed of the Year awards on Friday kindly hosted by Perth Council in their fantastic venue.

We received a warm welcome and best wishes for the day by Depute Provost Andrew Parott. Bringing it forward two months certainly created an administration challenge for our small team but the weather gods were kind and we didn't have to deal with last year's storms.

We also had some changes to the board to announce (see [page 7](#)) and emotional goodbyes from two of our long-standing trustees, David Gardner (Chairman), who has given eight years of service, including six years as Chairman, and Jon Searle (Treasurer), who has served for six years.

Without these men stepping up to hold these vital positions we could not run the SMSA charity and I will miss their council and friendships.

Also our longest standing trustee and our first Treasurer from 12 years ago Charlie Miller also stepped down due to health reasons. Thank you Charlie all those years ago when I asked you if you would like to join me on this adventure and you said yes - legend.

Taking your feedback from last year, we had a diverse selection of exhibition stall holders, BSL interpreters, guest speakers and workshops making it a full day and some wonderful reunions amongst old friends.

Thank you to everybody who came on all levels and made it the best one yet. It is a great reminder of the strength of our Men's Shed community and how valuable it is to have opportunities like the gathering to come together, share ideas and keep in touch.

With that same spirit of connection in mind, we have decided to retire the SMSA Facebook Members Forum page which, due to Facebook's administration criteria, limited what we were trying to achieve.

Our Development Officers have reported that several Sheds are using WhatsApp very successfully so we are launching the new SMSA WhatsApp community group. Lets hope you all find that easier to communicate with each other across the Scottish Men's Shed Movement (see [page 5](#)).

On the other end of the awards trail the SMSA has been selected into the finals of the Health & Social Care Award category for the 2026 Social Enterprise Awards Scotland! We will attend the awards ceremony in October, so keep your fingers crossed for us.

Dr Jason Schroeder
SMSA CEO



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



12,000+
SCOTTISH 'SHEDDERS'



210+
MEN'S
SHEDS



5,475
SMSA
MEMBERS



198
SMSA
MEMBER SHEDS



32
LOCAL
AUTHORITY AREAS



**SOCIAL
ENTERPRISE
AWARDS
SCOTLAND FINALIST**

The SMSA is delighted to share that we have been shortlisted as a finalist in the Health & Social Care Award at the 2026 Social Enterprise Awards Scotland!

This recognition reflects the incredible work happening at the SMSA and in Men's Sheds all across Scotland. Being recognised in the Health & Social Care category is a testament to the impact of the Men's Shed movement and the dedication of everyone involved.

A huge thank you to [Social Enterprise Scotland](#) for this honour, and congratulations to all of the other finalists. We look forward to celebrating together at the awards ceremony in October.



**SCOTTISH
MEN'S SHEDS
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**PRINT A HARD COPY OF THE
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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**



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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 THE NEW SMSA WHATSAPP COMMUNITY



Recognising Tim Green

Members of Stonehaven and District Men's Shed created a commemorative plaque in recognition of Tim Green, following his retirement as SMSA Development Officer.



The plaque was presented to Tim after the Stonehaven Men's Shed members attended the funeral of Douglas Knox, the Shed's sorely missed former Secretary.

It was a fitting and heartfelt gesture, recognising Tim's contribution, commitment and support to Men's Sheds across Scotland.

A lasting reminder of the valued relationships, friendships, connections and memories built through our Scottish Men's Shed movement.

New Scottish Men's Sheds WhatsApp community

The SMSA has launched a new [WhatsApp community](#) to make it easier for SMSA Shed Members to keep up with news, events, opportunities and updates.

[Join today!](#)

Announcements

Official SMSA news and important updates.

General Discussion

Members can chat, sell/trade items, ask questions and share ideas.

Events & Training

Details of any events, workshops, conferences and training opportunities relevant to Sheds.

Funding & Opportunities

Funding announcements and useful opportunities.

Please free share this with your Shed members and anyone involved in the Men's Sheds movement.

Could your Shed be entitled to reclaim VAT on materials used to create a new building?

A [new guide](#), created by St Andrews Men's Shed (StAMS) and shared with the SMSA, details their experience to use the [DIY Housebuilders Scheme](#) to reclaim £10,000 in VAT from HMRC on eligible buildings following the construction of their new Shed building.

The guide explains how StAMS approached the claim and highlights some of the practical lessons that other Sheds may find useful when planning their own building projects.

A key point is that the VAT relief applies to qualifying new charity buildings, rather than ordinary refurbishments, repairs or extensions.

The guide also explains the two main routes available:

- having eligible construction work zero-rated by a contractor, or paying VAT on eligible materials and reclaiming it afterwards
- StAMS chose to reclaim VAT on materials because members were carrying out a significant amount of the construction work themselves

The guide covers the evidence required, including planning permission, building plans and the completion certificate, as well as the importance of keeping invoices and payment records organised.

One of the most useful lessons from the StAMS experience concerns record keeping. Where possible,

invoices should be made out in the Shed's name and paid directly by the Shed. Where members purchase materials themselves and are subsequently reimbursed, careful records should be maintained to create a clear audit trail.

The guide also highlights the importance of separating out any VAT already covered by grant funding and explains the timescales involved. Although StAMS was initially told its claim would be dealt with within three months, the Shed ultimately waited eight months for its refund.

StAMS initially submitted a claim for £13,500 of VAT and ultimately received £10,000 from HMRC. While the experience was not without its challenges, the successful claim demonstrates that VAT recovery can make a significant difference to the finances of a Shed undertaking a major new-build project.

Key messages for Sheds: check your eligibility early, keep your paperwork and invoices in order, make sure grant-funded VAT is excluded where appropriate, and be prepared for the process to take time.

The [full guide](#) provides a practical overview of the StAMS experience and is intended to help other Sheds understand the process and consider whether VAT recovery may be relevant to their own building projects.

Please note that the guide is based on St Andrews Men's Shed's experience and should not be taken as professional tax advice. Sheds considering a claim should check the current HMRC guidance and seek appropriate advice where necessary.

Why thousands of men are discovering Scottish Men's Sheds

When people hear the words “Men’s Shed”, it’s easy to picture a workshop full of older retired men making things out of wood. While many Scottish Men’s Sheds do have workshops, enjoy practical projects, and are regularly attended by older men, that’s only a small part of the story. In fact, the Scottish model is open to all adult men aged 18+ and supports a wide range of activities, recognising that connection, purpose and support matter at every stage of life.

Every Men’s Shed is different. A Men's Shed isn't about what you can make—it's about the connections you build, with activities led by members and the local community, but they all share the same purpose: to create a safe, welcoming space where men can connect across generations, build friendships, learn and share skills and support one another.

Not just workshops for older men

Unlike the original Australian model - which developed three decades ago primarily around older, retired men - Scottish Men's Sheds were established from the outset with their own distinctive approach to support all men, from all walks of life aged 18+ to combat loneliness, isolation and boredom.

It's very simple yet powerful and life-changing: it's a place where men gather without pressure or expectation. Regular attendance can improve health and wellbeing, and build confidence through everyday conversations and shared purpose. Many men also rediscover routine and structure after major life changes such as ill health, retirement, bereavement, relationship breakdown, redundancy, unemployment, or other changes in personal circumstances.

The informal nature of Sheds makes it easier for men to open up, talk, listen and support one another in a way that feels natural. Alongside this, practical projects, peer learning and volunteering often help men regain a sense of usefulness and achievement—but for many, it's the simple act of turning up, having a laugh, and being part of something that makes the biggest difference.

So why don't more men come along?

Other than the common misconception that Men's Sheds are only for older or retired men, one of the biggest barriers is simply the fear of not fitting in. Many men worry there will already be an established group with its own pecking order, and wonder whether they'll be accepted. Those feelings are far more common than people realise, and can quietly prevent someone from taking the first step. The reality however is very different. Sheds understand what it's like to be the 'newbie' and members are keen to welcome newcomers because they remember what it felt like themselves.

More and more Men’s Sheds are also recognising that not everyone is retired or free during the day. As a result, an increasing number are opening in the evenings and at weekends, making it easier for men who are still working to get involved. This flexibility is helping Sheds become even more inclusive, ensuring that men can attend regardless of their working patterns or life stage.

The other false impression is that you need to be “good with your hands” or interested in woodworking. You don't. Most Sheds have workshops, but they also offer a wide range of other activities such as gardening, cooking, music, walking groups, repairing equipment, cars and bicycles, community projects, photography, games, social events, or simply enjoying good conversation. As Men's Sheds are run by the men themselves what happens depends on the interests of the members and so the activities in Sheds grow alongside their membership. Many men with these skills pass them on to others in the Shed and find mentoring extremely rewarding. There's really no expectation to make or do anything—other than a brew.

Why consider your local Shed?

The hardest part is often opening that Shed door for the first time. But for many men, that first visit is the beginning of a new lease of life.

Many men would benefit from joining a Men's Shed and whether you come for a chat, a brew, to learn something new or simply to be around others, you'll find there's no expectation to be anything other than yourself.

Today there are around 12,000 Sheddors across Scotland, supported by over 200 Sheds spread across all 32 local authority areas – a national grassroots movement embedded in our communities from cities to rural towns, supported and connected through the Scottish Men’s Sheds Association (SMSA) charity.

What have you got to lose by checking it out? Yes, Sheds aren't for everyone, but it could just be for you. Head to the Shed and see for yourself.

Find your local Shed at <https://scottishmsa.org.uk/find-a-shed> and join the SMSA for free as an individual member at <https://scottishmsa.org.uk/individual>.

SMSA wins UK Enterprise Award for Men's Health & Wellbeing

We're delighted to share some fantastic news with Shedders across Scotland – the Scottish Men's Sheds Association (SMSA) has been named the winner of the 'Best Men's Health & Wellbeing Initiative 2026 – Scotland' in the 9th annual SME News UK Enterprise Awards.

The award recognises the vital work being carried out by Men's Sheds and the SMSA network to tackle loneliness and isolation, improve wellbeing and create welcoming spaces where men can connect, learn, share skills and simply enjoy being part of their community.

You can read the full award announcement from [SME News here](#).

SME
news

A new chapter for the SMSA Board

After eight years of dedicated service (six years as SMSA Chairman), David Gardner is standing down and remaining a Trustee until March 2027, marking the end of an important chapter for the organisation.

David has played a significant role in supporting the growth and development of the SMSA and the Men's Sheds Movement during his time on the Board. The SMSA team thank him warmly for his commitment, leadership and contribution to the Association and the wider Shed movement.

Reflecting on his time with the SMSA, David said: "It has been a privilege and a pleasure to serve as Chairman of the SMSA, and I am incredibly proud of all that we have achieved together.

"I've had the privilege of witnessing the continued growth, resilience and influence of a movement that is transforming lives across Scotland. I wish the SMSA every success as it continues to grow and support Scottish Sheds in the years ahead."

The Association is also saying a fond farewell to Treasurer Jon Searle, who is stepping down from the Board to devote more time to caring for his wife. Jon has made a valued contribution to the SMSA as Treasurer over the last six years.

Trustee Charlie Miller, a valued Trustee since the very beginning, has also had to step down due to health reasons. The Board and staff would like to express their sincere thanks for their hard work, commitment and support and wish them all the very best for the future.

While the Association says goodbye to three valued colleagues, it is delighted to welcome Ronnie Tappenden as its newest Trustee and Treasurer.

In addition, existing Trustee and Secretary Donald Reid took over the reins as Chairman, while Trustee Francis Edwards stepped into the role of Secretary at the SMSA AGM on Friday 28th August 2026.

Ronnie, 67, lives in Midlothian with his wife and brings a wealth of lived experience, dedication and passion for the Men's Shed movement.

A former member of Dalkeith Men's Shed, Ronnie went on to become one of the founding members of Gorebridge Men's Shed, where he remains actively involved today.

Ronnie is a full-time carer and lives with a disability himself, but neither has diminished his enthusiasm for supporting others or helping his community thrive. His personal experience, understanding of Men's Sheds and commitment to making a difference will bring valuable insight to the SMSA Board.

Speaking about his appointment, Ronnie said: "I look forward to working with you all and feel privileged that I have been given this opportunity."

The SMSA is pleased to have Ronnie join the Board and looks forward to benefiting from his experience, insight and commitment as the Association continues to support and develop Men's Sheds across Scotland.

Welcome aboard, Ronnie—and thank you to David, Jon and Charlie for every single thing you have contributed to the SMSA and the Scottish Men's Shed movement.



David



Jon



Charlie



Ronnie



Donald



Francis

Stonehaven & District Men's Shed scoops national top spot

Stonehaven & District Men's Shed has taken the top honour, being crowned the 'Scottish Men's Shed of the Year' 2026 in a prestigious nationwide awards initiative organised by the Scottish Men's Sheds Association (SMSA), Scotland's leading men's health and wellbeing charity.

The Aberdeenshire-based Shed took the top national honour ahead of two outstanding finalists, with **Milngavie & Bearsden Men's Shed** (East Dunbartonshire) finishing in second place and **Irvine New Town Men's Shed** (North Ayrshire) taking third, highlighting the impressive national spread of Scotland's Men's Shed movement.

The Scottish Men's Shed of the Year awards programme recognises the remarkable contribution Men's Sheds make to their members and communities across Scotland—providing places where men can connect, share skills, learn new ones, work together and, most importantly, enjoy friendship and companionship.

Stonehaven & District Men's Shed has grown from a small group of determined volunteers in 2016 into one of Stonehaven's most valued community organisations. Members transformed a neglected former Beach Pavilion into a vibrant seafront community hub, contributing more than 3,600 volunteer hours to the renovation. Today, with more than 180 members, the Shed combines traditional crafts with CNC routing, laser engraving and 3D printing, alongside activities focused on health (yoga and pilates), wellbeing and social connection. Its commitment to sustainability has also seen the installation of solar panels, air source heat pumps and battery storage.

The Shed's impact reaches far beyond its own members and its Stonehaven home. Members support local events, environmental projects and community initiatives, while an innovative prosthetics project has helped provide around 600 prosthetic limbs for people in Africa using reusable components recovered from hospitals across Scotland. Having previously received the King's Award for Voluntary Service, the Shed's latest national recognition reflects an exceptional combination of innovation, inclusion, sustainability and community service — demonstrating just how much a Men's Shed can achieve.

Duncan Cursiter, Chairman of Stonehaven & District Men's Shed, said: "We are absolutely delighted to be named Scottish Men's Shed of the Year 2026. This award belongs to every one of our members. It recognises the time, effort, friendship and sheer enthusiasm that they bring to the Shed every week.



"We are incredibly proud of what we have built together, but we are equally proud to be part of the wider Men's Shed movement in Scotland. A huge thank you to everyone who voted for us and supported the Shed. We would also like to congratulate Milngavie & Bearsden and Irvine New Town — both are fantastic Sheds and worthy finalists."

Jason Schroeder, CEO of the Scottish Men's Sheds Association, said: "A huge congratulations to every single member of Stonehaven Men's Shed. Winning this title is a fantastic achievement and a wonderful recognition of the contribution the Shed and its members make to their community.

"Our congratulations also go to Milngavie & Bearsden Men's Shed and Irvine New Town Men's Shed for reaching the final. All three finalists demonstrated the incredible diversity, commitment and community spirit found within Scotland's Men's Shed movement. The Sheds showed exactly what makes the Scottish Movement so special with its age 18 and over model encouraging intergenerational friendships, inclusion, practical skills, community spirit and men supporting men.

"The real winners are the 12,000+ men across Scotland who come through the doors of a Shed every week. Stonehaven's success is something for the whole Scottish Men's Shed community to celebrate."

Each of the three finalist Sheds will receive a trophy, certificate and a cash prize from the SMSA, funded directly from SMSA Shed membership fee income—Sheds giving back to Sheds. In addition, finalists will receive vouchers from Scotmid Co-op, access to Machine Competency and Woodwork training from David Young Training (RRP £638) and a Shed Accounts package from Thyme Accountants (RRP £360), as well as supermarket gifts from Tesco and Co-op.



Milngavie and Bearsden



Irvine New Town

MEET THE WINNER: Stonehaven & District Men's Shed

From transforming a derelict seafront building into a vibrant community hub to receiving the prestigious King's Award for Voluntary Service in 2023, [Stonehaven & District Men's Shed](#) has become one of the town's most valued community organisations. With more than 100 members, a strong commitment to sustainability and projects that change lives both locally and internationally, the Shed continues to demonstrate the extraordinary impact of the Men's Shed movement.

The journey began in 2016, when a small group of determined volunteers set out to establish a permanent home for the Shed. Two years later, they secured the former Beach Pavilion—a neglected building that required extensive renovation.

Through more than 3,600 volunteer hours, successful fundraising and unwavering commitment, members transformed it into the welcoming facility that now overlooks Stonehaven's seafront.

The Shed has continued to invest in its future, introducing solar panels, air source heat pumps and battery storage to reduce its environmental impact while creating a modern, sustainable space for members and visitors alike.

Today, around 180 members regularly attend the Shed each week, enjoying a programme that extends well beyond traditional woodworking and metalworking. Alongside craft activities, members can learn CNC routing, laser engraving and 3D printing, ensuring people with a wide range of interests and abilities can develop new skills and remain actively involved.

Health and wellbeing are central to the Shed's success. Weekly yoga and pilates sessions, together with talks on subjects including dementia and heart health, encourage members to stay physically active while looking after their mental wellbeing. For men living with PTSD, early dementia or loneliness, the Shed provides a welcoming environment where they feel valued, supported and connected.

The Shed has also built an outstanding reputation for its contribution to the wider community. Members organise the popular Stonehaven Farmers' Market, help run the annual Stonehaven Folk Festival campsite, host regular music sessions and actively support local beach clean-ups and environmental improvement projects, along with a significant amount of other work to benefit the local community.

Perhaps the most remarkable initiative is the Shed's work collecting and dismantling prosthetic limbs from hospitals across Scotland. Reusable components are sent to Africa, where they have helped create around 600 prosthetic limbs, restoring mobility and transforming lives for people who would otherwise have limited access to such equipment.

The Shed continues to look ahead, developing new opportunities for both members and the wider community. Plans are well advanced to deliver a supervised work experience programme for young people who are not in education, employment or training



(NEET), helping them gain practical skills and confidence for the future.

Listening to members has also become part of the Shed's culture. Following a recent survey, the team is reviewing how it can better support those who have stopped attending and is keen to share its findings with other Sheds across Scotland to help strengthen the wider movement.

Back in 2021, the Shed narrowly missed out on the Scottish Men's Shed of the Year title, coming a close second to Westhill & District Men's Shed. Five years on, their recognition as the East Coast (South) Regional Winner marks a well-deserved return to the national awards spotlight.

In 2024, Stonehaven & District Men's Shed was honoured to receive the King's Award for Voluntary Service (KAVS), the highest recognition a local voluntary group can achieve and the organisational equivalent of an MBE. The award certificate and commemorative crystal were presented by the Lord Lieutenant of Kincardineshire in recognition of the outstanding contribution the Shed's volunteers make to the local community. It was an honour of which the entire membership are immensely proud.

Their success has been built on determination, collaboration and a genuine passion for making a big difference in their small Scottish harbour town. From transforming a derelict building into a thriving community hub to improving health and wellbeing, championing environmental sustainability and changing lives across continents through their prosthetics project, Stonehaven & District Men's Shed continues to demonstrate the remarkable impact a Shed can have.

It's this outstanding combination of innovation, inclusion and community service that earned the Shed its place as this year's 'Scottish Men's Shed of the Year'.



[CLICK HERE TO WATCH THE STONEHAVEN & DISTRICT MEN'S SHED FILM](#)



Meet the Finalists: Milngavie and Bearsden Men's Shed

With more than 90 community projects completed since opening in 2017, [Milngavie and Bearsden Men's Shed](#) has built a reputation for transforming ideas into practical solutions that benefit people of all ages. From supporting schools and nurseries to inspiring young people through hands-on learning, the Shed has become a valued community partner while continuing to put the wellbeing of its 350 members at the heart of everything it does.

Based in The Pagoda in Bearsden, the Shed welcomes members aged from 23 to 93 and is open an impressive seven days a week—Mon-Fri, 10am-4pm and weekends, 1pm-4pm—providing an accessible and welcoming place where friendships flourish, skills are shared and no one has to ever face isolation alone.

The Shed's impact can be seen across the local community through an impressive range of projects, particularly those supporting children and young people. One standout initiative saw members provide facilities and technical expertise to a local secondary school, helping pupils build a model racing car using the Shed's CNC router. The team went on to achieve third place in a UK competition.

Another much-loved project has been the construction of mud kitchens for local schools and nurseries, including one serving both mainstream and neurodivergent children in an area of

high deprivation. By transforming a concrete playground into an engaging outdoor learning space, the project helped encourage play, creativity and greater interaction and learning between pupils.

That commitment to supporting young people continues today. Members have recently built recycled timber planters, fencing and bespoke outdoor furniture for Baljaffray Nursery School, while an innovative road safety project is producing custom-designed bollards for local primary schools to promote safer parking outside school gates. With backing from the local community council and growing interest from schools across the area, the initiative has the potential to expand well beyond the local community.

The Shed also shares practical skills directly with younger generations. The members regularly visit the Brownie groups to teach them how to use tools safely while completing projects towards their "Skills for Your Future" badge, and each year the Shed hosts a special leavers' event for local primary pupils as they prepare to move on to secondary school.

While community projects are a defining feature of the Shed, member wellbeing remains its core purpose. Extensive opening hours, weekly social lunches during the winter months and a culture of friendship ensure members always have somewhere to go, someone to talk to and something meaningful to do.

For many, the Shed has become a lifeline. Members have formed lasting friendships, supporting one another through bereavement, ill health and

life's challenges. One 92-year-old member, who visits daily, described the Shed as "a boon" following the loss of his wife, praising the kindness and friendship he has found there.

The Shed's work has also earned recognition from healthcare professionals, with a local psychiatrist providing an unsolicited testimonial highlighting the positive impact it has on members' wellbeing.

Beyond its own walls, Milngavie and Bearsden Men's Shed also supports the wider Shed movement, sharing its experience with developing Sheds in Bishopbriggs and Helensburgh and helping them establish strong foundations for the future.

By improving lives through friendship, practical skills and outstanding community engagement, Milngavie and Bearsden Men's Shed has become an inspiring example of what the Shed movement can achieve.

It's this exceptional commitment to both its members and the wider community that earned the Shed the title of **West Coast (North) Regional Winner** and the **SILVER WINNER** in the Scottish Men's Shed of the Year Awards 2026.



[CLICK HERE TO WATCH THE MILNGAVIE & BEARSDEN MEN'S SHED FILM](#)



Meet the Finalists: Irvine New Town Men's Shed

*From supplying schools and community groups with handcrafted projects to becoming a registered supplier to North Ayrshire Council and supporting suicide prevention through its innovative Talking Benches partnership, **Irvine New Town Men's Shed** has established itself as a driving force for positive change in its community. Since opening in 2018, the Shed has combined practical skills, community service and friendship to create a place where members thrive while making a lasting difference to others.*

Based in Bourtreehill, Irvine, the Shed has grown to almost 50 members, welcoming men aged from their 50s to their 80s. Open six days a week, it offers a relaxed environment where members can enjoy a coffee and a blether, read the newspaper, games nights and working on projects in good company. Outside of the Shed, the members also enjoy social gatherings and day outings together.

The Shed has built an impressive range of skills and activities. Alongside traditional woodworking, members have embraced pyrography, CNC carving and cycle maintenance, with four members recently qualifying as Bike Engineers. Whether creating personal projects or contributing to community initiatives, members are continually developing new skills while passing on their knowledge to others.

Community service lies at the heart of everything the Shed does. Irvine New Town Men's Shed has become a trusted partner for local organisations, designing, building and refurbishing a wide variety of items for schools, community groups and residents. Following its approval as a registered supplier to North Ayrshire Council, the Shed has produced picnic tables, garden benches, bird feeders and raised planters for local schools, alongside countless bespoke projects for community organisations.

Seasonal projects have also become a hallmark of the Shed's creativity. Members have crafted Easter and Christmas displays, including a large Santa sleigh for Kilwinning and two impressive 12-foot Christmas trees for Dreghorn Library, bringing festive cheer to communities across North Ayrshire.

The Shed regularly attends local fairs and Highland Games, showcasing members' craftsmanship while encouraging others to experience the benefits of Shed life. These events have helped raise awareness of the organisation and attract new members who may otherwise have remained isolated.

One of the Shed's most inspiring partnerships has been with the suicide prevention charity Talking Benches. Members have built and installed around 20 specially designed benches, each featuring a QR code linking people to organisations offering support and someone to talk to. The initiative aims to place a Talking Bench in every public park across Ayrshire, demonstrating how practical projects can make a genuine difference to people's lives.

For many members, the Shed provides companionship during difficult times. Some have experienced bereavement, while others come from areas facing economic hardship. The simple opportunity to enjoy conversation, work alongside others and contribute to meaningful projects has helped reduce loneliness, improve wellbeing and restore confidence.

Whether through woodworking, community projects, social events or shared experiences, the Shed continues to show how Sheds can transform lives while strengthening the communities around them.

Their journey is one of compassion, craftsmanship and community spirit. By combining practical skills with a genuine commitment to improving lives, Irvine New Town Men's Shed has become a valued community asset. It's this outstanding dedication to supporting both its members and the wider community that earned the Shed the title of West Coast (South) Regional Winner and the Bronze Award in this year's Scottish Men's Shed of the Year Awards 2026.



[CLICK HERE TO WATCH THE IRVINE NEW TOWN MEN'S SHED FILM](#)



Badenoch Men's Shed

From crafting traditional coracles with local school pupils to creating wildlife habitats and supporting men referred through the NHS, [Badenoch Men's Shed](#) is proving that a Men's Shed can become the beating heart of an entire community.

Nestled in the heart of the Cairngorms, Badenoch Men's Shed may only have opened its doors in 2024, but in a remarkably short space of time it has become much more than a workshop. It has become a place where friendships flourish, skills are shared, and people of all ages discover the value of working together.

For the 48 members who gather throughout the week in Kingussie (on Tuesday afternoons, Wednesday evenings and Saturday mornings), the Shed offers something increasingly precious: purpose. Like many Men's Sheds, it provides a welcoming space for conversation over coffee, woodworking and metalworking projects, and the opportunity to learn from one another. But what makes Badenoch particularly distinctive is its determination to look beyond its own four walls and become an active partner within the wider community.

One of its most inspiring achievements has been its partnership with Kingussie High School. Rather than expecting young people to come to them, Shed members took their skills into the school, working alongside pupils to build traditional Speyside coracles and canoes.

The project became much more than a lesson in woodworking. It created genuine conversations between generations, with experienced craftsmen passing on practical skills while encouraging pupils to solve problems, think creatively and work as a team. Members also helped maintain the school's workshop equipment and trained staff in the safe use of machinery, ensuring those facilities continue to benefit future generations.

"It's about sharing knowledge before it's lost," one member explained. "The young people teach us plenty too."

That same community spirit can be seen in projects across Badenoch. Members have built hedgehog boxes



in partnership with local primary schools and Cairngorms National Park Rangers, helping protect native wildlife. Swift nesting boxes now appear throughout the area, while handmade planter boxes brighten public spaces including the Macpherson Museum and local Co-op stores. New picnic benches in a local play park provide families with places to gather, relax and enjoy the outdoors.

Every project leaves a visible legacy, but the greatest impact is often the one that's harder to see.

For many members, the Shed has become a vital source of friendship and support. Several joined following referrals from NHS Scotland and local health professionals, recognising the positive role Men's Sheds can play in tackling loneliness, improving mental wellbeing and helping people reconnect with their communities.

Members describe the satisfaction that comes from contributing to meaningful projects, learning new skills and simply spending time with people who understand the value of companionship. Whether it's woodworking, metalworking or simply enjoying a brew and some banter, everyone has something to offer and something to gain.

Although one of Scotland's newest Sheds, Badenoch Men's Shed has already demonstrated what happens when community spirit, practical skills and compassion come together. Every boat launched, every bench installed and every wildlife box built tells part of the story.

But perhaps the Shed's greatest achievement is something far less tangible. It's helping build stronger, healthier communities—one conversation, one project and one friendship at a time.

"At Badenoch Men's Shed, every project strengthens the community—but every friendship strengthens the Shed."





Ellon Men's Shed

Ellon & District Men's Shed in Aberdeenshire has grown from a local workshop into a thriving community hub where creativity, connection and companionship sit at the centre of everything they do.

Established in 2014 after achieving charitable status, the Shed now welcomes around 200 members, with approximately 60 regularly active participants. Members range from their mid-20s through to their 80s, reflecting the inclusive spirit that has helped the Shed become such an important part of community life.

Open three days a week—Monday, Tuesday, and Thursday from 10am-4pm, the Shed provides a welcoming space where members can learn new skills, share their knowledge and simply enjoy the company of others.

Over recent years, the Shed has deliberately expanded its activities to appeal to people with a wide variety of interests, ensuring there is something for everyone. Traditional woodworking remains at the heart of the Shed, but members can now also enjoy CNC woodworking, laser engraving, 3D printing, picture framing, bike maintenance and motorbike refurbishment.

A new workshop facility for bicycles was introduced in 2025, while 2026 saw the expansion of gardening activities with the addition of a Polycrub.

The Shed's impact extends far beyond its own members. The Shed has become a valued community partner, creating and refurbishing items for schools, care homes, churches, youth groups, local organisations and clubs. Their work has supported groups including the Ythan Amateur Dramatic Association, Brownies, Scouts, Scottish Invasive Species Initiative, McDonald Golf Club and Ythan Cycle Club.

At the heart of their success is a commitment to being a true community hub. The Shed runs a Winter Café (November to February) offering free lunches, board games and a friendly blether during the colder months. Weekly IT drop-in sessions help local people gain confidence with phones and computers, delivered in partnership with the Council's Learning and Development Team. The Shed also provides meeting space for community groups and supports family development days.

Inclusivity is another key achievement. In spring 2025, the Shed launched a separate session for a Women's Shed, meeting on alternate Wednesdays.

Around 20 women have since developed practical skills including DIY, woodworking, laser engraving, 3D printing, picture framing and bike maintenance.

The Shed also encourages wellbeing through social activities, health talks

and awareness sessions covering topics such as heart health, diet, dental care and suicide prevention. Members benefit from staying active, learning together and having a place where they feel valued and supported.

A particularly successful addition has been the creation of a pétanque piste, with the Ellon Pétanque Club now bringing together members of the community for regular games and social gatherings.

Attendance at the Shed has continued to rise year-on-year since the pandemic, with weekly participation increasing by 17% between 2024 and 2025. This growth reflects the important role Ellon Shed plays in tackling loneliness, encouraging creativity and strengthening community connections.

With plans to secure the future of the Shed through a Community Asset Transfer request, including purchasing their current site and expanding facilities, the Shed is looking ahead with ambition.

Their story is one of transformation: What began as a place to make things has evolved into a place where people make friendships, build confidence and create a stronger community together. It's this remarkable story that has earned Ellon & District Men's Shed the title of a regional winner in the Scottish Men's Shed of the Year Awards 2026.

HEAD TO THE SHED



Calling all men aged 18+

Got time on your hands?

Want to learn or share skills?

Ready to make mates & share laughs

Join the Movement and
find your Shed crew today!



Discover a Shed near you or start a new one!



www.scottishmsa.org.uk
and join for free!



This is my second Shedder Magazine update and I think I'm starting to get the hang of this role. My last update was very much shadowing my colleague Ross Murray (and I'm very grateful for the support), but for almost all of the last couple of months, I've been out there on my own.

For those who read my last report, you'll remember that my invitation to the Royal Garden Party had gone missing—well, I'm happy to report that it was found and that my wife and I had a great day, and I even managed to meet Queen Camilla.

I'd mentioned last time that I hadn't yet been able to get to see anyone in the Angus and Dundee area, and I'm happy to say that I've put that right with visits to Broughty Ferry, Forfar, GEMS Montrose and Carnoustie and Monifieth Sheds and some more planned soon.

I used to live in Monifieth and it was great to see the area again. I even took a drive past our old house and was a bit shocked to see that our former bungalow now had a first floor on it!

I have also visited a number of Sheds across Moray (Elgin, Keith and Finecht) and Aberdeenshire

(Aberchirder, Blackburn, Portsoy and Peterhead). It was great meeting up with the guys there and seeing what they have been up to.

Someone asked me the other day what was the most unusual activity I'd seen at a Shed, and I think the answer to that so far is beekeeping.

Forfar & District Men's Shed installed three beehives recently and are hopeful of starting to get some honey next year. I'll certainly be back to see if they have.

Whilst there are some diverse activities at Sheds, the one common feature of everywhere that I've visited is the sense of camaraderie and being there for each other – that is what it's all about, so keep it up guys.

I suppose that it's in keeping with the age of the Men's Shed movement in Scotland that we're starting to see a number of 10th year anniversary celebrations.

I didn't manage to get to Aberchirder & District Men's Shed's big day in July as I was down in London, but I'm looking forward to attending the 10th Birthday celebrations at Bridge of Don, Aberdeen and my own Shed, Turriff, are also holding a coffee morning to celebrate their 10 years, with proceeds being donated to local charities.

Both events are on the same day on the 12th September, so it will be a busy day for me making sure I can be at both.

The one event I did still 'shadow' last month was the [Shed-Wise](#) presentation on men's health given by Ross at Drumnadrochit.

This was a very well-attended and informative presentation that generated much discussion, and although dealing with serious subjects, the members still managed to show some good humour during

the talk. I have now agreed to do a couple of these, so fingers crossed that I can deliver these as well as Ross does.

If your Shed is interested in a [Shed-Wise session](#) from myself, then please do [get in touch](#).

Last week was my first time attending the annual SMSA Gathering, and it was fantastic to meet so many people from across the network who I've previously only spoken to online. It was also lovely to catch up with some of you from the Sheds I've visited so far, as well as meeting new people and making new connections along the way.

I am hopeful that I can get the Network meetings up and running again after leaving things during the summer months, so I'll be contacting Sheds very soon to see what they want: do they want guest speakers, who wants to hold them etc. etc. Your feedback would be most appreciated.

I look forward to visiting many more Sheds and meeting lots more of you in the coming months.

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Brian McWilliam

shed-wise

Shedders' Health Empowerment Drive
for **Wellness, Information, Signposting & Engagement**

The SMSA is driving a vital shift in men's health —helping men across Scotland take control, make informed choices, and live longer, healthier, happier lives!

It's time to speak up
for men's health and ...

Get
Shed-Wise!





Men's Sheds on the move—new premises, new possibilities

Recent visits to Men's Sheds across the West Coast of Scotland have highlighted an exciting and encouraging theme: relocation. For many Sheds, moving into new premises is bringing much more than a change of address. It is opening the door to fresh energy, renewed confidence, stronger partnerships, and new possibilities for members and their wider communities.

At Rutherglen and Cambuslang Men's Shed, the move from the Baptist Church premises into a new home is creating real momentum. Over a brew and a good chat with the guys, there was a strong sense of looking forward and thinking practically about how the SMSA can continue to support the Shed. Their relocation feels like a positive next chapter, giving members the chance to shape a space around their own needs, ambitions, and ideas.

Houston and Killellan Kirk Men's Shed is also making great progress. Work is well underway to renovate and fit out their new premises on the other side of the village, with electric points fitted, new windows installed, and useful storage space taking shape.

Even the relocation of the shipping container to the new site marks another visible step forward. It is a

great example of members turning plans into reality through teamwork, patience, and determination.

Wishaw Men's Shed is in the final stages of the Community Asset Transfer of Gowkthrapple Community Centre, and its recent open day showed the strength of local support.

Attending with SMSA Chairman David Gardner, I saw a fantastic turnout and heard more about the Shed's growing assets, including its own minibus and static caravan. What stood out most was the Shed's clear focus on the social side of Shedding, helping to reduce loneliness and isolation while building friendship, connection, and confidence.

Castle Douglas Men's Shed's new premises made a very positive first impression. With an excellent town-centre location, generous space, and support already coming from local businesses, the Shed has strong foundations for future growth. It feels like a place with real potential to welcome more men, develop new activities, and strengthen its role within the local community.

Strathaven and Avondale Men's Shed, currently meeting in the Drawing Room, is looking ahead to relocating to the Vari Shelter in the public park, right in the centre of town. This highly visible and accessible location offers exciting potential for a thriving and varied programme of shed activities. Callander Men's Shed is another

group with plenty to look forward to, having been granted a container and ground in the car park of Callander Golf Club. Meeting the guys and hearing their plans was inspiring, especially with such a young committee, all under 40, bringing fresh energy, enthusiasm, and ideas for the future.

Across all these visits, one message is clear: new premises can give a Shed a powerful boost. They create space for optimism, creativity, partnership, and renewed purpose. Most importantly, they give members the chance to build something together — not just for today, but for the men, families, and communities who will benefit in the years ahead.

I'm very much looking forward to continuing support for these Sheds and seeing how this huge variety of different premises will take shape.

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Acharacle



Nairn



Skye

The last couple of months has seen plenty of developments with Sheds in the Highlands—new Sheds, Sheds moving premises, exchange visits, [Shed-Wise courses](#), Shed upgrades and new contacts. This has illustrated ideas, commitment, energy and an urge to have a space for men to meet and make a difference to their lives and to the wider community.

The Aultbea Shed, on Loch Ewe, remote, no public transport, is probably my smallest Shed. The guys have been meeting for a few years now, a doors open place when the dust is flying, cold in the winter, midgy in the summer. Not for long though as they had just laid the foundations for an additional Shed when I visited. Separate, work space and social space imminent!

Over the bridge to Skye and I caught up with the Broadford Sheddies. Another wee Shed that they have outgrown. After some healthy successful funding applications, they have taken on the challenge of renovating an old church hall in Broadford. Member Derek said: “A challenge, yes, but it will give us much more space, social area, bigger workshop, a kitchen and a private area. We’re up for it.”

With one Shed on a large island, I contacted the Portree and Braes Community Trust. They’ve been very supportive about the idea of a Shed in the north part of the island. I’ll be presenting at a public meeting in Portree in mid-September.

Further south, the Acharacle Sheddies have been gifted a 10-year lease for the Old Boat House by a benevolent resident. They’ve been meeting, bonding and increasing their numbers for a year in the community centre and their commitment and patience has certainly paid off.

Back north and the Thurso guys have made rapid progress. Since the public meeting in June their numbers have grown to 25 Sheddies. They have a buzzing WhatsApp group, been meeting regularly, visited the Lybster Shed and have secured premises. They’ve also been in touch with the Orkney Shed in Stromness and are ferry bound for a visit in September.

Back down the east coast, a visit to the Inverness Shed is always a delight. (What Shed visit isn’t?) It was a bit disconcerting to arrive to a partially collapsed storeroom and large sliced up beech tree. No one was hurt thankfully, but there was one shaken-up Shedder.

There was 19 Sheddies attending a talk about Zeppelins! Other activities at Inverness include: a talking and writing group, woodwork projects, clock restoration ([more info here](#)), iPad course, arts and crafts, and a friendship group.

There’s a new Shed in Lerwick and a long lost Shed has popped out of the ether. I had heard that the Yell Shed was no more, but when the Lerwick Shed opened the guys from Yell—UK’s most northerly Shed—let me know that they are still very much alive and kicking.

I delivered two [Shed-Wise](#) sessions at the Glenurquhart and Lybster Sheds with 24 Sheddies in attendance. There was great discussion about many aspects of men’s health, and they have numerous ideas around taking this forward. Most identified areas where they intend to change their own behaviours and they all agreed on the importance of the Shed regarding peer support.

Some comments :

- “Keep working together to look after each other.”
- “Very informative, will make me think and act more.”
- “It covered all the main issues comprehensively.”
- “It’s important to share info and talk.”
- “It was enjoyable and informative.”
- “Excellent presentation and interaction.”

With new developments bubbling away in Lewis, Wick, Bettyhill and Ardersier, Men’s sheds are thriving in the Highlands and Islands and Northern Isles.

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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:

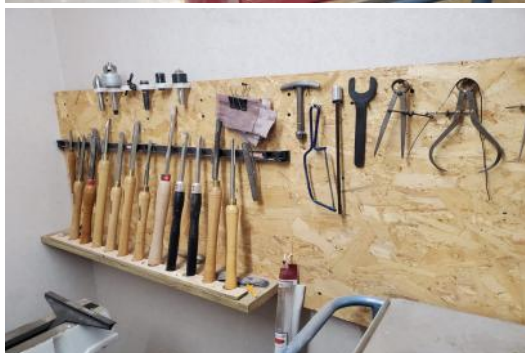
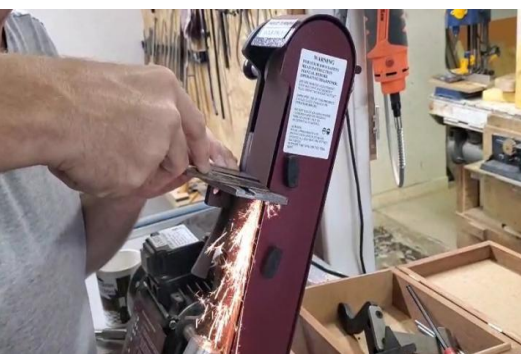
<https://scottishmsa.org.uk/smsa-support-evaluation>

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.





Do you have the sharpest tools in the box?

SMSA Development Officer Brian McWilliam popped by [Turriff & District Men's Shed](#) for a chat with member Paul Thornton about the importance of keeping Shed tools sharp and your wits even sharper!

Paul, a turner by trade, has a wealth of experience working with hand tools, so Brian was keen to hear his thoughts on the topic.

Having sharp woodworking tools is the foundation of safe, efficient, and precise craftsmanship. It transforms woodworking from a frustrating struggle into a smooth, rewarding process, ensuring cleaner cuts and significantly reducing the physical effort required to shape your chosen piece of wood.

Sharp tools increase safety as they require less pressure to cut—blunt tools are much more likely to slip or jump off the wood, possibly leading to serious accidents/injuries. If the tool slips, it's usually because you are having to force it. You can let a sharp tool do the work, making its movement much easier to anticipate and control.

A sharp edge slices cleanly through wood fibres. Blunt tools act like blunt wedges, they crush and tear the fibres, leaving rough, uneven edges (often called tear-out).

Cleanly sliced joints fit together better, whereas torn, crushed wood will end up with a sloppy joint.

A sharp tool concentrates force onto a microscopic area and slices with minimal time and energy. You can accomplish more with far less physical exertion. With a blunt tool, it takes longer to do the same amount of work.

All of the above is just as important with lathe tools, where the workpiece is moving much faster, so all of the issues mentioned can be exaggerated. Sharp lathe tools will give a much better finish so that less sanding is required and therefore less dangerous dust is created.

Being able to sharpen tools correctly by hand is a skill that needs practice to get it right and most of us just want to do some sort of woodworking and not spend all our time sharpening tools.

At Turriff & District Men's Shed, they chose to purchase a purpose-made tool sharpening system (pictured above) to make the job easier and safer. It is easy to teach new users how to use the machine, enabling them to sharpen tools quickly, accurately and consistently.

There are various online videos which can assist in getting up to speed on using sharpening systems. The system comes with jigs and an adjustable tool rest that allows sharpening all types of tools to the correct angles efficiently.

Sharpening only takes a few seconds, so less steel is worn away each time, making expensive tools last longer. The tools which are typically sharpened include:

Woodworking Tools:

- Planer blades
- Hand chisels
- Knives
- Drill bits

Woodturning Tools:

- Spindle and bowl gouges (including fingernail grinds)
- Skews
- Parting tools
- Scrapers

On power tools like table saws, planers and bandsaws, blunt blades can bind in the wood causing jamming or kick-back and for these tools, cheap blades are generally replaced or quality blades professionally sharpened. Get a Shed discount with [EPS Services](#) who collect, service and deliver.

If any Shed would like some further information, please direct your queries to [Brian](#) at the SMSA and he will be happy to direct these on to Turriff for you.

Blade Sharpening sessions at the SMSA Gathering

The importance of keeping tools sharp was also explored at this year's SMSA Gathering, where [David Young Training](#) and [EPS Services](#) hosted a practical workshop on "Staying Sharp in the Shed – Tool and Blade Sharpening."

The session gave Sheddors the opportunity to pick up useful tips and techniques for maintaining and sharpening the tools and blades they use in their Sheds.

Moffat Shed secures £20k lottery boost

Moffat Shed is celebrating a major funding boost after being awarded £20,000 from The National Lottery Community Fund to support the Shed's continued growth and development over the next two years and to organise Shedfest 2027!

The Shed applied for the funding to help with its community expansion plans and Shedfest 2027 event and, following a video call with a National Lottery Community Fund representative, was delighted to learn that the full £20,000 had been approved.

The grant will provide valuable support across several key areas:

- £14,000 towards building rent and running costs over two years
- £2,000 towards machinery repairs
- £2,000 towards safety training from David Young Training
- £2,000 towards Shedfest 2027

For Moffat Shed, the funding provides welcome financial stability while also allowing members to invest in the skills, equipment and activities that help make the Shed a valuable community resource.

Shedfest 2027 plans underway

The inaugural Dumfries & Galloway regional Shedfest was jointly hosted by the Moffat and Lockerbie Sheds on Wednesday 13th November 2019, at the Moffat Town Hall. Now that funding has been secured, planning is underway to bring this event back for 2027.

The date has been set for the **20th April 2027**, and Moffat Shed will be inviting Sheds to come along and take part.

With £2,000 of the new grant specifically allocated to the event, the team is looking forward to making Shedfest 2027 a great opportunity for Sheds to get together, share ideas, showcase what they do and enjoy some good old-fashioned Shed camaraderie.

A brighter future for Moffat Shed

The Shed is also making its new premises more visible to the local community. New signage is currently being arranged for the outside of the building, helping people spot Moffat Shed from the main road and raise awareness of the work taking place inside.

And the £20,000 award could be just the beginning. As a National Lottery grant recipient, Moffat Shed has now gained access to information about another Lottery funding opportunity.

The **Strengthening Organisations grant programme** from The National Lottery Community Fund provides funding ranging from £300 to £50,000 for up to two years to help eligible charities and community groups improve how they work. It is an exciting time for Moffat Shed, with the latest funding helping to secure its foundations while opening up new opportunities for the future.



Wishaw Men's Shed—On the Road Again!

The members of Wishaw Men's Shed certainly do love an outing! Their latest trips have taken them to Inveraray as well as the Royal Highland Show, supporting fellow members Tom and Wendy Kennedy as they raised funds through the Kiltwalk and a "doon-the-watter" cruise aboard the Waverley—with plenty more adventures planned.

With glorious sunshine on their trip in Inveraray and the local Highland Games taking place, it was a fantastic day enjoyed by all. On the way home, the group stopped at the Blue Lagoon in Balloch for a superb fish supper—the perfect end to a great day.

This was their third outing in just four weeks, following trips to the Royal Highland Show and a "doon-the-watter" cruise aboard the Waverley. And, their next adventure is already planned—a visit to the Maritime Museum in Irvine!

These outings are about much more than simply getting out and about. They build friendships, strengthen social connections and give members something to look forward to and enjoy together. A good laugh, shared experiences and time spent in one another's company are all part of what makes a Shed so special.

With membership continuing to grow, there's certainly no shortage of enthusiasm for the next adventure! Onwards and upwards Wishaw Men's Shed!





A Men's Shed and garden growing together

***Mastrick & District Men's Shed* was only established at the beginning of 2026, but what a start they have made! In just a few short months, the group has grown into a registered Scottish charity with an inspiring vision: to improve wellbeing, reduce social isolation and create opportunities for people to come together, learn new skills and make a positive difference in their community.**

One of the most exciting developments is the incorporation of Springhill Community Garden into the charity's structure.

This follows a period when the Garden was operating without a functioning governance structure and without a formal lease or occupancy agreement for the site. The new arrangements aim to secure the Garden's future through proper governance, accountability and long-term planning.

Looking ahead, the vision is to develop a Men's Shed facility within the grounds of Springhill Community Garden, creating a shared community hub where people can meet, learn, build and grow together.

The intention is for the Men's Shed and Garden to work cooperatively on a range of joint projects, bringing together practical skills, gardening, biodiversity, environmental improvements and community engagement.

The Men's Shed is also currently leading another exciting project in the area. A previously unused piece of ground in Mastrick is being transformed into Greenfern Grove – a new community space designed for local people to enjoy.

Plans include benches, picnic tables, raised planters that will be tended by local schools, and a community reading area reflecting the site's location beside the local library. A striking bespoke centrepiece is also planned, although details are being kept under wraps for now!

Volunteers remain at the heart of both projects. Their contribution is valued and will continue to be essential to the success of the Garden, Greenfern Grove and future community initiatives.

While governance responsibilities sit with the charity's trustees, volunteers will continue to play a key role in shaping activities, maintaining community spaces and helping projects flourish.

Work is also underway to improve communication through dedicated channels, including a new website for both the Men's Shed and Springhill Community Garden, helping keep local residents informed about activities, volunteering opportunities and future developments.

Together, the Men's Shed, Springhill Community Garden and Greenfern Grove represent an exciting opportunity to create greener, healthier and more connected community spaces for the benefit of current and future generations.

For more info, please visit mastrickspringhill.com





Kinross Men's Shed: From time capsules to rocking horses

A thriving Shed at the heart of its community, [Kinross & District Men's Shed \(KDMS\)](#) combines practical skills, friendship, community involvement and a healthy appetite for adventure. Member Bob Ballard shares their story.

"Based at 15 Swansacre in Kinross, our building used to be the Kinross Learning Centre, prior to that it was the old primary school. We are justly proud of our premises which have been extensively updated over the last three years.

"Last year saw the completion of the current period of planned work with the complex re-pointing of the whole building. During this final phase a void was discovered in the wall structure. This void, it was decided, would make an excellent location for a 'time capsule'.

"An appeal went out to the local community for appropriate material for inclusion in the capsule. Even the local primary school ran a competition for how its pupils saw the development of Kinross over the forthcoming hundred years, with the winning scroll being added to the capsule's contents. The time capsule was finally sealed into the wall, and Kinross history, with due ceremony, by members of the local community and KDMS.

"We are, as a Shed, very much committed to our local community and have been involved with many local projects; we attend the local Kinross fairs and farmers markets. We have made squirrel boxes, bird boxes, local golf club signs, benches, all to help out locally as much as we are able. In the winter months we provide an official 'warm space', one afternoon each week, where people can stay warm and are provided with hot refreshments.

"Despite our local work, we are very much an 'outgoing' Shed and travel to as many outside events as possible. In March, our very own Duncan McIntyre was invited to Saint Johnstone's football ground at McDiarmid Park to the inauguration of the club's new disabled lift. Duncan was accompanied by three other KDMS members who were shown around the ground and introduced to key club figures.

"The following day, nine members travelled to Glasgow to view [West Coast Harley-Davidson's](#) premises and their machines. They enjoyed a memorable day and received generous hospitality from WCHD. In April, ten KDMS members travelled to Greenock. This was to visit the PS Waverley, which was just finishing her winter maintenance programme, prior to commencing her new 2026 summer season. The KDMS group were kindly shown over the ship by Ken Blacklock. Prior to his retirement Ken was PS Waverley's Chief Engineer. KDMS were able to inspect locations such as; the engine room, bridge and passenger areas with Ken explaining all the various systems that sustain the world's last sea-going paddle steamer.

"May saw KDMS attending Cleish Village Fete and the Classic Car Show. We exhibited and sold our products made in our workshops. Two of our members also exhibited their own cars amongst the superb collection of 60 vintage and veteran cars on display.

"Seven of our members are currently coming to the end of an 18-month project to construct seven 'rocking horses'. The project, by nature of the traditional construction methods used, required considerable patience from the team. The finished examples are now beginning to appear (see photo right) and are of exceptional quality. The rocking horse project was also showcased at the SMSA Gathering on the 28th August, giving the opportunity to share their work with fellow Men's Sheds from across Scotland."

"At KDMS we also like to invite specialist speakers to attend. In the past year we have been fortunate to have several experts visit us; Scotland's Charity Air Ambulance as well as several speakers advising on men's health issues. Meanwhile our two workshops are always busy, and we produce items such as; cast iron ended garden benches, planters, bird boxes, mud kitchens, bowls, wooden sheathed pens—just to name a few of the many items we produce. We also received plenty of orders for bespoke items.

"The membership at KDMS is 80-strong and the Shed is open four mornings a week. Our members enjoy a constant supply of tea/coffee and bacon rolls thanks to member George who runs our well-equipped kitchen. Without George it's anyone's guess whether our level of production at KDMS would be maintained!"





The kettle's always on at Lossiemouth Men's Shed

There's always something special about an SMSA Shed visit—it's the informal blether, offer of support and services, exchange of ideas, and a chance to see first-hand the fantastic work being done by Shedders in their local community.

SMSA Development Officer Brian McWilliam recently took a trip along the Moray coast to visit [Lossiemouth Men's Shed](#), based at Grant Park, home of Lossiemouth Football Club.

After being warmly welcomed by Treasurer Charlie Parsons, Brian enjoyed a cuppa and a catch-up with the members before getting a tour of the Shed's facilities. The social area and kitchen are located in the football club's hospitality area and pie shop, while the workshop facilities are housed in two converted containers.

One of the containers provides the main workshop area, while the other has been transformed into a 'dry room', giving members somewhere to finish projects away from the dust and activity of the workshop.

The workshop container has recently been re-roofed and floored with help from a local business—a great example of the strong reputation and community support enjoyed by Lossiemouth Men's Shed.

The Lossie Shed is much more than a place for members to get together and work on projects. The Shed has built strong links throughout the local community, working with schools, the community hub and other local organisations.

One particularly meaningful project involved the nearby memorial

commemorating the tragic Wellington bomber crash on Church Street on 20 May 1945, when eight local residents and all three members of the aircraft's crew lost their lives.

What began as a relatively small project to clean the memorial ahead of the 80th anniversary developed into something much bigger. The Shed helped bring the community together for a special ceremony attended by local schools, dignitaries and representatives from RAF Lossiemouth.

The project also helped establish an excellent relationship between the Shed and the RAF base.

That relationship came into its own last year when King Charles visited RAF Lossiemouth. Lossiemouth Men's Shed was asked to create a gift, literally, fit for a King.

The Shedders rose to the occasion, creating a beautiful wooden whisky and glass holder using timber from the Old Lossie Bridge, which stood from 1908 until 2019.

The gift showcased traditional skills, local history and a real sense of community pride to create something truly unique.

Brian was also joined by Chairman David Walker, who shared more about the ethos of Lossiemouth Men's Shed.

While the Shed undertakes plenty of worthwhile projects, its first priority is its members and the social side of Shedding. As David puts it: "If the kettle isn't on, then there is something wrong."

That simple philosophy says a lot about what makes Lossiemouth Men's Shed such a welcoming place. The projects matter, but so do the friendships, conversations and sense of belonging that come with them.

Looking to the future

Lossiemouth Men's Shed has some very exciting plans for the future.

Members are hoping to move into a new home of their own, on a site near the greenkeepers' huts at the local golf course, on land owned by the Ministry of Defence.

The lease is currently progressing, and Brian was shown plans for the proposed new Shed building.

If everything comes together, it will give Lossiemouth Men's Shed the opportunity to develop its facilities while continuing to grow its role in the community.

Brian thanked everyone at Lossiemouth Men's Shed for a thoroughly enjoyable visit and looks forward to returning to hear how plans for the new site are progressing.

Would your Shed like a visit from the SMSA?

SMSA Development Officers are here to support Sheds across Scotland. If your Shed would be interested in an SMSA support visit, please [get in touch with the team](#).



"If the kettle isn't on, then there is something wrong."



Transformation at Castle Douglas Men's Shed

There's something very special about walking into a Men's Shed that's found its forever home. You can almost smell the optimism—and at [Castle Douglas Men's Shed](#), it's clear that their fresh new chapter is well underway.

It was an absolute pleasure for SMSA Development Officer Stewart Beck to drop into Castle Douglas Men's Shed for a cuppa and a blether with Chair, James Robertson (pictured above centre). Their move to much larger premises, right on the high street, has been truly transformational.



Stewart and James chatted about the highs and the hurdles of moving from their old Shed at Carlingwark Street to their new premises at the old Crown Garage site at 26a King Street—and how the extra space has worked its magic, with membership numbers rocketing since the move.

The place was alive with activity with bikes in various stages of restoration, community commissions on the go, and creative projects that would make many a Blue Peter presenter jealous! Every work bench seemed to have its own story.

Following Stewart's visit to Sanquhar & District Men's Shed earlier that day, where he was treated to tales of the local Swifts, he couldn't help but smile when he learned that the Castle Douglas Shedders are also making Swift callers.

It seems these remarkable little birds have quite a fan club across Dumfries and Galloway. Who knew the humble Swift could become the latest networking opportunity between Scottish Men's Sheds.

As always, the real transformation isn't just the building—it's the connections between the members and it was a pleasure to see another Shed going from strength to strength.



Raising the roof at Larkhall Men's Shed

There's certainly something to celebrate—and raise the roof about—at Larkhall Men's Shed! The members have recently completed an important repair to one of their Shed roofs, which was badly in need of attention.

Despite applying for various grants to help with the cost, the Shed was disappointed not to be successful. With the repair urgently needed, the members decided to take the bull by the horns and use Shed funds to get the job done.

Thankfully, one of the members is a roofer, and together with another member, they took on the work.

They have done an excellent job, completing the roof repair to a very high standard.

The work cost just over £1,500—considerably less than it would have cost to employ an external contractor. So, when the going gets tough, Shedders have a habit of rolling up their sleeves and just getting on with the job in hand!



Never a dull day at Lybster Men's Shed

There's certainly never a dull day at [Lybster Area Men's Shed](#), where members are engrossed in everything from wood carving to photography, golf, boats, fishing and community projects.

The Shed recently enjoyed a beautiful morning of golf thanks to Lybster Golf Club, which is celebrating its centenary year. The invitation was a fitting thank-you to Shed members for making tee markers for the club in time for its centenary celebrations. With excellent weather, stunning views across the North Sea and mountains in the other direction, it was a memorable day for everyone involved.

The Shed has also been building links with neighbouring groups. Members of the newly-formed Thurso Men's Shed paid a visit to Lybster, giving both groups the opportunity to share ideas, experiences and plans for the future. Hopefully, it will be the beginning of a long and fruitful relationship between the two Sheds.

There is plenty happening on a regular basis, with meetings featuring guest speakers, live music, chess and wood carving. One particularly impressive wood carving (picture right) was recently designed and created by one of the members.

Shedders have also enjoyed learning about the fascinating world of glass conservation. Caithness-based glass artist Michael Bullen visited to give a talk about his work conserving the historic glass at Lincoln Cathedral.

Photography has also become an integral part of Shed life, with the monthly photo challenge encouraging members to get out and about. August's theme was 'Caithness', giving everyone an opportunity to explore the area while developing their photography skills.

And there's plenty of practical work underway too. A newly-formed Boats and Fishing section has been established, providing another opportunity for members to share skills, stories and interests.

The Shed welcomed David Green MSP this month, who came along to meet members and hear more about their work to promote men's health and wellbeing. Members were also delighted to welcome SMSA's Ross Murray who delivered an SMSA [Shed-Wise](#) session! An important in-Shed workshop focusing on men's health and encouraging men to take their wellbeing seriously.

Community involvement remains an important part of Shed life. The Shed is proud to play an active role in local life and is always exploring opportunities to support the community through practical projects

and improvements to public areas. Ideas and priorities are developed in consultation with local people to ensure that any future work reflects community needs and interests.

As part of this commitment, the Shed will be open during the Lybster Harbour Festival on Saturday 13th September, offering people an opportunity to drop in, have a look around and find out more about what happens at the Men's Shed.

The Shed is much more than a place to work with tools though. It's somewhere to meet people, learn new skills, share interests, have a game of chess, enjoy a cuppa and a blether — and perhaps discover a new hobby along the way.

Lybster Area Men's Shed meets at The Tool Shed, Seaview House, Lybster, every Wednesday from 10am to 12.30pm and new members are always welcome.





A fanfare for a child's vision and Shed craftsmanship

When Scotmid Co-operative launched its nationwide 'Design a Garden' competition, inviting all children in Scotland to design a community garden as a permanent fixture for Scotmid employees beside their Head Office in Newbridge in Edinburgh, [Forth Bridges Men's Shed](#) played a key role in helping the winner's vision become a reality. By crafting bespoke planters for the garden, the Shed helped transform the young winner's vision into a welcoming community space.

The idea behind the competition was to bring a child's design to life so that the space can be enjoyed by Scotmid staff and the wider community—and it has become just that.

The winning design was created by 11-year-old Shona Smith from Lochardil Primary School in Inverness. Her bee-friendly design was selected from around 450 fantastic entries for Scotmid Co-operative's nationwide competition celebrating the International Year of Co-operatives 2025.

Tony Jones from Forth Bridges Men's Shed (FBMS) said: "Our Shed was approached to see if we could make planters for the new community garden and we got to work to make two six-foot wide planters to the winner's design."

At the end of May, two Shed representatives were invited to the official opening as it was recognised that a power of work had gone in to make the full design come to life with not only planting but bird boxes, bird feeders and bug boxes.

"Shona—along with her proud mother and father—had made the trip from Inverness and were overwhelmed to see the final result. Unexpected by her, and the FBMS, was the presence of part of The Cooperation Band—one of Scotland's most decorated brass bands—who played some wonderful pieces during the ceremony and the design winner was even more surprised, after a bit of coaching, to be asked to conduct their final piece. It was a wonderful occasion for all involved."

Lynne Peacock, membership and communities manager at Scotmid, said: "Shona's design really stood out for its thoughtfulness, creativity, and how well it captured the spirit of co-operation. It's clear she put a lot of thought and love into her idea, and we can't wait to see it grow."



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), Scotland's leading men's health and wellbeing charity, helps ensure that this life-changing movement continues to grow—supporting over 200 Men's Sheds across Scotland and reaching men who may otherwise face loneliness, isolation, boredom and poor mental health.

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
- create safe, welcoming community spaces for future generations

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 single 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 more than workshops. They are places of friendship, learning, support, laughter, and belonging. For many men, a Shed is a lifeline.

Interested in leaving a gift in your Will?

We understand this is a personal decision and we are happy to have a confidential conversation. Contact ceo@scottishmsa.org.uk and learn more about the SMSA at www.scottishmsa.org.uk



LEGACY & WILLS

supporting scottish men's sheds
for future generations

“Together, we can build more safe and healthy places for men to connect, contribute, and thrive.”



Great news for Scottish Men's Sheds!

Learning opportunity fund reopens for SMSA Member Sheds



We're delighted to share news of the reopening of the Community Learning Exchange (CLE) Fund, delivered by the Scottish Community Alliance (SCA) and supported by the Scottish Government.

Through the SMSA's partnership with the [Scottish Community Alliance](#), SMSA Shed members can benefit from the opportunity to arrange Shed-to-Shed visits, sharing ideas, experiences and practical knowledge to help strengthen and develop their own Shed.

The fund provides a pot of funding to help community organisations and groups learn from one another through peer-to-peer visits and knowledge sharing.

For Shed members, this is another example of how being part of the SMSA network can open doors to a wide range of useful opportunities, connections and resources.

What is the Community Learning Exchange Fund?

The Community Learning Exchange is designed around a simple but powerful idea: sometimes the best way to solve a challenge or develop a new idea is to learn from someone who is already doing it. The fund supports community organisations to arrange a learning exchange visit with another organisation. This could involve visiting another community group, seeing how they operate, learning about a particular project or approach, and bringing that knowledge back to your own organisation.

The programme funds 100% of travel and subsistence expenses (up to £1,000) including a fee for the host organisation (we recommend a fee of around £100) that you want to visit. Funding is also available to develop and deliver a virtual learning experience. Hundreds of communities have already taken advantage of this fantastic opportunity.

For Sheds, there are plenty of possibilities. Perhaps your Shed is looking at:

- developing a new space or activity
- income generation ideas
- introducing a new piece of kit like CNC machines, dust extraction system or 3D printer
- improving governance and organisational development
- how another community organisation manages volunteers, attracts new and younger members
- developing partnerships
- running a social enterprise
- making better use of your Shed building
- engage with the wider community

Rather than having to work everything out from scratch, a learning exchange gives you the opportunity to go and see what others are doing, ask questions and bring practical ideas home.

This is just one of the [many membership benefits](#) of being part of the SMSA community—connecting Sheds with the wider sector across Scotland. If your Shed has an idea for a learning exchange, now is a great time to start exploring what could be possible. Find out more at scottishmsa.org.uk/scottish-community-alliance

Learn from others and bring the knowledge back to the Shed

Pull up a chair: The power of Nairn Men's Shed

When life throws unexpected health struggles and forced isolation your way, the world outside can quickly shrink. For Paul Bassett, 67, a simple step through the doors of Nairn Men's Shed—located in a unique workshop at the town's railway station—helped open up a whole new chapter and lease of life.

For Paul Bassett, leaving the workforce early on health grounds brought a period of uncertainty and isolation. With little to fill his days, he found himself doing hardly anything at all. A small allotment provided some purpose for a while, but then the pandemic arrived and, like so many others, Paul's world became even smaller.

Then he decided to visit his local Men's Shed. And that opportunity would make a lasting difference.



Nairn Men's Shed is a place where members can come together, learn new skills, work on community projects, share a laugh—or simply sit down with a cup of tea and have a chat.

"It's a hub of creativity," says Paul. "There's woodturning, stained glass work, painting, games of darts, and endless cups of tea. We do all sorts together socially as well—barbecues, film nights and trips away."

The Shed's activities extend well beyond its own walls. Members regularly put their skills to work for the benefit of the wider community, constructing benches and planters for local GP practices, building kayak racks for students and creating carved poppy posts in support of veterans.

"We try to never charge a penny for projects that serve young people or local heroes," says Paul.

But for Paul, the real value of the Shed cannot be measured in the projects completed or the skills learned. It is found in the relationships that develop along the way.

Men can sometimes be reluctant to talk about what is happening in their lives. For some, sitting down and having a conversation about how they are feeling can be harder than any practical task in the workshop.

At the Shed, those conversations can happen naturally. "Men often don't talk—they keep things to themselves," says Paul. "Here, they can come in, sit down, chat nonsense, and over time, they open up."

There is no pressure to take part in everything. For some members, the Shed is a place to socialise and make friends; for others, it is the workshop, the tools and the chance to learn or create. And for some, it is simply somewhere they can feel comfortable and at ease.

"Men need somewhere they can come in, sit down and just be themselves," says Paul. "That sense of belonging is at the heart of what Nairn Men's Shed provides."

Support at the Shed is often quiet and practical. A friendly buddy system means that if a member misses several sessions, someone will notice and get in touch. "It's about looking out for each other," says Paul.

It is a simple gesture, but one that can make a huge difference.

The Shed has also become an important source of warmth and companionship during difficult economic times. With household bills putting increasing pressure on people, the Shed can provide somewhere warm to spend a few hours in good company. "So they come here to keep warm, have a cuppa, and be among friends." "That's what it's all about," says Paul.

The story of Nairn Men's Shed is a reminder that good health and wellbeing is not built through grand gestures. Often, it grows through small, meaningful things—a reason to get up in the morning, somewhere to go, a task to complete, a skill to learn, or a friendly face asking how you are.

It might be picking up a tool, building a planter for a local surgery, working on a community project, enjoying a game of darts or simply sharing a laugh over a cuppa.

Whatever brings someone through the door, what they find once they arrive is the important thing.

The Men's Shed Movement continues to demonstrate that strength does not mean remaining silent or going it alone. It is about the strength found in connection, community and having somewhere safe to pull up a chair.



Road Safety Project at Milngavie and Bearsden Men's Shed

Members of [Milngavie and Bearsden Men's Shed](#) have been putting their skills to good use in support of a new road safety initiative in their local community.

Neil and Lee, along with many other Shed members, have been busy creating signs and bollards to encourage safe and considerate parking around local schools.

The signs are designed to help keep school entrances and surrounding areas safer for children, parents and the wider community.

The new notices were delivered to Killermont Primary School in plenty of time for the school's reopening after the summer holidays.

It's a great example of how a Men's Shed can make a practical difference locally, while giving members the opportunity to work together, share their skills and contribute to an important community project.



Maryhill Men's Shed create new homes for Glasgow's wildlife

Volunteers from [Maryhill Men's Shed](#) have been busy in north Glasgow, helping local wildlife by building and installing a range of nature homes across the area.

Working with Glasgow City Council's countryside rangers, the Maryhill Men's Shed group has crafted bird boxes, bat roosts and swift nesting sites to boost habitat options for some of the city's most protected species.

The project reflects a growing trend of community organisations stepping up to support biodiversity in urban spaces.

Members of the Shed, who usually work together on woodworking and community-focused projects, brought their skills to the task, creating safe spaces for birds and bats to breed and thrive in green parks and open areas around Maryhill and Ruchill Park.

Local rangers applauded the efforts, saying the installations will make a real difference for wildlife in the coming seasons.



And for the Sheddors themselves, it was another chance to combine craftsmanship with community care—reinforcing the important role such groups play in both social wellbeing and local environmental action.

The Friends of Ruchill Park and Friends of Maryhill Park have helped to put up the boxes locally and will continue to monitor them.

With grant support from Action Earth, this fantastic work will continue across greenspaces in northwest Glasgow, benefiting both wildlife and local communities in the years ahead.

There's always time for a good Shed project!

In June 2025, a dedicated group of members of [Inverness Men's Shed](#) came together to learn the fascinating craft of antique clock restoration. Their project is all about bringing old timepieces back to life – restoring not only their working mechanisms, but also their appearance and the history and character that make each clock unique.

Colin Mackenzie from Inverness Men's Shed said: "Our dedicated group was formed within the Shed to instruct members in essential techniques such as repair, cabinet making, and polishing.

"Antique clock restoration is a meticulous discipline focused on reviving the functionality, visual appeal, and historical value of vintage timepieces."

One of their most ambitious projects has been the restoration of a **1775 longcase clock**, made by an Edinburgh clockmaker.

The clock had suffered from worn mechanisms, structural damage and faded finishes, requiring plenty of patience, skill and attention to detail.

The Sheddors carefully dismantled the clock, assessed its condition and set about repairing and recreating missing parts. Complex details were skilfully restored, while the casing was refinished with care to preserve the clock's authenticity and original character.

Once the restoration is complete, the clock will return to its original home – the former British Linen Bank on George Street, Edinburgh, which is now home to a Wetherspoon pub. It will be wonderful to see this piece of Scottish history ticking away once again!

The group's expertise is also attracting attention closer to home. Local residents have been bringing their own clocks to the Shed for repair, with donations being made to the Shed in recognition of the members' time, skills and craftsmanship.



Get Shed-Wise—Small changes can make a big difference!

Shed-Wise is the SMSA's men's health and wellbeing programme—bringing relaxed, honest and practical conversations about men's health directly into your Shed.

No lectures. No judgement. No pressure. Just a friendly, informal session where Shedders can talk, listen, learn and take away information that could make a real difference to their health and wellbeing.

What does Shed-Wise cover?

Shed-Wise explores important men's health topics, including:

- heart health and blood pressure
- diabetes
- cancer awareness
- prostate, bowel, testicular, skin, oral and breast cancer
- smoking and alcohol
- dementia
- Abdominal Aortic Aneurysm (AAA)
- mental health and coping skills
- making positive, practical lifestyle changes

The aim is simple: Help men take charge of their health, make informed choices and live longer, healthier, happier lives.

What participants say:

"I am now more likely to seek medical advice."

"Very informative. I learned a lot that I wasn't previously aware of."

"Informative, relaxed and friendly atmosphere."

Interested in Shed-Wise for your Shed?

A Shed-Wise In-Shed session, valued at £260 per delivery, is included as a free benefit of SMSA Shed Membership.

That's just £25 Shed Membership per year with £260 of Shed-Wise value included.

Not an SMSA Shed Member?

If your Shed hasn't joined the SMSA yet, this could be a great time to join—and unlock the Shed-Wise session as part of your membership.

Contact the SMSA Development Team to arrange a suitable date for a Shed-Wise session in the familiar, safe and friendly environment of your Shed.

Be well. Stay well. Support others. [Get Shed-Wise!](#)



shed-wise

Shedders' Health Empowerment Drive
for **Wellness, Information, Signposting & Engagement**

The SMSA is driving a vital shift in men's health —helping men across Scotland take control, make informed choices, and live longer, healthier, happier lives!

It's time to speak up for men's health and ...

Get Shed-Wise!



Small changes Make a big difference



IN-SHED SESSIONS
& NETWORKING



OPEN & HONEST
CONVERSATIONS



HEALTH INFO
& AWARENESS



SIGNPOSTING TO
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& ~~SILENT~~**

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www.scottishmsa.org.uk/shedwise





**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.

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In Scotland, For Scotland

