

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA

Edition 24 | October 2021



It's time to vote for your 'Scottish
Men's Shed of the Year' 2021



"In Scotland, For Scotland"

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SMSA COMMUNICATIONS
& PR OFFICER

Check out the SMSA You Tube Channel



Have you checked out the [SMSA's You Tube Channel](#) of late? Of the 42 films produced by the SMSA over the last six years, the latest videos include:



Visit to Peterhead Men's Shed (October 2021)

Allan Shepherd, Chair of Peterhead Men's Shed, gives Jason Schroeder a tour of their collection of Shed units which uniquely make up Peterhead Men's Shed with tranquil sea views. You can also check out the 'Shed in the Spotlight' feature in this issue.



Visit to Comrie & District Men's Shed (October 2021)

Tom Harrigan, Vice-Chair of Comrie & District Men's Shed, gives Jason Schroeder a closer look of their Shed—former World War 2 prisoner of war barracks—when they hosted the recent Perth and Kinross Men's Shed Network Meeting.

Remember to **subscribe** to SMSA's channel to receive notification of new videos posted



The Scottish Shedder (the official FREE magazine of the Scottish Men's Sheds Association) promotes news from Men's Sheds across Scotland to showcase their successes (and challenges)—in addition to highlighting funding opportunities, DIY projects, recipes and much more—to inform and inspire. Each six-weekly issue is sent digitally to over 2,500 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

Contribute to The Scottish Shedder

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions for the next issue (December 2021) by Friday 26th November 2021. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle Wibrew at comms@scottishmsa.org.uk

Subscribe to the Scottish Shedder

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

Past issues

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

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TALKING SHEDS

by Jason Schroeder



The leaves are turning brown and red and falling as we leave summer behind. Nature is always in constant change and so is the Scottish Men's Shed Movement.

From becoming an online 'Zoombie' over the last 20 months to last week travelling to Glasgow, Perth, Nairn, Elgin and Peterhead—for all sorts of reasons but all Shed related—we are in the flow and things are moving again in Shedland and thank heavens for that.

It was so good to see the lads in the Sheds even though we often had challenges to discuss and overcome. It was good to be out seeing the life blood of the Sheds on the boil again and vast cups of tea being consumed and a glint in the men's eyes. Be sure to [watch the SMSA You Tube channel](#) to have a wee peek inside two of the Sheds from last week's travels, more to come later as time permits to produce the final films.

I am pleased to share that, at long last, Banchory & District Men's Shed was [royally opened by none other than Princess Anne](#). As some of you might have realised, veterans have a special place in my heart and after launching this Shed idea, to the men of Banchory at Legion Scotland's Ravenscroft flagship branch as a possible Shed for veterans and civilians, it has now come to pass. A full salute to the men who have persevered over many years to have created such a great Shed for their community and themselves.

As the politicians settle into their new roles, the cross-party groups are starting up again and I am thrilled to say that I have been invited back on to both the Armed Forces and Veterans Community and Health Inequalities groups. This allows many

organisations who are a part of the support networks to connect together, give voice about their work and speak with Ministers.

In the [last issue of The Scottish Shedder](#), we reported that Dumfries Men's Shed was the first Men's Shed in Scotland to obtain full ownership of its premises through a Community Asset Transfer. Not long after issuing the magazine, we were advised that Alford & District Men's Shed was the first and acquired full ownership of their Shed in July 2018. With the Shedder being a digital publication, we were able to update it immediately to reflect this and advise the relevant sources.

On that topic, many of us logged on to the Scottish Government Empowerment Team's national gathering about the all important Community Asset Transfer process. A very informative afternoon, with over 100 delegates, and it was great to see the new Minister Tom Arthur MSP, whose remit Men's Sheds fall under, giving an address and hearing about the struggles.

We received a boost from the sadly now discontinued Scottish Practice Nurses Association with a cheque for £3,550 to help us keep our doors open and continue our good work which they had recognised. We are a charity ourselves and are hoping with a meeting in October with Ministers that they will support our call for a substantial monetary investment for the SMSA and the Movement.

I was approached by the [Scottish national Abdominal Aortic Aneurysm \(AAA\) Screening programme](#) to see if SMSA would be willing to be a Patient Representative. I am very happy to report that SMSA Chairman David Gardner has agreed to take on this

important role. It is becoming apparent to me, more and more, that the SMSA is being looked at for guidance from professional organisations when it comes to men's health and this shows me the impact and positive outcomes the Movement is having in our country.

In line with that, I am participating in the [Scottish Third Sector Tracker](#) research. One of 800 colleagues in the Scottish Third Sector who will be sharing their experiences over the next 18 months. Across this time, SCVO, the Scottish Government, the William Grant Foundation and the National Lottery Community Fund will be using the feedback to adapt the support they provide to make sure it addresses the specific needs of the sector. Scottish Men's Sheds are on the map and are playing a significant role in creating a better country for all to live in.

I will end with the exciting news that there are five finalists for the 'Scottish Men's Shed of the Year' Award 2021. [Voting is open](#) and within 24 hours, we received over 1,000 votes. Every vote counts, so please [do read what these Sheds have achieved](#) and why they are in the final and need your vote.

To find out the winner as it is announced, you will need to [register for the SMSA AGM & Awards event](#) on the 4th November 2021 on Zoom. We have a cracking line up of guest speakers with our Patron Sir Harry Burns, the godfather of Australian Sheds—none other than Professor Barry Golding—and Charlie Wallace, the Scottish Veterans Commissioner—and all talking about our favourite subject..... Sheds. See you there.

Jason Schroeder
SMSA Executive Officer

'SCOTTISH MEN'S SHED OF THE YEAR' FINALISTS 2021

It's time to vote for your 'Scottish Men's Shed of the Year' 2021!

Voting has now opened for the public to have their say on who will be crowned this year's 'Scottish Men's Shed of the Year' 2021.

The Scottish Men's Sheds Association (SMSA) has announced the top five Scottish Sheds, shortlisted by the SMSA's Board of Trustees, for this prestigious award that recognises and rewards the contribution and impact that they make to society. The five finalists are [Aboyne & District Men's Shed](#), [Dumfries Men's Shed](#), [Dunoon Men's Shed](#), [Stonehaven & District Men's Shed](#) and [Westhill & District Men's Shed](#).



Jason Schroeder, SMSA's Executive Officer, said: "The SMSA is delighted to have received such an excellent response, and an incredibly high standard of applications, for this year's Awards. This year, the SMSA Board of Trustees changed the process to 'blind judging' and all references to names, areas, regions, partners etc were removed. This afforded the opportunity for the Trustees to review the applications based on the Men's Shed model, their growth, their response to members' needs and the impact they have in their communities without knowing who the application was from.

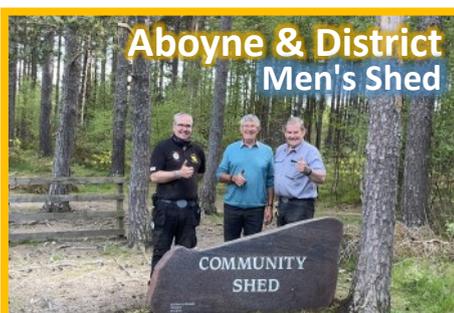
"As with previous years, this was an extremely difficult decision for our judging panel. The decision was also made, given the volume of applications received, to increase the number of finalists from three up to five to give more Sheds the opportunity to be showcased and promote good practice through the Awards.

"It is inspiring to read about the life-changing impact Sheds are having in their localities and these awards recognise and reward this work being carried out by vital volunteers across Scotland who are striving to improve the health and wellbeing of men over the age of 18."

Bill Allan, Chairman of the Stonehaven and District Men's Shed, said: "We are delighted to receive the news that our Shed is on the shortlist, especially on reading the other applications and seeing the effort and dedication of the other Sheds involved. It is heartening to see such involvement by men to the benefit of the community, and the SMSA is to be congratulated for such an outcome."

Stuart Ellis, a Trustee of Westhill and District Men's Shed, said "We are thrilled, immensely honoured and thankful to the SMSA Trustees for shortlisting our Shed for this award. The amount of effort freely given by our members to help and support our community, and each other, has been truly inspirational as demonstrated by our recent award of the Queens Award for Voluntary Service. During the year, we have also completed the fit out of an extension to the Shed, with all work carried out by our members. Re-organisation of the workshops and social area has provided more space in each area, allowing us the opportunity to add more services and activities to our already busy programme and accept more new members."

Continued on next page...



'SCOTTISH MEN'S SHED OF THE YEAR' FINALISTS 2021

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Brian Kerr, Secretary of Dumfries Men's Shed, said: "It is an honour, and huge achievement for our Shed and community as a whole, to be shortlisted for this award as recognition of what has been achieved over the last year. After successfully obtaining our new much larger premises in November through the Community Asset Transfer process, we completed the move from our old Shed during the pandemic, navigating through lockdown.

"Since then, we have carried out repairs to the building; decorated downstairs; and set up the workshop, games rooms, kitchen and main dining/social room. We have also recently received funding from the National Lottery Community Fund to purchase computers and printers to set up a new computer suite so that our members can learn basic computer literacy and internet training to ensure we always stay connected. It has been an extremely busy and eventful year and I hope we will continue to grow and be able to help more people in Dumfries as we continue to add to and improve our facilities. I would like to thank the members of our Shed who have freely contributed their time, hard work and support in order to make all of this possible."

Ian Graham of Dunoon Men's Shed said: "Our Shed is delighted to be shortlisted for this award. We are hoping that the community of Argyll and Bute will vote for us for this prestigious honour."

Mike Brooks, Chairman of Aboyne & District Men's Shed, said: "We are absolutely delighted to have been shortlisted for SMSA's 'Scottish Men's Shed of the Year' 2021. Whilst the Shed has only been open for a few weeks, we as a group have been working since 2016 to get a Shed up and running. Little did we know then that we would be building a Shed from scratch, and in doing so would also end up providing a wonderful hub space for other community groups to use."

The awards event will take place virtually on Zoom again this year and will coincide with the Association's Annual General Meeting on Thursday 4th November 2021, 10am to 1pm. The winner will receive the esteemed target trophy – designed and collectively created by the SMSA and several Sheds – to display at their Shed for a year on top of a cash prize and other goodies.

The public has until midnight on Sunday 17th October 2021 to [vote to crown the winner](#).

The 2020 Year title went to [The Inverclyde Shed](#) and in 2019, [Aberchirder & District Men's Shed](#) scooped the award for the first-ever 'Scottish Men's Shed of the Year'.



M SCOTTISH
MEN'S SHEDS
ASSOCIATION

**'Scottish Men's Shed
of the Year' 2021**

Who gets your vote?

**Vote
Now!**

SMSA MEMBERSHIP

Figures as at end of September 2021



SMSA AGM & 'Scottish Men's Shed of the Year' Awards

Thursday 4th November 2021, 10am to 1pm on Zoom

Register to attend the SMSA AGM and Scottish Men's Shed of the Year Awards 2021

SMSA Members are invited to attend the SMSA's Annual General Meeting and 'Shed of the Year' Awards 2021 on Thursday 4th November 2021 on Zoom from 10am to 1pm.

Hear from SMSA on its key highlights of the last year and future plans. The AGM event will include the 'Scottish Men's Shed of the Year' Awards presentation again this year - who will be crowned 'Shed of the Year' 2021?



Sir Harry Burns



Charles Wallace



Professor Barry Golding

An event not to be missed. Confirmed speakers include Sir Harry Burns (SMSA Patron), Charles Wallace (Scottish Veterans Commissioner) and Professor Barry Golding (Internationally-published researcher and writer – talking about his new book, 'Shoulder to Shoulder: Broadening the Men's Shed Movement').

This event is for SMSA members and has limited places. If you are not already an individual member, why not [join for FREE](#) today?

[Register](#)



Cromwell in partnership with the Scottish Men's Sheds Association

Helping you keep your members and volunteers safe, and your shed running essential equipment that will benefit the local community.

Get on board with Cromwell and see the exciting range of products and discounts we offer to the Scottish Men's Sheds Association

Keeping Industry Working



136

SMSA SHED MEMBERS

2,660

SMSA INDIVIDUAL MEMBERS



136

OPEN SHEDS

51

SHEDS IN DEVELOPMENT



10,267

SCOTTISH 'SHEDDERS'

UPDATE YOUR DETAILS WITH THE SMSA



New email address?



Moved house?



Not sure if you are a member or not?

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

[Click here to notify the SMSA](#)

Shoulder to Shoulder: Broadening the Men's Shed Movement

Internationally-published researcher and writer, associated with Federation University in Australia, Professor Barry Golding AM who wrote 'The Men's Shed Movement: The Company of Men' book in 2015, has now produced a timely sequel entitled 'Shoulder to Shoulder: Broadening the Men's Shed Movement'.

The book will be published in the US in late October and is now available for pre-order with a special offer to 'The Scottish Shedder' readers! Anyone wishing to buy the 2015 book on the same order as the sequel will receive a 25% Launch Discount Code when they use the discount code — **SHOULDER2021**.



Essential reading for all Shedders, Shed-based organisations and anyone interested in learning more about the 3,000 very diverse Sheds open in community settings in more than ten nations around the world, check out the links below for more information on the two books:

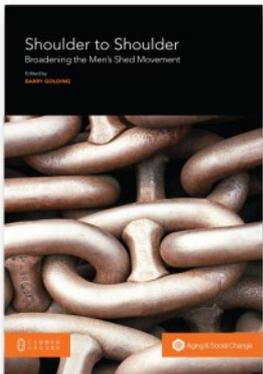
- [Shoulder to Shoulder: Broadening the Men's Shed Movement \(2021\)](#)
- [The Men's Shed Movement: The Company of Men \(2015\)](#)

A carefully researched and easy-to-read, evidence-based book about how and why the Shed model works and how the Movement, the scope and reach of Sheds might be broadened post COVID-19. The book features 130 illustrative case studies about Men's Sheds and national movements across Australia, the UK, Ireland, New Zealand, the US, Canada and Denmark. Inclusive of Women's Sheds and research evidence about impact.

Chapter 3 of the new book, called 'Men's Sheds in the UK' (pages 119-186) includes information on Scottish Sheds and the SMSA.

The book also includes 20 diverse UK Shed case studies (including six from Scotland) amongst the 131 case studies from around the world.

Order Your Copies

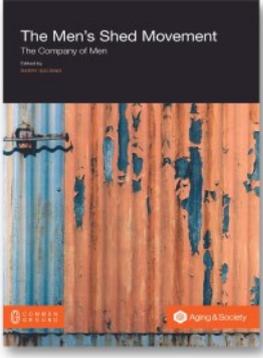


**Shoulder to Shoulder:
Broadening the Men's Shed Movement**
Barry Golding (Ed)

Prices:
\$65.00USD (HBK)
\$50.00USD (PBK)
\$25.00USD (eBook)

Use coupon code for 25% discount





**The Men's Shed Movement:
The Company of Men**
Barry Golding (Ed)

Price:
\$25.00USD (eBook)
\$50.00USD (PBK)

Use coupon code for 25% discount



25% Launch Discount Code: SHOULDER2021

Ten Scottish Men's Sheds receive life-saving kit through charity partnership

The Scottish Men's Sheds Association (SMSA) has partnered up with Scotland's only dedicated first aid charity and leading first aid training provider, [St Andrew's First Aid](#), to provide free Automated External Defibrillators (AEDs) to ten Scottish Men's Sheds.

The SMSA put a call out to the 190+ Men's Sheds across Scotland inviting them to apply for the Automated External Defibrillators (AEDs) and received 44 applications showing a huge demand for this vital equipment (retailed at just over £1,500) to be located at Shed premises across Scotland.

The ten recipients will use the equipment to not only protect their members but - with the addition of an outdoor cabinet purchased by the Shed - will also make them accessible to the public 24 hours a day, seven days a week.

Sudden cardiac arrest strikes 7 million people a year worldwide with no warning and no pattern. There's little time to react and even less time to think, this means an AED must be close at hand, easy-to-use and ready to shock. Chris Jowsey, Treasurer of Glenkens Men's Shed, said: "One of our members had a cardiac arrest whilst at the Shed and sadly passed away despite the prompt actions of his fellow Shedders to get medical assistance. We can't help but wonder if we'd had a defibrillator that day, if the outcome might have been different.

"We are delighted to have received this defibrillator through the SMSA and St Andrews First Aid and to be able to make it accessible to our entire community.

Tom Bennett of Springburn Park Men's Shed said: "We have been trying to raise funds for a defibrillator for over two years for our Shed located within a public park in our village. We are thrilled to accept and maintain this defibrillator and make it accessible to our members, other community groups, park users and the general public."

Jim Dorman, Director of Campaigns and Public Engagement at St Andrew's First Aid, said: "Knowing that these vital pieces of equipment will be available to both members of the ten Sheds and to the wider communities will hopefully bring considerable peace of mind. With every minute that passes following a cardiac arrest, the chance of survival drops by 10%. Swift use of a defibrillator is all the difference needed to significantly increase a person's chance of survival. We are delighted to donate these defibrillators to help more communities save lives."

The successful Men's Sheds across Scotland are: Aberchirder & District Men's Shed; Forfar and District Men's Shed; Glenkens Men's Shed; Inverurie & District Men's Shed; Macmerry Men's Shed; Mens Shed Dumfries; Pentlands Men's Shed; Peterhead & District Men's Shed; Springburn Park Men's Shed; and Whale Firth Men's Shed.



Ex-service Shedders can benefit from extra support as pandemic restrictions ease

With light visible at the end of the pandemic tunnel, society is reopening at different speeds. In Scotland, you're allowed to go nightclubbing but if you've been on the shielding list, even going to your Shed might still feel like too much.

For older Shedders who have served in the British military (as regulars, reservists, or National Servicemen) the [Unforgotten Forces](#) partnership can help ease the journey back to normality.

Take an ex-serviceman who previously went to their Shed several times a week but is now attending far less frequently due to their circumstances or to COVID-related limits on numbers. If they are socially isolated, camaraderie through Age Scotland's Comradeship Circles service can help fill the gap and keep their spirits up.

Comradeship Circles are weekly phone get-togethers for veterans, and their partners/spouses, age 50 plus, at an 0800 number so there's no charge. You can find out more about the service by calling 0333 323 2400 or emailing veteransproject@agescotland.org.uk. For ex-RAF, the RAF Association is also offering one to one telephone friendship: call 0800 018 2361 or email enquiries@rafa.org.uk for details.

Those who are feeling unready for group interactions might also benefit from Fares4Free, the charity that helps ex-service men and women with otherwise unmet transport needs. Fares4Free is known for enabling veterans get to vital appointments. Now, it is also offering taxi tours and day trips that can give those who have been stuck in and around the house for too long a real boost. You can call them on 07708 299399 or visit www.fares4free.org.

The potential for a partnership between Men's Sheds and the Royal British Legion has recently been highlighted by the opening, by HRH The Princess Royal, of the Banchory and District Men's Shed at a local Legion branch ([see page 13](#)). Legion Scotland's Veterans Community Support service offers supportive, reliable volunteer relationships to ex-service men and women who would otherwise be socially isolated.

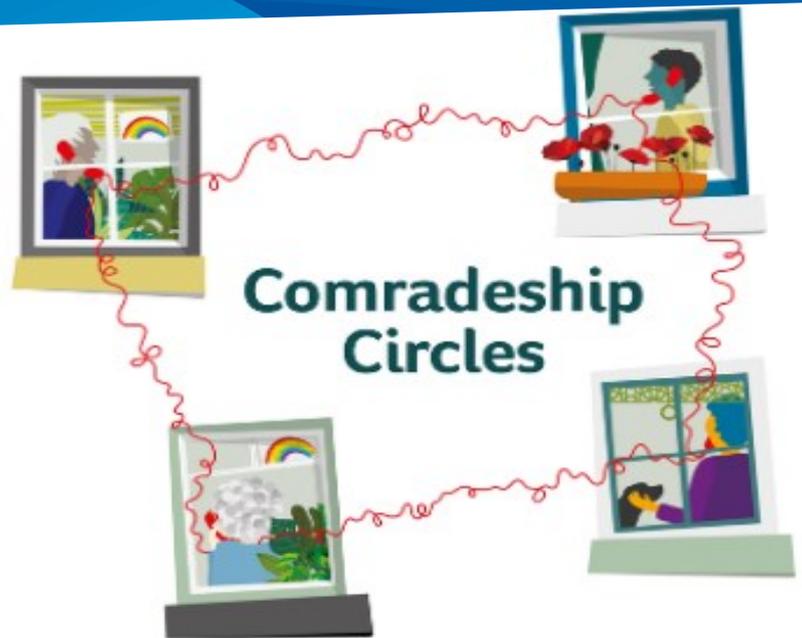
So, perhaps there's scope here for more collaboration to encourage socially isolated ex-servicemen into Sheds and for supporting ex-service Shedders who are feeling anxious about returning to group settings. To contact the Veterans Community Support service, email support@legionscotland.org.uk or call Tommy Douglas on 0131 550 1560.

Doug Anthoney
Age Scotland Veterans' Lead and Unforgotten Forces Co-ordinator



UNFORGOTTEN FORCES

Supporting Scotland's
Older Veterans



Comradeship Circles

UNFORGOTTEN FORCES—POPPYSCOTLAND

We would all like to think that if a loved one was struggling we would spot it. But many members of the Armed Forces community mask the difficulties they are facing. Recognising that someone may need help is the first step to them getting that help.

Poppyscotland's welfare services team speaks to thousands of veterans every year, each facing their own struggles. Their expert knowledge and vast experience working with the Armed Forces community means they can recognise when there is more going on than meets the eye.

Head of Welfare Services Gary Gray said: "All of the welfare services staff are trained to go below the surface because although the presenting issue is the most important and obvious at the time someone contacts us, it is often only one part of a complex mix of issues."

"As we work with a person and a trusting relationship builds, we continue to support them to get the support they need, whether through the wide range of services offered by Poppyscotland or through our network of partner organisations."

Gary added: "For example, a person might contact us because they can't pay their electricity bill, but as we get to know them we find out that it's because they don't have a job because they lost it due to excessive drinking, which goes back to something they experienced while they were serving."

"We can help with the bill – in fact that's often a quick win – but we can also help the person get support with their drinking and the reasons behind it, and Poppyscotland's welfare services can help them back into the workforce."

There are several ways a person can show they need help – and often people don't notice them at first. But for loved ones, spotting any change is often a sign that something's not quite right.

"A change in behaviour – whether it's drinking more or using drugs or showing unreasonable behaviours – can often indicate there's a problem. There are also changes in mood that can be a sign, such as increased anger or depression. People can also become quieter and more reserved. Some people even choose to start withdrawing from the people around them or their routines."

"It's the people who know them who will be able to spot these changes."

He added that over the past two years, many couples and families have spent more time together than ever before so they will hopefully be able to see those changes and get help sooner rather than later.

"It is often the loved ones, around a veteran who is struggling, that reach out to us first. Whether a friend, family member or the veteran themselves, the quicker someone makes contact with us, the quicker the road to recovery."

If you feel that you, or one of your loved ones, could be helped by Poppyscotland's welfare team or you would like to find out more information, please call 0131 550 1557, email GetHelp@poppyscotland.org.uk or visit www.poppyscotland.org.uk



SHED IN THE SPOTLIGHT—PETERHEAD MEN'S SHED



Jason Schroeder and Michelle Wibrew from the SMSA ventured up to the easternmost point in mainland Scotland - with the largest, and one of the busiest, fishing ports in the UK – to film and interview members and supporters of Peterhead Men's Shed for this edition's 'Shed in the Spotlight'.

With their gates now reopened to limited numbers, the Shed is now 'complete' with its eighth unit in place offering more space and a wider selection of activities to its 90 members. The impressive yard with eight separate units - including office, social area/'the hub', wood turning workshop, engineering room, joiner's shed, toilets, kitchen and storage – and garden area, are surrounded by picturesque and tranquil views.

At the yard entrance, there is a fitting tribute to honour the original Shed Chairman - a wall plaque dedicated to John 'Monty' Montgomery, 'the most diligent foot soldier ever'. Allan Shepherd, Shed Chairman and a veteran, said: "We have built this place up with our bare hands over the last seven years and are immensely proud of what we have achieved. There are so many people to thank for where we are today. First and foremost, we wish to recognise the magnificent efforts of our former Chairman who passed away not long after we received the 15-year lease for the yard and unfortunately never saw all of this come to fruition.

"Our journey started back in 2014 when I got chatting to Jason from the SMSA who was standing with a Men's Shed pop-up at a public meeting in

the town hosted by Chris Third from the Aberdeen Royal Infirmary. From there, a small group of us started hiring the community centre hall to chat over cups of tea, play dominoes and put the world to rights.

"We began setting up a Committee and John volunteered for the position of Chairman but only if I was the Vice-Chair. My work colleague, Linda Keith, stepped in offering much-needed financial and administration support. We visited other Sheds, the first one was Westhill & District Men's Shed, and we sort of modelled ours from what we saw that day.

"We started to receive support from the local community through donations, gifts in kind and garage clearances. People contacted us following the death of a loved one to offer tools, machinery and equipment to get us kitted out and we still receive requests to this day. We collect the items, keep what we need and rehome the rest – saving it all from landfill and giving them a new lease of life.

"We have received funding from numerous supporters over the years including the Royal Voluntary Service's Sheds Grant Fund (supported by the Asda Foundation), the [Suez Communities Trust](#), [The Gordon and Ena Baxter Foundation](#) and the [National Lottery Community Fund](#). We must also say a big thank you to Diane Tait and the team at Buchan Development Partnership (BDP) for all their help, guidance and support during these processes.



Continued on next page...

SHED IN THE SPOTLIGHT (Continued)

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"In 2017, we received £10,000 through Your Voice Your Choice which involved community groups giving a two-minute showcase presentation on projects. John, our Trustee Bob Thackeray and I ended up delivering a wee 'Shedders' comedy act trio. We didn't think we stood a chance and John even fell asleep in the audience only to be awakened by us shouting that we had won!

"We were approached by the owners of the yard in 2017 and offered it on a 15-year lease on the agreement that we cleaned up the place. The sea wall that had crumbled was rebuilt, we reinstated the gate and put up the fencing. We then started to hear about portable cabins and containers becoming available and spoke to the owners and was donated every unit we have. Many a day, we would be out dismantling, transporting and reassembling the units one by one to build up what we have today. With the addition of the eighth (and final) unit, we are now fully fitted out – we have truly maximised the space available to us and there really is no room for anything else.

"We have always received huge support from the local community including our Asda Community Champion Zoe Scarisbrick and local Councillor, Dianne Beagrie. We are also really blessed to have a dedicated team who step in regularly to support us with administration, promotion, funding applications and even making the odd homebake which is always gratefully received. Trustee Bob Thackeray, who is unfortunately ill at the moment, has done a power of work and he is the one to thank for completing our facilities after he donated the £20,000 Engineering Shed and some machinery.

"We generate income through the products we make and also hire out the hub to other community groups. The Shed also received funding last month through the 'Peterhead Decides' scheme, through Aberdeenshire Council and Peterhead Community Council, where the public decided how money should be spent.

"We like to get involved in local community projects where we can

like making benches and mud kitchens and have been known to make the odd ice cream cart and chariot too and get involved in Santa's Grottos and Food Banks – all to support our local area. This summer, we also had a bit of fun creating the 'Really Rubbish Trophy' – made using litter collected from the seaside – to recognise and celebrate our region's Beach Clean Champions.

"Lockdown was tough on us all but we made sure the group stayed connected, did some projects from home and visited people. Now that we are open, we just want to concentrate on regrouping and getting back into Shed life and one of our future plans includes starting up our Saturday morning meet ups soon where the guys can unwind from the week over a cuppa and a bacon roll. We also plan to install our new defibrillator, received through the SMSA and St Andrews First Aid, in a prominent place in our car park to allow for public access and undertake some health and safety training.

"Ideally, we would also like to 'do up' our car park a bit. In the meantime, we have plans afoot to paint a mural on the unit in the car park area to make it a bit more visually appealing for potential members and visitors to come and take a look. Many ideas are being thrown about on the design and member Brian Donaldson, who will be painting the mural, is proposing Peterhead landmarks and heritage including fishing, whaling and local industry. It will be great to unveil the final piece to the community once we have agreed on the artwork."

Treasurer Sandy Mundie said: "There is, understandably, a bit of reluctance from some members to return since

we reopened. We are working hard to make the Shed a much better environment for them to return to and build up confidence to get back into daily activities. For me, I retired six years ago and have some health issues and have been coming to the Shed for almost five years now – the Shed gets me up in the morning and gives me something to look forward to.

"Sometimes, running the Shed and fundraising can be a lot of work but if you have a strong team working together the pros certainly outweigh the cons. Now that the Shed is complete, we have so much to offer current members and we hope to welcome new ones too. For example, we have a garden area with so much potential. It has raised planters, ideal height for wheelchair users, in addition to a greenhouse and unfortunately, the space is not currently being used. I am a very keen gardener myself but don't seem to have the time at the moment to get going with it. I am hopeful, with new members in place, it is something we can resurrect again together."

Allan added: "Our gates are never really closed. We welcome new members and appeal for local people to just come down and take a look. We are also always on the lookout for new Committee members to join us. The Shed has so much to offer, if a guy walks in unhappy and leaves smiling then we have achieved what we needed to do."

Peterhead Men's Shed is open Mondays, Wednesdays and Fridays from 1-4pm. Follow Peterhead Men's Shed journey on Facebook at www.facebook.com/groups/1735086116644653





HRH The Princess Royal Unveils Plaque at Official Opening of Banchory Men's Shed

Her Royal Highness The Princess Royal, Princess Anne, unveiled a commemorative plaque marking the official opening of Banchory and District Men's Shed in Aberdeenshire last month.

Her Royal Highness was greeted on arrival by Her Majesty's Lord Lieutenant for Kincardineshire, Mr Alastair Macphie, who introduced the Deputy Lieutenant of Kincardineshire, Mrs Claire Maitland, and Mr Paul Evans, the Chairman of Banchory and District Men's Shed. Mr Evans introduced Mr Alastair Black, Legion Scotland Area Chairman for Aberdeen, Banff and Kincardine, then invited the Princess Royal to enter the Men's Shed workshop.

The Princess Royal toured the new facility, accompanied Mr Paul Evans, who said: "We are honoured to welcome HRH The Princess Royal to mark the opening of our Men's Shed. It has been heartening to see this project finally come to fruition after many hurdles. It can now go forward as a resource for men in our community who are looking for new social contacts and activities, for example after retirement."

In the workshop, Mr Evans presented members Mr Fred Harrott (silversmithing), Mr Alan Pumfrey (bird table construction) and Dr Bill Byth (bicycle maintenance). Entering the Men's Shed social area, Mr Evans presented members Mr John Dunnett (model steam

engines), Mr John Mason (clock repair) and Mr Duncan Davidson (Treasurer). Mr Alan Pumfrey demonstrated his model railway and showed models of Banchory railway buildings that he had made.

Banchory and District Men's Shed is the first 'Shed' in Scotland to link up with Legion Scotland and it was unfortunate that one of the champions of this, Mr Jason Schroeder - Executive Officer of the Scottish Men's Sheds Association (SMSA) - could not take part on the day due to illness. Jason is an ex-serviceman and championed this collaboration from its origin in 2015. Mr Schroeder said: "After so many years in the making, I was personally gutted to not be able to attend the opening due to illness; however, the SMSA still ensured representation at this very special event. It was kind of HRH Princess Anne to convey her best wishes for a speedy recovery and I shall be concentrating on just that. I look forward to visiting the Shed and the guys as soon as it is safe for me to do so."

The Princess Royal then spent some time chatting outside the Shed with other members and their wives and some invited guests including Gerry Robb, the architect upon whose plans the Shed premises were based, and Bruce McCombie, the building contractor for the conversion.

Mr Evans then invited Her Royal Highness to unveil the plaque to commemorate the opening, which was hand-engraved by member, Mr John Mason. Mr Alan Pumfrey then presented Her Royal Highness with a gift of a bird box made by himself.

For more information on the Shed, please visit banchorymensshed.org



The Computer for Every Shed?

An aspect of Shed life that I have personally noted over the years is the diversity, or lack of it, in the computing hardware used by Sheds. The range is from grant funded modern PCs to donated machines on Windows 95 with big cathode-ray tube (CRT) screens.

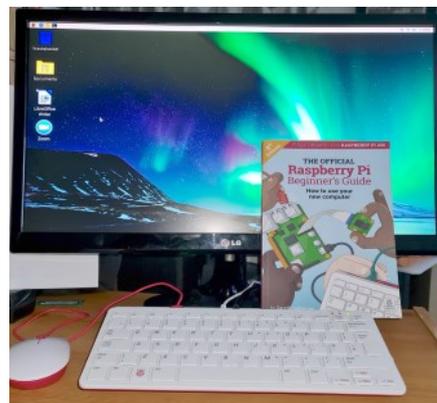
What are these PC's purposed as? Some are for basic Shed administration, internet and printing whilst newer devices are running the latest programmes for the likes of 3D printing, laser cutting, vinyl printing etc.

A major problem with this disparate range of IT hardware is that of Shed security and visibility can be compromised. Usually there is a tendency for all Shed IT stuff to be centred on one IT enthusiast = wee Jimmy.

But what happens if wee Jimmy suddenly doesn't reappear? Who's got your Shed PC password? Or the password for emails, facebook and the Shed website etc? Unfortunately, I have seen it happen a few times. Other issues arise - just how secure is that MS Millennium PC, where do you get Shed orientated support?

A comprehensive Shed movement solution to this could be to source a single make of computer that is adaptable, runs on a non-commercial operating system,

cheap and scalable with an active community. I am talking about the [Raspberry Pi range](#). British designed and made, the Pi 400 comes as an integrated keyboard unit at £98 per ready to go kit. Chassis only versions are also available.



The [Pi 400 kit](#) is a PC inside a small keyboard with mouse, power supply unit, HDMI cable, SD card with operation system, including a full office suite and a comprehensive easy-read book sized manual. Also onboard is a physical connector strip for external projects. The HDMI cable allows connection to monitors or LCD TVs.

Windows 10 is around £50-100 per PC and Microsoft Office is £100 per year per user. Sheds that are VAT registered could also claim back 20% of this cost. Raspberry Pi is freely downloadable, installable on older PC's even alongside Windows and has Libre office suite, comparable with MS Office.

There is already an awareness and support for Pi products within Scottish Sheds and at a recent SMSA Zoom meeting, four Sheds expressed interest. Are there Shedders out there who are interested in Raspberry for their Sheds and setting up a Coder Club and support group? [Register an interest here](#).

Inverurie & District Men's Shed receives a Royal visit at community market stall

Inverurie & District Men's Shed (IDMS) attended Inverurie Farmers' Market in Aberdeenshire last week to show off their wares when HRH Prince Charles, Duke of Rothesay popped by to take a look.

The trial event—organised to gauge interest in holding the market during a weekday in addition to every second Saturday of the month—featured a wide range of locally-grown produce and items created by community groups.

During the visit, the Duke chatted to stallholders including the Inverurie Shedders. Archie Peebles, Chairman of IDMS, said: "Our members were delighted to showcase our stall to HRH Prince Charles. The stand included a display of wooden items made by our members in our workshop at Harlaw Way in addition to a selection of fruit and vegetables grown at our new community allotments on Old Port Road. Prince Charles was also introduced to James Airzee, a champion local fundraiser who aged nine, raised £1,390 for our Shed by running every day in June.

"All of the allotments have now been snapped up by local people, who have, through their hard work, created their own growing areas. Further to the allotments, we also have plans afoot to create a co-operative farm allowing low income families to grow their own produce."

For more updates from IDMS, please visit www.facebook.com/Inverurie-District-Mens-Shed-807408422637968



Sidlaw Men's Shed merges with Carse of Gowrie Men's Shed

Sidlaw Men's Shed (SMS) has officially closed and transferred its assets and funds to merge with Carse of Gowrie Men's Shed—still offering its members a pathway to continue with their Shed activities.

Adrian Zealand, former Secretary of SMS, said: "The Shed made the tough decision to disband following financial and administration problems.

"This was an extremely difficult time for our Committee as a result of a lack of income from an unfortunate dwindling of membership. Despite our best efforts to recruit new members and office bearers and sell workshop items, we just could not continue to operate.

"We then became hopeful of a potential merger following discussions with our neighbouring Shed, Carse of Gowrie & District Men's Shed. We talked over a few different opportunities i.e. them taking over our Shed as an extension of their own facilities and transferring our assets to augment their own holdings and a full merger inviting our remaining members to join their Shed.

"The decision was made to merge and we got to work seeking advice from the SMSA and transferred all of our material assets and bank account funds over. The closure was conducted democratically and exactly as per constitution. We are very much looking forward to this next chapter which will offer former Sidlaw Shedders a much better level of service and greater membership experience."

SMSA Executive Officer Jason Schroeder, who was able to offer advice on the procedures to close the Shed, said: "This merger is the first of its kind for a Shed in Scotland that I am aware of. Although, initially saddened to hear of the closure of Sidlaw Men's Shed we were then delighted to hear of this merger to enable men in the area to still benefit from attending the Shed closest to them."

Carse of Gowrie Shed Secretary Bill Beckers said: "Our trustees were sad to learn that Sidlaw felt they were unable to continue functioning. Several meetings took place between our committees and we completely understood the position they were in. It was agreed to gratefully accept their assets and a monetary donation and we are delighted that several former members of Sidlaw Men's Shed have since joined our Shed in order to continue their Men's Shed involvement."

Carse of Gowrie Men's Shed meets every Monday, Wednesday and Friday afternoon from 1-4pm in the Aviva building at Swan House, Technology Park in Dundee. For more information, please visit their website at carseofgowriemensshed.webs.com and follow them on Facebook at www.facebook.com/Carse-of-Gowrie-District-Mens-Shed-1560018040990688





New Dunfermline Men's Shed makes good progress

A dynamic new steering committee (main picture) for the developing Dunfermline Men's Shed is in place and seeking members, suitable premises and funding to get the project up and running.

Mike Rowlinson, Acting Secretary of Dunfermline Men's Shed, said: "We are still in the process of setting the foundations to work from. The hunt continues for Shed premises but in the meantime we are making good steady progress. We have successfully set up our bank account and are now applying for funds to put in it!

"We have launched our [website](#) and [Facebook page](#) to raise awareness and reach potential Shedders in addition to subscribing to a Mailchimp account to keep our members and supporters updated electronically on our progress and activities."

The Shed got off to a flying start with a well-attended public meeting last Saturday (9th October) at the Vine Conference Centre, Garvock Hill with 50 attendees.



Guest speakers included: Tim Green from Age Scotland; Dawn Sherriff, an occupational therapist from Queen Margaret Hospital who talked about the role of Sheds in staving off isolation and Alzheimer's for older men; and Mike Mowat from Glenrothes Men's Shed who shared their experiences on their Shed journey.

Ron Skirving, Acting Chairman, said: "We are delighted with the outcome of our first public meeting —it is definitely a great start. There is an exciting possibility to create a Men's Shed and Tool Library in Pittencrieff Park, The Glen and we look forward to exploring this avenue further.

"We are working hard to create something valuable not just for ourselves but for future generations".

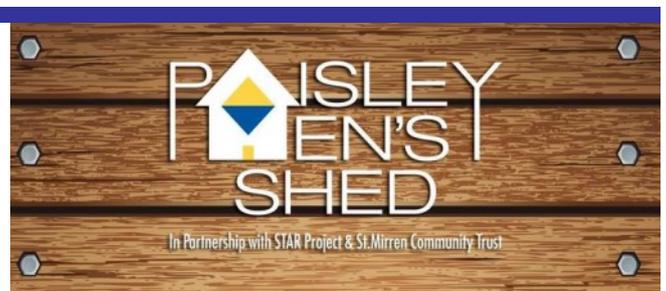
Paisley Men's Shed helps local pupils with pandemic time capsule for the next generation

Members of Paisley Men's Shed have helped local school pupils with a time capsule project to commemorate their time during the pandemic to teach future generations.

As part of the intergenerational project, a group of Paisley Shedders assisted the pupils of Glencoats Primary School to bury the time capsule in their school garden.

Pupils encapsulated photographs and letters in addition to items such as face masks, lateral flow tests and hand sanitiser in order to tell the story to the next generation of Paisley youngsters about their time during the pandemic—a time they will never forget.

For more information about Paisley Men's Shed, follow them on Facebook at www.facebook.com/PMensShed



Bridge of Don Men's Shed connects with Farrans Construction

As part of the A92/A96 Haudagain Improvement Project in Aberdeen, leading building and civil engineering contractor [Farrans Construction](#) recently connected with Bridge of Don and District Men's Shed whilst exploring sustainable ways to support an Aberdeen nursery.

Farrans Construction was supporting Middlefield Nursery with their gardening plans for their outdoor area at The Hub in Manor Avenue when they discovered the local Men's Shed and their wealth and variety of wares made from recycled and repurposed materials.

Angela Newlands, Community Liaison Officer at Farrans Construction, said "It was great to visit the Shed to see the great work being done there by the volunteers.

"We also placed an order for garden items for the nursery and Farrans welcomed the opportunity to work in partnership with these two key organisations and to assist in supporting them in the local community."

Shed Secretary Eric Bisset said: "Our Shed forged a relationship with Farrans Construction initially by accepting an offer of recyclable materials from the Haudagain improvement project, which then led to a substantial order from Middlefield Nursery, supported by Farrans, to build raised flower and herb planters and a water wall using the materials received.

"Angela from Farrans Construction also generously donated boxes of pre-wrapped biscuits for our recent coffee morning which led to a healthy £350 being raised at the event for cancer support charities.

"The funds have been split between two local charities—£200 to [Friends of Anchor](#) and £150 to [Maggie's in Aberdeen](#). These are two excellent charities providing cancer care and support to people in the North East and is a cause close to our hearts having supported some of our members and their families."

More developments from the Shed include holding their first Farmers' Market on Saturday 18th September 2021 which was a great success. The monthly event is held in their car park next to Gordon Barracks on Ellon Road and open from 9am until 2pm so if you are in the area (next market on Saturday 16th October)—pop along for venison sausages, fresh fish, biltong, posh chocolates, pet treats, warm pies, fresh pizza and many more tasty treats.

The Shed has also been nominated as part of the Asda Foundation Green Token Giving online vote through their local Asda store at Middleton Park in Aberdeen. The voting is open until midnight on Tuesday 30th November 2021. Please support the Shed by voting for them by visiting www.asda.com/green-tokens and selecting 'Middleton Park' from the drop down box. Supporters can vote once every seven days.

For more information on Bridge of Don and District Men's Shed and their activities, please follow them on Facebook at www.facebook.com/BridgeofDonMensShed



ASDA foundation
Green Token Giving

Support Bridge of Don Men's Shed

Vote for the Shed by visiting www.asda.com/green-tokens and select 'Middleton Park' from the drop-down box.

Supporters can vote once every seven days.

Visit Asda.com/green-tokens for more info

#AsdaFoundation #GreenTokenGiving

Terms and conditions apply.



Aberchirder & District Men's Shed presented with Queen's Award for Voluntary Service

The Lord-Lieutenant of Banffshire presented [Aberchirder & District Men's Shed](#) (ADMS) with the prestigious Queen's Award for Voluntary (QAVS) award crystal and certificate surrounded by members, family members, friends and supporters at their recent open day.

The QAVS is the highest award given to local volunteer groups in recognition of their outstanding and diverse work to benefit their communities and ADMS is one of only 241 winners to receive the award in the UK in 2021.



The Lord-Lieutenant of Banffshire, Andrew Simpson, said: "Congratulations to Aberchirder & District Men's Shed on achieving the Queen's Award for Voluntary Service for their outstanding work and contributions to the local community. On behalf of HM The Queen, it was a great pleasure to present the award at their open day. A fantastic and very well deserved achievement."

Shed Chairman, Mike O'Brien, said: "On behalf of the Men's Shed, I would like to thank everyone who attended our open day to help us celebrate the presentation of this most prestigious award. I believe that we had in the region of 350-400 visitors throughout the day and hopefully we managed to be good hosts and provide enough food and refreshments for all. Well done to the helpers/Shedders who manned the BBQ and kitchens. Luckily, the rain stayed off until the final moments and it did not put a damper on our special day.

"I would like to make special mention to Kim MacDonald (Area Manager of our local Co-Op) and Lisa Campbell (local Headteacher) for nominating us to the QAVS team and to the supporters of the nomination—Vice Lord-Lieutenant of Banffshire, Patricia Seligman, and former Lord-Lieutenant, Lady Clare Russell. Our sincere thanks also go to the Lord-Lieutenant of Banffshire, Andrew Simpson, for presenting the award on behalf of Her Majesty and his kind words of recognition for the Men's Shed Movement.

"I would like to thank the Aberchirder community for getting behind us and recognising that the Men's Shed is a force for good and without that special relationship, our efforts in the community would be less than it is.

"Finally, a big thank you to the Shedders at ADMS for the major contribution they make to our community. They were not aware that we had been nominated let alone granted the award—a decision that was made, in confidence in London, by the Awards Team. Needless to say, this was a huge and much-welcomed surprise for our members when the public announcement was made on the 2nd June 2021."

Representatives from ADMS will attend a garden party at Holyroodhouse Palace in July 2022 along with other award recipients including Westhill & District Men's Shed ([see next page](#)) who also received the award this year.

Local voluntary groups can be nominated for the 2022 awards at <https://qavs.dcms.gov.uk>



Westhill & District Men’s Shed presented with Queen’s Award for Voluntary Service with special recognition for COVID-19 work

Members of Westhill and District Men’s Shed gathered on Monday 27th September 2021 to officially receive the Queen’s Award for Voluntary Service (QAVS) to recognise and reward the outstanding contribution made by their volunteers to benefit the community of Westhill and surrounding area.

The Lord-Lieutenant of Aberdeenshire, Mr Alexander Philip Manson, presented the QAVS award crystal, certificate and pin badges for the members to Shed Chairman David Thomson and received a tour of the impressive Shed facilities—the first-ever Men’s Shed in Scotland—and also had an opportunity to chat with Shed Trustees, Shedders and invited guests.

David said: “It is an honour and a privilege to receive this prestigious award on behalf of our 300 members of the Westhill Men’s Shed. The award recognises the contribution made by our members, who are all volunteers, in supporting the local and wider community. It also recognises that attending the Shed and participating in the wide range of activities available is an important contributor to our members’ health and wellbeing.”

The award featured special recognition for the COVID-19 work carried out by the members. In the early days of lockdown, the Shed was made aware of the grave shortages in personal protective equipment (PPE) for their local care homes when Shed Secretary and founding member, Nick Pilbeam, was visiting a Shed member (unfortunately now deceased).

Nick said: “Shed members did some research and learned that face shields could be made simply with a 3D printer and an A4 sheet of acetate. A project team was quickly set up to tackle the issue using our Shed printer however we soon realised that the volume needed to be increased quickly and therefore recruited over 20 individuals, some with 3D printers in their own homes. A small army of face shield preppers and other volunteers joined forces to co-ordinate the production and distribution of almost 2,700 face visors and we are delighted to have their work also recognised through the award.”

Visit the Westhill Men’s Shed’s website at westhillmensshed.co.uk and follow them on Facebook at www.facebook.com/westhillshed





An update from South Lanarkshire Sheds

After a lot of hard work and creativity from Sheds across South Lanarkshire, measures were put in place to enable members to open their Shed doors and meet up once again.

With the continued easing of restrictions, this will continue to provide more opportunities to open with greater numbers. As the situation improves and life is beginning to return to some form of normality, I would like to take this opportunity to say 'thank you' to all the individuals in each of the Sheds.

Over the past 18 months, many Shedders across South Lanarkshire have continually stepped up to ensure a connected support network still exists in our local communities. Without these hardworking members it is not overstating the fact to say that the Shed doors would not have reopened and the Sheds would have ceased to exist.

Individual Shedders recognise the difference a Shed makes, not only to themselves but their fellow members and their local community. It is a testament to the hard work and commitment of all the Shedders across South Lanarkshire that our Shed network continues to expand even during a pandemic.

This work can often be a thankless task; I'm in the fortunate position of having witnessed first-hand the number of times that Shedders have gone above and beyond to help others. From everyone connected with the Sheds, Seniors Together and your local communities—thank you for all the efforts. We really do appreciate everything that you are doing.

News from the Sheds

East Kilbride Men's Shed

East Kilbride Men's Shed is on the hunt for new premises. If you think you might be able to help, please get in touch.

Men's Shed Toolkit

In August, the first-ever [Men's Shed Toolkit for the UK and Ireland](#); brought to you by Glasgow Caledonian University (GCU) and the National Lottery Community Fund, was launched. The toolkit was built with help from Shedders, Shed Associations and Shed support agencies from across the UK and Ireland and is designed to be a one-stop-shop for all of your Shedding needs.

At Seniors Together and the Shed network, we were delighted to be recognised as stakeholders for this international publication and have so many of our pictures of local Shedders featured within the toolkit.

Carluke Men's Shed and Stonehouse Men's Shed

Carluke Men's Shed and Stonehouse Men's Shed are both making great progress with their respective renovations and we all look forward to attending these new Sheds soon.

Larkhall Men's Shed

In an exciting new partnership with Larkhall Community Gardens, Larkhall Men's Shed has been offered a place to meet using the existing space within the gardens. With the great weather we enjoyed during the summer, this provided an excellent way to meet up outdoors.

Bothwell and Uddingston Men's Shed

Bothwell and Uddingston Men's Shed (pictured above) has taken similar strides and are meeting every Thursday in the large function hall within St Brides pastoral centre. Congratulations and welcome aboard to their newly elected Committee from all at the Shed network.

New Sheds

Further new additions to the Shed map in South Lanarkshire will soon be added with Sheds at early stages of development in Lanark with Clydesdale Community Initiatives and in Woolford, Auchingray and Tarbrax with the support of the WatIF? Improvement Foundation.

A Men's Shed and a Women's Shed are launching at Langloch Farm in Lanark with premises already on site for both groups to use. After a long break from speaking in person about Sheds, it was great to attend an introductory session with WatIF? and the local community in Tarbrax. With a great turnout of 16 interested people, plans are pushing ahead to develop this exciting new Shed. We look forward to working with CCI, WatIF? and the new Shedders as these Sheds develop.

New members are always welcome. If you would like more information or wish to join any of the Sheds mentioned, please contact me.

Our weekly Shed Socials continue online (using Microsoft Teams) on Tuesday mornings at 11am and Fridays lunches at 12pm. If you are free, pop in and say hello.

[Paul Creechan](#) | 07388955049 | [Seniors Together Facebook](#)



New Houston and Killellan Men's Shed set to open this Autumn

Following the news (in the [March 2021 edition](#) of The Scottish Shedder) that Houston and Killellan Men's Shed had secured £10,000 through the [National Lottery Community Fund](#) (NLCF), the Shed is now hopeful that its plans for an official opening this Autumn will come to fruition.

The developing Shed, at West Church Halls in the village's main street, has been two years in the making since initial talks at a Community Conversation Café in 2019. The community felt that the Shed was an opportunity to provide a safe and welcoming environment for its

members to enjoy the company of others in a social and informal setting and/or learn or re-acquaint themselves with new skills.

Frankie Greenwood, Families and Community Development Worker at Houston and Killellan Kirk, said: "Since securing funds to purchase and install the Shed through the NLCF, made possible thanks to National Lottery players, the project team has been busy over the last few months getting the Men's Shed equipped and ready for use.

"We held a very successful open morning on Saturday 28th August 2021 (pictured above) where people could come along and have a look at the Men's Shed and register their interest.

"There was a great turn out with lots of interest from the local community and we are very much looking forward to having the Shed up and running hopefully in early October 2021."

"In addition to the NLCF monies, we have also received welcome donations from the local Rotary Club and local businesses which have been used towards the purchase of essential tools, workbenches and equipment for our members to meet, pursue practical interests and develop their skills."

Follow this new Shed on its journey at www.facebook.com/houstonkillellankirk

Elgin Shedders find a new way forward

Elgin & District Men's Shed held a special meeting last month to discuss its future following the loss of their Shed premises and the inability to fundraise during the pandemic.

The group was forced to give up its Shed on Perimeter Road—home to its 68 members—due to paying £600 for rent and utility bills each month. The Shed invited SMSA's Jason Schroeder to chair the meeting on Thursday 30th September 2021 at Bishopmill Hall in order to regroup and to plan the next step.

Jason Schroeder, SMSA Executive Officer, said: "The Shed unfortunately found itself in a situation with no

premises in an attempt to save what little finances they had. The charity was at risk of dissolving unless it relaunched itself completely and found new post holders to lead the way.

"I was asked to attend to see if we could generate enough interest to keep the Shed going or alternatively, discuss winding up the charity.

"I am delighted to say that by the end of the meeting, they had a new Chairman, Secretary and four Trustees in place and also retained the support of the existing Treasurer. The Shed's local Community Support Team is also going to assist with the search for new premises and offer localised support which is a fantastic step forward in the right direction."

New Chairman, Peter Harris, said: "Lockdown stopped all of our fundraising at community events and we had no choice but to give up our Shed to save costs. We are delighted with the outcome of this meeting and the support shown to continue. There is still a lot of work to do and a need for the new Committee to come together and start making plans.

"All of our equipment is in storage just waiting for us to find new premises. We are looking for a place to socialise and a workshop for welding and joinery for people to enjoy this hobby would be ideal. Watch this space!"

Follow Elgin & District Men's Shed journey at www.facebook.com/Elgin-District-Mens-Shed-



Dunoon Shedders create buddy benches to support suicide prevention scheme

Dunoon Men's Shed has been working in partnership with Police Scotland and the Argyll and Bute Suicide Prevention Group on their suicide prevention scheme by providing friendship benches to be installed across Argyll.

The benches—fully funded, built and painted by the Shed members—aim to reduce the stigma often associated with suicide and encourage more people to talk. Plaques with information on suicide prevention services including the [Samaritans](#), [Breathing Space](#) and [SHOUT](#) will also be affixed to them.

The project is a great way to encourage people to start conversations with others. Providing somewhere to simply sit and enjoy the outdoors whilst encouraged to ask the question “are you ok?”.

This follows the Samaritans campaign ‘Small Talk Saves Lives’ which encourages people to trust their instincts and start a conversation if they feel something isn't quite right and that someone might need help.

After an incredibly tough year, the Samaritans campaign reminds us that we all already have the skills to start a conversation with someone who needs help, giving them the confidence to act.

By trusting our instincts, if something doesn't feel right, a little small talk and a simple question, such as “Hello, what's the time?” can be all it takes to interrupt someone's suicidal thoughts and help set them on the journey to recovery.

Dunoon Men's Shed secured £3,000 from the [Corra Foundation](#) towards the project—allowing them to purchase the materials to build and painted the benches ready to be located in communities.

Ian Graham of Dunoon Men's Shed said: “Our Shed was approached by Police Scotland asking for our help with the friendship bench project. Myself and Iain MacNaughton jumped into action to look into possible funding streams to pay for materials and were delighted to receive the funding from the Corra Foundation.

“Although Police Scotland is the main beneficiary, we also intend to provide benches to CHAS, Sandbank Community, Lochgoilhead Community, Struan lodge and Historic Kilmun.

“We receive so much satisfaction from helping good causes such as this and hope that our local community will use the benches to reach out and talk to others about how they are feeling.”

To mark [World Suicide Prevention Day](#) on Friday 10th September 2021, Kintyre singer-songwriter Jamie Titterton (aka Jacob and the Starry Eyed Shadows) also released a new single called ‘[Talk Me Down](#)’ supported by the Argyll and Bute Suicide Prevention Group.

For more information about Dunoon Men's Shed, please visit their Facebook page at www.facebook.com/DunoonMensShed

Dunoon Men's Shed opens Saturdays to attract more working men

Due to popular demand, the Dunoon Men's Shed is now opening on Saturdays. Check out their quirky new video here...



A PERSONAL STORY



The SMSA interviews father and son team, Brian (48) and Cameron (16) Kerr, from Dumfries Men's Shed to find out how the Shed has impacted on them.

Brian said: "I am an unemployed lone parent raising two boys, have been since 2007, and also suffer from some health problems.

"Back in July 2019, a family friend – who is now the Vice Chairman of Dumfries Men's Shed - encouraged me to go along to see what the Shed had to offer. After much 'gentle' persuasion, I finally gave in and agreed to go but for just one day! Fast forward two years and I am still here and loving it.

"There was just one computer in the corner of the room on my first visit and I noticed that all of the Shed administration was paper-based. I quickly offered to help and before too long, was rolling up my sleeves implementing new streamlined systems and processes.

"I then mentioned social media. There were some initial reservations, which is understandable, but gradually members realised the benefits to the Shed of having these platforms in place to raise awareness, promote our activities, attract new members and target the younger generation.

"In March 2020, I was asked to become the Shed Secretary and became solely responsible for the 'Change of Use' application for our new Shed at 1 Cresswell Gardens to open as a Men's Shed as well as involved in the full ownership Community Asset Transfer process (covered in the [August 2021 issue](#), p18). Both were great learning experiences for me and I was delighted to be involved and even prouder to see them both come to fruition with full support from the community.

"Over time, I introduced my son Cameron to the Shed. Cameron was 14 at the time and his computing skills are far superior to mine, he is really into computer coding and has a gaming server. On his days off from school, he would come down to the Shed with me and really enjoyed volunteering to help improve the systems and data protection of members' details."

Cameron, who attends Dumfries and Galloway College two days a week for his HNC in Business and Communications, said: "At the old Shed, in Noble Hill Park, the first thing I got to work on was to sort the files. I then designed and developed the website, all html coding, and also launched the Facebook, Twitter, YouTube, Instagram and Tik Tok social media accounts.

"Recently, through a company in Dumfries called AML Technology, we received five computers that were surplus to their requirements. They needed a bit of work so I have been busy stripping them down and will install the software we need for our new and recently-decorated computing suite at the Shed. We have also received a £10,000 grant from the [National Lottery Community Fund Awards For All](#) in order to provide basic computer literacy skills for members and the local community through our new computing suite.

"Since coming to the Shed, I have been involved in setting up the IT network, broadband, internet security, software installation, phone and camera systems as well as the fire alarms. The Shed also received 12 walkie-talkies from a local radio communications company so these have now been set up for the Committee to use to stay in touch on the premises.

"The Shed is not just a place for me to get out of the house and socialise but is also a great learning experience for me. I am able to put what I have learned in college and in my personal time to good use for such a worthy cause."

Continued on next page...

A PERSONAL STORY (CONTINUED)



...continued from previous page

As a result of the invaluable input from Cameron, the Committee made the decision to revise their constitution to lower the age of entry to their Shed from 18 to 16 years old to attract more young people but have also given him the role of Assistant Secretary to work alongside his dad as Secretary.

Pre-pandemic, the Shed was working with teachers at the local secondary school providing positive male role models in the community for young pupils.

Brian said: "This is intergenerational work that we would really like to get back into. We invited the young men and their teachers along to the Shed and just talked to them, showed them around, made models, played dominoes etc. and have stayed in touch with a lot of them and are delighted to hear how well they are doing.

"Going forward, we are currently in discussions to have another three groups of three pupils come along to the Shed soon for the very same thing. We are also speaking to another local secondary school about 17 of their Rural Skills students developing the waste ground beside our Shed as a project as part of their course and learning.

passionate about it once again. I spent many a day painting and thoroughly enjoyed it - helping pass the time throughout the lockdown".

"Seeing the change in my son has also been phenomenal. Cameron was quite shy to begin with and he has really come out of his shell and it has boosted his confidence. Running his own gaming server, he was always confident online but spent a lot of time in his bedroom. Now, he is doing everything face-to-face, shoulder-to-shoulder.

"One minute, he will be dealing directly with the public giving tours to showcase the Shed and then he will be having fun and laughing and joking around with the other members of all ages and backgrounds. Cameron coming on board and becoming so interested and involved has really helped out the Shed but this opportunity has also been a great kickstart to his future career and totally changed him for the better."

"The Shed has massively transformed my life. Before venturing into volunteering and coming through those Shed doors, I was socially secluded and spent the majority of time at home. I felt isolated and went through a long period of depression. The Shed has changed that and I have met some amazing people and feel that my input is really valued.

"During lockdown, packing up the old Shed to move to our new Shed really kept us going and after showing some of the secondary school kids how to build and paint model tanks before lockdown, that also re-ignited an old hobby of model painting for me. I had not painted models since my early teens and it got me

For more information about Dumfries Men's Shed, check out their website at www.dumfriesmensshed.com and follow them through their social media channels—[Facebook](#), [Twitter](#), [You Tube](#), [Instagram](#), [Tik Tok](#), [Discord](#) and [make a Paypal donation](#) to support their work.



'THE SHED GARDEN'

Evidence strongly suggests that getting outdoors and gardening can improve health and wellbeing by reducing stress and boosting your overall mood and physical fitness.

Tom Andrews of Auchinleck Community Shed in Cumnock chats to the SMSA about their developing Shed and its 'Growing By The Community, For The Community' project.

Tom (65), Shed Secretary and Caretaker at the local Cumnock Town Hall, said: "Our Shed is in its very early stages—and we are just waiting to sign the lease for 20-28 Aird Avenue—but we already have around 30 members (15 regulars) growing flowers, fruit and vegetables including an abundance of delicious tomatoes, peppers, tatties, cucumber, lettuce, cabbage, cauliflower, brussel sprouts, butternut squash, kale, strawberries, chillies and herbs to name but a few.

"We took over the area from a previous group. There was lots of remedial work to do but we were fortunate to inherit two large Geogrowing domes on site. There were also seven deep beds on the site that were left derelict but we have fixed some with sleepers and plan to develop the rest over time.

"We generate income from selling the produce locally at an affordable cost. There are no air miles, nasty chemicals or growing enhancers involved and it is just quality, tasty and healthy produce grown by local volunteers—what's not to like?

"Members of the community can come along to the Shed garden for our regular plant sales to pick their own produce or starter plants to take home to start their 'Grow Your Own' journey in their own gardens. This has been a hobby of mine since I was a teenager and the gardening bug can certainly be contagious. Our team love to inspire others and send them off with gardening advice to try at home.

"We encourage men and women, aged 18 or over, to join and come along to do a bit in the garden (if or when they can) or just come along for the cuppa and company.

"Membership is £2 per year and active members get free produce for

themselves and their family members. We work on the basis of 'If you need it, take it but if you don't then let it grow for someone else.'

"There is intergenerational involvement and support from our community. Recently, we ran a kids' sunflower growing competition to encourage the next generation to get growing and one of our elderly customers, Margaret (pictured bottom right), was delighted with a doorstep delivery of flowers from our garden for her 82nd birthday after shielding for a long time. There is such great community spirit for this project.

"In August, we linked up with Cherry-Trees Nursery at the new Barony Campus to plant cherry, apple, plum and olive trees and seasonal border plants that we will replenish. One of our members donated the cherry tree as they simply needed to have one, given their name. Going forward, we will work in partnership with the staff and children to teach them how to grow their own produce.

"Due to the pandemic, we put out a call to help anyone, struggling with financial or isolation issues, with a garden makeover. Recently, we were delighted to help a local disabled person with their overgrown garden. The team got together for a wee makeover consisting of weeding and beautiful new flowers planted.

"We recently added an arbour and our new 3m x 6m polytunnel to the mix (funded by East Ayrshire Council's [Cumnock And Doon Valley Minerals Trust](#)) and are looking forward to using this to keep production flowing in the cooler months. We also have plans to add chickens to the site as well as diversify into bird house, window box and planter production to generate additional funds which keeps our Treasurer (my son) happy.

"Currently, we do not have set opening hours but we tend to be there from 10.30am-2.00pm Monday to Saturday (and Sundays if required). What once was a neglected area is now a thriving community garden that we are truly proud of."

Follow Auchinleck Community Shed at www.facebook.com/Auchinleck-Community-Shed-101882148105106



SHED PROJECTS

Dalbeattie Men's Shed's Skeoch Project

Following their article in the [December 2020 issue of The Scottish Shedder](#), Dalbeattie Men's Shed (DMS) provides an update on its three-year Skeoch Utility Car project as it went on show a century after the original car starred at the 1921 Scottish Motor Show in Glasgow.

After 16 months of Shed closure, DMS was re-opened (with limited numbers) on Monday 5th July 2021. The Skeoch had been in store since returning from the paint shop but re-opening the Shed and the local Covid Protection Level falling to 0, provided the opportunity to unveil the finished car.

Since starting the project in February 2018, DMS had planned to unveil the replica Skeoch at the Scottish Motor Show (100 years following its first appearance) however for safety measures, the Sheddors agreed to showcase the car to Dalbeattie communities and local venues for now.

The first public outing took place on Saturday 17th and Sunday 18th July when the car and project storyboard was displayed on the bandstand in Colliston Park in Dalbeattie (pictured top right). The next outing was on Sunday 25th July at Threave Garden & Estate, Castle Douglas where the Skeoch was displayed centre front of the Singer Motor Club/Hillman Owners Club annual outing.

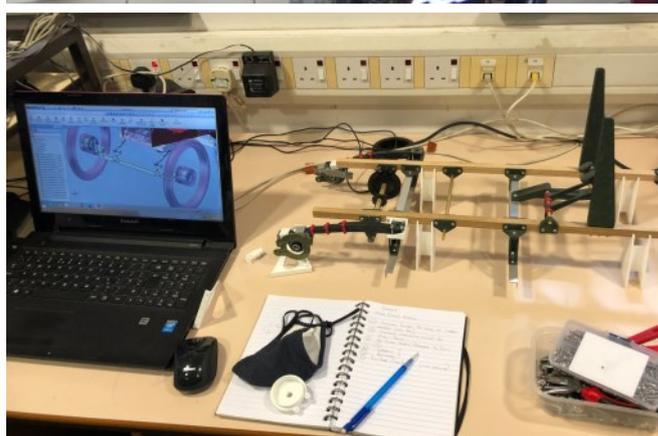
That same evening the Skeoch moved to Robertson Gemini's showroom in Cotton Street, Castle Douglas (pictured right) where it remained on display until the 13th August 2021 as part of Robertson's '100yrs in business' celebrations. Meanwhile in the Shed, 3D printing work began to build a 1/3 scale model of the Skeoch (pictured right).

In August, the car exhibits were to the east. On Saturday 28th August, the car went on show at [Annandale Distillery](#). This event was particularly poignant because James Skeoch's granddaughter, Fiona Sinclair, had arranged the visit with Professor David Thomson to allow the car to be driven around his distillery, and by bringing her parents to the event, DMS achieved one of the principal project milestones – to drive the Skeoch with Betty Sinclair, daughter of the original designer and builder, as passenger (watch the video bottom right).

The car, both static and driven, was the centre of attention. Betty was the first family member to ride in the re-creation of her father's car. Several more circuits of the Distillery gave the Skeoch a thorough shake-down on this it's first driven outing.

Following the Distillery visit, the car was displayed statically the following day at the 2021 Dumfries Motor Show where it went on to win The Organiser's Award. The Skeoch will next be on display on the 26th October in the Hilton Hotel in Glasgow.

For more information on Dalbeattie Men's Shed, visit their website at dalbeattiemensshed.co.uk and follow them on Facebook at www.facebook.com/dalbeattiemensshed



SHED PROJECTS



RMS Titanic is reborn...

At 2340 hours on the 14th April 1912, the RMS Titanic of the White Star Line struck an iceberg and has since earned her unenviable place in the folklore of maritime history.

RMS Carpathia, a Cunard Line transatlantic passenger steamship, was 58 miles away and navigated the ice fields to arrive four hours after the Titanic had sunk. Over the next few hours, her crew rescued 705 survivors from the Titanic's lifeboats and returned to New York where they arrived on the 18th April 1912.

One of the quartermasters aboard the RMS Carpathia, when it sailed from New York on the 11th April 1912, was John Ritchie Cargill from Gourdon, Kincardineshire. During WW1, John was a sergeant in the Black Watch and was awarded the Military Medal (MM). In WW2, he again enlisted and served with distinction being awarded the Distinguished Conduct Medal (DCM).

John's grandchildren are trustees of the Maggie Law Maritime Museum in Gourdon and the museum had received a model of the Titanic, in kit form, from local resident Allan Hay.

Allan had purchased the kit in magazine format, over a period of two years, and was keen to see it built to reside in the museum.

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Allan, and the Museum approached Stonehaven and District Men's Shed and asked if the Shed would be interested in assembling the kit for display in the museum.

The Shedders unanimously agreed to get involved in the project and the model kit, with accompanying drawings etc, was handed over on the 13th February 2020.

A team came together with the intention to assemble the model in the Shed but then lockdown hit and the 'Titanic curse' struck again!

However, trustee Ian Smith, took the model parts and instructions home and spent his lockdown days working on the model assembly. As he lightly puts it, "It kept me sane!"

The Shed, on behalf of the museum, obtained a custom-made display case and the finished model was then handed over to Sheena Taylor from the museum and Allan Hay on the 17th August 2021 at the Shed.

The **Maggie Law Maritime Museum** is planning to re-open its doors early in 2022 and the RMS Titanic will be pride of place as one of its centrepiece displays.

Follow Stonehaven & District Men's Shed journey on Facebook at www.facebook.com/Stonehaven-Mens-Shed-1095753717148589





Grab a cuppa ...it's sudoku time!

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Did you know?

Playing Sudoku improves your memory, stimulates your mind and increases concentration.

[CLICK HERE TO CHECK YOUR ANSWERS](#)



Sparrow Nest Boxes

By Bob Howie, SMSA Individual Member

Sparrows are struggling for habitat. House Sparrows especially are losing their habitat in buildings due to people sealing their homes more efficiently and to new modern building practices.

Sparrows are an unusual species as they are a very social bird and like to nest close together. Making a nest box for them is different to every other type of bird box that is available. The boxes can be made with different methods and concrete mixes can also be a medium that can be used other than wood.

With sparrows, you can make individual or multi nest boxes and if there is space, they can be placed next to each other or stacked, the



concrete boxes can even be built into walls. The concrete types can be made from hollow concrete blocks or handmade from "Woodcrete", a mix of sawdust and cement, as it provides better insulation qualities. It would be possible to build a stack of hollow blocks on their sides with "Woodcrete" fronts and backs or stack them normally and put a "Woodcrete" infill between the layers then drill an appropriately sized hole in the front.

There are other designs that use false bricks, the type of brick which is just a facia brick encased in a box that can be built into the wall of a house or garage but not fully mortared-in so that the front can be removed for cleaning out. If you want something different, find some suitable sized logs cut them to length, if you have a wood lathe, drill out the ends part way through. Make two

fronts, drill a hole in them and fit, to make a double nest box which can be stacked to make a little community.

Whichever style and material you use is entirely up to you but the birds are looking for a good nesting site, not something pretty. The [RSPB](#) put out a warning about highly coloured and unusual shaped boxes as they make them highly conspicuous to predators. They urged buyers to stick to the traditional dull boxes as they will help the chicks survive longer.

One important point to note is never make bird nests from plastic or metal as they tend to sweat which will make chicks cold and with metal, our temperature is taken as "in the shade", but 25°C can equate to 50°C in direct sunlight, making for baked chicks.

Whatever you decide to use, have fun with it.

Edzell Men's Shed raises awareness and almost £5,000 for Prostate Scotland



The pandemic has had an adverse impact on the early diagnosis of prostate cancer, with fewer men visiting their doctor with potential symptoms. This year needs a special effort in order to reach men across Scotland at risk of developing prostate cancer.

The more fundraisers who take part in an activity, and the more donors who donate to them, the better the chance there is that a man in their local community will benefit from their efforts. [Edzell Men's Shed](#) recently raised a total of £4,595 (including sponsorship, Gift Aid and JustGiving webpages) for Prostate Scotland from their fundraising walk on Mount Keen.

Three members of the Shed have been affected by prostate cancer so this was a cause certainly close to their hearts. Their dedication, to get support from a total of 209 people through sponsorship forms and JustGiving donations is commendable.

Prostate Scotland is currently developing a range of new services to help men across Scotland navigate prostate cancer and disease called the [COMPASS project](#). In time, it will cover free-of-charge information, courses, exercise programmes, workshops and support services.

As part of the support services of COMPASS and in partnership with Maggie's Edinburgh, men can join a seven-week 'Living Well With Prostate Cancer' course – delivered via video link – when they are undergoing treatment or when treatment has finished to hear from experts about managing side effects and how to live well. The course is open to men across Scotland as it is online. The current course is fully subscribed and registration for the next course—starting in November and running on Thursdays from 1.00-2.30pm for seven weeks—is now open.

Useful resources:

- [Join a Living Well with Prostate Cancer Course – registration for the next course in November is open](#)
- [Exercise video specially designed for people with prostate cancer](#)
- [Speak to a Cancer Support Specialist](#)

For more information on the COMPASS Project, please visit

www.prostatescotland.org.uk/help-and-support-for-you#COMPASS





PROSTATE HEALTH AWARENESS WEBINAR
Date: Tuesday, November 2
Time: 7 pm to 8.15 pm

Exclusive event for members of the Scottish Men's Sheds Association

The month of November, commonly referred to as 'Movember', is a month where raising awareness of men's health is actively encouraged.

Boston Scientific UK invites 'The Scottish Shedder' readers to join them on Tuesday 2nd November 2021 at 7pm online via Zoom for a free webinar on 'Prostate Health Awareness'.

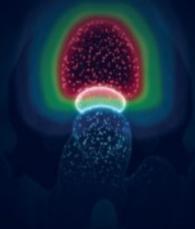
This event has been organised solely for members of the Scottish Men's Sheds Association (SMSA) however interested non-members, colleagues, friends, or family are welcome to join.



BPH Diagnosis & Treatment
(Benign Prostatic Hyperplasia/Enlarged prostate)
delivered by Mr. Feras Al Jaafari

Learn more about BPH and the signs/symptoms & available therapies like Rezūm™ Water Vapour Therapy* incl. clinical data and patient outcomes.

**Benign Prostatic Hyperplasia (BPH)*
Millions of men are affected by benign prostatic hyperplasia, disrupting their daily activities, and negatively impacting their lives and the life of their partners. Medical management, minimally invasive and surgical treatments can all be effective to treat BPH.



Prostate Cancer Diagnosis & Treatment
delivered by Dr. Abdulla Alhasso

Learn more about the Prostate Cancer Pathway, treatment options, & SpaceOR™ Hydrogel* a technology designed to reduce side-effects to maintain quality of life following treatment.

**Prostate Cancer*
With more than 70% of men surviving 10 years or longer, long-term quality of life can be as important as the effectiveness of the treatment itself. Thanks to hydrogel spacing, bowel toxicity side effects can potentially be reduced during radiation therapy. Patients receiving SpaceOR™ Hydrogel reported significantly favourable outcomes relating to erection and orgasm ability, erection quality and frequency.

Following the presentations there will be an opportunity to ask any questions to the panel of experts.

For more information and to register (and receive your access link by email), please click on the link below:

<https://scottishmsa.org.uk/wp-content/uploads/Prostate-Health-Awareness-Webinar-2-1-21.pdf>

If you would like to submit any questions for the panel ahead of the webinar or have any queries, please contact Darragh.ODonovan@bsci.com



Mr Feras Al Jaafari
Consultant Urological Surgeon
NHS Fife & Spire Edinburgh



Dr. Abdulla Alhasso
Consultant Clinical Oncologist,
NHS Glasgow & Nuffield Glasgow

WHAT'S PICKLING?



Bruce Newlands of The Inverclyde Shed shares his pickling techniques with The Scottish Shedder readers.

Like many Shed gardens, our harvests have been bountiful. We donate weekly veg boxes to our local community pantry and have popup stalls to sell the veg to pay for next year's seeds and plants but we are still often left with a glut of surplus veg. Pickling and fermentation are two ways to preserve produce allowing you to share the healthy produce with others.

Pickling

Pickling—the process of preserving or extending food's shelf life by anaerobic fermentation in brine or immersion in vinegar—typically affects the ingredients texture and flavour.

600ml malt vinegar
500g of small onions/beet stems/beetroots/turnips/carrots/peppers
1 teaspoon coarse sea salt
100g granulated brown sugar
1 teaspoon of peppercorns
1 teaspoon of mustard seeds
1 teaspoon of coriander seeds
Optional garlic/herbs/botanicals to your taste

Peel and cut your chosen vegetable to size, layer in a bowl (sprinkling with salt between each layer) and cover overnight or leave up to 24 hours. When ready, pour the vinegar and sugar into a large saucepan with the peppercorns, mustard and coriander seeds (and any other ingredients you would like to add). Pop on the lid and bring the mixture up to the boil then remove from the heat and set aside for a few hours to infuse the flavours.

Rinse the veg under cold water to remove the salt and pack into a sterilised 1-litre jar then pour over your pickling mix to cover the veg completely. Leave a one inch gap at the top, seal and allow to mature for 2-4 weeks. Crack open the jar when ready and enjoy (store in the fridge once open for up to two months).

Piccaililli

Use the above recipe—with the inclusion of two tablespoons each of turmeric, fennel seeds, English mustard powder and cornflour (to thicken)—for cauliflower florets, diced courgette and shallots for a traditional tasty piccaililli.

Fermenting

With the help of a salt water brine, a process known as lacto-fermentation can give your veg a new lease of life—

from Sauerkraut through to spicy Kimchi. Fermented foods are great to boost digestion and general gut health.

For Sauerkraut, use a large white cabbage (remove outer leaves) and add two tablespoons of coarse sea salt and one teaspoon of peppercorns. Thoroughly wash a large bowl then rinse it with boiling water. Ensure that hands and everything coming into contact with the cabbage are very clean. Shred the cabbage thinly and layer the cabbage and the salt in a bowl. Massage the salt into the cabbage for five min, wait 5 mins, then repeat. You should end up with a much-reduced volume of cabbage sitting in its own brine. Mix in the peppercorns.

You can flavour the brine more to your taste if you want to. I tend to add garlic cloves and a good pinch of coriander, mustard seeds and dill seeds or dill flower heads. I might throw in a chilli or two and sometimes a few slices of onion.

Cover the surface of the cabbage with cling film and press out all the air bubbles from below. Weigh the cabbage down using a couple of sterilised plates/weights. The level of the brine will rise to cover the cabbage a little. Cover the bowl and put in a dark place at a cool room temperature (18-20C). For maximum flavour, leave it to ferment for anywhere between 2-6 weeks (or until the bubbling subsides). Check the cabbage every day and give it a stir to release any built-up gases and remove any scum as it ferments. Rinse the spoon and weights/plates in boiling water and replace the cling film each time you need to do this.

The Korean version of this process, called Kimchi, really brings a mix of cabbage, radish, sybies, shallot and carrots to life using a flavoured paste rather than a brine. Once you have prepared the cabbage in the same process as above, make your paste using a blend of:

3 garlic cloves, crushed
2.5cm/1in piece ginger, grated
2 tbsp fish sauce
2 tbsp fresh chillies
1 tbsp golden caster sugar
3 tbsp rice vinegar

Rinse your Kimchi veg mix, drain and pat dry. Transfer to a large bowl and stir through the paste along with your radishes, carrot and sybies. Pack into a large sterilised jar, seal and leave to ferment at room temperature overnight and then store in a cool place, allow a one inch gap at top of the jar for the fermentation release of gas.

These techniques—utilising surplus veg—will deliver big flavour as side dishes to just about any meal. Enjoy!

FUNDING OPPORTUNITIES

'Shedloads of Opportunities' Bulletin launched for SMSA Shed Members

In addition to a wealth of membership benefits, the SMSA has launched a new bulletin to its Shed members to promote a range of potential opportunities for Men's Sheds in Scotland.

Shed members will automatically receive the electronic 'one-stop-shop' bulletin full of funding and opportunities relevant to Men's Sheds for them to explore. **Not yet a member?** [Click here to find out more.](#)

If you would like to make the SMSA aware of further opportunities to promote through this channel, please contact [Michelle Wibrew, SMSA Communications & PR Officer.](#)

Help create a cycling community and get more Scots on their bikes—apply for up to £800 funding today!

When more people ride bikes to get around, the whole community benefits. It improves people's health and wellbeing, reduces air pollution and traffic congestion, and brings economic benefits too. On top of all that, it's a cheap and convenient way to get around and is loads of fun!

Do you want to help your Shed members and/or more people in your community to cycle for short everyday journeys? Shift, an exciting new programme from [Cycling UK in Scotland](#), can provide you with funding and expert support to run activities that will help people jump on a bike, instead of into their car. From cycle training and confidence boosting sessions to cargo bike trials for local businesses, this programme can help your ideas flourish.

Shift's team of expert advisors are on hand to support you every step of the way, with access to training, networking and expert advice.

Shift funding can be used for activities/costs to support people with cycling regularly e.g. hosting basic bike maintenance sessions; demonstrating cycling to new riders and/or try out sessions; knowledge sessions (using maps, route planning, riding in adverse weather conditions); availability of loan/hire bikes; purchase of accessories such as helmets, locks, lights etc; security bike marking workshops; training staff/volunteers to be cycle ride leaders; and supporting individuals one-on-one or small group confidence building lessons.

Grant funding up to £800 is available, find out more and apply today at www.cyclinguk.org/shift.

By offering support for cycling in your community, you can help more people to travel more effectively, making a big difference to your local area.



SHEDLOADS OF OPPORTUNITIES



SHED NETWORK MEETINGS

by *Tim Green*

It's good to be back on the road again.

Over the last month, along with Jason Schroeder (SMSA Executive Officer), I facilitated a round of Men's Shed Network meetings. It was fantastic to be warmly and safely welcomed back into Sheds again.



Tim Green

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Fife, 2nd September

- on Zoom

Perth and Kinross, 23rd September

- blended meeting hosted by Comrie Men's Shed at Cultybraggan.

Ayrshire, 24th September

- on Zoom

Lothians, 28th September

- blended meeting held at Armadale Shed

Highlands, Islands and Moray, 29th September

- blended meeting accommodated in the new social area at Nairn Men's Shed.

The meetings were generally very positive. The hot issues are:

How people with complex needs can be supported in sheds by shedders who are largely untrained volunteers.

Balancing the benefits of undertaking projects for the community with maintaining the shed ethos when there are less hands on deck.

Small Business Support Grant holders more financially secure, non-eligible sheds more precarious without sales and tea money.

More information on new domestic fire alarms legislation needed and how can those on low incomes be supported?

Difficulties finding and keeping hold of premises. The CAT process is still very problematic!

Small but increasing number of shedders returning but most sheds picked up new members over the pandemic.

Office bearer fatigue and the need for succession planning & recruiting new members willing to take on governance roles.

Too early to tell if non returning shedders have new routines, social anxiety or so called re-entry syndrome and/ or biosecurity fears.

Insurance and PAT testing

The co-production of solutions to these issues along with navigating post pandemic resilience and recovery will require local community development support with Sheds.

The next round of Regional Shed Network Meetings will be in January 2022, watch this space.

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Love later life



Support the SMSA

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

Make a direct donation to the Association:



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



Fundraising and social media events

You can raise funds for the SMSA through fundraising and social media events like [Facebook Birthday Fundraisers!](#)

Legacy donation

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

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

Follow the SMSA at

