

THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTTISH
MEN'S SHEDS
ASSOCIATION

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**SCOTTISH
MEN'S SHEDS
ASSOCIATION**



SMSA's 'Scottish Men's Shed of the Year' Awards 2023 are now... OPEN!

The awards, now in their fifth year and delivered by the Scottish Men's Sheds Association (SMSA), recognise and reward the contribution that Men's Sheds make and raise awareness of the huge impact that they are having in our Scottish communities.

With over 200 Sheds now open or developing across all 32 local authority areas, this prestigious award aims to celebrate and showcase the life-changing friendships, connections and camaraderie taking place to benefit men's health and wellbeing.

The awards also afford the opportunity to hear all about the great things happening in Sheds—from the intergenerational projects to partnership working and doing our bit for the environment—in addition to highlighting the challenges and barriers that Sheds are experiencing and what support they require to enable them to grow and thrive.

With trophies and an enviable array of prizes up for grabs for the top three shortlisted Sheds—you gotta be in it to win it.

Scottish Sheds—that are Shed Members of the national association—must apply by midnight on Sunday 24th September 2023 at scottishmsa.org.uk/smsotyawards

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 3,400 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 (September 2023) by **Friday 15th September 2023**. 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, SMSA Communications & PR Officer, 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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Support the Men's Sheds Movement in Scotland, follow the SMSA at:



TALKING SHEDS

by Jason Schroeder

We have crossed the Summer Solstice line and on we go towards the next half of the year. How has your first half been?

Our funding issues have not gone away and we are still £200,000 short on our annual development requirements. We are continuing to look to Scottish Government and other funders to realise this shortfall so we can deliver what the Scottish Men's Sheds Movement requires.

On the topic of funding, can those Sheds who are still outstanding on their annual subs please chase up your Treasurer. If you haven't received your SMSA Shed certificate - 2023-24 and the new posters this year, you are now in the 90 days overdue red zone.

We still don't have an Administrator so please guys help me out as I try to cover this full-time job and get them paid up so you can continue to enjoy all the Shed benefits, thank you.

Over the last few years, I have been liaising with Phil Johnson from Minnesota to support the set up of the national association for Men's Sheds in America where he now holds the title of Director Emeritus. However, he is now focussing on Minnesota and recently said, "I believe that based on yours and my discussions over the last couple of years that the Minnesota Men's Sheds (we now have ten local sheds and are growing) is modelling itself more along the lines of the SMSA rather than the UK or Australian Associations. We believe your organising model is very close to what we see ourselves doing here."

I have been asked to be their key note speaker at their [Minnesota Men's Sheds Association \(MnMSA\)](#) Annual Conference later in the year

which will be my pleasure to do so. I find it interesting that all three national associations he mentions in his view have different strategies and therefore having the SMSA 'In Scotland, For Scotland' is so important.

We have finally released our [Safe Guarding guidance template](#) for the Sheds which you can access in our online Resource Library once you have logged in as an individual member. As you will see, it wasn't a straight forward process.

It has not been all work and no play and on the 30th May 2023, I was invited to join the Stonehaven & District Men's Shed Texas Scramble golf tournament with the pleasure of having my 26 year old son Cormac playing alongside me in our three man team. [Read all about this fun fundraising day here.](#)

Speaking of fundraising, is your Men's Shed aware of the Gift Aid Small Donations Scheme (GASDS)? GASDS is a top-up on small cash donations introduced in 2013. Charities can claim a top-up payment of 25% on cash donations of £30 or less and contactless card donations of £30 or less collected without the need for a Gift Aid declaration – this captures things like bucket collections and collecting tins. From 6th April 2016, charities could claim for up to £2,000 in a tax year or £1,250 for earlier years. [Find out more here.](#)

On a more serious note of Health and Safety and the use of oils in the Shed. We felt that there was no point in reinventing the wheel so thanks to our Shedder friends in New Zealand, we got the go ahead to share some very important points from their newsletter, '[Health and Safety – Did you Know](#)'.

And the health and safety in Sheds awareness certainly does not stop there. We are absolutely delighted and proud to launch our new film—'[An Introduction to Safety at Your Men's Shed](#)' which has been co-created with the Stonehaven &



A Polite Request to SMSA Shed Members

HAVE YOU PAID YOUR SHED'S 2023-24 SUBS?

Don't miss out on your Shed Member benefits. Check with your Shed Treasurer today

District Men's Shed and supported by Edrington. We do hope you like it and share it far and wide!

Fantastic news when we hear about Sheds and Shedders being recognised for the above and beyond of what these voluntary organisations and individuals are doing recognised by third parties. Check out the full stories of Forth Valley Men's Shed double award, David Dickson of Macmerry Men's Shed and Rosyth Men's Shed. So while on the topic of awards it's that time of the year when we want to hear about you and your Shed. Why? It's the [SMSA Scottish Men's Shed of the Year award](#) time. We look forward to receiving your applications. As some say... if you aint in it, you canna win it. Good luck!

Jason Schroeder

SMSA Chief Executive Officer



Former Kinross Shed Chairman joins Scottish Men's Sheds Association board

The Scottish Men's Sheds Association (SMSA), the national support hub for Men's Sheds across Scotland, announces the appointment of the former Chairman of Kinross & District Men's Shed David Conner to its board.



David, who has run several businesses including an electrical contracting company and returned to learning in his mid-40s to achieve a BA in Design and Technology and become a teacher, was Chairman of Kinross & District Men's Shed for four years until recently stepping down to enjoy retirement and travel with his wife.

David joins seven SMSA Trustees to further extend the hub's reach of regional support to over 200 Scottish Men's Shed groups and represent as the voice of the Men's Sheds Movement. David (69) said: "I am delighted to be a part of this very important membership body. Whilst our Shed was developing, the SMSA was a great support to us and a first port of call to go to for information and advice to save us reinventing the wheel. Without the SMSA, it is safe to say, we and some of our local Sheds would not exist without their team steering us in the right direction and through the obstacles and bureaucracy that is thrown at you especially when starting something new.

"This support is vital to save these Shed volunteers duplicating effort and enable them to concentrate on what matters - improving the health and wellbeing of men. I look forward to representing the SMSA as an ambassador for my region to support developing and existing Men's Sheds groups using my learned knowledge and experience."

SMSA Chief Executive Officer Jason Schroeder added: "Our Trustees are all Scottish Sheddors that give their valuable time to run Men's Sheds in their own communities and know the Men's Shed model inside and out. I have known and worked with David and his Shed for many years and I am grateful that he is volunteering his time to bring his strong expertise to our Board and the Movement we support and represent.

"We also appeal for additional enthusiastic and visionary Sheddors to strengthen our board even further. We are keen to hear from individuals from Sheds in the West Highlands and Angus. The time commitment is quarterly Board meetings and an informal catch-up with Trustees. Expenses are reimbursed for visits to Sheds and representation at events. Contact ceo@scottishmsa.org.uk to find out more."

Figures as at end of June 2023



148
SMSA SHED
MEMBERS

3,421

SMSA INDIVIDUAL
MEMBERS



136
OPEN SHEDS

66

DEVELOPING/
PROPOSED SHEDS



32
LOCAL AUTHORITY
AREAS

UPDATE YOUR DETAILS WITH THE SMSA



New email address?
Moved house?



Change of Office
Bearers? New Chair?



Not sure if you are a
member or not?

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

[Click here to notify the SMSA](#)

SMSA Shed Health and Safety Video: An Introduction to Safety at Your Men's Shed

Shed safety is of paramount importance and the SMSA has co-created a new film in collaboration with [Stonehaven & District Men's Shed](#), premium spirits producer [Edrington](#) and film producers and the largest specialist social media agency in Scotland, [We are Hydrogen](#) to help your members know the basics of good governance and health and safety protocols in the Shed.

SMSA CEO Jason Schroeder said: "Huge thanks go to Stonehaven & District Men's Shed who had seen the Australian Men's Sheds Association's safety film and brought the idea to the team here at the SMSA. We have collaborated with them through the whole process utilising the members' skills and creativity to create a film that we are all very proud of and we hope will be of great benefit to Shedders across Scotland."

"The initial idea was raised at an SMSA Shed Network meeting and I

had just delivered a presentation on Men's Sheds for International Men's Day to the Edrington staff. On finding out that the SMSA was a small charity with a big job to do—with only a team of three covering the whole of Scotland—Gordon Motion from Edrington (who is also an SMSA Individual Member) wanted to offer up some expert advice and time to support our work.

"This relationship building then led to discussions about producing an awareness-raising film for Scottish Men's Sheds to utilise. Gordon then approached the film production company they use, We Are Hydrogen, to also donate their expertise and time. The final result of this collaboration is our first SMSA Health and Safety film."

Gordon Motion from Edrington said: "As Edrington is owned by The Robertson Trust, charities are close to our heart. After hearing about the sheer volume of support and information that the SMSA provides on behalf of its member Sheds, and the limited resources both people and financial with which they achieve that, I hoped to be able to help in some way.



Click here to watch the film

"Our social media content provider, We Are Hydrogen, were also keen to offer charitable support to the SMSA and Men's Sheds and I am delighted we could organise both personal and corporate time to make this comprehensive film with Stonehaven & District Men's Shed and the SMSA."

Emma Whitelaw from Edrington added "After partnering with the SMSA for International Men's Day and Jason raising awareness of Men's Sheds through his presentation to our team, we were delighted to support them with the production of this very important film. We also see many opportunities, with several Men's Sheds located near our sites, to signpost people to go to for their own health and wellbeing but also to get involved via fundraising, donating materials and the sharing of skills."

Oil Safety in the Shed

Article shared courtesy of our fellow Shedders at [MENZSHED NEW ZEALAND Inc.](#)

Over the years many a good workshop, professional business or home workshop have been set alight by nothing more than a rag impregnated with a vegetable-based oil being incorrectly disposed of after use or simply left lying around.

The type of oils that can start a fire are all readily available and commonly used by woodworkers. These include linseed, tung, Danish oil, teak oil and buffing oil. Processed oil is more dangerous than natural oils so boiled linseed oil is worse than raw linseed oil. Similarly natural

fibre is more prone to ignition than man-made. While not usually a woodworker's oil biodiesel also belongs on this list.

Motor oils and spirits have spontaneously ignited on very rare occasions but only when an exact and very unusual set of circumstances occurred.

Vegetable oils on a rag oxidize when exposed to air. This oxidation process releases energy in the form of heat sufficient to start a fire, no other ignition source such as a flame or spark is needed in this process. A rag that is balled up or folded will heat more quickly as it retains the heat more efficiently if it is then thrown into a workshop rubbish bin with sawdust, offcuts etc it is little short of a bomb.

An important point to remember is that it is the oil that causes the fire, the material that has absorbed it plays no part in the process other than becoming the initial fuel. It follows that the common practice of cleaning up larger spills with sawdust is a really bad idea unless disposal of the absorbent afterwards is carried out thoroughly and correctly. Where available sand is a much better option.

If work is being carried out in a house or workshop that has carpet (why ever would you?) and oil is spilled you have the oil/fuel formula and while unlikely a fire is possible however contaminated, folded or bundled drop sheets and even the clothing worn can pose a real risk.

Once the oil has dried on the absorbing material there is no longer any risk. The method I use is to simply hang the rags I've used or may possibly have used (say to wipe my hands) out to dry on a tree branch or fence. I leave it there til the next day at least before disposal. The oil has still oxidized but the heat has been able to dissipate safely. Hanging the rags over the clothes line is never a good idea as it may ignite a heated reaction of a different kind!

If sawdust has been used to clean up a spill or become contaminated in some other way put it into a sealable metal container and fill the container to the brim with water.

Some years ago the NZ Fire Service noticed a

disturbing number of fires in early education centres, always at the start of the Christmas holidays, on investigation it was found that common practice was for teachers to give wooden toys and furniture a coat of linseed oil, throwing the rags in the rubbish before locking up and heading home for six weeks.

An interesting fact I read while checking my facts and which illustrates the danger is that in the US it's estimated that 10% of gyms that store their used exercise towels overnight in bins or bales for collection or laundering later experience a fire caused by the natural body and rubbing oils present on the towels spontaneously igniting!

Safeguarding Adults Policy Template and Poster for SMSA Shed Members

Safeguarding is everyone's responsibility

Living a life free from harm and abuse is a fundamental human right and an essential requirement for our health and wellbeing.

Implementing a safeguarding adults policy and procedures not only promotes the importance of the protection of all of the people that come into contact with the Shed - and the prevention from any harm, abuse or neglect - but also ensures that there is a best practice framework in place should any safeguarding concerns arise.

The SMSA has co-created a comprehensive Safeguarding Adults Policy template for its Shed Members and a poster to display prominently in the Shed. The template, sent to all SMSA Shed Members in June 2023, has been designed in such a way that individual Men's Sheds can amend, alter and/or enhance the document to work alongside any existing policies and procedures. The policy statement may also be a key requirement for some funders.



Included within the template is information on the relevant legislation to support Sheds with their decision making and responsibilities. The policy and associated procedures apply to all individuals involved in the Shed including members, trustees, volunteers and visitors.



Circular Communities Scotland's Share and Repair Network and Scottish Men's Sheds

With many Scottish Men's Shed's contributing towards a circular economy through reusing, repairing, repurposing and recycling materials in their communities, the SMSA—as a member of [Circular Communities Scotland](#)—caught up with their Share and Repair Network Coordinator Emma Erwin to find out more about the Network and how Scottish Men's Sheds can get involved.

Emma said: "Circular Communities Scotland is a membership organisation which exists to empower Scottish communities to deliver a circular economy. My role within the team is to co-ordinate the network of sharing libraries and repair projects that exist across Scotland and also support the set up of new groups.

"A sharing library is any group lending items rather than books e.g. tool libraries and a repair project is any group repairing items for a customer, e.g. repair cafes or repair services.

"Our support is delivered through: face-to-face and online training and events including quarterly Network meetings and free PAT testing courses; development information and advice; guides; mentor support; Share and Repair newsletter; a feature on the [Share and Repair Map](#); membership benefits and discounts; and representing share and repair groups across the country.

"The aim is to maximise each group's impact and support them to grow and becoming self-sustainable.

"We hear of many Men's Shed members being involved in or starting up repair projects or lending items to the public and see lots of similarities to what we are trying to achieve and what the Men's Sheds Movement in Scotland is doing.

"There is the opportunity for Men's Sheds to join our Share and Repair Network—currently consisting of 87 members—and even discuss the possibilities of Shed premises being used as tool/sharing libraries or rented out to other groups who would like to start share or repair projects".

"One of our aims is to significantly increase share and repair facilities across the country in order to reduce consumption and offer Scottish communities sustainable and affordable alternatives to buying new. We urge interested Men's Sheds to [get in touch](#) and/or [join the Network](#) and then these conversations can be had."

SMSA CEO Jason Schroeder added: "There are many cross-over points between the Men's Shed Movement in Scotland and Circular Communities Scotland which allows for opportunities to work together which could also bring in revenue and new members to the Shed. These opportunities are not only to learn from others but also to share their experience with the other members and work together for this mutual goal."



SMSA Development Update by Tim Green, SMSA

Between the 12th and 18th June 2023, the world acknowledged Men's Health Week 2023. In Perth, the SMSA delivered a well-received presentation to male members of staff at [Caledonia Housing Association](#) returning from a morning's team-building litter pick.

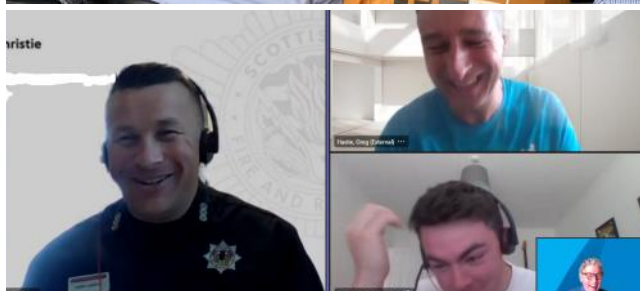
Caledonia Housing Association is one of Scotland's largest housing associations providing over 5,500 high quality social rented homes and a factoring service to over 2,300 home owners. Their homes and services are delivered over a large and diverse geographical area, which covers eight local authorities – Perth and Kinross, Dundee, Angus, Fife, Highlands, West & East Dunbartonshire and North Lanarkshire.

Lively discussion focused on how the Housing Association's staff and tenants could enjoy the health and wellbeing benefits of Men's Sheds.

The SMSA also took part in a video conference with the [Scottish Fire and Rescue Service](#) during Men's Health Week. Discussion focused on how serving, retained and retired firefighters could benefit from attending their local Men's Shed. We highlighted that we are now monitoring the numbers of armed services and blue light veterans amongst our membership.

Also examined was how the Scottish Fire and Rescue Service—through the Community Empowerment (Scotland) 2015 Act—could provide spaces for Men's Sheds.

Please let us know if you would like the SMSA to take part in your Men's Health Week events in 2024.



Upcoming SMSA Regional Shed Network Meetings

- Perth and Kinross Men's Shed Network at Scone Airport Men's Shed on Thursday 24th August 2023 from 1.00pm
- Glasgow and Clyde Men's Shed Network at Milngavie and Bearsden Men's Shed on Tuesday 29th August 2023 from 10am
- Aberdeen City and Aberdeenshire Men's Shed Network at Alford and District Men's Shed on Monday 4th September 2023 from 10.30am
- Ayrshire Men's Shed Network at Men's Shed Dalry on Friday 8th September 2023 from 12.45pm

Keep an eye on all the latest Regional Shed Network Meeting dates posted on the [SMSA website's 'Events' webpage](#).

Tim Green
SMSA Development Officer
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Community and Renewable Energy Scheme (CARES) for eligible Men's Sheds

Many Men's Sheds may be eligible for support from the Scottish Government's Community and Renewable Energy Scheme (CARES).

The Community Buildings Fund helps community organisations reduce their building energy costs and greenhouse gas emissions by installing renewable technologies such as heat pumps, batteries, and solar photovoltaic (PV) panels, along with energy efficiency measures.

Local Energy Scotland, who delivers CARES on behalf of the Scottish Government, plans to run this fund until the end of March 2025, subject to funding availability. You'll find out everything you need to know about the fund on

the [CARES website](#) at or you can [contact Local Energy Scotland](#) directly.

Aboyne and District Men's Shed received £7,922 towards four air-source heat pumps at their two-storey community hub. [Read their case study here.](#)



SHED IN THE SPOTLIGHT—*SHED-NA-MARA*



Shed-na-mara operates from a former forestry building in the village of Achnamara on the shores of the scenic Loch Sween in North Knapdale, Argyll. Graham Walker shares their journey so far...

Graham said: “With easy access to the water, Achnamara was the perfect place to build a community coastal rowing skiff.

“With the help of grants from Foundation Scotland and the National Lottery Community Fund Awards for All, the skiff project started in 2018 and—after an 18-month delay due to COVID—carried on until 2022.

“The community needed a suitable place to build the boat and was able to purchase an unused, unserviced forestry shed located behind the village hall that was perfect for the purpose. The skiff project brought together people from across the community for twice-weekly build



sessions, and saw a great deal of skill development and transfer. When the boat was completed, it was clear that those involved wanted to continue getting together to work on local projects: and so the idea of Shed-na-Mara was born.

“Achnamara is a deeply rural spot and Shed-na-mara provides an opportunity for people from a wide area to get together a couple of times a week (Wednesdays and Saturdays, 10am—1pm).

“The Saturday session is run in parallel with a coffee morning held next door in the village hall which brings people in from across our dispersed community. One of the earliest Shed projects has been helping with the refurbishment of the village hall, which now provides a much-improved community space.

“Current members have a range of backgrounds and experience including forestry, metal working, construction, electrical, mechanical, engineering, wood-working and science. This provides a broad range of capabilities to draw on for projects.

“One of our Shed members has a saw mill on his farm and was able to supply local timber for use in the skiff



build and for the large work bench installed in the Shed.

“The Shed was recently awarded a grant from the Rural and Island Communities - Ideas into Action fund for the installation of a permanent, independent electrical power and lighting supply which will significantly improve the quality of the work space. The Shed has also had some very welcome donations of tools and equipment which have expanded its capacity.

“Shed-na-mara is now a workspace where men and women, young and old, can get together to work on creative projects or to repair/repurpose used items. It’s run by local members for the benefit of the community and volunteers give their time for free. The Shed fully supports reuse and repurposing to reduce environmental impact. It can take on commissions where people pay for the cost of materials and make a donation to the Shed to help cover running costs and to improve the Shed and its equipment.”

“Recent projects have included gates, a picnic table, a notice board, boat repairs and chair repairs; we’re currently working on building wooden planters that have been commissioned.

“It’s a great way to come together to use and share our collective skills and to help support our rural community.”

For more information, please visit the Shed-na-mara [website](#) and support them by following their progress on [Facebook](#).

Stonehaven squad bond with a Scramble

Stonehaven & District Men's Shed members teed off the golfing season by holding its third annual golf tournament at Stonehaven Golf Club on the 30th May 2023 and it made our magazine cover!

The Stonehaven Shedders were accompanied by guests—SMSA CEO Jason Schroeder and his 26-year old son Cormac—and the day began with a lovely breakfast of tea/coffee and bacon rolls in the clubhouse before the thirteen golfers competed in four teams for a Texas Scramble—a popular and extremely social and team-building format—where every member of the team tees off on each hole and then the players decide which ball is in the best position and everyone plays from that spot.

The weather was very kind on the day and the game was enjoyed by all. On completion of the competition, the prizes were awarded back in the clubhouse before lunch:

- Team 4, B. Butchart, P. Nellany, W. Allan and D. Paton won the competition and trophy with a net score of 57. (5 birdies and 2 bogies, the rest all pars for the round)
- Team 1, D. Cursiter, K. Gordon and I. Groundwater, came second with a net score of 58
- Team 3, I. Smith, K. Dingwall and L. Anderson came third with a net score of 61
- Team 4, W. Shepherd, J. Schroeder and C. Schroeder came fourth with a net score of 64

- Longest drive at 11th was won by Jason Schroeder
- Nearest the pin at 15th was won by Pete Nellany

Shed Chairman Bill Allan said: "A fantastic day was had by all. We wish to thank those who gifted prizes, especially Cormac Schroeder for his special donations and Shed member Doug Johnson generously provided packs of golf balls.

"Each golfer received one playing ball marked with the player's ID. Only four marked balls were returned after 18 holes and these were entered into a prize draw. Huge thanks to Allan Wood for assisting with the administration of the event and Tom Hannan for his excellent photography skills.

"The trophy will be engraved with the winning team's details and displayed in the Shed. As a result of the fundraiser, £85 has been donated to our Shed pot too.

Jason Schroeder, SMSA CEO, said: "The weather was glorious on the golf course's high plateau overlooking the ocean. We were the only ones not with motorised carts—much to the delight of the other teams—and I can now see why they have them.

"It's the most physically challenging steep course that I have ever played on and realised it might be time to join them. I did so by picking one up at the Shed sale and it will be one less excuse for my high score. Saying that I did, by some miraculous twist of fate, win the longest drive and would have also scooped the 'most lost balls donated to the sea' title but maybe that will be in next year's prizes.

"It was a great and fun day fundraising with a fantastic bunch and excellent prizes and as one of the winning team commented, 'It's like Christmas!'. Thanks go to [ESWL](#) for the sponsored winner's team prizes."





Forth Valley Men's Shed celebrates double award success

The members of Forth Valley Men's Shed are reaping the rewards of all their hard work after scooping two prestigious awards at the Clackmannanshire Third Sector Interface's Volunteers' Week 2023 Awards Ceremony on the 7th June 2023 at the Cochrane Hall in Alva.

Not only did the Shed win the esteemed title of 'Community Group of the Year' 2023 but their Shed Chairman Kenny Quinn also went on to be awarded the 'Clackmannanshire Lieutenant Community Champion of the Year' 2023. A title which has taken over from the former 'Citizen of the Year' Award.

Shed Chairman Kenny Quinn said: "To say we are all still in disbelief would be an understatement. We were invited to attend the awards event after finding out that we had been nominated. We only found out that we had actually been shortlisted as we were at our table and they were reading out the names!

"Whilst we are aware of the huge amount of work we have carried out since the Shed began in 2016, we really thought—especially after seeing the list of amazing charities and community groups in the running—that we were just honoured to be on the list and enjoy the evening.

"There were four of us from the Shed in attendance and when they announced us as the winner of the Community Group category, we were absolutely flabbergasted. We accepted the award graciously and only just managed to keep in our huge outburst of excitement for the hall later on.

"Now, following the elation of it all, we are so proud and would really like to mark this achievement and hopefully we will celebrate with all members once the summer period ends.

"Since our last AGM in September 2022, a new Committee was elected and we had three specific objectives that we wanted to achieve; post-Covid recovery; increase our membership; and reach out to our local community. I think the award is testament that

we have been successful with this. It just shows that bumping up our presence at local farmer shows and the Highland Games really works to get the word out there about not only what we offer and the impact we have but raising awareness of the Men's Shed Movement as a whole."

Alexander Stewart, MSP for the Mid Scotland and Fife region, has put forward two motions to Scottish Parliament—supported by 25 other MSP's—to recognise the Shed's achievement and the efforts by every volunteer in every Men's Shed across Scotland on their vital work towards the positive mental health and wellbeing of everyone in their communities who attend their local Men's Shed.

SMSA CEO Jason Schroeder said: "Congratulations to each and every one of the members of Forth Valley Men's Shed on their double award honour. This is a huge and extremely well-deserved achievement that is testament to the hard work and dedication made by Shedders, who are all volunteers, to create and run a Men's Shed in their community that has such a huge impact in benefitting men's health and wellbeing."

"All too often, Sheds are so busy doing good for themselves, their communities and the Movement that they forget to sing their achievements from the rooftops. Awards like these recognise why we will continue to do what we do using the unique Men's Shed's health model across Scotland."



Photo by Clackmannanshire Third Sector Interface

A Shed without a Shed, is still a Men's Shed!

Bill Nicoll from Dunkeld and Birnam Men's Shed provides an update on their impressive achievements and impact to date despite not yet having a physical 'Shed'.

Bill said: "I dedicated my entire career to serving the Scottish public for many years, including managing healthcare in Perth and Kinross. During my tenure, I established a twinning arrangement with Alpine Healthcare in North Victoria, Australia, which involved staff and family exchanges. It was through this collaboration that I was introduced to the concept of Men's Sheds. Inspired by their incredible impact, we initiated the first Men's Shed in Perth and Kinross at Carse of Gowrie. Witnessing the power of Sheds firsthand, I was motivated to grow this health initiative across Perth and Kinross and Tayside. The rest, as they say, is history!

"Upon retiring in 2021, my determination to establish a Shed in my home community of Dunkeld and Birnam led a group of us to come together and start planning. Our initial session with SMSA Development Officer Tim Green generated a core group interested in advancing the idea. We decided to name ourselves Dunkeld and Birnam Men's Shed Association, affectionately abbreviated as DAB Hand—a term colloquially used to describe an expert.

"As a SCIO registered with OSCR, we established our constitution and appointed trustees, secretariat and an executive group. From the outset, we recognised that our biggest challenge would be finding suitable premises or land in the highly sought-after area of Dunkeld and Birnam.

"Acknowledging the limited availability of properties, we shifted our focus to shortlist possible sites, both public and private, and devised a two-stage approach. Our plan involved securing funding for a modular building to be located on a council-owned site within their industrial estate. This structure would offer flexibility to relocate to a community site if the initial plan was affected by the A9 dualling.

"We have obtained first-stage funding agreements with two major funding bodies. However, before committing to stage two funding applications, we have taken stock of our options to ensure we are moving in the right direction. While the quotes for the modular build are more expensive than some alternatives, we prioritise sustainability and affordability to reach those men who would benefit most from the opportunities.

"Men's Sheds possess a dual purpose and outcome, addressing the health, wellbeing and social inclusion of the men themselves while benefiting the broader community through various projects and activities. We have already begun engaging in community projects, including supporting other groups and individuals.

"Additionally, we organised a community walkabout to identify local priorities where our assistance would be valuable. Our projects have ranged from clearing and redesigning the 'In Bloom' group workshop to creating large planters and installing floral displays on the cathedral gates. We've also constructed a fence for someone undergoing treatment and built props for the drama group's pantomime. Next on our agenda is preparing the ground, installing a shed, repairing and reinstalling a picnic bench, and laying gravel for the community orchard.

"During the walkabout, we had the pleasure of meeting the manager of the community archive, leading to our most ambitious project to date. They had the opportunity to acquire a large rack filing system from another museum, free of charge.

"The catch? It was located in Dorchester, Dorset! Commercial quotes estimated the dismantling and retrieval costs to be in the thousands, prompting us to step in and offer our assistance.

"So, a group of us rented a van, made the journey with overnight stays, dismantled the system in 12 hours, returned, unloaded and began installing the system—cutting down cabinets to ensure a proper fit. This saved the archive a small fortune and greatly enhanced their records storage and retrieval capabilities. The local media took a keen interest in our adventure, creating a bonding experience for all involved!

"Our Shed formed a fortnightly music group where we learn to play the ukulele under the guidance of a local musician. We have a concert gig lined up for the autumn. We call ourselves the Dukes of Ukes, but our unique sound has earned us alternative names such as 'Pest Control' after we scared a mouse away from our practice room, all in good humour.

"We take immense pride in how far we've come, yet we remain focused on securing a dedicated Shed as our primary objective. The unwavering support we've received from the national association, key individuals and our wider community has been wonderful. Being part of the local network has also provided invaluable learning opportunities and advice drawn from the experiences of others. Visiting other Men's Sheds has further enriched our journey, guiding us towards success.

"We've managed to secure a variety of funding sources and have received generous donations, funding, materials and meeting spaces. Our next step involves finalising our Shed plans, completing a business plan and securing staged capital funding and fundraising initiatives that prioritise environmental and economic sustainability. In the meantime, we will continue our philanthropic endeavours, akin to a local international rescue mission!"





And they are in!

Carluk Men's Shed is in the door after receiving the keys to their new permanent home on Kilmory Road.

Treasurer Tom Kennedy said on behalf of the Shed: "Our Community Asset Transfer is now complete and we are so thankful to our CAT Officer, Iain Mulholland. Without him, we could not have achieved this tremendous milestone."

"Our first letter through the new letterbox was from Angela Crawley, MP for Lanark and Hamilton East, who was writing to advise us that she had tabled an [Early Day Motion](#) to the House of Commons to congratulate us on securing funding through the National Lottery Community Fund to refurbish our premises. She also wanted to arrange a visit to the Shed and we are looking forward to her coming to get a tour of the new facilities later this month."

"Despite moving Sheds, we have still been heavily involved in our community projects. We delivered a second planter to Carluk High School for their school garden—ensuring that gardening and the great outdoors is incorporated into the

school's culture and pupil's learning whilst fostering strong connections across generations. This is an excellent hands-on project for the pupils and continues to show the ongoing close relationship we have with the school."

"Our thanks go to Claire Boyle of the Merson Group in East Kilbridge who donated the wood, Reynard Nursery for donating the soil and flowers and our very own Chairman Gerry Howley for his expertise to build the second planter for the school."

"Also in May was a big surprise when I learned that Councillors Eileen Logan and Lynsey Hamilton had nominated me for the South Lanarkshire Council Provost's Community Awards 2023 and I was so proud to go on and win for outstanding community service."

On Saturday 28th May, the Shed had a bucket collection at Motherwell stadium at Fir Park before their final game of the season against Dundee United. Counting up the staggering 16 buckets, the Shed received over £1,000 in donations. Tom said: "This was already a major event for me, as a life-long supporter of Motherwell FC, but the icing on the cake was to see them win 3-2."

"In July, we were delighted to rehome our original recreational cabin from the High Mill Site to our Shedder friends in Penicuik."

"We advertised the cabin but had no takers so I got in touch with Michelle at the SMSA to promote it on the SMSA Shed Members Facebook Forum and it was not long before my phone was ringing and I had three interested Sheds."

"Fraser-Dunlop Hauliers arrived on the 4th July to safely deliver our much-loved cabin—that we unfortunately did not have room for at the new site—to Penicuik and District Men's Shed. A double bonus of the sale was making a great connection with the Penicuik lads and we are now chatting about applying to the [Scottish Community Alliance Learning Exchange Programme](#) for funds—through the SMSA Shed Member benefit partnership—to visit them."

"We have such a positive outlook for the new Shed. We are fully focussed on getting the Shed ready for our get-togethers and activities by mid to end of August 2023. It is onwards and upwards for a great future for our CMS with the local people in our expanding Carluk community!"





Sanquhar and District Men's Shed is open for business!

On the 3rd April 2023, [Sanquhar and District Men's Shed](#) opened its doors for its first session within St. Brides Church Hall in St. Mary's Street, Sanquhar.

Alan Condie from the Shed said: "Back in November, Andy Williamson (now our Shed Chairman) held an open meeting in the Church Hall to pitch the idea of forming a Men's Shed in the area.

"From that event, a team of volunteers stepped up and have been busy beavering away in the background to push the idea forward.

"After five months of hard work, our plans came to fruition and we are now up, running and raring to go. In that time, we have identified premises and secured tenure, adopted a constitution, received short-term funding, acquired a few tools and donations to help us get started and very quickly are heading towards 30 members.

"We secured part of St Brides Church Hall on the corner of St Mary's Street and Simpson Road and have an open door policy on Monday and Friday mornings from 10.00am to 12.30pm and a Wednesday evening from 7.00pm to 9.30pm. This of course will be reassessed as we look to meet the needs of the members.

"There is still a work in progress aspect to us. We have rewired what will be the workshop, painted the ceiling and walls and started building the workbenches. The amazing pledges of tools and bits and pieces from the community will help us develop.

"We have a selection of books and magazines in the social area plus cards, dominoes and board games for those looking for different interaction.

"The hard work is far from over but for now, we look forward to meeting lots of local men looking for social interaction who want to meet folk from around the area, engage in a project, play a game of chess or Monopoly or simply have a tea or coffee and a chin wag.

"We strongly stress that you don't need to wield a hammer although that can be fun. Most importantly, we have plenty tea, coffee, milk and sugar plus on good days—a wide selection of biscuits—you just need to bring you!"

Follow their journey and support them on [Facebook](#).



"We strongly stress that you don't need to wield a hammer although that can be fun. Most importantly, we have plenty tea, coffee, milk and sugar plus on good days—a wide selection of biscuits—you just need to bring you!"



Mintlaw and District Men's Shed officially opens its doors

Almost two years on from their 'Shed in the Spotlight' feature in The Scottish Shedder, SMSA's Communications Officer was delighted to attend the long-awaited official opening of Mintlaw & District Men's Shed within the grounds of Aden Country Park on the same day as the Buchan Wellbeing Day on Saturday 20th May 2023.

There was an excellent turnout – of both current and the next generation of Shed supporters – to see Councillor Hannah Powell and Shed Chairman Gordon Reid officially open the Shed doors as a safe and welcoming space for members from Mintlaw and surrounding areas.

Guests were entertained by a young piper—12-year-old Kyle Elrick from Mintlaw Academy—before enjoying a tour of the renovated Gardeners Cottage and some refreshments in the yard, where there workshop is located, whilst chatting to Shed

members about their activities and projects.

Shed Chairman Gordon Reid said: "We are fortunate to have had the support of the National Lottery Heritage Fund, Aberdeenshire Council, the Buchan Development Partnership and other project funders, including the SMSA, to resurrect this derelict building into what it is today. These supporters have helped us tremendously since we started. Without them, we simply could not have done this.

"Most of all however, I wish to thank the guys. It is the members—past and present and we have unfortunately lost some along the way—who have worked so hard to make this come to fruition.

"Back in 2018, we began gathering in the local garden centre, village hall and indoor bowling club dreaming of a Men's Shed and it has been two years of sheer hard work and a two-year delay due to the pandemic.

"One of our proudest accomplishments is working in partnership with the local Academy

and Police Scotland to have pupils work with us and be mentored by us to give them an insight into what working life will be like after school. Seeing the change in them makes it all worthwhile"

Cllr Hannah Powell said: "It is very fitting that the Shed is opening on Buchan's Wellbeing Day and on behalf of all the councillors involved, I am privileged to open the Shed today. We all really support this venture—it is truly amazing what they have done."

Talking about the intergenerational project between the academy and the Shed, Hannah added: "As a teacher myself, I know school can be a tough environment for some—school just isn't for everyone.

"These four pupils from Mintlaw Academy were identified as they had become disassociated with school and the Men's Shed helped bridge this gap and offer these pupils the opportunity to gain the skills, experience and confidence to build a future career. The Shed has really turned around the school experience for these learners."



Barrhead Men's Shed: A Decade on

Barrhead Men's Shed Secretary Robert Humphrey reflects on their journey—through good times and bad—as they approach their ten-year anniversary.

Robert said: "As one of the original Sheds who started back in 2013 with SMSA's support and guidance, even after ten years, we still feel like we are gaining new expertise and confidence as we grow and evolve.

"There have been many hurdles and setbacks over the years. The hardest was losing our Workshop Supervisor and former Chairman Alex Locke to a heart attack in the Shed in May this year.

"Although the sudden death of Alex came as a huge shock to all of the members, we are comforted by the fact that he absolutely loved the Shed. Following his passing, we found out that he had written a song about Barrhead Men's Shed but had not told any of us. His son found it amongst Alex's papers and asked if our ukulele group could quickly learn the song and play and sing it at Alex's funeral, which they did.

See [copy of Alex's song](#) which is sung to the tune of *Lonie Donigan's* song, 'My Old Man's a Dustman'.

"Our membership has continued to grow steadily and currently stands at 80 members. We have however put a temporary hold on recruiting new members as we have almost reached the capacity of our building for the current days and hours that we are open (every weekday, 10am–1pm).

"Our popular sewing group meets on Mondays from 1pm–3.30pm making items like bunting (shown right) to advertise our Shed at the various events we attend. Our ukulele group meets for practice every Thursday from 1–3.30pm and play at events, care homes and at charitable groups like East Renfrewshire u3a. And, in the winter months, we have a games and social afternoon on a Wednesday which we restarted after the pandemic.

"To open additional times or at the weekends, we need to recruit more supervisors/keyholders and we are thinking hard on how we can achieve this. The regular weekend opening that we have taken part in every year is the local council's 'Doors Open Day' from which we have recruited many of our members in the past.

"Other weekend activities are local sales in churches and schools and our biggest weekend event is to take a stall at the Neilston Agricultural Society's annual Neilston Cattle Show which is a main event for showcasing and selling our items that we make in our workshops.

"At this year's Cattle Show, the Shed entered two scarecrows in the scarecrow competition, one by all the members including the sewing group which won second prize and a



last-minute 'Farmer King' entry by Alex Locke which won third prize! He was delighted.



"Our Shed has done well securing various grants over the years, which have enabled us to improve our facilities and introduce new and better machines in our workshops, notably our laser engraver in our modelling workshop which is called 'The Belinda Suite' named after our founding member Belinda Arthur and a new router and router table in our workshop which we intend to call 'The Alex Locke Workshop'.

"Our application for a peppercorn rent with East Renfrewshire Council has also recently been successful so that is a big financial burden removed from our shoulders and will hopefully ensure that we are around for at least another ten years."

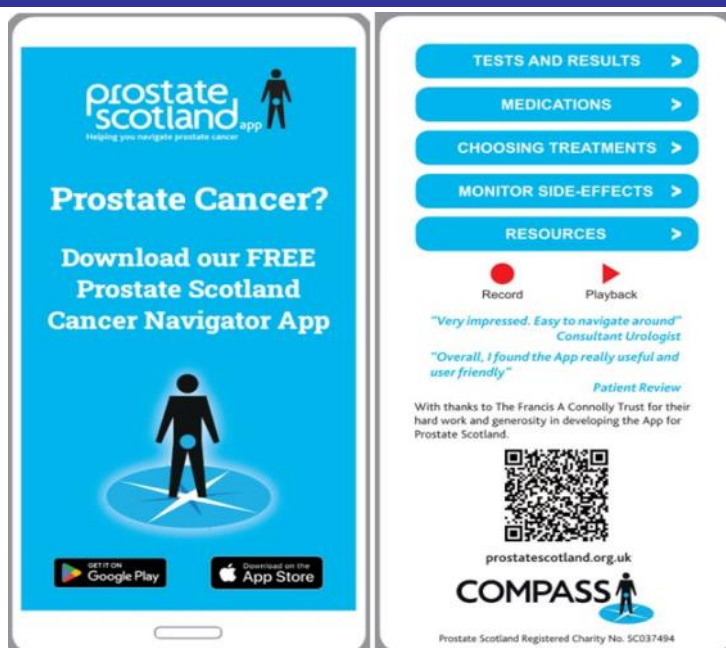
Prostate Scotland Cancer Navigator App launches

The Prostate Scotland Cancer Navigator App has launched and is available to download.

With Prostate Cancer being the most common cancer in men in Scotland- with one in ten at risk—the app is designed to support men to navigate prostate cancer.

The app is completely FREE of charge and available on Google Play and the App Store.

[More info and download here](#)



Shedders that eat together, stay together...

The [Milngavie & Bearsden Shedders](#) gathered for an evening in the 'Pagoda' Shed to enjoy a Chinese meal together.

Secretary Hamish Livingstone said: "The event, arranged by member John, was well attended and a lovely meal was enjoyed in great company."

"It is not the first time we have done this. Our pancake days are a big hit. We had another one in June, where member Stephen acquired authentic maple syrup on his recent trip to Canada to share with his friends at the Shed."



£3,000 YPI award to Mintlaw Men's Shed

Congratulations to [Mintlaw & District Mens Shed](#) who was selected to receive £3,000 through the Youth Philanthropy Initiative (YPI) Scotland event at Mintlaw Academy on the 31st May

2023 thanks to the hard work of the pupils that chose to champion their local Men's Shed's cause.

The pupils (two young lads) demonstrated their teamwork, research, competition and presentation skills to scoop the top prize for the Shed. Well done lads!

Lossiemouth has its very own Shed!

After many trips a group of men travelling from Lossiemouth to Elgin to attend the Men's Shed there, [Lossiemouth](#) now has its very own Shed in the town's Grant Park football stadium with peppercorn rent!

The Shedders are currently enjoying transforming the portacabin and storage shed to make it fit for their purpose. The unit has been re-roofed and they are now working on the interior for the workshop. Good luck guys, you have already come so far.



Ayr & Prestwick Men's Shed secure new home

[Ayr & Prestwick Men's Shed \(APMS\)](#) has secured a new industrial unit home for their 70 members and are about to embark on the challenge to spruce up the interior before kitting it out to meet their members' needs.

George Rae from the Shed said: "We have a very engaged bunch who are committed to the ethos of the 'Shed'

movement and looking out for each other.

"After a recent appeal for painting supplies from our community, we have received huge support including from Crown Decorating Centre in Ayr and our local dog sanctuary.

"We have also been receiving other very useful items like toolboxes and a Hoover through Recycling Saturday where members of the community donate items to be found new homes. The support shown has been fantastic."



Roslin Men's Shed's kind donation

Roslin Men's Shed has received a very generous donation of woodwork equipment after a local couple who are downsizing read about the Shed's work on Facebook.

Richard Witney from Roslin Men's Shed said: "We filled a van with a variety of equipment including a FOBCO Star bench drill, Axminster wood lathe, thickness planer, grinder, sanders, clamps and many more.

"We are so grateful to Ian and Janice Milne (right of photo) for this amazing donation which will be put to great use by our members.

"We look forward to welcoming them to see what we make with our new tools."

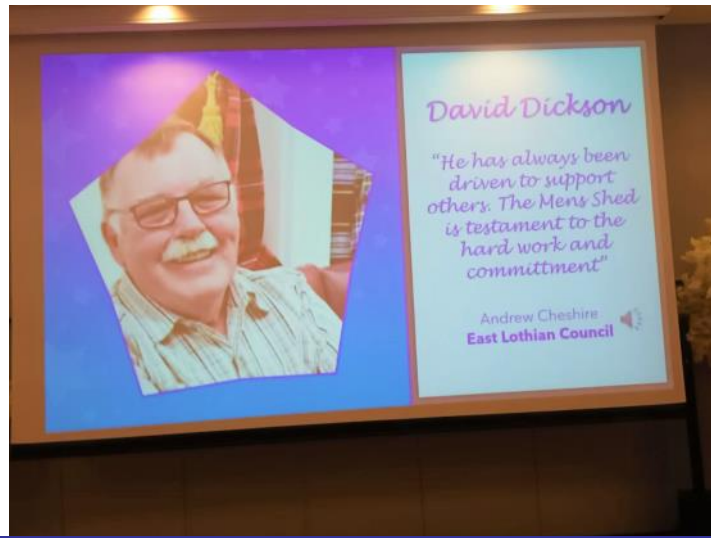
David was announced as 'Volunteer of the Year' 2023 for East Lothian in the Health and Wellbeing category!

Macmerry Men's Shed President wins top accolade

David Dickson, Honorary President and founder and former Chairman of [Macmerry Men's Shed](#), has received a well deserved accolade.

Huge congratulations David, we are all so very proud of you!

You can read David's recent interview in the May issue of *The Scottish Shedder* magazine [here](#).



Repair it, don't bin it!

[The Men of Leith Men's Shed](#) stepped in to repair a broken banner for Scotland's prostate disease charity, Prostate Scotland saving it from landfill and getting it ready just in time for their prostate awareness raising presentations during Volunteers' Week 2023.

Men's Sheds are becoming more and more popular with local communities to repair and not replace items—reducing the carbon footprint of buying new items, utilising Shedders' skills and diverting waste from landfill.

Inverclyde Shed benefits from member discount

[Inverclyde Shed](#) took full advantage of the benefits of being a Shed member of the SMSA by purchasing a jigsaw, table saw, band saw, belt sander and thicknesser through SMSA

partner, [Axminster Tools](#).

As a member of the national association, Sheds receive a 10% exclusive discount on selected items. If your Shed is not yet a member, take a look at the benefits and discounts your Shed could have access to, for just £25, on the [SMSA website](#).



Rosyth Men's Shed shortlisted for Volunteers Award

Rosyth Men's Shed was nominated by the Rosyth Community Projects Limited team for the Partnership Award at the

Fife Voluntary Action 'Volunteering and Voluntary Sector Awards' at the Glen Pavilion in Dunfermline last month.

Richard Tansey from the Shed said: "We did not win, that accolade went to Fairway Fife, however we were extremely honoured to have been shortlisted."

Stonehaven Shed spruce up community hospital garden

The Stonehaven Shedders have started to repair and refurbish a few things in the gardens of Kincardine Community Hospital at the

request of the Friends of Arduithie Hospital.

Among the work underway is a roof repair and tidy up of the Gazebo, pruning and maintenance in the Memorial Garden and the repair and refurbishment of some benches for the patients to enjoy their outdoor space.



SHED-TO-SHED VISITS



Kirkmuirhill & Blackwood visit Biggar and Moffat Sheds

Despite Kirkmuirhill and Blackwood Men's Shed being in operation for just over four years, they had still not got around to something on their wishlist—to visit other Scottish Sheds. Kirkmuirhill and Blackwood Men's Shed Chairman Alan Watson tells us all about their recent trips to the Biggar and Moffat Men's Sheds thanks to an SMSA Shed membership benefit.

Alan said: "Monies which had been allocated from a National Lottery grant in the early years of the Shed unfortunately had to be reallocated due to COVID.

"Thanks to the SMSA and reading all about other Shed visits in 'The Scottish Shedder' magazine, we were delighted to hear that, as Shed Members of the SMSA, we were eligible to apply for up to £750 through the SMSA's partnership with the Scottish Community Alliance (SCA) to pay for Shed visits through their [Community Learning Exchange programme](#).

"We had been in touch with Moffat and District Men's Shed earlier in the year and after a few more emails, a date was set for us to visit!

"The Bus Convener (aka our Chairman) realised that getting a mini bus was certainly not as easy a task as we thought as many hirers had School contracts which restricted the time spent visiting other Sheds.

"We then found a company who could provide a bus for our requirements. With this in mind, we then spoke to Biggar and District Men's Shed, who had relocated just outside Biggar, and we had heard much about, they were happy to let us visit them too.

"Our application was firstly endorsed by the Scottish Men's Sheds Association and then submitted to the SCA.

"Interested members' names were taken, timings for pick-ups were organised and we advised our hosts of our estimated time of arrival. We gave each attending member a call when we were on our way to them—this seemed to work really well to ensure we kept to our timetable.

"Our first stop was Biggar and District Men's Shed, whose premises are a former school. After our journey, it was great to arrive to friendly fellow Shedders' faces and tea, coffee and biscuits before an excellent and detailed tour of their very large Shed. Many topics were discussed, and many questions asked, to aid our learning and maximise this long-awaited opportunity. After a very productive visit, we wished each other well before boarding the bus to head to Moffat.

"Moffat and District Men's Shed is located in a small industrial unit and was easy to find. This compact Shed was brimming with ideas and we were told about all the projects they were involved in. It was also really useful that like ourselves, they have outgrown their facilities somewhat and expansion is required at their Shed.

"We then headed into the town of Moffat to a hotel, where we had booked lunch, and invited some of their members to join us for lunch where we were able to discuss each other's future plans further.

"After lunch, and part of our Active Shedders Walking Tours project, we visited the famous Moffat Spitfire. On returning to the hotel, we had afternoon tea before heading home. A fantastic and fruitful day was had by all, and we all look forward to many more visits. We are so grateful to the Scottish Community Alliance for funding our visits."



SHED-TO-SHED VISITS



Rosyth meets Bayview

Four Members of Rosyth Mens Shed visited Bayview Shed in sunny June. Rosyth Shedder Bruce Lumsden said: “It was a fact finding mission as Bayview Shed has a similar set up to what we are considering once we secure a bit of land, although what they have is on a far bigger scale.

“It was an extremely informative visit. Ken Whyte from Bayview Shed gave us great advice. The Shedders that we spoke to also passed on some very valuable information. All in all a fantastic outing!”

Milngavie & Bearsden visits Forth Valley Men’s Shed

In May 2023, two members of the Milngavie & Bearsden Men’s Shed visited Forth Valley Men’s Shed in Alloa, Clackmannanshire.

Milngavie & Bearsden Men’s Shed Secretary Hamish Livingstone said: “We were made very welcome and shown around by their Chairman Kenny Quinn and the other members of the Shed. It was great to see their impressive workshop and projects they were currently working on including their slate place mats and coasters prepared for sale at local shows.

“We had a very productive exchange of ideas for raising funds and discussed the processes of asset transfer.”



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**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

Funding available for Shed-to-Shed visits

SMSA Shed Members are eligible to apply for up to £750 for Shed-to-Shed visits through the Association's partnership with the Scottish Community Alliance and their [Learning Exchange Programme](#)

A PERSONAL STORY



The SMSA interviews British Army Royal Signals veteran and Aberchirder Shedder David Jarvis (41) on why he chose to join his local Men's Shed following medical discharge and how his resilience led to him representing the UK in this year's Invictus Games.

David said: "When I left Mintlaw Academy at 17, I became an apprentice in oil and gas. It was a good opportunity but just wasn't for me so I joined the Territorial Army and enjoyed it so much that I joined the Royal Signals - the British Army's combat support arm providing communication systems. I have been fortunate enough to have travelled around the world during my 21-year career and loved every minute of it.

"After suffering a knee injury in the army in 2014, I took up cycling as a lower impact form of exercise and quickly became passionate about the sport. Over the years, I began competing in many races including for the Royal Signals Cycling Team (2019 Champion) and for charities. I was then involved in a near-fatal accident in 2019, knocked off my bike breaking my wrist and shoulder and had severe trauma to my ribs and back.

"This unfortunately led to me being medically discharged in January 2022 and adapt to a new way of life and suddenly needed to find a new purpose. But the accident never stopped me getting back on my bike.

"Throughout my career, we had moved on average every 18 months so following my discharge we really wanted to settle into our new home and build up a strong community around us. My wife, two daughters and I moved to Aberchirder last July and on our first day, I went to the shop to get some essentials—still with the house keys in my hand—and also wanted to introduce myself to my new neighbours.

"One of the first people I met was Jim Paterson, Chairman of [Aberchirder & District Men's Shed](#). We got chatting all about Men's Sheds and putting the world to rights. I had heard of the Men's Shed in Banff and read about Sheds on social media so said I would pop along to the Shed to take a look. And, I did just that.

"I have been a member there now for about ten months. I was surprised that there were so many activities on offer including woodworking, welding, crafting, IT and gardening and potential for new groups including photography, modelling, singing and much more. I am keen on exploring the welding and, given my experience, I can offer IT support to bridge the digital skills gap, but at present I am just enjoying the social side.



"It is hard to adjust to civilian life when you leave those barracks. Now I am working from home, full-time in a 9-5 project management job that I love, and we have a busy family so it is great for me to have that place to go to relax, have a brew and be a part of my community.

Continued on next page...



A PERSONAL STORY (CONTINUED)

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“Following my move to Aberchirder, I was urged to participate in the [Invictus Games](#). I learned that I was eligible as all of the participants are wounded, injured and/or sick serving personnel and veterans and it is an inspiring initiative to raise awareness and aid in personal recovery.

“I am truly honoured to be the only Scottish man out of the 59 competitors in Team UK and privileged to be a part of bringing 500 fantastic competitors together from 22 nations for these adaptive sports.

“I will be competing in four different sports – powerlifting, indoor rowing, swimming and cycling. Cycling being my primary event and that will take place on the last day of the games.

“Training is tough but also thoroughly enjoyable and rewarding. I like to raise awareness for good causes and fundraise where I can.

“In April this year, I cycled the Loch Ness Etape to raise funds for the veterans’ charity, Erskine. I can really feel my fitness ramping up – as the frequency and intensity of my sessions increase the closer we get.

“Recently however, I started losing weight rapidly and didn’t know why. I went from 85kg to 71kg and have just been diagnosed with type 1 diabetes.

“I now have to manage a whole new transition and way of life to manage my blood sugars whilst training for such a big event but I always have been a sucker for punishment and... I know I’ve got this.”

The Invictus Games will take place from the 9th to 16th September 2023 in Dusseldorf, Germany.

Follow David, aka ‘Scaley back cyclist’, on [Facebook](#), [Instagram](#) and [TikTok](#).

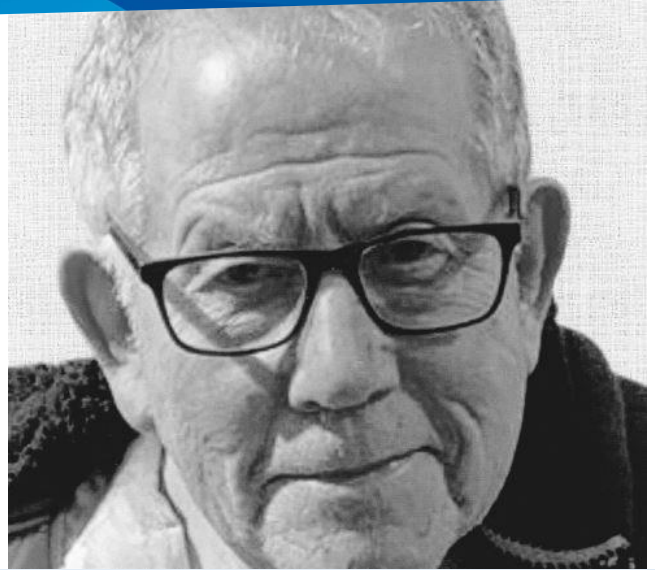


IN REMEMBRANCE

Remembering Westhill & District Men's Shed Member Ray Barton, 1941-2023

It is with great sadness that we share the news that Westhill & District Men's Shed has lost one of its own, Ray Barton.

Ray—a font of electrical knowledge and always one of the first to lend a hand or offer advice—loved going to the Men's Shed and was one of the early members. He will be sorely missed yet fondly remembered by his fellow Shedders for his cheeky smile, sense of humour, wisecracking double act with Shed member George Boyd and for his friendly and caring nature with friends at the Shed—both new and old.



Words from Ray's fellow Shedders

"Ray was always checking on members who had not been to the Shed for a while and finding out if they were ok and if they needed anything from us; often this was just a matter of putting them in touch with someone who could give them a lift in." **Nick Pilbeam**

"I was very sad to hear about Ray's passing as we got on really well. The news came just after I had just completed electrical work on the Lapidary fossil stone cutting machine after being inspired by Ray to take over the wiring up of the machine. I am sure Ray would have been happy to know that it's working now." **Hugh O'Reilly**

"Ray was a gentleman of the first order who was generous with both his time and knowledge. I will remember Ray for his wicked sense of humour that caught many of us out. It was never done with malice as he could not hide the twinkle in his eye and the small smile to the recipient. I will miss him as will many others." **Alan Hawkesworth**

"Ray was always ready for a chat and to help others." **Graham Stanley**

"Ray was a really nice man, full of humour who would do anything to help." **Lui Forno**

"Ray was most welcoming to me when I started coming to the Shed. He had a wonderful sense of humour and also able to tell stories. Most memorably about the buzz bombs flying overhead in wartime London. He was a lovely gentle man." **Gordon Richie**

"Ray was such a nice guy. He was very kind to me, especially when I was new to the Shed." **Harry Kulasinghe**

"I knew Ray from the Lion Club days and he was a very loyal member. He introduced me to the Men's Shed when they were starting a guitar group and he asked me to join, I've never looked back, thanks Ray." **George Murray**

"Ray was a true gentleman". **Doug Horne**

"Ray was one of the characters—with a unique sense of humour—when I first joined the Shed. Ray was a very knowledgeable guy on electrical matters who contributed positive input when you sought his advice. Ray was always great company at the tea table, he regularly contribute to the craic with his sidekick George, however it was his 'slightly related but off at a complete tangent' comments that always cracked me up. Ray had some really kind words for me after my Dad passed, which I always appreciated. Rest in peace Ray." **Dave Kidd**



Pictured: Ray (far right) with his fellow Westhill Sheddens

SHED PROJECTS



Stonehaven Shedders support 100-year rededication ceremony of Stonehaven War Memorial

Stonehaven and District Men's Shed teamed up with the Stonehaven branch of the Royal British Legion Scotland to mark the centenary of the unveiling of the Stonehaven War Memorial and remember those from the area that had lost their lives in the First World War.

The memorial, designed by Stonehaven architect John Ellis, displays the names of all 162 people that died and was unveiled in May 1923 by Viscountess Cowdray of Dunecht and Dunnottar Castle who donated the site.

One hundred years on, on Saturday 20th May 2023, a rededication ceremony was held. Great community effort was made by all involved to ensure that everything was in place and perfect on the day. In attendance was the Lord Lieutenant of Kincardineshire Alastair Macphie and



the Viscountess's great grandson Charles Pearson, 100+ bandsmen, 72 pipers, military organisations and local organisations and groups including Mackie Academy choir.

Shed Chairman Bill Allan said: "Early on in the planning stages, the Shed was approached by the organising committee and asked to assist with the preparations by renovating the benches in the area and, in particular, one wrought iron bench that was severely eroded.

"We offered to replace the iron bench which sits in a prominent position beside our memorial as it was unfortunately not salvageable. We sourced a replacement from a Scottish supplier and the design and wording for the bench was considered by all involved.

"We then installed it on the south side of the monument, overlooking Dunnottar Castle and tidied up the surrounding area and repainted the existing wooden benches. It was an honour for the Shed to be invited to be a part of the preparations for such a ceremony."

Stonehaven & District Men's Shed creates tribute to victims of the Carmont derailment

The third anniversary of the derailment of a passenger train at Carmont, near Stonehaven, on the 12th August 2020 where three men lost their lives is approaching.

Stonehaven & District Men's Shed was asked by voluntary group Stonehaven Horizon if they could create a suitable planter to display below the memorial plaque on the wall at Stonehaven Railway Station which recalls the names of the three men who died in the tragedy—Donald Dinnie, Brett McCullough and Christopher Stuchbury.

Stonehaven Shedder George McKinnon took on the task and the end result can now be seen in place below the plaque.



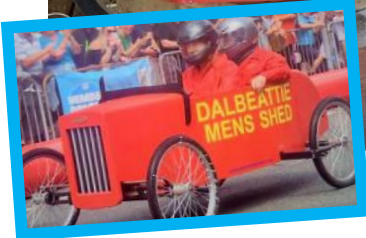
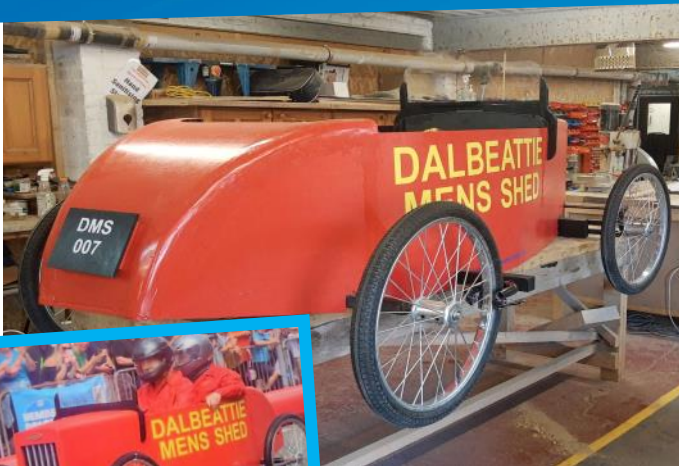
In other news from Stonehaven Men's Shed...

Stonehaven & District Men's Shed has secured funding from the Scottish Government [Community and Renewable Energy Scheme \(CARES\)](#) for over £60,000 towards fitting an array of solar panels, six air source heat pumps and a 15KWh storage battery. Watch this space.

Follow Stonehaven and District Men's Shed on [Facebook](#) for their latest projects.



SHED PROJECTS



Dalbeattie Men's Shed's return to the Soap Box Derby

After competing and coming fourth in 2019, Dalbeattie Men's Shed returned for the second [Castle Douglas Soapbox Derby](#) with its latest entry on Sunday 9th July 2023.

The Shed competed against 14 teams with thousands of spectators' eyes watching as they achieved impressive runs—coming in second position in the time league with their first run of 43.62 seconds.

The team also scored high for creativity on their car receiving 27 out of 30 points.

Congratulations Dalbeattie Men's Shed!



Shed project for 'Scotties by the Sea'

As St Andrews and Northeast Fife Coastal Communities get set to host the Scottie Dog sculpture trail '[Scotties by the Sea](#)' this autumn, [Carse of Gowrie Men's Shed](#) has

been called in to build the bases—for all 32 of them!

Decorated by artists and communities to celebrate the vibrant history, culture and coastal heritage, the giant sculptures will be sponsored by local businesses, third sector groups and educational

establishments to create a free 10-week art trail of discovery for locals and visitors to explore and enjoy.

Following a farewell weekend, the sculptures will be auctioned off at a special event to raise funds for [Maggie's Everyone's Home of Cancer Care](#).



Perth Men's Shed teams up with local pupils to help community amid cost of living crisis

Led by primary 2, 3 and 5 pupils and their teachers at Craigue Primary School, Perth Men's Shed and MKM Building Supplies Perth teamed up to provide the materials and the skills to construct the children's vision for a 'Give and Take' box to support those affected by the ongoing cost of living crisis in their community.

The box was then brightly decorated by the pupils and located outside of the school and is now regularly filled with non-perishable items for the local community. The community is urged to take what they need and give what they can.



The intergenerational partnership was recognised in Scottish Parliament in a [motion](#) lodged by Claire Baker, MSP for Mid Scotland and Fife.

Follow Perth Men's Shed on [Facebook](#) for more updates.

SHED PROJECTS

The competition heats up at Milngavie & Bearsden Shed

Competition remains fierce at Milngavie & Bearsden Men's Shed for the best suggestion box design construction.

Here are Duncan, Charles and Sandy's latest creations—excellent work lads!



A fundraising idea to spark interest!

SMSA CEO Jason Schroeder spotted a unique upcycle idea whilst on his travels—dragonfly garden ornaments made from old spark plugs!

Jason said: "Dragonflies are considered a good omen for luck and fortune so may be a good money-maker for Sheds to create and sell. Spark plugs can be recycled however require a special treatment to do so, therefore repurposing them into these quirky ornaments—that would no doubt be really popular—also saves them from landfill."

Dunfermline Men's Shed teams up to help the hedgehogs

When the Friends of Pittencrieff Park approached [Dunfermline Men's Shed](#) to create bespoke hedgehog boxes the Shedders went above and beyond to source the materials to save the charity's funds and create safe eco-friendly havens for our prickly pals.

Alistair Craig from the Shed said: "On hearing that it would cost the Friends charity over £100 to purchase the boxes, we got to work to source materials from bits and pieces out of our own garden sheds and donated wood and off-cuts from the Shed's stores.

"It was a fantastic project for us because our more experienced members were involved in cutting the timber to size while the less experienced members

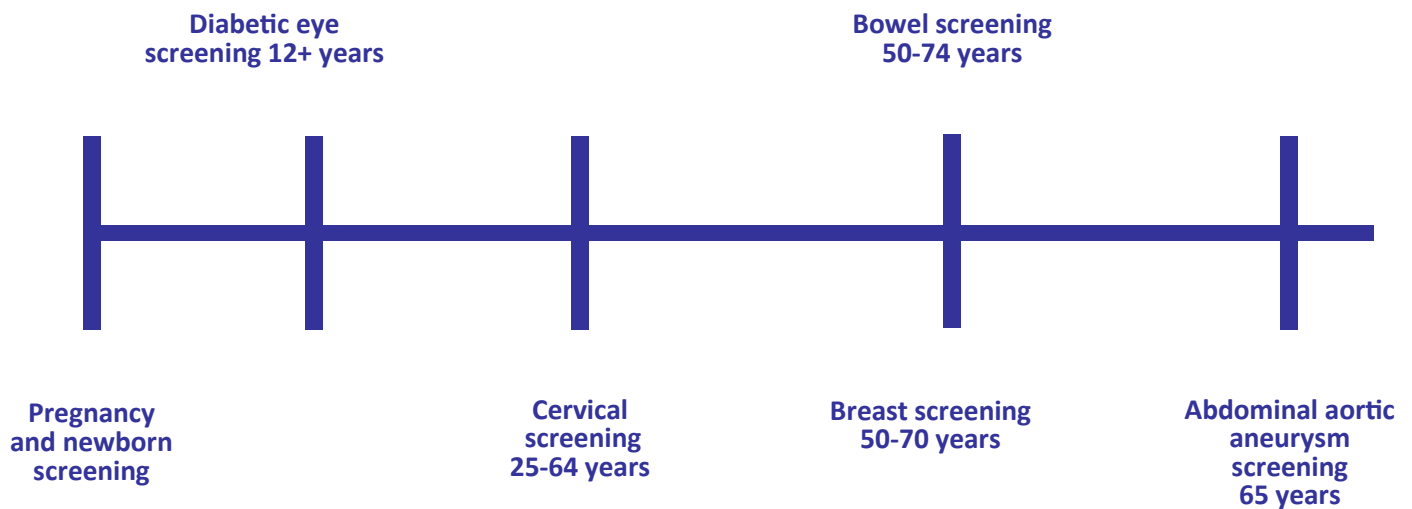
assembled the houses. Everyone worked well together and it was great to help our fellow group in the Glen.

A representative from Friends of Pittencrieff Park said: "When we couldn't find any hedgehog houses within our budget we approached the Shed and they found the time to make five for us!

"Sadly, our hedgehog hospital already has some patients that have been injured by dogs in the park. The houses will be hidden away from passers by to try to give the park's hedgehogs somewhere to hide out if they need it and help protect them from the same fate.

"Without the Men's Shed we wouldn't have been able to make this happen and thank them all so much for their hard work! We look forward to more collaborations in the future."





Let's talk about screening...

Screening is the process of identifying people who appear healthy but may have an increased chance of developing a disease or condition. Early identification means early support and treatment which can result in a better outcome. In Scotland there are seven national screening programmes, delivered by the NHS.

If you are eligible, you will be identified via your Community Health Index (CHI) number that is assigned to every patient. Invitations for screening are sent to the address linked to your CHI number so it is important that you notify your GP practice if you change address.

Further details on abdominal aortic aneurysm screening and bowel screening are provided in this article, however information on all the programmes is available from <https://www.nhsinform.scot/healthy-living/screening>.

An abdominal aortic aneurysm is a swelling in the aorta, the main artery in the body. If left untreated and undetected, aneurysms can cause serious problems and be life-threatening. This type of aneurysm is six times more likely in men and more common if you are over 65 years of age. An invitation letter, containing the date, time and location for an appointment is sent to men aged 65. If you are over 65 and have never been invited, you can still request an appointment by contacting the local screening centre.

Screening is via a single non-invasive ultrasound scan. The appointment usually lasts no more than 30 minutes and you will receive your result on the day. If you have an aneurysm, your GP practice will be sent a copy of the result letter so they can discuss your results with you.

Bowel screening is offered to everyone aged 50-74 years to help find bowel cancer early. Bowel cancer is the third most common cancer in Scotland. Around 4,000 people are diagnosed each year, the majority (95%) in people over 50 years of age.

Screening is done using a self-test kit which is sent to eligible people every two years. People over 75 can continue to be tested by requesting a bowel screening kit every two years from the Scottish Bowel Screening Centre (0800 0121 833). A small sample of your poo is collected using the kit and then sent to the lab for testing. If blood is found above the normal screening limit you will be referred for an outpatient hospital appointment.

If you have any questions about screening, including whether you have missed a test, contact one of the programme screening centres. You can also contact the centre to re-arrange your appointment. The contact details are available at <https://www.nhsinform.scot/healthy-living/screening>.

HEALTH WARNING FROM
DUNFERMLINE MEN’S SHED

Dunfermline Men’s Shed has confirmed cases of SHED DISEASE!

Thank you to Finlay from Dunfermline Men’s Shed for bringing this very serious condition—which is highly contagious to MALES OF ALL AGES—to our attention.

THE SYMPTOMS

- The sufferer becomes confused and bewildered when not near a Men's Shed
- The sufferer will often be observed wandering around with a blank expression and muttering strange words
- A rapid rise in temperature at the sight of a Shed can be expected
- Behaviour can then become erratic, and is accompanied by much rushing about where the sufferer usually waves their arms wildly
- The sufferer spends much time and money to purchase ‘essential’ tools from stores, the web and magazines
- Foaming at the mouth is only seen in the most serious of cases

THE TREATMENT

- The patient must be kept well supplied with items such as tools, DIY magazines and building plans. Any sudden withdrawal of these items will undoubtedly cause the sufferers symptoms to become worse
- They should be encouraged to go on Shed visits and open days at every opportunity to meet fellow sufferers of this ever-increasing disease taking over the nation
- These visits will also benefit the sufferer as they will be able to participate in a good old chat and take their prescribed medication (tea and biscuits)
- Friends and relatives can aid recovery with the supply of tea, coffee, biscuits and free transport to the nearest Men’s Shed

IN CASE OF EMERGENCY

Contact your nearest Men’s Shed

PLEASE BE EXTREMELY VIGILANT,
STAY CALM AND PLAY SUDOKU...

8				5	1			
7						2		
	9			8	2	7		
		4			6			
2					8		4	9
	1				5			
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		9	3	6	7	1	8	
5					9	3	7	

OPPORTUNITIES

The 'Man Shed' show returns!

Right Lines Productions announces that it will return to this year's Edinburgh Fringe and will also be going on the road to venues across Scotland with 'Man Shed', the solo theatre show starring Ron Emslie!

How does a man find his purpose when he grows old and major life events come thick and fast? Should he retire to the solitude of The Shed as usual and escape from the world, or get out and try something new? When the familiar rules no longer apply, is it too late to change the habits of a lifetime?

Man Shed is a bitter-sweet one-man theatre piece which explores the joy of sheds, the pain of loss and the comfort of friendship. The play has been inspired by the work of the Scottish Men's Shed Association.

"Ron Emslie delivers a 'standing ovation' performance which goes straight to the heart... don't miss it." Jason Schroeder, Scottish Men's Sheds Association CEO.

Writer Euan Martin from Right Lines stated, "Having been forced to cancel the inaugural tour in 2020 due to the pandemic, it was fantastic to get the opportunity to present Man Shed at the Edinburgh Fringe in August 2022. The reaction to the show was so positive, that it is returning to the 2023 Fringe with a four-week run at The Gilded Balloon. There has been considerable demand from venues around the country, so a Scottish tour has also been organised for September, immediately following the Fringe."

The media and audience reviews were full of praise:

"The loneliness of the old is relatively unexplored theatrically... Euan Martin's excellent script explores the issues with wit and economy and Ron Emslie's convincing performance brings dignity and pathos."
Three Weeks

"Ron Emslie's performance of Euan Martin's script offers a tender study of grief and loneliness... Director Dave Smith has drawn out the tenderness and sympathy of the story, crafting some heart-breaking moments."
The Scotsman

"Heart-breakingly tender and irascibly funny at times, this is a moving portrayal of love, loss and loneliness. Beautifully written, the solo performance by Ron Emslie is a quiet tour de force... A piece of rare quality that will lodge in your heart long after you leave the theatre."
Julia Chamberlain

"This show is an absolute gem! Euan Martin's beautifully observed, pitch-perfect script, sensitively and simply directed by Dave Smith is crowned with a quite outstanding performance from the super talented Ron Emslie. He doesn't miss a beat. Funny, sad, profound and poignant it covers the full gamut of emotions. Not to be missed! If ever a show deserved a wider audience - this is it!" **Peter Searles**

Man Shed will be presented at 12.40pm (one-hour show) at the [Edinburgh Festival Fringe](#) in The Wee Room, The Gilded Balloon, Teviot, Venue 14, from the 2nd – 28th August (except Mon 14th and Mon 21st) in addition to its tour dates. [Click here to book.](#)

Further dates and venues across Scotland

- INVERNESS—Fri 8th Sept, 8pm
- KYLE OF LOCHALSH—Sat 9th Sept, 7.30pm
- ELGIN—Tues 12th Sept, 8pm
- NAIRN—Wed 13th Sept, 7.30pm
- ARDROSS—Thurs 14th Sept, 8pm
- FINDOCHTY—Fri 15th Sept, 7pm
- ABOYNE—Sat 16th Sept, 7.30pm
- ST ANDREWS—Tues 19th Sept, 6.30pm
- IRVINE—Wed 20th Sept, 7pm
- BIRNAM—Thurs 21st Sept, 7.30pm
- GREENOCK—Fri 22nd Sept, 8pm
- MUSSELBURGH—Sat 23rd Sept, 7.30pm
- ULLAPOOL—Wed 27th Sept, 8pm
- ALVAH—Thurs 28th Sept, 7.30pm
- FOCHABERS—Fri 29th Sept, 7pm
- FINDHORN—Sat 30th Sept, 8pm

NB: The majority of venues are offering a discount to Men's Sheds members—please check with box office for details.

Tour info and booking details

Man Shed show clip

RIGHT LINES PRODUCTIONS
www.rightlines.net

MAN SHED

By Euan Martin

WITH RON EMSLIE, DIRECTED BY DAVE SMITH
"A standing ovation performance which goes straight to the heart... don't miss it."

GILDED BALLOON
TEVIOT
0131 652 6552
GILDEDBALLOON.CO.UK

12:40
2-28 AUG 2023
(Not 14/21) (60 MINS)
THE WEE ROOM



SMSA Regional Shed Network Meetings

The Scottish Men's Sheds Association (SMSA) attend Regional Shed Network Meetings across Scotland to connect, support, share and learn

- ▶ Aberdeen City/Aberdeenshire
- ▶ Angus and Dundee
- ▶ Ayrshire
- ▶ Fife
- ▶ Forth Valley
- ▶ Highlands and Islands
- ▶ Greater Glasgow and Clyde
- ▶ Lothians
- ▶ Perth and Kinross

For upcoming SMSA events, please visit
www.scottishmsa.org.uk

If you wish to attend, please contact SMSA's Development Officer on 07493361003 or email Dev1@scottishmsa.org.uk



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

'In Scotland, For Scotland'

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

Follow the SMSA at:





Something for your Shed's coffee table

The [summer 2023 issue](#) of Unforgotten Forces magazine is out now, and it's chock-full of information and inspiration for older people who have served in HM Armed Forces and their families. Sheds are invited to order free copies for their social areas, so that any of members with a Forces link can find out about opportunities and organisations that might benefit them, now or in the future.

This issue, we spotlight holidays for ex-service personnel. There are discounts to be had, exclusive London clubs to enjoy and an introduction to organisations that fund holidays for veterans with specific needs or circumstances. We also share holiday information and tips for people with disabilities and health conditions.

Summer extends our opportunities to be active outdoors and we've got stories of veterans doing just that. We meet a group walking Fife's historic pilgrim route, who tell us what combining walking, camaraderie and nature does for them. The walk is under the auspices of Veterans Chaplaincy Scotland (see top photo), an organisation that offers veterans, of all faiths and none, pastoral care such as they had access to while serving.

We also share a new [Sight Scotland Veterans](#) initiative to support ex-service personnel with sight loss to enjoy sports and physical activities, wherever they are in Scotland. Their members are shooting, golfing, bowling, and more. We also introduce the [On Course Foundation](#), which supports veterans who have been medically discharged, or who've had a life-changing injury since service, through golf.

We've got a feature on eating well, where you can read how veterans at Dundee Therapy Garden and with the [Defence Gardens Scheme](#) are enjoying home-grown produce from wonderful walled gardens they tend together. The Sight Scotland Veterans team also share how they are enabling veterans with sight loss to cook up a storm.

There's news as well as lifestyle features. There's an update about payments for bereaved military spouses and partners who forfeited pensions because they remarried, and a call for ex-service personnel to check if they have an unclaimed Armed Forces pension.

You can read the magazine, and order free copies of each issue, on the [Unforgotten Forces website](#).

Doug Anthony
Veterans' Officer



UNFORGOTTEN FORCES PARTNER—SOPA



Scottish Older People's Assembly (SOPA)

The Scottish Older People's Assembly (SOPA) exists to give a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society.

SOPA is a small independent charity with a network of members, both organisations and individuals, with a shared interest in empowering older people to have their voices heard and influencing policy and practice.

SOPA has over 60 membership organisations including community groups, national campaigns and organisations, equality and minority groups and lifelong learning associations along with individual members. The combined reach of these members is estimated to be 40,000 older people across Scotland, many of whom are affected by ill-health, come from disadvantaged and diverse backgrounds, and who often feel excluded from decision making.

SOPA aims to enable and empower members to use their experience and skills to influence policy decisions that affect later life. Members are encouraged to feedback from national groups and forums to their wider networks of older people, creating a powerful network of engagement.

Since 2009, SOPA has delivered ten national assemblies and over 60 local

meetings enabling it to influence decision makers on issues important to older people, including funeral and fuel poverty, housing, transport, health and social care, active ageing, human rights and many other topics. Members are frequently invited to participate in consultation and engagement activities by the Scottish Government, Scottish Parliament and other national and local bodies.

There is no cost to become a SOPA member. It receives funding from the Scottish Government which covers the basic costs of its work. There are two categories of membership:

- Full membership – open to organisations involved in any aspect of promoting the voice and experience of older people
- Associate membership – open to individuals and other bodies (public sector or private sector)

For further information, visit the [SOPA website](https://www.scotopa.org.uk) or contact Hetty Malcolm-Smith, Lead Officer at info@scotopa.org.uk.

SOPA and Age-friendly Communities Scotland

The World Health Organisation has been promoting Age-friendly Communities (AfCs) for several years now with the overall aim of ensuring that older people are at the heart of helping to shape the communities they live in. At a UK level there is a well-developed network of AfCs supported by an organisation called the Centre for Ageing Better.

Here in Scotland, SOPA is leading on work to increase the number of areas that are AfCs to achieve better outcomes for people in and approaching later life.

Currently two areas, South Lanarkshire and South Ayrshire, have recently become AfCs. However, we would like to see more communities in Scotland benefit from becoming AfCs and SOPA have recently appointed a new Project Co-ordinator to take forward this work in Scotland over the next year or so.

Becoming an AfC requires a commitment across the community, including from local authorities, the voluntary sector, health and social care services as well as employers to work with older people to ensure that the local area and services are as age-friendly as possible. In doing this, we hope that more older people across Scotland can thrive in later life and continue to make a valuable contribution to their local communities.

If you would like to know more about AfCs please contact [Tony Donohoe](mailto:Tony.Donohoe@scotopa.org.uk), Project Co-ordinator on 07745 355234 or tony@scotopa.org.uk.



The SMSA acknowledges and express our sincere thanks to our partners and funders for their support in 2023 for the development and growth of the Men's Shed Movement in Scotland:



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 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

