

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



Edition 3



Celebrating 10 years of the Australian Men's Shed Association

A HUGE congratulations to The Australian Men's Shed Association (AMSA) who celebrated their tenth anniversary in November.

The AMSA has done so much to take the movement forward not just in Australia but internationally.

David Helmers, Executive Officer at AMSA, reflected in an article in their latest newsletter that "when the Australian Men's Shed Association was founded ten years ago, it was no vision of grandeur or

expectations to develop the Men's Shed movement into what it is today. Nor was there any ambition of taking this concept international." That might not have been their intention but boy has this movement gone global.

According to David, one of the main drivers of setting up the AMSA was to address the "wasteful use of resources through duplication". AMSA focused on learning from the experiences of existing Sheds and developed a best practise guides for Men's Sheds.

We at the SMSA echo what David says and acknowledge the importance of

developing the movement through learning from each other. You can guarantee that the mistakes or successes in your Shed will have happened in other Sheds. If we share that knowledge and continue to work together to develop best practices, then we are heading in the right direction. At the SMSA, we listen and learn from



Tenth anniversary celebrations hosted by their Patron, His Excellency General Sir Peter Cosgrove at Admiralty house, Australia.

your experiences and from other Sheds around the world and constantly develop and share best practices with you through our extensive resource library on our

website, Email & phone support, workshops, development days and in the Scottish Shedder.

Our movement gets men out of the house and living happier, healthier and more fulfilled lives. We want to keep that growing in Scotland so lets keep working together.

As David put it "one of the great elements of the Men's Shed movement is that not one person is responsible for this great initiative, but a number of people and Men's Sheds who contributed"

You can read David's article in full here: [Shoulder to Shoulder](#)

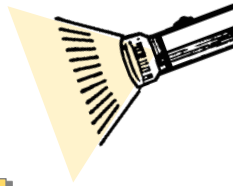


We wish you a very Merry Christmas and a happy, healthy & prosperous New Year From all at



SPOTLIGHT ON..

Macmerry Men's Shed



By Stuart MacKenzie & David Dickson



The Macmerry Men's Shed is based in (funnily enough) Macmerry, East Lothian.

We were the second Shed to open in Scotland over 4 years ago. We have members coming to us from all over East Lothian and our numbers have grown steadily with our membership currently sitting at 46 men with ages ranging from early 30's to mid 80's.

Our reputation is something we are all incredibly proud of. It has been nurtured and developed since day one by our Chairman David Dickson and it's fair to say he lives and breathes all things Shed. Our dedicated Treasurer is Stewart Dearden who keeps our Shed's funds safe and accounted for. Shed Secretary is Stuart MacKenzie who has brought 21st century technological knowledge into our Shed with his computer skills. Finally, Bill Brash is our Health & Safety Officer who makes sure that everything our members do is safe and above board. Our committee also work closely with East Lothian Council's Wellbeing Department, who provide help and support when and if we need it.

As with everything in life, our Shed has seen some good times but also bad ones too.

One of our happiest and proudest moments came when we went through the process of becoming our own **independent charity**. This has given us a new-found freedom and allowed us to future-proof our Shed for years to come.

When sadness or difficult times occur, our members become like a family and we come together to help



support and care for each other through any and all of the problems we may face.

We have some fantastic men who come to our Shed, from all walks of life, with varying and distinct life experiences. Like most Sheds some of our members experience difficulties with ongoing medical conditions, such as Alzheimer's, Dementia, Depression, Strokes and Heart Conditions. As a committee we have ensured that there are always members trained in First Aid and all our members know what to do in a

medical emergency. We really come through to try and help each other in these situations. Put simply, if you were to fall down a hole you could not climb out of, what would you rather have? *A doctor with a prescription that may get you out the hole or a friend jump in the hole with you and help you walk out together?*

We like to think that no matter if your Men's Shed is in Macmerry or Milngavie, Melrose or Montrose the most amazing thing that is built there is friendship.

Our Shed is open on a Tuesday and Thursday from 11am. If you would like to know more about the Macmerry Men's Shed then please contact David Dickson by telephone: 07713 276 568 or by email at: dave51@talktalk.net.

Macmerry Men's Shed:
Macmerry Village Hall, Westbank Road, Macmerry, EH33 1PJ



Share your Shed story

Contact: comms@scottishmsa.org.uk or call Rhona on 07389061498

FUNDING MATTERS



Applying for funding – is it really worth the effort?

Portlethen Men's Shed would say so as they have managed to successfully exceed their £50k funding mark for their new building with a substantial amount coming from funders.

The **Big Lottery** awarded them the full £10,000 through their **Awards for All** programme and they received several grants from the **Wind Farm Fund** totalling £12,500. All in all, out of around 17 applications made to a variety of funders, only 4 or 5 were rejected. Pretty impressive stuff.

Shed Secretary, George Pringle shares the secret to their success:

- **Get help** - We received help from local development worker who knew his way around the funding form
- **Work together** – 3 shed members got around a table with the development worker
- **Read the questions** – understand what they are looking for and answer as fully as possible
- **Refer back** – you may have answered a similar question before in an earlier application

Feeling inspired? Have a look at the funding pots below both of which other Sheds have had success with.

Express Grants

Amount available: **£500 - £2,000**



Foundation Scotland

Foundation Scotland distributes many different funds on

behalf of companies, individuals and charitable trusts. If you apply through their **Express Grant fund** you will save yourself the time and effort of searching for a suitable fund as they will match your application to the criteria of the various funds they have available at that time.

You can use the grant to help meet a wide range of costs such as:

- General running costs such as rent activities and events
- Equipment or materials
- Marketing and awareness-raising initiatives and training

Eligibility criteria is as follows:

- Only constituted groups can apply
- Annual income in the most recent financial year must be less than £250,000

Full guidelines and the online application form can be found here: [Express Grants](#).

Big Lottery



Award for all Scotland

Amount available: **up to £10,000**

We thought it was worth mentioning this funding pot again. The application process has been simplified so it could be worth the time and effort. **Bellshill Men's Shed** gave it a go and successfully secured the full grant amount of £10,000 for their new Shed. Back of the net!

Applying for funding 'The Ultimate Guide'

The Big Lottery have brought their most popular funding advice blogs together into one single article for people to refer to. It has a lot of useful information that can be applied to many funders. It covers issues such as:

- Grants for capital and building work
- Eligibility
- Tips on completing application forms

You can view the guide here: <https://bigblogscotland.org.uk/2017/10/23/applying-for-funding-the-ultimate-guide/>



Let us know your funding successes and we will share with the Shedding community!

FUNDING cont..



Bank of Scotland Foundation Grants Programme

If your Shed has registered as a **charity**, then you can now apply for [The Bank of Scotland Foundation](#) grants.

The **Small Grants Programme** offer grants of between £1,000 and £10,000 and the **Medium Grants Programme** of between £10,001 and £25,000. The Large grant programme is expected to re-open in 2018.

The grants are aimed at groups and projects who are looking to improve and develop their local communities.

The criteria for groups is as follows:

- Initiatives designed to encourage the involvement in the community of those too often excluded.
- Working with people on low incomes, at risk from

poverty or with problems finding accommodation.

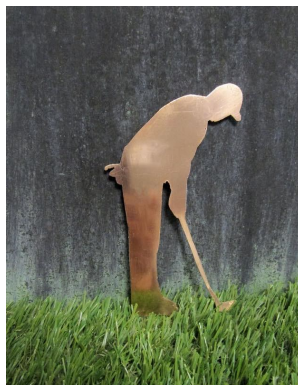
- Improving the standard of local facilities.
- Developing and improving local communities.
- Financial literacy and financial inclusion (Large and medium grants only).

There are four 2018 deadlines for applications for 2018 are: **5 January 2018, 6 April 2018, 6 July 2018 and 5 October 2018.**

Further information can be found on the Bank of Scotland Foundation website:

www.bankofscotlandfoundation.org

WHAT'S BEING MADE IN SCOTLAND'S MEN'S SHEDS?



Cutting edge artwork

Look at these copper cut out pictures made by **Barrhead Men's Shed**. Amazing!



Reindeer cause stampede at Westhill Men's Shed

Once word got around that reindeer were in town, orders came flooding in for these little, medium and large fellas. They were flying off the shelves and around the community. Great fundraising to the final tune of £1700. Using natural resources, 3D printing and local Elves.



Who doesn't enjoy a bit of messy outdoor fun?

Pre-school children at The Bridges Nursery, play with the heavy duty mud kitchen made by **Ellon Men's Shed**.

Let us know what you are making in your Sheds and we will showcase it here.

Email : comms@scottishmsa.org.uk

CONGRATULATIONS TO...

We are delighted to announce the names of the Sheds who successfully secured funds through the RVS/Asda Foundation Start up Shed' funding programme with our partner The Royal Voluntary Service (RVS). A total of £3,315 made its way to Scottish Sheds so well done to all those involved.

Here is a breakdown of who got what and how they will spend it.

Kelso Men's Shed, Roxburghshire, The Scottish Borders

£500 - Set up costs - materials for printing/cleaning/ resources for making - blades, screws/ assorted hand tools

Ferryhill Men's Shed, Aberdeen

£600 - Publicity materials

Kennoway Community Shed, Fife

£1,000 - Wood preserve and paint / Hanging basket brackets/Brushes & Gloves/Compost / Flowers

Orkney Men's Shed, Orkney

£715 - Towards rent

Breadalbane Men's Shed, Perth & Kinross

£500 - Towards Dust Extraction/Air Filter System /PPE + Insurance



The next round of funding opens w/c 8th Jan 2018 until 16th March 2018. **Big change**, there is just one round in **2018** of a total of £30,000 **countrywide** so please make sure you submit an application. If you were not lucky this time, send it in again. *Application details can be found on their website www.royalvoluntaryservice.org.uk/sheds*

Tea for 2, 3, 4...

Culter & Turriff Men's Sheds both hosted successful Shed coffee/Tea mornings raising not only their profile in the local community; but their funds with £500 and £600 being raised respectively for their Sheds. Well done Shedders and thank you community.

New Sheds on the block

All the best to: **Peterhead and St Andrews** who opened their doors in October.

We hear that **Portlethen** are a couple of building adjustments closer to moving into their converted public convenience and **Stonehaven** are on the brink of moving into their temporary home in a nuclear bunker (featuring next time). What interesting and diverse accommodation Shedders make their home in!

Charitable status awarded to:

Well done to the four new Sheds who recently achieved charitable status:

Bridge of Don and District, Milngavie and Bearsden, Keith & District, Moffatt & District and Dunoon.

Age Scotland shares out £15,000 to Scottish Men's Sheds

More great news on the funding front. The following Men's Sheds received funds from Age Scotland:

Turriff, Ellon and District, Culter and District, Carse of Gowrie and District, Braemar, Peterhead, Orkney, Stonehaven and District, Dunoon, Forth Valley, Aberchirder and District, Strathmore, Kennoway and St Andrews Men's Shed.

No news yet if the funding will go ahead next year but we will keep you posted.



Co-op Community Fund winners

Well done to **Barrhead** and **Ellon Men's Shed** who successfully applied for the Co-ops local community funding programme which runs until October 2018. We will let you know when applications open again.

Lease secured

Well done to **Denny & Bonnybridge Men's Shed** who **successfully** negotiated a Charitable lease from **Falkirk Council** of £1 a year for the next 5 years.

Please let us know your Sheds achievements and we will include them next time.

Email comms@scottishmsa.org.uk

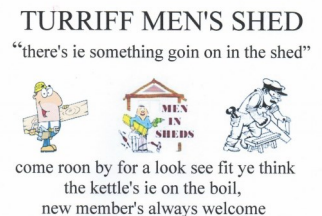
GET YOUR SHED NOTICED!

Here's a few good ideas gathered from talking to Shedders around the country to promote your Shed.

Create an eye catching poster



like the one here created by **Keith & District & Turriff Men's Sheds**. **Top tip from Hawick Men's Shed** - ask your local chemist to put up your poster or leaflet. Lots of people wait in there when picking up prescriptions so have time to read it!



Facebook it

Don't just post on your own page, see if your town has a page and post there. Also, don't forget that we can post on our page and if you are a member of the SMSA you can post on our **Shed Forum** page.



Town Rag

Many local communities produce their own newsletters which are often delivered to every house, a great way to get local exposure!

Hand out a leaflet

Many Sheds have developed their own leaflets for distribution. We can provide you with our leaflets which has general information about Scottish Men's Sheds and you can simply add in your own insert giving details of your event or opening hours, address etc.

Want some? Get in touch—
info@scottishmsa.org.uk



Macmerry MS display at the Gifford flower show.

Set out your stall

Approach your local supermarket, Health Centre or similar type of venue where people go and ask to set up a stall for a day. Also take part in local fayre's. It's a great way to get to chat to people and sell your goods. **Top tips** - make sure you have public liability insurance, have a BIG name banner and leaflets people can take away!

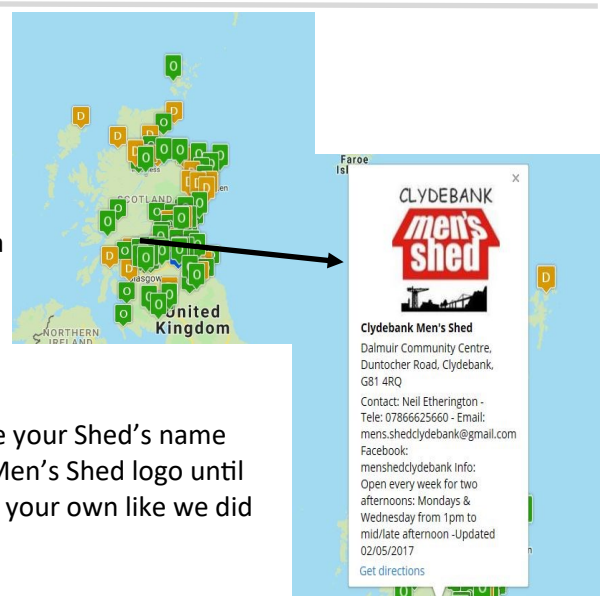
Put your stamp on our map!

Lots of Scottish Men's Sheds mark their individuality by creating their own Shed logos. If you are a paid up **Shed** member send us a copy of your logo and we will put it on the map on our website for all to see and admire.

Not got a Shed logo yet?



No problem, we can create your Shed's name with our generic Scottish Men's Shed logo until you get a chance to create your own like we did for Turriff.



WHAT'S COOKING?

This recipe comes from **The British Heart Foundation** and will help use up any leftover turkey. It's quick, simple and delicious and could be made for lunches to share in the Shed.

Tangy Turkey Wraps

Ingredients - serves 2

- 3 tbsp mango chutney
- 55g ready-to-eat dried apricots, finely chopped
- 2 spring onions, finely chopped
- 1 small fresh red chilli, deseeded and finely chopped
- Freshly ground black pepper, to taste
- 1 tbsp chopped fresh coriander (optional)
- 2 plain wheat flour tortilla (deli) wraps
- cooked cold turkey breast (about 115g)
- 85g cucumber, thinly sliced
- 25g watercress or rocket leaves



Method

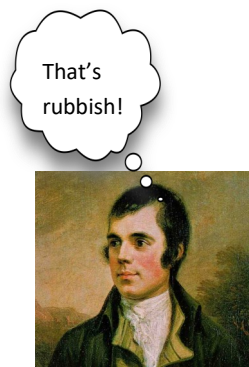
- Combine mango chutney, apricots, spring onions and chilli in a small bowl, mix well; season with black pepper. Place each tortilla wrap flat on work surface; divide chutney mixture between wraps and roughly spread mixture over one side of each wrap. Sprinkle with coriander (if using).
- Arrange 2 turkey slices across middle of each wrap. Top with cucumber slices and watercress.
- Wrap/fold or loosely roll up tortilla wraps to enclose filling; cut each into 3 or 4 portions to serve and enjoy!

COMPETITION TIME!

This edition we challenge all the budding poets out there to come up with a **poem about their Shed**. The winning entry will appear in our next edition due on Burns day. Send your entries to Rhona at comms@scottishmsa.org.uk.

Here's our attempt:

*There was a wee guy called Fred,
Who visited his local Shed
He just meant to look,
But got totally hooked
And now he just lives for his Shed*



For some real inspiration have a look at this You Tube clip of **Kilcock Men's Shed** in Ireland, who wrote and performed their own Shed song "The Sands of Time".



And the winning caption for our last competition is...

"Where's my golf hat?"

Well done **Westhill Men's Shed** your Goody Bag is on it's way. **Top Tip:** don't leave a golf cart unattended in a Men's Shed - Aaah CHRIS!!!



Previous winners

Breadalbane Men's Shed receive their St John's Ambulance first aid kit!

Do you have any funny photos of things going on in your Shed and want to share the laughter?
Send your photos and captions to Rhona for inclusion in our next editions!

TALKING SHEDS

With Jason Schroeder - SMSA CEO

Health & Safety and Risk Assessments - do we need them in our Sheds?

Personally I would say yes and I'm not one for creating loads of paperwork and unnecessary systems.

I would hope that all Shedders want to be as safe as is practically possible and for no accidents to happen to them if they could have been avoided. Common sense, right? Well often what is common sense to me might not be to the next person and here lies the issue. We don't all see the world in the same way and nor do we judge risks all the same.

To have a **basic health and safety policy** (we have one to guide you in our online members library) means that the board of the Shed at the very basic level has gone over in discussion with one another the possible risks in the Shed from a chop saw to a kettle to a loose floor board. Issues will have been highlighted and resolved, or at the very least, the risk decreased from high to low. All this has to be recorded using Health & Safety and Risk Assessment documents. This should be done at least once a year or when you make changes; like getting a new piece of machinery etc in the Shed. If you have an insurance claim, it will be in your favour to show you have such policies in place and help keep your insurance costs to a minimum by showing good governance in your Shed.

Before I became involved in Men's Sheds it didn't even cross my mind about such things, I just got on and did them in what I thought was a reasonably safe way. In a Men's Shed's you will have a breadth of knowledge from retired health & safety professionals all the way to the risk takers at the other end of the scale who learnt from the hard school of knocks how to be safe or not. It's not a question of this one knows better than that one, it's about common sense and trying to ensure that everyone is as safe as possible.

I asked various Shedders across Scotland who have been those professionals for some help around this and we have created Health & Safety documents for you to use and tweak to your Shed. A good time to do it is **now** and then annually after your AGM when you have a new board, so the board can confidently say it's done.



Even if there have been no changes during the year I suggest going through it every year, sign it off and file it away. Shouldn't take more than 30 minutes after the first one is done. New members might also spot things you didn't the year before. Always a good thing, a fresh pair of eyes.

Good governance and peace of mind will keep you sleeping better, save you money and keep you enjoying safe and good times in your Shed.

Have a great Festive time in your Shed and I look forward to catching up with you all in the New Year. Be safe, be happy and be together.

SMSA members can download our Health & Safety Policy Documents including a Risk Assessment which you can tweak for your Shed. Make sure you are logged in first and look in *Members/Resource/Resource Library* for all our helpful downloads!

Not an individual member yet?

Join for free : <https://scottishmsa.org.uk/join-smsa/>



You can become an individual member & a Shed member of the SMSA on our website which have different benefits :- www.scottishmsa.org.uk

WHAT'S ON?

SMSA—Meet the Shedders, AGM and Shed Day

Tuesday the 30th of January 2018

Start off the year with a national Shed day!

Carse Of Gowrie Men's Shed have generously agreed to host the event in their Shed based in Dundee Technology Park.

We hope to meet as many of you as possible and hear about your Sheds and ideas for 2018. It's an all day affair and everyone is welcome so come along, have a bit of lunch with us and swap stories, hints and tips with other Shedders.

The event is **FREE!** Tickets are available on **Eventbrite website** so be sure to get your tickets early- **30** available!

Click for FREE tickets: [EVENTBRITE](https://www.eventbrite.com/#!/event/34401448583)

Any questions or ideas for the day contact jason@scottishmsa.org.uk.

We look forward to seeing you on Tuesday 30 Jan 2018!



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

Here's a challenge for you.

Can your Men's Shed build a Coracle?

If Yes – then The Frome Shed would like you to join them at the Carmarthen River Festival in 2018.

The event takes place on the last week in July or first week in August (date to be confirmed in January) at River Towy in Carmarthen.

Frome Men's Shed took part last year- See details at www.fromeshed.org.uk/community/frome-men-s-shed-12888/coracles/ and would love to see as many Sheds and Shedders there from England, Scotland, Ireland and Wales.

Sounds like a Road trip to organise fellas!

For more information, please contact Patrick Abrahams, Email: Info@fromeshed.org.uk, Tel: 07932-760585



Photos from last year. Looks fun.

MOT 4 MEN

You take your car for an MOT right? Well, how about undergoing one yourself?

Menself, run a men's health check programme with a view to improving the health and well-being of men in Scotland.

'**MOT 4 MEN**' is a programme that will come to your Shed to help address the issue of men's health and is run as a series of stations, each involving a quick, simple health check under the concept of a mechanical tune up and consists of a ten-step test guide shown here.

The **MOT 4 MEN** environment is non-medical and is designed to be comfortable and **FUN** allowing participants to overcome any apprehension that they may have about going to a doctor with a specific problem.

Several Sheds have already benefitted and at the moment they have funding for the Glasgow and surrounding area but get in touch as they are looking for funding for other areas.

Have a look at their website <http://www.menself.scot/> and if you are interested then contact Jim on 07415 742 816 or Email jim.mal@menself.scot to discuss.



MENSELF

CAR TEST	MAN TEST
1. Chassis Check	Waist Measurement
2. Manifold	Bowel Cancer
3. Steering	Flexibility
4. Exhaust	Smoking
5. Fuel additives	Alcohol Use
6. Oil Pressure	Blood Pressure
7. Spark Plugs	Testicular Cancer
8. Paintwork	Skin Cancer
9. Shock Absorbers	Coping Skills
10. Timing Belt	Prostate Cancer

Got an open day or an event planned?

We can promote it for you through our Facebook page & this newsletter which goes out to over 1,000 people.

Email: comms@scottishmsa.org.uk

Old building, gets a new lease of life as a Men's Shed in Montrose!

As part of our Outside the Box Shed film series we will also highlight unusual places in the newsletter where men have searched around their villages to find unused or underutilised buildings to create their Men's Shed.

The **GEMS Men's Shed** in Montrose is such a Shed. This Shed has a long tradition of creativity since the 1800's but has been empty for many years. The Montrose Rope and Sail Company Ltd (www.montroseropeandsail.co.uk), established over 200 years ago still own the building and have very kindly opened the creaking doors to GEMS who are giving it a new lease of life.

History of the building pre-GEMS Men's Shed.

Ropeworks, with their distinctive long, low ropewalks (the long narrow area accommodating machinery, the rope being twisted and the personnel needed to ensure that the rope was twisted and tarred correctly), would have been important in a town like Montrose where there would have been a steady need for rope for rigging and general use. Such ropewalks are difficult to adaptively re-use, hence their low survival rate.



This site was recorded and now listed due to its rareness, but was no longer in use and possibly under threat of demolition.

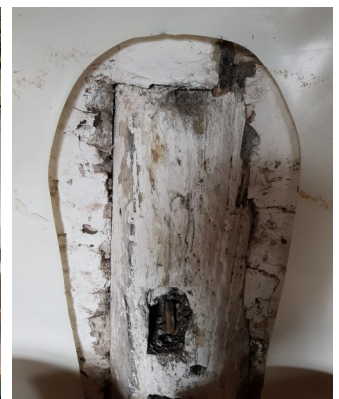
The New Statistical Account (3) states that 'two rope manufactories' were in existence in 1835, (presumably in Bent's Road and the one south of Paton's Lane) and that 43 tons hemp (17 cwt) had been imported into Montrose imported by the year ending 5 January 1834.

The combined ropework buildings (at the W end) and N ropewalk measured 525 feet in length (160 metres), the ropewalk measuring 438 feet (73 fathoms or 133.6 metres)

A distinguishing feature is the use of **whale bones** as guide rails for the rope walk. The last Montrose whaling ship sailed in 1839 so it is likely that these posts predate this and may once have been open air, only later to be roofed. **No other complete ropewalk buildings exist in Scotland.**

So if you live in Montrose please pop in and say hi, have a cuppa and join in creating the Shed in this great old venue.

Info source: CANMORE - <https://canmore.org.uk/>



Whale bone guide rails

PUZZLE PROJECT

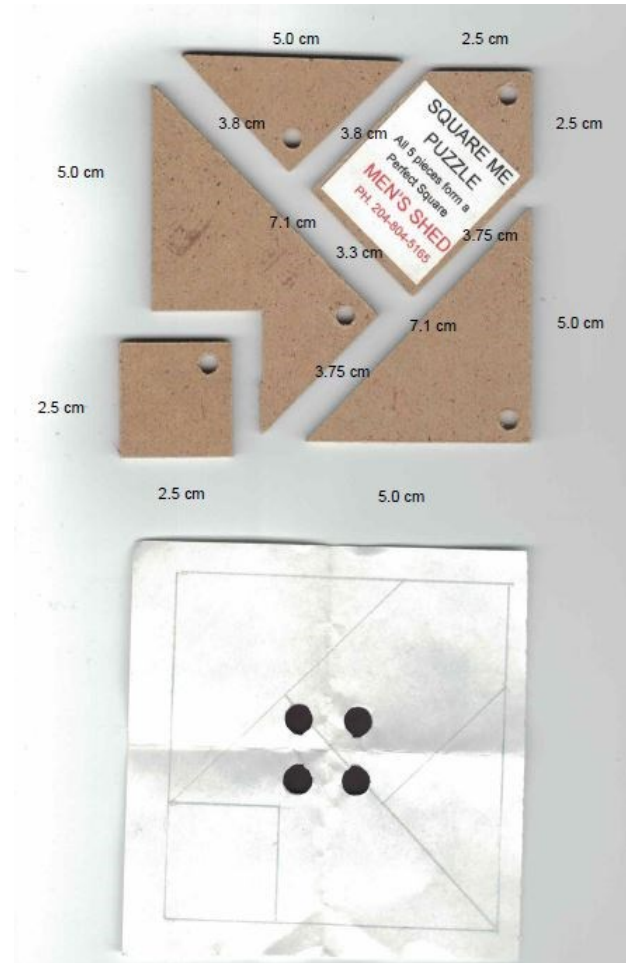


This project was originally given to me at the Irish Men's Shed Conference by none other than Doug Mackie, Mr Canadian Men's Sheds himself (thanks to Dave for sending us the graphic from their Woodhaven MS).

The measurements are as accurate as possible & the pieces are cut from 3 mm hardboard, a great use for off cuts from the workshop. For the puzzle to work there must be more than one way to fit pieces together, so several measurements should be the same. The answer is folded in quarters then attached to the puzzle pieces. A pipe cleaner works for this if you happen to have some as you might have given up smoking.

For new guys coming into the Shed you have instant projects they can do to get busy and connected. From drawing up templates on the wood, to cutting and drilling, creating the paper clue if you don't have a clue like me, maybe painting the sections in different colours and finally putting your Sheds name on it. This way when you hand them out to folks the Shed gets a mention and you might get new Sheddors as it does the rounds. Why not also put on your opening hours and address on the paper clue section as well etc.

Much more fun than what you get in Christmas crackers and lasts all year round.



An Introduction to...

Tim Green, Community Development Officer for Men's Shed at Age Scotland

In my work as Age Scotland's Community Development Officer for Men's Sheds I have been lucky to visit a rich and diverse range of sheds over the last couple of months. The dynamism, enthusiasm and solutions-focussed efforts of the shedders continues to be a source of hope and inspiration. I am convinced that the Men's Shed Movement has the skills, creativity and tenacity to continue: providing positive views of aging and later life; increasing health and well-being; and combatting loneliness and isolation.

My role is to support and enable the development of new Men's Sheds and the sustainability of existing Sheds. Please don't hesitate to contact me on [07718 579 291](tel:07718579291) or Email tim.green@agescotland.org.uk. Visit the Age Scotland website www.agescotland.org.uk. Sheds who received funding in the last round of Age Scotland funding are included in the **Congratulations** section of the newsletter.



The Scottish Men's Shed movement is growing

933

SMSA MEMBERS

67

ACTIVE SHEDS

45

IN DEVELOPMENT

24

REGIONS

The Scottish Shedder is the official free newsletter of the Scottish Men's Sheds Association. It inspires and informs Scottish Sheddors and the grass root supporters of the achievements, changes and ongoing requirements to successful Shed creation across Scotland.

We aim to publish eight editions of the newsletter each year in both digital and printed formats. The digital version is sent to all our online individual members and a printed version to every SMSA member Shed. All editions will also be archived in the SMSA online library for individual members to access at any time.

The SMSA cannot accept any responsibility for any claims made by external parties. The content of the newsletter does not necessarily represent the views of the publisher or imply any endorsement.

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Contact Us:

For all enquiries re editorial considerations and Shed news please contact: comms@scottishmsa.org.uk

For all corporate sponsoring and donations please contact: jason@scottishmsa.org.uk

SMSA Postal address:

Wester Mains, Campfield, Banchory, AB31 4DR

SMSA office:

Banchory Business Centre, Banchory, AB31 5ZU

SMSA Public Relations and Communications:

Rhona - comms@scottishmsa.org.uk Tel: 07389 061498

SMSA Executive Officer & Shed Development:

Jason - jason@scottishmsa.org.uk Tel: 07397 382533

SMSA Administration:

admin@scottishmsa.org.uk Tel: 07465202834



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In order to subscribe you must have an email address and become an **individual member** of the SMSA which is **free** to join. You can do this by completing an application:

- online at www.scottishmsa.org.uk/join
- at your local Scottish Men's Shed (See our website for a full listing of Scottish Men's Sheds—Find a Shed)
- or by contacting the SMSA to request a postal application.

By joining this grass roots movement you are possibly helping thousands of people have the opportunity of better quality lives. Glad to have you on board with us.



[Scottish Men's Sheds Association](#)
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www.scottishmsa.org.uk



The Scottish Men's Sheds Association, Wester Mains, Campfield, Aberdeenshire, AB31 4DR

The Scottish Men's Sheds Association is a charity registered in Scotland (Scottish charity No. SC045139)