

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



SCOTTISH
MEN'S SHEDS
ASSOCIATION

Edition 6



The Big Lunch serves up an opportunity to connect with your community



The Big Lunch is an initiative which aims to bring communities closer together through folk sitting down to

share some food, have a blether, get to know one another a wee bit better and discuss how they can improve their community together. Big Lunches are often the start of lasting relationships and partnerships which can lead to all sorts of positive changes in the places where we live.

The SMSA for several years have thought that the Big Lunch initiative and Men's Sheds go hand in hand. We feel this year, as there are now over 70 open Sheds across Scotland, this could be the year for it to happen.

I'm hoping you'll be tempted to open up your Shed to neighbours and members of your community who don't normally visit you there and invite them to have lunch with you and learn more about what you do. It could be a great opportunity to get new members and supporters on board. There's no need for you to make the food – the best lunches are the ones where everyone brings along a little something!

The Big Walk stopping by Men's Sheds

The Big Walk sets off across the UK on the 16th May and we are excited that this year two Scottish Men's Sheds are getting involved.

The initiative organised by the Eden Project, involves four walkers embarking on four routes across our four nations. On route the walkers and their supporters will visit different community projects like Men's Sheds spending time with the extraordinary people who go the extra mile to bring communities together.

The walkers first Shed stop on the 20th May will be at the newly relocated Shed in **Lockerbie**, started by Ken Harvey. Then, almost two weeks (and hundreds of miles) later, they will visit the **Carnoustie & Monifieth** Men's Shed hosted by Rob Crossland and George Gammack.

Well done for getting involved and we look forward to hearing all about it.

The Big Lunch 2018 officially takes place on **Sunday the 3rd of June**, but it doesn't have to be that day – it's still a Big Lunch no matter when it takes place and . . . it doesn't have to be big. Even a few extra folk along can be the start of all sorts of good things.

So we are inviting you to think about hosting a **Big Lunch** in your Men's Shed this year. A Big Lunch pack - everything you need to plan your Big Lunch has been sent to our 90 Member Sheds along with this newsletter but for anyone else who is interested please visit the **Eden Project** website for full details.

If you have any questions at all, please get in touch with **Sandra** at sandrabrown@edenproject.com or by phone on **07703189049**. If you need any Shed advice contact Jason on 07397 382533 or email : jason@scottishmsa.org.uk

Please do let us know if you are going to do it and send us both your publicity posters and event pictures as we would love to publicise your Shed and your Big Lunch.

Jason Schroeder, Executive Officer, SMSA.



Shedder Ken Harvey

FUNDING MATTERS



Tracking down local funding pots - help is at hand

Each edition, we try to highlight funding opportunities that apply to all Sheds across Scotland. However there are many more funding pots that Sheds can access that are more localised. A little bit of research and you could uncover some little gems.

Where to start?

You could begin by looking at the [Funding Scotland website](#) managed by the Scottish Council for Voluntary Organisations.

Their website has a [free online search engine](#) that will let you search over 1200 funds by geographical areas to help identify small grants to funding for big capital projects in your area.

Tap into Participatory Budgeting (PB)

In Edition 5, we highlighted the growing popularity of PB as a funding source for community groups. In simple terms PB funding is a way to vote directly on how local money should be spent. You can register with [PB Scotland](#) to be first to know of future developments and you can also contact your local authority to find out whether any future PB events are being planned in your area and get on the mailing lists.

Express Grants from Foundation Scotland

If the thought of trawling through grant funds sends you screaming for the door consider using Foundation Scotland Express Grants scheme which was featured in Edition 3.

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. The amount available is from £500 - £2,000 so useful for some smaller projects.

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

Mony a mickle maks a muckle

Roslin Men's Shed shows us what can be achieved by keeping it local when it comes to sourcing local funding pots:

- **£1k** from the Edinburgh Airport Community Fund (who support projects in Edinburgh, East Lothian and Fife)
- **£750** from their local Council, Midlothian Community Grants.
- **£1k** from "Bags for Life" funding through their local Tesco store.

Capital funding up to £150k



This is a fantastic opportunity for groups to apply for a substantial pot of money from the **Garfield Weston Foundation**.

To celebrate their **60th anniversary** the foundation is offering this one-off capital grants ranging from £30,000 - £150,000 to provide new or improve existing community facilities.

The fund can be used for bricks and mortar projects such as a new building or an extension or remodelling to an existing building that will create or improve a community facility. They will also consider landscaping or improvements to an open space if it will create a community resource. Additionally, they will consider items that require a sizeable investment such as a new minibus and purchase of land.

Next deadline date for applications is 30 June 2018.

All the information including FAQs and an eligibility quiz can be found on their [website](#).

Share your funding successes with other Sheds

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

Shed Start Up Grant Fund reopens

CLOSING DATE 24th JUNE 2018

Congratulations to **Kinross** and **Lockerbie** Men's Sheds for their successful applications for the RVS/ASDA Shed Start Up funding. Many applications were received from other Sheds but unfortunately were rejected for not meeting the requirements of the application. The funders had only intended to have one round of funding in 2018. However due to the declined applications, they have agreed to open it up again and have offered help in **strengthening and resubmitting applications for all unsuccessful Sheds** as well as accepting new applications from Sheds.

Outcome letters have been sent electronically to all those who applied previously, **and we urge you to take up this offer and reapply**. If you never received your letter please contact abigail.hurrell@royalvoluntaryservice.org.uk.

RVS have put together a document listing examples of good responses to their application. This is worth a look as it will help guide you in your own application. **Sample answers**



Other ways Sheds are raising funds

72 Hole Golfathon!

Gavin Clifford, Chairperson of Bridge of Don Men's Shed is taking on a personal challenge to complete 72 holes of golf in one day to raise money for his Shed.

Gavin commented, "I have been working hard to set down the foundations for the Shed since May 2017, registering the organisation as a charity and creating all the governance documents to run the Shed. We now have an extremely driven committee, but we are at the point where we need funds to make it happen."

This challenge will be no walk in the park (or green) for Gavin who has struggled with a condition from childhood that excluded him from taking part in physical activities.



He explains, "At 22 I had my right hip replaced and then the left when I was 30. I'm now 37 and just being able to play golf is a huge achievement so 72 holes will be a big physical challenge for me."

Good luck in completing your task Gavin and we hope there is refreshments waiting for you at the 73rd hole!

Anyone wishing to sponsor Gavin can visit his Just Giving Page—he **only needs £80 to reach the £500 target** [Click Here](#)

Fred's Lucky Bucket



Keith & District Men's Shed introduced a simple and fun way to raise a little extra money for their shed in the form of "Fred's Lucky Bucket". At each weekly meeting, the bucket goes around the table and each person puts in a pound and a slip with their name and number. At the end of each month half the contents go to a lucky winner, the other half goes to Shed funds. Everyone's A Winner!

HELP YOUR FELLOW SHEDDERS

We feature funds we know that other Sheds have been successful with in the past so if you have a funding success, let us know and we can share with others.

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

SHED VISITS PLAY KEY ROLE IN SUPPORTING THE DEVELOPMENT OF MEN'S SHEDS

Across the country existing Men's Sheds have been opening their doors to other Sheds to offer advice, guidance, assistance and, of course, to showcase the work that they do in their own Shed.

For a developing Shed there can be nothing more encouraging than to hear how established Sheds have overcome challenges that they now face.

This willingness to help others is just one of the many reasons that Shed numbers are growing so rapidly in Scotland. Shedders genuinely want to spread the word and help others to experience the companionship and pride of a Men's Shed.

Garnock Valley Men's Shed tell us below about their recent trips to various Scottish Sheds.

Garnock Valley beating the Shed trail By Henry Johnson, Chairman, Garnock Valley

The small group of men starting up the Men's Shed in Kilbirnie have previously made exploratory visits to **Barrhead**, **The Wee County** and **Carse of Gowrie** Sheds and remain grateful for useful advice given on those occasions.

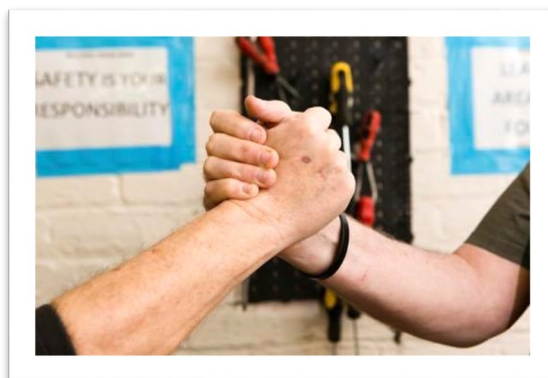
Prompted, however, by an article in Edition 4 of this publication, we recently organised, through the SMSA, a trip to visit the longer established Sheds in **Westhill** and **Inverurie** in Aberdeenshire. Our lengthy journey proved very worthwhile. We saw impressive and enviable examples of what we should aim for and learned lots about how to set up and manage a Shed and, just as important, about what not to waste time and energy on.

Our six-strong visiting group were



wonderfully well received by both hosts and grateful for the time given up to receive us. We are grateful too to the Scottish Community Alliance (SCA), to which the SMSA is affiliated, for meeting the overnight accommodation and subsistence costs from its **Community Learning Exchange Fund**. I've never known funding so easily and quickly obtained as it was from the SCA. I advise other formative Sheds to seek their support for learning exchanges with other, more established Sheds.

North Ayrshire Council, met the travel costs of the round trip to Aberdeenshire. So, all in all, a very valuable "freebie" was obtained. And it was, including the lengthy road trip and the overnight hotel stay, a great team building exercise.



Picture by Eoin Carey kindly supplied by Age Scotland



Apply for funding for a Shed learning trip

Through our membership with the Scottish Community Alliance, **SMSA Member Sheds and developing Groups** can once again access funding from the Community Learning Exchange programme for fact finding visits to other Sheds or organisations.

The Exchange will fund up to 100% of the costs of a visit up to a limit of £750, including a host fee.

To qualify your Shed must be a fully paid up member of the SMSA. An application form and full details can be found [here](#).

Once you have completed the application, forward it to admin@scottishmsa.org.uk so that we can verify your application. We will then send it on to the funders.

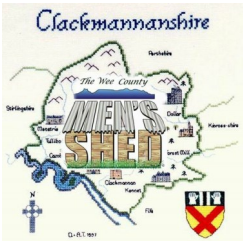
**scottish
community
alliance**
local people leading

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It can sometimes be challenging to go to a Men's Shed if you haven't been before. Regular Shedder - take someone with you. New Shedder - ask your neighbour etc to go with you!

How to keep them coming **BACK**

The following article is by Lloyd Hodkinson from The Wee County Men’s Shed. In it he asks you to consider what simple things can be done in your Shed to encourage new people to keep coming BACK.



A few weeks ago, a “new” guy turned up at the Shed. He was shown around then brought into the “Howf” for a cup of tea. After introductions and question answering, he was given an application form for the Shed. A week later he came and paid his £1.00 joining fee and had a wander round.

The following week he turned up with a small job that he wanted to clean up. No sooner had he found a bench, got some tools together when he was asked to help break up some pallets for a community project. We haven’t seen him since.

This is a recurring problem of getting new members to come back and get involved in Shed activities. Sheds can be quite daunting places if they do not know the “in” jokes, whose mug is whose? Who uses this bench? Are these tools in use by anybody? How do I get involved in community projects or do I need to bring my own jobs? etc. Too many new members just give up and stop coming.

It is worth having a simple procedure for welcoming new members and getting them started. Different Sheds will have their own processes of induction but I suggest in addition, it is a good idea to have a **few smaller jobs** lined up so that the new member can actually start to “do” something.

Then all we have to do is keep them coming BACK.

As we try to make the Shed a welcoming place for others, it will be a better place for us and an enjoyable time can be had by all.

Lloyd Hodkinson

Benefits. Every member comes for their own reason, whether it’s to do their own DIY project, work on a community project or just to get out of the house for a brew and a blether. BUT if we start asking them to do a job they are not interested in or set a deadline for a job, we are asking them to do something for our benefit, not theirs.

Appreciation. Everyone likes to be thanked for the things they do. A “well done” can be a great encouragement. Let’s get in the habit of saying a sincere “thank you” to each other.

Care. A key principle of our Sheds should be to care for each other. It may sound a bit sentimental but offering to “give a hand” or asking how someone feels, goes a long way to making people feel part of the Shed.

Kiss - **Keep it Simple, Stupid.** Make joining, induction and welcoming process and any other procedures as simple as possible. Life is complicated enough without having a difficult time when we go out to enjoy ourselves.

CONGRATULATIONS TO THE FOLLOWING MEN’S SHEDS:



Milngavie & Bearsden who received keys to their Shed in April. Tough negotiations were required to secure the Pagoda styled building but their perseverance paid off. Well done.

Paisley & Saltcoats
Both are new Sheds in development. Good to see Sheds emerging on the west coast. All the best to you.

Peebles & District
Who were awarded charity status in March.

Kinross & District
who welcomed their 51st member in April.

Saltcoats, Glenkens and Biggar & District
A warm welcome to the latest SMSA Shed Members.

The Scottish Men’s Shed movement continues to grow

1133 SMSA MEMBERS	78 OPEN SHEDS	44 IN DEVELOPMENT	24 REGIONS
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SHED PROJECTS TO TRY

Make your own “Touch & Feel” toddlers board.

Pretty simple, all you need is a piece of board and some imagination and hey presto, a great learning toy for younger children.

Here, they have used a phone, press on/off lights, magnetic letters on a baking sheet etc. The list of things you could use is endless. Care would need to be taken to remove sharp edges and anything that might trap little fingers.

If you do make it, send us a picture.

Send your ideas for Shed projects to Rhona at:
comms@scottishmsa.org.uk



WHAT'S BEING MADE IN SCOTLAND'S SHEDS?

Barrhead Men's Shed give it some wellie!



This great boot holder was made for a local nursery. Perfect for little people to hang their wellies on.



Vintage work

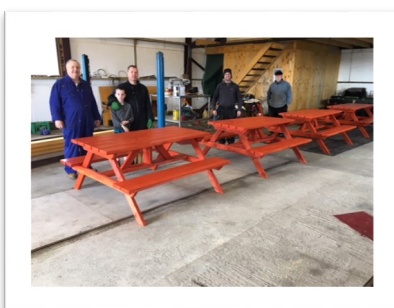
John Pearson from **Arbroath Men's Shed** made this intricate model car without a kit in sight!

Whistle while you work

New **Carse of Gowrie** Shed member **Alex Walker** has been inundated with orders after the wooden whistle he made appeared on his Facebook Page.



Enterprising solution to Shed accommodation problem



'We started off with a smaller Shed and now the replacement is the size of an aircraft hangar!'- Mike McDonnell

Whale Firth Shedders in Yell Shetland are in the process of taking over a redundant village hall and attempting to fund raise for the legal fees etc. A recent contract secured with the local community council for strategically placed benches around the island has led to further orders for individual benches.

Perth Men's Shed in 3D



Adrian Harris of **Perth Men's Shed** proudly shows off the 3D version of their logo which is used for display at galas and events.

Made something interesting in your Shed?

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

HEALTH MATTERS

Men's Health Week June 11-17th 2018 - Focus on Diabetes

Statistics show that men are more likely to get diabetes. More likely to suffer complications. More likely to face amputation as a result of diabetes. And more likely to die from diabetes.

It's easy to hide our heads in the sand and think that it won't happen to us but surely it is better to take preventative measures now to keep yourself in good health.

Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you

do today. Click on the button below but before you begin, you need to know your height, weight and waist measurement.

TYPE 2 DIABETES KNOW YOUR RISK

Find out your risk



WHAT'S COOKING?



Smoked Salmon Mac & Cheese

Serves 4

This recipe is from our Administrator Isobel. Obviously as good a cook as she is an Administrator!

Ingredients

- 300g Macaroni
- 180g of Smoked Salmon fillet (broken into pieces or use smoked salmon trimmings)
- 200g of Scottish Mature Cheddar Cheese (grated)
- 50g white breadcrumbs
- 50g of Butter
- 50g of Plain Flour
- 750-900 ml of Semi Skimmed Milk (depending on how thick/ runny you like your cheese sauce)
- 1 heaped tsp of Dijon Mustard
- 1 tsp of Worcester Sauce (optional)
- Salt & Pepper

Method

- Cook the macaroni according to pack instructions. When done, tip it into a colander and put briefly under hot running water to stop it from sticking together.
- Melt the butter in a pan then stir in the flour and cook for 2 mins, stirring.
- Pour in one-third of the milk and beat until smooth with a wooden spoon. Add another third and beat until smooth then repeat with the remainder. Keep stirring all the time or it goes lumpy.
- Lower the heat and simmer for about 4 mins until glossy, stirring every now and then. Add some more milk at this stage if the sauce is thicker than you prefer. Taste and season with salt and pepper. Stir in the cheese and mustard and, when it has fully dissolved and the sauce is smooth again, add the smoked salmon (pieces).
- Drain the macaroni, then gently mix it into the sauce and stir to coat completely. Tip the macaroni cheese into a **heatproof oven dish**, sprinkle with breadcrumbs and put into the **pre heated oven** at 180°C/350°F/Gas Mark 4 for 20-25 mins until beginning to bubble around the edges.
- Grill for 3-5 mins to brown the crumbs and enjoy!

Got your own recipe you would like to share? Send to comms@scottishmsa.org.uk

WHAT'S ON?

Scotland's Gardening Festival

1st - 3rd June 2018

Volunteer and gain free entry to the event

The SMSA are taking a stand at Gardening Scotland this year to further promote the Men's Shed movement across the country.

This fantastic show is a celebration of everything to do with the garden, from design ideas and inspiration to tools and accessories and of course wonderful plants. We think it will be the perfect place to meet people who would be interested in attending or starting their own Men's Shed and who better to talk about this than the Shedders themselves!

We are looking for volunteers to help man our stall for a couple of hours who would

enthusiastically talk about their Shed. In return we will give you a **FREE** exhibitors pass which will allow you to enjoy the Garden Show after volunteering at our stand.

Interested? Send an email to admin@scottishmsa.org.uk by the **21st May** and tell us why you would like to help out.

This offer is only open to those who regularly attend a Shed in Scotland and whose **Shed is a member of the SMSA**. The Shedder must also be an **INDIVIDUAL member of the SMSA** or be willing to [join](#). Individual Membership is **FREE**.



Men's Shed Craft Fair

The Macmerry Men's Shed will be hosting a Craft Fair on Saturday 26th May 2018 in the Village Hall, Westbank Road, Macmerry, Tranent.



Any Sheds interested in selling their own wares can **book a table for £10**. Contact **Dave Dickson** on **07713276568** or email: dave51@talktalk.net.



OFFICIAL OPENING



Come along and celebrate with the guys on **Saturday 30th June 2018** at 2pm Old Church Depot, Annanside, Moffat.

SET UP AN ELECTRONICS GROUP IN YOUR SHED



There is still time to take advantage of a great offer from the **Hamilton and District Men's Shed**, to join them and build a **free electronic kit** at the **Scottish Electronics and Radio Convention** at the **Braehead Arena, Glasgow G51 4BN, on May 20th, 2018**.

Please pre-register your interest now to receive more information. Places are limited.

If you are unable to attend, all Shedder's can enter a free prize draw for kits and components.

Visit: www.mensshedelectronics.com



This event is made possible by the Radio Society of Great Britain and Antex Electronics Ltd.

Got an event coming up?

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

SHEDS & THE LOCAL COMMUNITY



We think that many members of Sheds must have been boy scouts back in the day given all the wee odd jobs that they do in their local community. Whether it's mending something for a local group, repairs for the elderly or making something for a nursery the helpful, generous and friendly hand extended to the local community is commendable. Here are a few examples:

Bag it, bin it.

Orkney Men's Shed took part in a 'Bag the Bruck' beach cleaning event which takes place every April all over the Island. A few hardy souls from the Shed turned up and did their bit to keep the beautiful beaches litter free. Well done.



Bird making workshop for Girl Guides



Ellon and District Men's Shed hosted a Bird making workshop for Girl Guides at an Easter weekend event.

The men prepared the timber into component parts for subsequent Bird Box construction by the Guides.

The event was a success and showed the Guides good level of concentration, team work and skill development. The men also enjoyed making the Bird Box components for such an interested organisation.

Ullapool Men's Shed also helped their local Brownies build bird boxes to help raise money for their summer camp.

Keeping the campfires burning

Kirkintilloch Men's Shed were at Catterburn campsite which is used by the Girl Guides and Brownies. They put up a new log store which the members built to keep their fire wood dry for campfires and put chicken wire on their bridge walk way to stop the girls slipping on the bridge when wet. Great stuff!



Safe as houses

Kinross & District Men's Shed fitted some key safes for local residents.



New gate for Nursery

Turriff & District Men's Shed make an opening safer for a local nursery school.



A shed within a Shed

Orkney Shed recently build a storage shed for a local charity shop in Kirkwall which was built in their own (temporary) Shed.

It took lots of laughter, retired tradesmen and a smattering of numpteys (their words not mine, aaaah Shed banter) to make the finished article and here it is almost finished and ready for delivery.

Well done for getting it through the door!



Do you do something different in your Shed? Let us know about it.

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

Funding helps take a Shed project to the heart of the community



The Jed Shed in the Borders used £3k of funding received from their local Co-op to help set up a project for their local community.

The project involves working with local primary schools and nurseries building bird, bug and bat boxes from knocked down kits made from pallets. The Shed recently helped Ancrum Primary School make up thirty bird and bat boxes. Shedder Trevor commented: "They absolutely loved it, and everyone got to take home the box they made for their very own connection with nature. The Shed team who assisted all felt very humbled to be part of this free give away".

The Shed may also extend the project to include uniformed services or older groups in residential care homes.

Beautiful models on display

Visitors were treated to a cracking display at the Carse of Gowrie Shed's "Model Day" in April when they showcased some lovely examples of steam locomotives running on lines around the Shed. A model steam plant, boats and planes were on show for everyone to enjoy.

Many enthusiasts brought their models along including the Dundee Model Boat and East of Scotland Model Railway Clubs.

See the steam train in action by clicking on the picture.



Mosaic workshop gets a thumbs up



SMSA partnered up with **Craft Scotland** to trial run a creative day where Sheddors tried a new craft under the tuition of a professional. We had originally hoped to support six Sheds across Scotland but unfortunately ended up with only one at the **Rutherglen and Cambuslang Men's Shed**. Disappointing result one out of six but as with all new things, a lot has been learnt.

Saying that, it was a fantastic day and I am sold on mosaics as a great hobby for Sheddors as well as being a possible money maker. There are loads of projects to make for your community from house names and numbers to a whole 6ft community mosaic.... The possibilities are endless.

Shedder David Searle who attended on the day told me "*It was fun and refreshing to try something out of your comfort zone and although my effort won't be seen at the Tate, my granddaughter loves it!*"

Special thanks to the guys at the Shed for being such good hosts and Craft Scotland for the event partnership - *Jason, SMSA*

He Shed

BELLSHILL MEN'S SHED

All new members welcome!
£1 per session
Refreshments included

The Men's Shed is a place to meet other men, work on projects, learn new skills and brush up on old ones. Come along for a cuppa and find out more about us!

THU MEN ONLY

MON, TUE, THU & FRI 10am - 4pm
for further details contact:
John 01698 745677/07442253449
Paul 07557645205

Bells Hill Men's Shed
Viewpark Gardens,
Baird Avenue,
Old Edinburgh Road,
Uddingston, G71 6HG

f @bellshillshed • @Bellshill_Shed
Email: bellshillshed@gmail.com

BELLSHILL WOMEN'S SHED

All new members welcome!
£1 per session
Refreshments included

Women's DIY workshop enabling women to learn new skills and tackle projects together over a cuppa.

WED WOMEN ONLY

MON, TUE, WED & FRI 10am - 4pm
for further details contact:
Carol 07712293870
Paul 07557645205

Bells Hill Women's Shed
Viewpark Gardens,
Baird Avenue,
Old Edinburgh Road,
Uddingston, G71 6HG

f @SheShedBellshill
Email: bellshillwomenshed@gmail.com

She Shed

2 Sheds side by side!

Do you know of some training that other Sheds might benefit from?

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

Join the board of the Scottish Men's Sheds Association

If you would like to help shape the future of the SMSA and the Scottish Men's Sheds movement at a time of rapid growth in Scotland, then we would love to hear from you.

Ideally, we are looking for board members who have some involvement with Sheds and would particularly welcome applicants with skills in community development. However the most important thing is a passion for Scottish Sheds.

In terms of your commitment, we would ask that you

are able to attend meetings every 6 weeks or so (often carried out over Skype) and be able to volunteer 2-3 hours between meetings to attend conferences, connect with Sheds etc.

If you are interested, please give Jason a call on 07397 382533 for an informal chat and we can take it from there.



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Age Scotland's Community Connecting Service

By Tim Green, Community Development Officer, (Men's Sheds)

The Age Scotland Community Connecting Service works with older people across Scotland to help make contact with organisations that offer friendship, social activities, health and fitness groups and events.

The service aims to tackle social isolation and loneliness across Scotland by providing information on what is available locally. This information can be requested by contacting the Age Scotland Helpline but also through useful guides which are available [here](#).

If your Men's Shed would like to be listed, please complete the form available on their [website](https://www.ageuk.org.uk/scotland/) <https://www.ageuk.org.uk/scotland/>

To find out how Age Scotland can support and enable the development of your Men's Shed please contact me on 07718 579291 or 01383 882151



Greenwood Moreland Insurance

Just a reminder that Greenwood recently merged with Moreland Insurance Brokers and will now be known as Greenwood Moreland Insurance Brokers.

The [SMSA website](#) has been updated with their new logo, address and contact details. Get **discounted insurance** by being a **SMSA Shed member— [join](#) today!**

To see if you can save money on your renewal quote like many other Sheds, contact **Elaine on 01698 456512** or email: elaine@greenwoodmoreland.co.uk.



Greenwood Moreland
INSURANCE BROKERS

DEADLINE FOR OUR NEXT EDITION

Our next Edition will be going out towards the end of June.

If you would like to contribute an article, picture or event for the next edition please contact Rhona at comms@scottishmsa.org.uk or call 07389061498.

Deadline for submission: **7th June**

Are you an individual member of the Scottish Men's Sheds Association?

Individual membership is different to **Shed** membership. If your Shed is a member it does not mean that you will automatically be an **Individual member** unless you have signed up yourself. They have **different** benefits. You can do that online **For FREE** by visiting www.scottishmsa.org.uk/join-smsa or fill in our **SMSA member form available in any good Shed and post it to us.**

Benefits include:

- Full 'Log In' access to our website and all its Shed Guidance and Research download documents.
- Membership pin and welcome pack.
- The Scottish Shedder emailed directly to you, to keep you up to date with all the Shed news.

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.

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By joining the 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.



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