

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



Edition 7

SMSA sow seeds at Gardening Scotland to grow the Scottish Men's Shed Movement

What a great weekend we had at Gardening Scotland at the start of June. We spoke to over four hundred people who showed a keen interest in the Men's Shed Movement. Some were potential Shedders, others were mothers, wives, daughters and friends keen to get their menfolk involved. Hopefully as a result we will see some new Sheds popping up across the country and existing Sheds will receive some new recruits.

This show was a fantastic opportunity to raise the profile of the Scottish Men's Shed Movement and highlight how effective a Shed is in supporting the health and wellbeing of men. It was also a chance to showcase all the great activities that go on in Sheds and talk about the positive impact this has on the local community from working with school children (see photos on the next page) to helping elderly residents with small tasks. There wasn't one person who walked away with anything but a very positive impression of Scottish Men's Sheds.

As well as SMSA staff, we also had board members Derek Keiller and Charlie Miller and Shedders Dave Reid (Kennoway) and Jim Hiddleston (Roslin) on hand to wax lyrical about Sheds. Thanks guys for your help and we hope you enjoyed the rest of the show after doing the SMSA shift.

Scotland's Gardening Festival



Roseanne Cunningham MSP (centre) stops by to have a chat with Jason, Rhona (far right) and Derek our SMSA Chairman.



Charlie and Dave demonstrate that part of being a Shedder is also about relaxing after doing some serious work. Feet up gents you deserve it!



Derek all fired up after a cuppa tea and ready for the afternoon!

Shed Craftmanship on Show at **Gardening Scotland**

We were delighted to come across the work of the Scottish Men's Sheds at the show.



Young eco designer Nataya Lim of Grove Academy asked for help from **Broughty Ferry Men's Shed** in making her installation which attracted a lot of attention. She stopped by our stall to introduce herself and share her wonderful experience and admiration for the clever design and craftsmanship of the Sheddiers.



Malcolm and Enid Hodgson fundraised to create the RAF logo created by Elmwood College which collected a Bronze award. They sent a thank you to the **Carse of Gowrie and St Andrews Men's Sheds** for their help.

Barrhead Men's Shed created the sign for this entry into the Pocket Garden section of the show.



Shedders learn new skills at the Electronics and Radio Convention



Picture by David Searle

Hamilton and District Men's Shed had a very successful day at the Electronic Kit building workshop at the Electronics and Radio Convention, held at Braehead in May. Sheddiers from Strathmore, Armadale, Rutherglen & Cambuslang and Clydebank went along to brush up or learn new skills in electronics as well as Charlie our SMSA Treasurer.

Hamilton Shed members David, Frank, Ian, and John along with members of the Mid Lanark Amateur Radio Society were on hand to help the men put together the electronics kits supplied. Frank Tanner commented "Electronics was something new for me, but I tried it and really enjoyed it and now I'm showing others how to do it".

David and his team will be running a workshop at East Kilbride and Dumfries Men's Sheds and are happy to travel to other Scottish Sheds with four or more members, who wish to build an electronic project under their guidance. Tools, components and building guides will be supplied and usually there is no charge but a donation towards their work would be appreciated.

Sheddiers can visit www.mensshedelectronics.com for more information.



Men's Shed
Electronics Group

The Scottish Men's Shed movement continues to grow

1205

SMSA MEMBERS

78

OPEN SHEDS

44

IN DEVELOPMENT

24

REGIONS

SPOTLIGHT ON BELLSHILL MEN'S SHED



Picture by Eoin Carey kindly supplied by Age Scotland

Bellshill Men's Shed started as a pilot project in a community centre in 2015 when a group of interested men got together and started to talk about their vision for a Shed. Premises were found in DIY Re-Use, a social enterprise company, and the Shed was soon settled in and up and running a few months later.



'The SMSA 'M' logo now has a colour reference, Men's Shed blue', said Bellshill Shed Artist Ian Davidson. We like your thinking!

As word started to get about, their numbers grew and sparked the interest of some women who set up a group to work alongside the Men's Shed.



SMSA Executive Officer, Jason Schroeder, recently visited the Shed.

Disaster struck in January 2017 when the organisation housing them was made insolvent and they had to move back to the Community Centre. This was a huge blow to the group which at that time had 10-15 regular users. Shedder Paul Creechan commented, "we were concerned that the momentum would drop off but to our surprise, the opposite happened. Such was our reputation locally the numbers started to increase."

The Shedders were determined to get themselves up and running again. With the help of North Lanarkshire Council Community Learning Development Officers and the unwavering support of local councillor Robert Burrows, who was quick to recognise the potential of a Men's Shed for the Bellshill area, new premises were found in a council building and they were able to move in 6 months after leaving their old Shed. Paul commented, "we were able to secure a 5-year lease on the Shed which gave us some security and meant we could once again plan for the future".

The new Shed however needed substantial improvement and the group set about securing funding for the work. Grants were received from many sources including the Health & Social Care Consortium in Bellshill, Voluntary Action Fund, Awards for All, Age Scotland and, most recently, the Tesco Bags of Help scheme which have allowed the Shed to make great progress.

Continued on page 4



The men with local Councillor Robert Burrows

spirit kept them going and they now have a great space to call home.

The new Shed has a large workshop, social room and paint room as well as a kitchen which opens onto a great



outdoor space perfect for BBQs. Three shipping containers outside add space and house the separate Ladies Shed, wood store and an enterprising bike repair workshop.

The work wasn't without it's setbacks. Vandals broke in twice causing damage, but the Shedder

The bike repair workshop is a relatively new project for the Shed but one that they are proud of. Paul tells us, "people bring their bike along for a repair (for a small donation) or donate bikes that Shedders do up and give to local families who can't afford a new one. We are lucky to have a lot of green space in our community and thought it would be a great idea to get bikes back on the road. You hear so much about obesity and unhealthy lifestyles that we thought we could do our bit to help improve the health of the local community. Many of our members cycle to our Shed so we also want to encourage more of that".



Pictures by Eoin Carey kindly supplied by Age Scotland

Scottish charity seeks skills and support of Men's Sheds

Remap-Scotland is a Scottish charity that works through local groups of skilled volunteers. They help disabled people achieve independence and a better quality of life by designing and making equipment for their individual needs for **free**. This tailor-made equipment helps people to carry out essential daily tasks without having to ask for help and take part in leisure activities or sports that would otherwise be impossible.

David Reid, the national organiser for Scotland has been utilising the skills in a few of the Scottish Men's Sheds to create tailor made equipment. **Stranraer, East Kilbride, Inverurie and Arbroath Men's Sheds** have already been a part of this success story. Each Shed has its own set of skills and, as these pieces of equipment are diverse, David is inviting other Men's Sheds with possibly different skill sets to get on board.

The aids and/or equipment design purposely utilises common materials and are not over engineered so they are easier to make. Some Men's Sheds are now using 3D printers and this could also open a new world of making and utilising different skills again.

We have included some examples of completed projects and you can see more on their website: www.remap-scotland.org

David says, 'If we don't make it and supply it that person's life won't change. They are unique **one-off pieces** that give a person quality of life again. We are struggling to find skilled people who are willing to help us in the manufacturing and/or creating of life changing one off pieces.'

Together Remap-Scotland and Scottish Men's Sheds can give disabled people the joy of independence. Please contact David on 01466 730705 or 07736 796637 to discuss how your Shed can help.

We look forward to showcasing the life changing creations being made in our Scottish Sheds and remember to send us your pictures of the finished items.



Quick change brushes for a mouth artist



Hoisting a pulley full of clothes is impossible for clients with weak grips or arms. This modified windscreen wiper unit solves the problem.

SMSA — UKMSA..... Confused? by Jason Schroeder

I've had quite a few chats with Shedders recently who voiced some confusion over the possible overlapping role of the Scottish Men's Sheds Association (SMSA) and the UK Men's Sheds Association (UKMSA) and whether they need to be members of both. I thought an article might help clear things up.

A potted history of the evolution of Men's Sheds

I'm sure most Shedders are aware that the Men's Sheds movement had its origins in Australia in the 1990's. Back then Sheds were opening across Australia and as their numbers grew, so did their awareness of each other. From there the idea of a national organisation that could unite Sheds was born and in 2007, the Australian Men's Shed Association (AMSA) was established. It was founded on the principle of sharing information between Sheds and those communities wishing to establish and operate a Men's Shed. It was to act as a central hub for information exchange.

Men's Shed movement arrives in the UK

In the UK we greatly benefited from the experience of AMSA and early on identified a need for a UK version that would guide and support the small number of existing Sheds. In 2013, the UKMSA was founded with Scottish representation from Jo Hobbett in Fife and myself in Aberdeenshire where we were both already involved with Sheds north of the border.

Further Men's Shed Associations established in the UK

The Men's Shed movement quickly gained momentum and Sheds were soon opening all over the UK. I became concerned that the majority of the board was in England which meant that the focus of UKMSA was mainly on England and that UKMSA development funds were not being used nationally. By that time, I was a full time paid Men's Shed Development Officer in Aberdeenshire and felt that the growing number of Scottish Men's Sheds would benefit from our own Scottish association. With different laws and funding criteria to England and Wales it became the obvious choice. With the help and support of Jo Hobbett and other interested individuals, a decision was made to set up the Scottish Men's Sheds Association (SMSA) which became a registered Scottish Charity in October 2014.

The SMSA today

The SMSA has grown in Scotland to a membership of over 1200 individuals and is supported by the Scottish Government and other funders. Over the next three years, we are working in partnership with Glasgow Caledonia University on possibly the world's largest Sheds research project based on Scottish Shed sustainability and men's health which has been funded by the Big Lottery.

It is our hope that all the Men's Shed Associations in the UK will work

towards the same goal and that is to support and develop the Men's Shed Movement in their own country and work together to strengthen the movement across the UK.

The SMSA feels that the name **United Kingdom Men's Sheds Association (UKMSA)** has led to confusion for funders, national press and the population. Unfortunately to date, after discussions between the associations they are not prepared to change the name to the English Men's Sheds Association (EMSA) or anything similar even though the original idea of one UK organisation is no longer operational or effectively viable. In addition, there are now Shed associations in each country across the UK which run independently of each other.

Join Us

We do encourage individuals and Scottish Sheds to join the SMSA as our **sole focus** is on helping the Shed Movement in Scotland to grow and prosper. By increasing our membership, we show the Scottish Government and Scottish organisations the strength of the movement north of the border. This in turn can help influence decisions, policies and laws which affect all of us in Scotland by giving the Scottish Men's Sheds Movement a collective voice which can then be heard by these important sectors.

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



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

You have to apply independently from your Shed if you personally want to be a member of the SMSA. Join for **FREE** by visiting www.scottishmsa.org.uk/join-smsa or fill in our SMSA member form available in most Sheds 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 Scottish Shed news.

WHAT'S ON?

Free training sessions for the Eagle Eyed

The South of Scotland Golden Eagle Project has offered beginners 'Eagle Spotter' sessions or talks to Sheds in the Borders and Dumfries & Galloway. The project aims to reinforce the small isolated population of Golden Eagles in that area and also inspire communities across these regions with this magnificent species.



If your shed is interested in a talk or would like to run a beginner 'Eagle Spotter' session, then please get in touch with Rick Taylor (Scottish Borders) rick@sup.org.uk or Philip Munro (Dumfries & Galloway) philip@sup.org.uk or call 01750 778100. Further information on the project can be found by visiting their [website](https://www.goldeneaglessouthofscotland.co.uk) <https://www.goldeneaglessouthofscotland.co.uk>

Why not invite some bird enthusiasts from Scottish Sheds further north who might be interested in taking part in the training or hearing the talk.

OFFICIAL OPENING



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

Free training on dementia and veterans' awareness

Men's Sheds organisers can sign up for **FREE** training on offer by Age Scotland's Veterans' and Early Stage Dementia projects. At these events, participants will learn:

- ◆ What dementia is, early signs and symptoms, including someone with dementia, and reducing risk of dementia
- ◆ How to identify older veterans and support them to enjoy their rights and entitlements

Various dates and locations are available across Scotland details of which can be found by visiting www.agescotland.org.uk/taster or calling **0333 323 2400**.

Shedders Come-All-Ye by Tim Green, Age Scotland

Hot on the heels of the recent successful Men's Shed Festivals in the Scottish Borders and Dumfries and Galloway, in the last month I've had the pleasure of convening three lively Men's Shed Network meetings in:

- **Fife**, hosted by Kennoway and attended by Glenrothes, Kirkcaldy, St Andrews and Kinghorn Loch Tool Shed.
- **Perth and Kinross**, hosted by Stanley and attended by Kinross, Breadalbane, Perth and Strathmore.
- **Lothians** - hosted by Thistle Shed, and attended by Men of Leith, Roslin, Carrgomm / Craigmillar and Macmerry.

After a tour of the hosts premises, Sheds had the opportunity to share their journey so far including achievements and challenges. All Sheds have growing

membership and are involved in exciting projects, but the majority are in temporary homes. **Access to affordable and appropriate premises remains the hottest issue.** More established Sheds were able to share their solutions-focussed approaches to other hot issues like safe operating procedures and inclusion.

Some Sheds pointed out that local housing developers are a useful source of funding and surplus materials and stock. In any local housing developments try and find out who their community liaison officer is and see how they can help you out.

Any Shedders interested in attending the next network meeting please contact me on **01383 882 151** or **07718 579 291** and I'll send you the details of the next gathering of the Sheds in your area.

Whats On in your local area?

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

HOW DOES GDPR AFFECT MEN'S SHEDS?

You've no doubt had dozens if not hundreds of emails about GDPR. These new regulations affect everyone as they aim to overhaul how member and/or customer data is managed.

GDPR replaces the outdated Data Protection Directive adopted in 1995 when internet use was much lower and online privacy was less of a worry.

With headlines about data breaches and misuse on the rise, data protection is more important than ever to get right. However, GDPR has caused a lot of confusion for us data capturers who aren't quite sure how to approach it. So, we'd like to demystify it.

WHAT IS THE GDPR?

The General Data Protection Regulation (GDPR) imposes strict controls on how all organisations collect and process personal data within the EU and/or the personal data of EU citizens.

The enforcement of the GDPR is overseen by the UK's supervisory authority, the [Information Commissioner's Office](#) (ICO). It ensures that everyone is playing by the rules and that the rights of data subjects – the people whose data is being processed – are correctly protected. As the new legislation of 25 May 2018 is now available, it is best to inform yourselves via the people who oversee it all - ICO.

To help you look at the different sections of GDPR and how it affects your Shed (we are by no means the professionals) we hope the info below will **guide** you in the right direction.

DO YOU NEED TO BECOME PAID UP MEMBERS OF ICO?

We took the test and feel that if you are a charity and don't have CCTV cameras outside your Shed then you don't need to be a paid up registered member. Check for yourself here: <https://ico.org.uk/for-organisations/data-protection-fee/self-assessment/>

DATA YOU CAN HOLD

Collect only the necessary information required for Shed membership for example, contact and emergency contact details, medical information (pacemaker, diabetic), hobbies etc. You probably don't require any more than that. Excess info can be a problem to justify.

KEEP YOUR DATA SECURE

Make sure this data is **locked** away in a cupboard with only a few people having access, e.g., board and supervisor. If it's on a computer, then it must be **password protected** and not on somebody's private

home computer or the Sheds general use computer. If your Shed doesn't have its own 'board/trustee' computer then keep your Shed information on an encrypted external Hard drive and make sure that it's **locked** away.

Part of your Shed membership is keeping your members up to date. So on your member forms have a **section for them to tick how they want to be contacted**.

KEEP YOUR DATA UP TO DATE

A good time to be GDPR compliant by checking that all member data is up to date for those still attending the Shed.

COMMUNICATING WITH MEMBERS

If you make contact by email, ensure that they have the **option of opting out** of receiving them. Mail servers like Mail Chimp have this option and will automatically delete the person off the list otherwise you need to do this manually.

OBTAINING INFORMATION THROUGH YOUR WEBSITE

Privacy Policy

If you have online forms gathering member information, then the **Privacy Policy** must be accessible to read and agree to before they send you their online forms.

Cookie Policy

Most websites use cookies to measure how you use a website. If you have Google analytics on your website, they will gather analytical data for your site performance.

If your website is using Cookies you must have a pop-up box or section letting that person choose and know that cookies are being used and that they consent to this. This is a good starting point and/or may be all you need to be GDPR compliant as every Shed is different.

The Big Walk strides into town having stopped by Men's Sheds along the way

On June 3rd, Angus McLeod, a father of three, arrived back in Dundee after his 250 miles walk from Morecambe in Lancashire to join in with The Big Lunch event waiting for him at Discovery Point in Dundee. Our Chairman Derek Keiller was there to meet him and congratulate him on his magnificent effort.

The walk took him three weeks and he had the opportunity to visit many community projects along the way including Men's Sheds.

Lockerbie and Lochmaben Men's Shed was the first Shed to get a visit from Angus when he dropped by for a chat and a chance to see a Men's Shed in action. Angus and his team were so impressed with the Shed that



Angus outside Carnoustie & Monifeith Men's Shed

when it was broken into a few days after their visit, they set up a crowd funder page to help replace the stolen tools and equipment. A big gesture from the Big Walk team.

Angus was also met along the way by Nick Morris, Secretary of the **Wee County Men's Shed** who joined with other groups in the town to walk a mile with Angus. On twitter he commented, "Wee county, big hearts. Walked a mile with these guys and learned so much about a wonderfully well connected community which can teach the big boys a thing or two."

The final Shed to receive a visit before Angus reached the finishing line was **Carnoustie and Monifeith**.

Well done to those Sheds for hosting Angus and getting your Sheds out there amongst your community.



The Lockerbie Men's Shed Crowdfunder raised the £250 in 14 days with 14 donations—a Big thanks to all those who supported this great result.



Derek, Angus & Oor Wullie

CONGRATULATIONS TO...

Portlethen Men's Shed who had the official opening of their Shed in May.



Chairman Walter with the Lord Lieutenant of Kincardineshire

The following Men's Sheds who achieved Charity Status

- Broughty Ferry & District
- Garnock Valley
- Kirkcaldy & District

New Shed members of the SMSA

- Inverclyde Men's Shed
- Irvine Valley Men's Shed
- Stirling Men's Shed



Springburn Park Men's Shed signed up 17 people at their Open Day in June. Great result!

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

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

FUNDING MATTERS

APPLY FOR FUNDING FOR A SHED LEARNING TRIP

Through our membership with the Scottish Community Alliance, **SMSA Member Sheds and Shed Developing Groups** can once again access funding from the Community Learning Exchange programme 2018/19 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 on their website:

www.scottishcommunityalliance.org.uk/community-learning-exchange

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



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

CAPITAL FUNDING UP TO £150K



Just a quick reminder that the date for applications to be in for the **Garfield Weston Foundation** by the 30th June 2018.

The foundation is offering a one-off capital grant ranging from £30k - £150k 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.

All the information including FAQs and an eligibility quiz can be found on their [website](http://www.anniversary.garfieldweston.org/weston-anniversary-fund): www.anniversary.garfieldweston.org/weston-anniversary-fund

GARNOCK MEN'S SHED NEED YOUR VOTES!



We were delighted to hear that **Garnock Men's Shed** has been shortlisted from over 2,400 entries to go forward to the voting stage of Jewson's Building Better Communities grant award scheme. They are against 10 other entries in the Top Community Prize section so quite an achievement.

Give them your vote and help them get the funds they need for repairs and improvements to their Shed. Register your vote [here](http://www.buildingbettercommunities.co.uk/top-community-prize/top-community-prize-entry-262/) www.buildingbettercommunities.co.uk/top-community-prize/top-community-prize-entry-262/

DEADLINE FOR OUR NEXT EDITION

Our next Edition will be going out mid August.

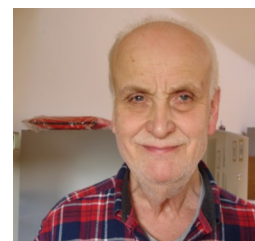
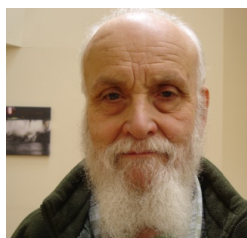
If you would like to contribute an article, picture or event for the next edition please contact Rhona at comms@scottishmsa.org.uk or call 07389061498.

Deadline for submission: **27th July**

CLOSE SHAVE FOR INVERURIE MEN'S SHED

Shedder Leith shaved with off his whiskers and raises £130 for his Shed. A fellow Shedder won the prize donated by the Chairman for guessing closest to the weight of the trimmed beard which was 7g.

Before...



After...

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

HEALTH MATTERS

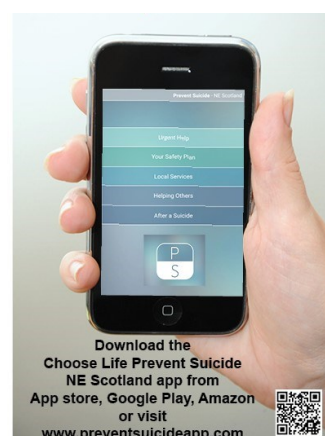
Suicide Prevention App that helps save lives

We were contacted by Nick Pilbeam, Chairman of Westhill Men's Shed, recently to let us know about a well-received suicide prevention talk that had taken place in his Shed. The group giving the talk, Choose Life – Prevent Suicide North East, have developed a life-saving app that has been used by more than 30,000 people since it was launched in March 2016. Nick thought it would be helpful to pass on details of the app to others who may find it useful.

The app allows people to gain knowledge of suicide prevention without having to engage directly with mental health services. It not only gives the user access to a vast range of helpful organisations but allows an individual on their own or with support to write a safety plan which can help them through difficult periods when they are at heightened risk of suicide.

The Prevent Suicide – North East Scotland app is available to download on Apple, Android, Windows Phones and Kindle Fire devices and is supported by the website www.preventsuicideapp.com

For those who do not routinely use devices or access websites and feel low, Samaritans can be contacted 24 hours every day of the year on 116 123, which is free phone number. Alternatively, you can speak with Breathing Space on 0800 838 587. This line is also free and open from 6pm-2am Monday to Thursday and 24 hours at the weekends.



WHAT'S COOKING?



Speedy Pea Soup Serves 4

This is a good recipe to use up peas from your garden or just grab a packet of frozen peas from your local shop which will make it extra super speedy!

INGREDIENTS

- | | |
|---|--|
| 1.2kg peas in the pod , to get 450g shelled peas (or 450g frozen peas) | 750ml water (or veg stock if not using bacon) |
| 4 spring onions | 1 squeeze lemon juice |
| 2 rashers smoked streaky bacon (optional) | Salt and black pepper |
| 30g butter , or 2 tbsp rapeseed oil | Large handful of spinach (optional) |

METHOD

1. Shell peas if using fresh.
2. Chop bacon and spring onions.
3. Melt butter or oil in a pan and add bacon and spring onion. Cook gently over a medium heat until soft but don't brown.
4. Add the peas and stir to coat.
5. Add the water or stock if not using bacon. Gently bring to the boil and then reduce to simmer for 10 mins or so until the peas are soft.
6. Add the spinach and leave to wilt.
7. Puree and serve with garnish of your choice and some crusty bread and butter or oatcakes.

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

WHAT'S BEING MADE IN SHEDS?

Broughty Ferry Men's Shed knows how to be a buddy to the local community.



Broughty Ferry Men's Shed have been supplying recycle stations for their local golf club that separates out the litter and making Buddy Benches for their local primary school. Pupils below seem to be making good use of them.



Viking ship sails into school



Portlethen & District Men's Shed worked with P3 pupils at Hillside Primary school to create this fantastic Viking boat for their class project.

The Shed are very committed to working with local schools. Grahame Norrie pictured here with the teacher and pupils told us "We endeavour to get the kids to make as much of the projects as possible. Other local primary schools would also like help and we've got more opportunities than we have the capability to handle."

It's not all one way though as the school children have also been helping. The school kids are also conducting some tablet training for mature adults and some of the Shed Members are taking part.

Watch the Shedders being interviewed by the school reporters on You Tube: youtu.be/qnkMYgCLqVw

Auchterarder Men's Shed Rocks!

The Shed recently got involved in a bit of a national craze that gets families out and about having fun. Stones were painted and placed on local walks in the town for children to find, photograph, post on Facebook and then hide again.

Shedder John tells us "I cannot believe the pleasure and fun we have had doing this. I am constantly encouraged by the difference that the Men's Shed is making to lives". The happiness and enthusiasm in creating something is a joy to behold.



Each stone has the Shed logo on it

Big Yin drops by

Billy Connolly stopped by **Dalbeattie Men's Shed** as part of filming his new TV series travelling around Scotland.

Is this the most famous visitor to a Shed yet?



Something interesting going on in your Shed, let us know

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

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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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 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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