

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE



Edition 8

SHED PROJECT WITH A GLOBAL REACH



The Tool Shed project at The Ecology Centre (www.theecologycentre.org) in Fife was one of the first Sheds to open in Scotland back in March 2011. Originally working from a shed in a barn, they are now housed beside Kinghorn Loch in a functional and welcoming shed converted from three knocked through shipping containers.

One of the Sheds most successful activities to date has been its tool recycling project which has not only saved hundreds of donated tools from landfill, but supported projects both locally, and across the globe. Lee Brown, Tool Shed Supervisor explains the extent of the programme.

“Over the years we have donated countless refurbished tools to local community groups and schools. We have also put together many kits that benefit communities around the world. So far this year we have provided 9 kits for carpentry and cane furniture making kits for the Global Concerns Trust along with 22 Singer sewing machines and 4 Treadles supporting their project in Malawi (www.globalconcernstrust.org.uk/malawi). We have also recently provided Tools for Self Reliance (www.tfsr.org) with 2 very large group carpentry kits again for Malawi supporting 2 training groups to be

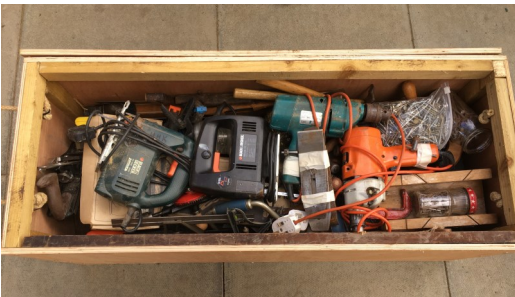
used by the Kauma Youth and Woman’s vocational skills training project.”

Most recently the Shed have been working with Scottish charity - Re-Act, Refugee Action Scotland supporting their refugees project in Samos, Greece by supplying them with a carpentry tool kit. The kit consists of 199 tool items including power tools and consumable items such as screws, nails and sandpaper and was worked on by 15 volunteers who attend the Tool Shed. The box housing all the tools was made by the Tool Shed volunteers who attend dementia friendly tool shed sessions on a Thursday.

The kit will be used to support a carpentry project aimed at the younger refugees with help from older members of the camp who are skilled tradesmen. Janet McCall a volunteer from Re-Act, Refugee Action Scotland said “the carpentry kit donation from cont>

The Ecology Centre's Tool Shed will help immensely with the creation of wood work classes. Giving the refugees a chance to learn and be creative or share their skills will go a long way to alleviating the stress they are forced to endure. We cannot thank them enough for their very generous support."

The Shedders get a great deal of satisfaction from their work as Tool Shed volunteers, David Smith tells us "It's fantastic to be involved in this project knowing that our carpentry kits will make such a difference to the refugees in Samos and other projects around the world".



Example of a kit sent out to refugees or to projects in Africa.

TOOL SHORTAGE

Can you help?

The refurbishment project relies on receiving a constant stream of tool donations and with so many kits being shipped this year, stocks are running low. The Shed is hoping that other Sheds in Fife and the surrounding area might be able to help by collecting donated tools in their own Sheds which can then be collected by them.

If you can help, contact Lee on 01592 891567 or email toolshed@theecologycentre.org. The type of items they are looking for include carpentry, workshop, gardening tools and Singer sewing machines.

Garnock Valley Shed wins Jewson's Building Better Communities prize



Congratulations to Garnock Valley Men's Shed who beat off competition from around the UK to pick up £4,000 from Jewson's Building Better Communities Award Fund. After successfully getting through to the final round, the group had to then compete with other finalists in a public online vote. The Shed sends out their thanks to everyone who voted for them.

Treasurer & Vice Chair David Gardner (middle) & Stewart Beck (right), Development Officer with North Ayrshire Council receive the award from George Clark on behalf of the Shed.

WELCOME DONATION

Oban Men's Shed got a call from their local Jewson's store recently offering them some wood which was very gratefully received by the guys. The amount exceeded their needs so they were able to offer it around to other Sheds in the local area. Might be worth contacting your local Jewson's to see if they have any spare wood or supplies going where you are.



Talking Sheds by Jason Schroeder - SMSA CEO

Are Men's Sheds for men only and is it legal to have single sex organisations in Scotland and the U.K.?



These conversations are being had due to the widespread growth in Men's Sheds. It is my aim here to bring some clarity and direction to these conversations.

Are Men's Sheds for men only?

Men's Sheds are a 100% male health initiative started in Australia in the 1990's to create a different place in our society for **all** men to socialise with a purpose besides the pub and the betting shop. The whole Men's Shed ethos is designed to fit the needs of the male psyche and body. This is why the Men's Shed voluntary grass roots movement is so successful compared to existing places which offer sessions often run in community centres and outside agencies. As there is no ownership of sessional experiences which the male psyche often doesn't like, many men do not find the concept engaging or challenging enough to get a continued buy in.

Men's Sheds by their definition are what it says on the label, are for men. In Scotland unlike Australia where it's designed primarily for retired men we are championing it for any man over the age of eighteen who has **time on his hands**, wants to socialise and do something productive with his time. Men's Sheds are now helping reduce health inequalities across the population. Presently there is an increasing awareness and concern

regarding the burden of illness experienced by men. In our opinion Men's Sheds are about **social male inclusion** and should remain true to its new roots. If the Sheds become mixed gender, then this new 'successful recipe' of healthy male engagement is lost. Both genders benefit from having their own place to be together for some of the time. We are therefore also seeing the emergence in Scotland of what some people are calling, She Sheds – women only Sheds.

Some of the **inherited** stories of our society which still continues today are the Victorian attitudes and behaviours like men must be tough, boys and men don't cry, offensive male banter, it's a dog eat dog world, trust nobody especially men and survive for yourself in your own Kingdom. I see this in the western world work model which most of our over 45 year old Shedders have been a part of. How can we change this unless we have a new place for men to experience a different way of interacting and as the saying goes, if you can see it, you can be it. We need a new place to 'see it' and that new male environment is the Scottish Men's Shed which works on kindness, fun, trust, making new friends, and self-generated projects. A **welcoming place** for all men where they can **relax** in male company, not have their guard up all the time and be a part of something bigger than their own self.

Is it legal in Scotland and the U.K. to have single sex associations?

The answer is yes. Why do we have them and are they beneficial in the 21st Century? In my opinion and over seventeen thousand women's opinions (Scottish Women's Institute's **female only** membership) we see a big value in spending time with our own genders. We speak and share about things which we don't when we are in mixed company. Often by our male nature of not looking after ourselves very well, more prone to risky behaviours and not speaking up for ourselves health wise we haven't had a centralising voice or the inclination to channel our male concerns and issues. For example we are witnessing Men's Shed groups not knowing their rights and don't know how to counter the conversation when some funders and members of their community say they must become mixed gender and be a type of workshop community hub. It is easy to get confused and fearful about equality and inequality issues from the work place environment and the wider world through social media. The SMSA is now providing that clarity and conversation (like this article) and we are encouraged by having these conversations with our members. By giving it a voice there is the opportunity of positive change.

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Continued from page 3

Health professionals, MSP's, Community Engagement Officers, our loved ones and men themselves have been looking for many decades for a such a place. Now we have it and it is steadily growing but also struggling through confusion, fake news and old fears. The SMSA's work is to support and educate by being at the forefront of male health needs and support the independent Scottish Men's Sheds movement thrive well beyond the 21st Century. Men's Sheds are for men to also be able to spend valuable time apart from their loved ones and not having to live in each other's pockets all the time. Many women in Scotland have been enjoying this experience and continue to do so for the past 100 years by being members of the Scottish Women's Institute. **The Scottish Men's Shed is the 21st Century equivalent for Scottish men.** I hope that has given some deeper understanding of what we are working on achieving. It's a complex social 'inherited' knot, but together we can unravel it and create better life experiences for ourselves, our loved ones and our communities.



MEET OUR NEW BOARD MEMBERS

We are pleased to introduce some new trustees of the SMSA board which now stands at eight. Great to have you on board and look forward to working together to strengthen the Men's Shed movement in Scotland.

David Gardener

Garnock Valley Men's Shed



I am currently Vice Chair/ Treasurer of the recently opened Garnock Valley Men's Shed .

Out with the GVMS I am also the Chair of Kilbirnie Medical Practice's Patient Participation Group and I can see the benefits of linking both roles for health improvement.

Prior to retiring in August 2013, I was General Manager of a Commercial Vehicle Dealership in Glasgow and had worked in the industry for 34 years. My career spanning 50 years has covered Trainee Accountancy, Travel Agent and Self-Employed Sales.

Wilson George

Hawick Men's Shed



I have been the Chairman of the Hawick Men's Shed in the Scottish Borders for the past three years.

As well as enjoying time in the Shed, I like to get involved with my local community. I currently serve as a Community Councillor, a role I have held for the last five years. I also am a Trustee for Border Older Peoples Forum, member of stoma group in Hawick, Vice Chairman of the Hawick Burns Club, member of the Borders diabetes steering group and a member of network borders.

Before I retired I worked in textiles for 30yrs and a shop steward for 25yrs.

John Hamilton

Bellshill Men's Shed



I have been a member of Bellshill Men's Shed for about 3 years and currently hold the position of Secretary.

My background is in heavy maintenance fitting and inspection not only here in Scotland, but in South Africa and Holland.

In addition to my involvement with Bellshill Shed, I have also helped Paul Creechan and the Mobile Men's Shed in the South Lanarkshire area by accompanying them on visits to developing Sheds to offer support and advice.

FUNDING OPPORTUNITIES

Apply for a funded place at an Eden Project Community Camp



Applications will soon be open for a 4-day Community Camp offering a mixture of practical and creative activities, workshop sessions and networking opportunities for volunteers and community activists interested in connecting people in their communities.

It's open to people who either have an idea or who already running a community project and have hit a bit of a brick wall and are looking for a morale and confidence boost.

The Community Camps are run by Eden Project Communities and are fully funded thanks to the National Lottery. Travel, accommodation and food is provided.

The next camp is **28th September -1st October** and they are looking for people who:

- Are committed to making a positive difference where they live
- Are 'Do-ers', who have a lot of potential but just need a chance

- Are committed to go on to do something with what they gain at camp by sharing and learning both with others
- Are just starting out on their journey

You can find a lot more information on the content of the camp [here](http://www.edenprojectcommunities.com/community-camps) www.edenprojectcommunities.com/community-camps. Or by viewing [here](https://www.youtube.com/watch?v=DS4SahjNm9w) <https://www.youtube.com/watch?v=DS4SahjNm9w>

If you need help with your application, you can contact the Community Network Developers in Scotland, Katie or Linda, who will have an informal chat with you to support your application

Katie Swann kswann@edenproject.com 07889 321270

Linda Gill lgill@edenproject.com 07850 326382



Bags of Help for local projects

Tesco Bags of Help funding are offering up to £4000 for projects that benefit the community. The funds can be used for a variety of things from improving community buildings and outdoor spaces to buying new equipment, training coaches or volunteers, and hosting community events.

Tesco Bags of Help has funded over 2000 projects in Scotland. The awards are made every two months in Scotland with 225 projects sharing over half a million pounds. Definitely worth looking into!

T&C's:

- Apply anytime for projects that bring benefits to the community
- Apply for capital and revenue funding between £1000 and £4000
- Community groups, schools, charities, local authorities and not for profits can all apply

You can apply online [here](http://bit.ly/bagsofhelp4) <http://bit.ly/bagsofhelp4>. Help with applications is available from one of the team of [Community Enablers](http://bit.ly/scotbagsofhelp) <http://bit.ly/scotbagsofhelp>

Tesco Bags of Help is administered by Groundwork, working in Scotland with greenspace Scotland.

Help your
community
Bloom

£1000, £2000
and £4000
funding for
community
projects

TESCO
Bags of Help



We want to hear about your funding successes so that we can share with others.

Contact: comms@scottishmsa.org.uk or call Jason on 07397 382533

STAND OUT FROM THE CROWD



Carse of Gowrie Men's Shed certainly do that when they are out and about with this eye-catching marquee.

The recently purchased 6x3 tent has had a few outings and according to Chair Derek Keller, is already paying dividends. He said, "at the Glamis Transport Extravaganza in July our members, who were some distance from the marquee, overhead people saying, "oh there's the Men's Shed tent, let's go and have a look at it."

The Shed raised funds for the tent and flags which cost in the region of £2,000. Derek was able to use his graphic design skills to create the artwork himself. The Carse of Gowrie marquee is right at the top end of

the market and certainly packs a punch, but there are cheaper ways out there to get your Shed noticed for examples, gazebos, flags and banners like the Peterhead Shed example shown above - at the SMSA we use www.printdesigns.com for best quality and price. www.printdesigns.com/indoor-displays/banner-stands/budget-roller-banner

Derek bought the Shed marquee from Gala Tents and would recommend the company for the density and robustness of their products. They also have examples of smaller gazebos, banners etc.

If you are interested in getting something similar for your Shed, Derek is happy for you to contact him to discuss providing the artwork which he could supply at a discounted price. Email derek@derekkeiller.co.uk

WELCOME TO OUR NEW SHED MEMBERS:

- Brechin Men's Shed
- Gairloch Men's Shed
- Gorbals Men's Shed
- Paisley Men's Shed
- Scottish Maritime Museum Men's Shed
- Springburn Park Men's Shed
- Craightinny Community Shed
- North Edinburgh Community Shed



Congratulations to :

Elgin & District Men's Shed
for obtaining charity status.



SHEDS OFFICIALLY OPEN THEIR DOORS

Glenrothes Men's Shed



SMSA Chairman Derek Keiller attended the opening of the Glenrothes Shed in July and was very impressed with their achievements. He said "this was the accumulation of 19 months of hard work that went into securing the purchase and conversion of a derelict scout hut into a superb Men's Shed. With the help of Lottery funding of £146,000 (part of an area regeneration fund) and other fundraising efforts, they have been able to put on a new roof, completely rewire, lay new flooring and paint with plans for a new extension. Well done guys".



Online newsletter version click on the picture above for a look around or visit : www.facebook.com/glenrothesmensshed/videos

← Front row: Willie McGregor. Back row Left to right: John McElroy, Mike Mowat, Derek Keiller, Andy Strachan, Mike Kelly and Dave Baldie.



Moffat Men's Shed



David Searle and Frank Tanner from **Hamilton Shed** had a great day out at the Moffat Shed opening. David told us "We got a very warm welcome and left some electronic kits behind for chaps interested to build. The day was a scorcher, well attended and some good crack. It was a most enjoyable visit".

The Shed, which took a year to get off the ground, has a large well-equipped workshop and social area with a back door that leads out onto community allotments. David said, "For me it seemed like heaven and a great place to share some time with others doing things".

Great to hear about Sheds supporting each other.
*Shed Road trip funding available to our SMSA Shed members through the **Scottish Community Alliance**.*

The Scottish Men's Shed movement continues to grow

1250

SMSA MEMBERS

78

OPEN SHEDS

47

IN DEVELOPMENT

24

REGIONS

WHAT'S BEING MADE IN THE SHEDS?

Plant an idea and it just grows and grows



Moffat Men's Shed have been getting very creative with their planters of late thanks to some templates from online craft store [Hobbies](#).

The little pink pig shown here will be joining it's pals in the pen below any day now. Seems he's a popular wee fellow as the Shed have 8 orders lined up including one from our administrator Isobel who has always fancied keeping animals in her garden.

The wee train was made for a local ice cream shop.



10% discount for Men's Sheds at

We have negotiated a 10% discount on orders made at online craft store **Hobbies up to 30th September**. Please enter **SHED10** at the Checkout or **mention** if you are placing a telephone order. To visit the online store click [here](https://www.alwayshobbies.com) <https://www.alwayshobbies.com> and search under plans.

Raffle raised truck load of money for Shed



This car transporter was made by **David Marr at Carse of Gowrie Men's Shed**. The men attended the Glamis Transport Extravaganza and raised £460 by raffling it off.

Plastic Fantastic!

Perth Men's Shed built this plastic bottle shelter with pupils from Perth Grammar School for their reflective garden.



Guitar Man

Stewart Dearden from Mcmerry Men's Shed made this impressive patriotic guitar. Stewart tells us that it is currently tuned like an octave mandolin which works well, especially with folk tunes. He plans to hang on to it for now to play around with different tunings, but could be tempted to part with it if the right offer came in. Any money raised by the sale would go to help booster Shed funds.



What's On in your local area?

Contact: comms@scottishmsa.org.uk

KNOW YOUR PROSTATE

Prostate Cancer is the most common cancer in men in Scotland. Current statistics show that 1 in 2 men in Scotland will be affected by prostate disease at some stage of their lives and 1 in 10 are likely to develop prostate cancer. Scary figures but like most cancers and illnesses, early diagnosis can often lead to more effective treatment and cure.

So, what do you need to do to protect yourself? The answer is simple, **be aware of the symptoms, know when to get help, and know where to get help.**

A great starting point is Prostate Scotland, a charity that has been set up to provide information, advice and help for men and their families. On their website you will find a host of information on what to look out for and what to do if you need help.

If you feel that your Shed would benefit from a talk on Prostate issues, then the charity would be happy to arrange that. If interested, please contact: info@prostatescotland.org.uk or **0131-603 8660** - www.prostatescotland.org.uk

Prostate Aware

Why?

- Nearly 1 in 2 men over 50 will be affected by prostate disease
- Prostate cancer is the most common cancer for men in Scotland
- Only men have a prostate
- 1 in 12 men in Scotland may develop prostate cancer

Signs to look out for

- Needing to urinate often and during the night
- Needing to urinate without much warning
- Difficulty in starting to urinate

If you have any signs then:
Take the self test on www.prostatescotland.org.uk
Make an appointment to see your GP

prostate  **scotland** Check it out.
prostatescotland.org.uk

SYMPTON CHECKER

If you are worried that you may be experiencing some symptoms then you can check out the Prostate Scotland Symptom Checker on their website. It is not intended to give you a diagnosis, but points to the severity of your symptoms and what your next steps may be - www.prostatescotland.org.uk/symptom-checker

WHAT'S COOKING?

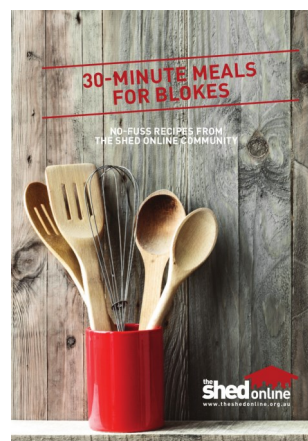
Pork Spare Ribs Serves 2

INGREDIENTS

- PORK CHOPS OR PORK RIBS FOR TWO
- 1 ONION (OPTIONAL)
- 2 POTATOES
- COOKING OIL
- 1 SWEET POTATO
- BBQ OR HOI SIN SAUCE

METHOD

1. Halve the potatoes top to bottom and score across them with a sharp knife. Do the same with the sweet potato. Halve the onion.
2. Place all vegetables in a plastic bag with some cooking oil and swish around.
3. Place your ribs or chops in another plastic bag and add some BBQ sauce or Hoi Sin sauce.
4. Light the BBQ and let it get hot. Take out bag and place the potato on the BBQ and cook for 15 minutes.
5. Add the sweet potato and onion and cook for 15 minutes.
6. Take the meat from the plastic bag and drain it. Add the meat to the BBQ and cook to your liking.



This recipe was taken from **30-Minute Meals for Blokes (Ozzie style)** which is available for download on our website in our **Individual Member resource library**. Membership is FREE for all. Visit our website for details to [Join](#) today.

Visit our website www.scottishmsa.org.uk

BY ROYAL INVITATION



Margaret Rodger and Graham Norrie of Portlethen & District Men's Shed were mixing with royalty when they attend the Queen's Garden Party at Holyrood Palace in July. The Shed received two invitations to the garden party from Mrs Carol Kinghorn the Lord-Lieutenant of Kincardineshire.

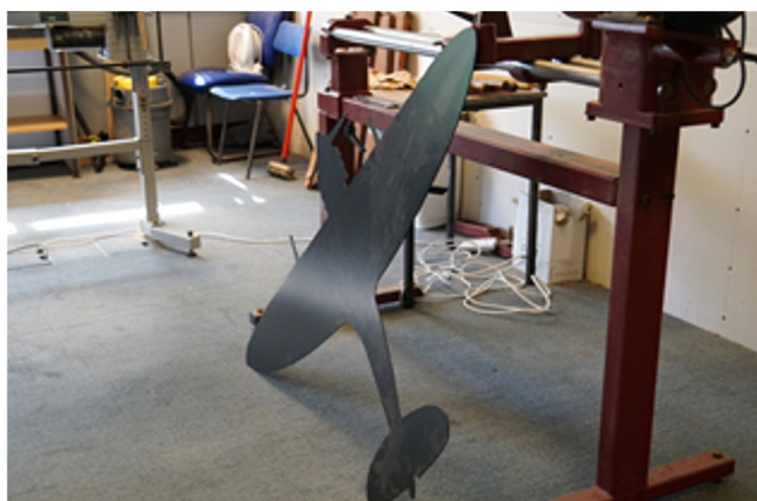
Her Majesty the Queen and HRH Prince Andrew and HRH Prince Edward were in attendance. Margaret was accompanied by her son and Graham by his wife. Graham commented "We enjoyed afternoon tea and we were able to see the royals up close, but we were not introduced to them. It was a wonderful occasion and it was well worth attending."

AGE SCOTLAND UPDATE by Tim Green

Age Scotland has been working with Barrhead, Carse of Gowrie and Macmerry Men's Sheds to produce films celebrating their fifth anniversary and highlighting the difference they are making to Shedders, their families and their local community. These Sheds, along with Westhill and Kinghorn Loch Tool Shed, are the pioneers of the Men's Shed Movement in Scotland and have, channelled through the Scottish Men's Sheds Association, smoothed the path of over a hundred Sheds following on behind them.

We carried out interviews with trustees, Shedders, and Shed supporters, including elected representatives, schools and community organisations. Steve and Andy, the film makers, are busy editing the films so watch this place for a release date.

While we were at **Carse of Gowrie** we captured this photograph of a Spitfire silhouette the Shed had made to help celebrate 100 years of the RAF.



DEADLINE FOR OUR NEXT EDITION

Our next Edition will be going out in December- its Xmas!

If you would like to contribute an article, picture or event for the next edition please contact comms@scottishmsa.org.uk or call 07397 382533

Deadline for submission: November 12th

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:

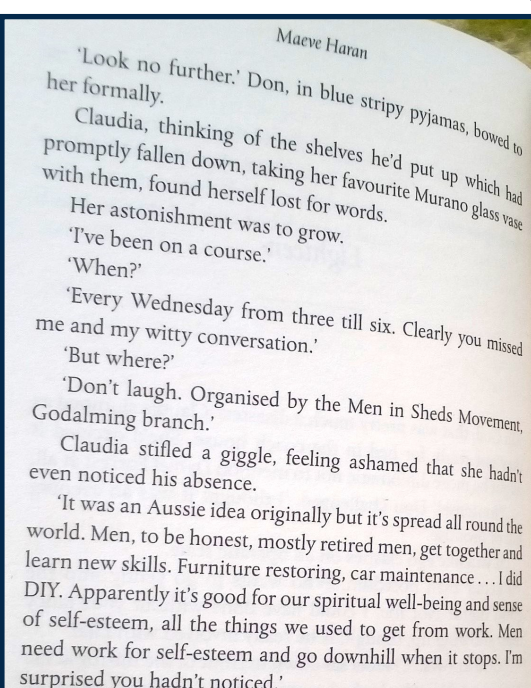
- Full 'Log In' access to our website and all its Shed Guidance and Research download documents.
- Membership pin and welcome pack.
- The Scottish Shedder emailed directly to you, to keep you up to date with all the Scottish Shed news.

Royal Voluntary Services / Asda Foundation 'Start Up' Funding finally comes to an end for our Sheds.

Community Shed spaces in Scotland are celebrating after receiving the last funding from Royal Voluntary Service and the Asda Foundation. Over £84,000 of funding has been awarded to 100 Shed projects since the Grant's launch in 2015.

£3,850 has been awarded in the last round to four Scottish Shed projects: Grant funding was awarded to **Black Isle Men's Shed-Highlands**, **Brechin Men's Shed - Angus**, **Garnock Valley Men's Shed - North Ayrshire** and **Keith and District Men's Shed** in Moray. *Well done for sticking to the challenging application process guys!*

Men's Sheds now referenced by international best selling author!



One of our trustees Archie Peebles and Chairman of the Inverurie Men's Shed passed this on to us and we thought it was well worth including to show how far the Men's Shed movement has come in the U.K. He said, "Imagine my delight while on holiday when my wife told me that the novel she was reading included a reference to a Men's Shed" - **'In a Country Garden' by international best selling author Maeve Haran.**

FREE TOOLS

Recently at **Garvald** they have had an influx of tools donations to their tools workshop, which they don't currently have the space to hold. They have a wide variety of tools from garden tools to carpentry which they could donate to your Shed unrefurbished.

They have quite a lot of tools to find homes for, so for the next few months at least they will be looking to donate to other organisations.

Contact for all inquiries:

Warren Canham
Workshop Leader

454/1 Gorgie Road, Edinburgh,
EH11 2RN

Tel: 0131 516 5114

Email: WarrenCanham@garvaldedinburgh.org.uk



MENZSHED FEATHERSTON



Saying goodbye to our Comms Officer, Rhona. I think you will agree that she has done a fantastic job with our SMSA Newsletter. We are sad to see her move on to help her husband in his business but wish them both all the success with their new venture.

Looks like in Scotland and New Zealand this type of craftsmanship is popular in Men's Sheds or as they call them in NZ—Menz Sheds. Rod from the Featherston Menz Shed is continuing the manufacture of wooden toys for his innumerable grandchildren. They've seen all manner of trucks and breakdown vehicles in the past, but now there's something new coming off the production line in the form of Landrovers.

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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Subscribe to this newsletter

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.



[Scottish Men's Sheds Association](#)
[SMSA Member Sheds Forum](#)



[@ScottishMSA](#)



[Visit our YouTube page](#)

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)