

THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE

SCOTTISH
MEN'S SHEDS
ASSOCIATION

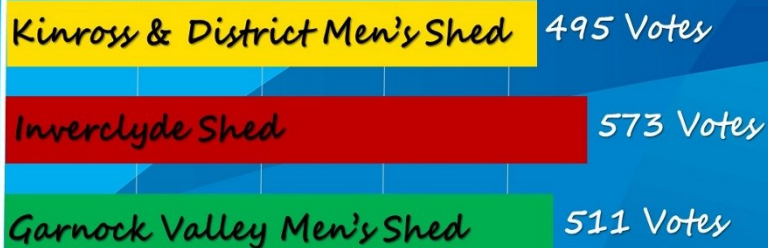
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And the winner is... The Inverclyde Shed!

After 1,579 votes and a very close race—The Inverclyde Shed has been crowned Scottish 'Men's Shed of the Year' 2020. It was neck and neck between our three shortlisted Sheds as the public voted for their winner from Garnock Valley Men's Shed, Inverclyde Shed and Kinross & District Men's Shed.

Read the full story on page 3 and 4.



1,579 Votes

'THE SCOTTISH SHEDDER'

'The Scottish Shedder' promotes news from the Men's Sheds around Scotland to showcase their successes in addition to promoting relevant events, funding opportunities, DIY projects, recipes and much more.

Each issue is sent digitally to over 2,400 Individual Member subscribers.

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions for the next issue by Friday 23rd October 2020. We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland.

Email: comms@scottishmsa.org.uk

TALKING SHEDS

by Jason Schroeder

As I write this on the Autumn Equinox— a perfect balance of day and night—it certainly doesn't feel like it with our Sheds being closed for so long.

After the steep learning curve of trying to coordinate our AGM and Scottish 'Men's Shed of the Year' 2020 Awards within the limitations of online software (and 100 person attendance limitation), you can now watch the video presentations of our speakers on the [SMSA YouTube Channel](#). Guest speaker, [David Young Training](#), shows off his impressive workshop and knowledge around **machine competency and safety** and Martin Watt of [Thyme Accountants](#) gives a demonstration of our new **Shed Member Accounts package** (see page 13)—highlighting what it is all about but also trustees' obligations which are not just the Treasurers.

Naturally, we had our AGM business to do which was concluded efficiently ([read our Annual Report 2019-2020](#)) and then we went on to find out who had won the nail-biting SMSA Scottish 'Men's Shed of the Year' Award 2020. All great achievements and there was not much in it with the public vote in the end. All of them are winners in our eyes and all received great prizes thanks to our partners—[David Young Training](#), [Thyme Accountants](#) and [Axminster Tools & Machinery](#).

Lockdown continues and meeting numbers are getting worse in Scotland (compared to England and Wales) and therefore some Sheds who had planned to open their social side with three members inside and have two-hour sessions—which could get 12 guys meeting over a day—have had to put the brakes on again.

SMSA is continually striving to speak to Ministers in the Scottish Government, and various aspects through the civil servants responsible, to receive that definitive guidance on what is required to open a Shed safely. Do keep watching all our social media channels or if you want to give me a call to discuss, as many have, I am always at the end of the phone.

We are also looking for Sheds in the future to **trial our Pathfindr equipment** which will let you know if you are coming to close to another guy in the Shed. The distance can be adapted (i.e. from 2m to 1m) if the legislation changes.

For those Sheddors not on Zoom and/or computers that are feeling the full impact of isolation and loneliness, SMSA has successfully secured a grant from our partnership with the Scottish Community Alliance that has allowed us to purchase this technology. This will allow men to meet in small numbers in the Shed and feel safer particularly as we move into the shorter days and longer nights. Please [email me](#) for more information and if you would like to trial run these in your Shed.

So as we move into Autumn, I wish you all the very best for the coming season.

Jason Schroeder (SMSA Executive Officer)



127
SMSA SHED
MEMBERS

2,405

SMSA INDIVIDUAL
MEMBERS



131
OPEN SHEDS

55

SHEDS IN
DEVELOPMENT



32
LOCAL AUTHORITY
AREAS



ANNUAL REPORT
& FINANCIAL STATEMENTS

2019-2020

'SHED OF THE YEAR' AWARDS 2020



The Inverclyde Shed has been crowned Scottish 'Men's Shed of the Year' 2020 by the Scottish Men's Sheds Association (SMSA).

It was neck and neck between the three shortlisted Sheds as the public voted online for their champion from

Garnock Valley Men's Shed, The Inverclyde Shed and Kinross & District Men's Shed.

The Inverclyde Shed was announced as the winner—receiving 573 (36%) of the 1,579 total votes—at the SMSA AGM & 'Men's Shed of the Year' Awards 2020 on Wednesday 16th September on Zoom. Garnock Valley Men's Shed came a close second with 511 votes and Kinross & District Men's Shed was the second runner-up with 495.

Chairman of The Inverclyde Shed, Bruce Newlands, said: "We are absolutely delighted to have won this prestigious award and title. This shows a huge vote of confidence that there are really good people doing some really great things here in Inverclyde!

"It was encouraging to hear Aberchirder & District Men's Shed share what they have gained from winning the SMSA award last year and we hope to be just as successful. We plan to really maximise the potential of this opportunity to further promote ourselves in our local community, and with funders, to expand our offering and attract more men along to our Sheds.

"It must be recognised that, although this is a competition, there is absolutely no rivalry with our fellow Men's Sheds. Sheds are all at different stages and sizes and we have only been inspired, encouraged and supported by other Sheds to implement activities and ideas that have worked for them. We invested in a 3D printer after hearing about Kinross & District Men's Shed creating face visors for frontline workers and launched a carving club after hearing about the success of the modellers' club offering at Garnock Valley Men's Shed. This award showcases the great work being carried out by Sheds across Scotland so we can share knowledge and ideas to

"We plan to really maximise the potential of this opportunity to further promote ourselves in our local community, and with funders, to expand our offering and attract more men along to our Sheds."

**Bruce Newlands,
Chairman of Inverclyde Shed**



Pictured above: Bruce Newlands (Chairman of The Inverclyde Shed) delivers fresh produce from their Shore Street community garden to Riverside Gardens for elderly Gourrock residents

improve the health and wellbeing of the men in our communities."

The Inverclyde Shed was formally constituted in January 2018, offering a safe place for men to make friends, learn new skills and mentor others at its first 700sqft Shed at Captain Street in Greenock. The charity has grown from strength to strength and now has a board of six from a cohort of 45 active voting members and almost 500 associate members. The Shed expanded its offering to include a second 700sqft workshop space by mid-2019.

In March 2019, the Shed successfully secured funding from the National Lottery Community Fund to cover rent for the next five years. In August 2019, the Shedders took on the management of a community garden space in Gourrock and were successful with a Community Asset Transfer – 25-year low cost lease request - for a 4,000sqft industrial unit in Greenock in March 2020. Renovation is targeted to start in May 2021 subject to success with the Scottish Government Regeneration Capital Grant Fund.

The charity has also recently been able to open a smaller Shed focused on digital fabrication/distance working in Gourrock (see page 8), partly as a response to Covid-19 but also to attract a younger demographic.

Continued on page 4...



'SHED OF THE YEAR' AWARDS 2020 (Continued)

...continued from page 3

The three finalists each received a cash prize from the SMSA (£500 for the winner, £300 for runner-up and £200 for the second runner-up); free or discounted Machine Competency and Woodwork training day from partner, [David Young Training](#); and a year's free Shed accounts package from [Thyme Accountants](#) to support the Shed Treasurer.

The winner also received the esteemed targe trophy (pictured below right) and a £100 voucher from partner, [Axminster Tools & Machinery](#).

Last year's winner, Aberchirder & District Men's Shed (ADMS), will hand over the esteemed targe trophy at a physically-distanced handover in the near future. ADMS has been busy in lockdown designing and producing a unique base (pictured below right) for the trophy to be passed on to this year's winner (*read all about the base project on page 15*).

ADMS received a surprise at the online awards event when they were shown a replica of the trophy, created by David Young Training, to display in their Shed to forever recognise them as the Awards' inaugural winner.

For more information on The Inverclyde Shed, please visit www.inverclydeshed.co.uk or follow Inverclyde Shed on Facebook, Twitter, Instagram and LinkedIn).

The replica (pictured below left) features Sapele for the main board. The small light dots are Beech and the large dots, centre cone and lasered plaque are all made from Ash. All the other detailing is lasered.



Pictured below (left to right): the replica trophy for 2019 winner, Aberchirder & District Men's Shed (ADMS) created by David Young Training; and the esteemed SMSA 'Men's Shed of the Year' targe on the stand created by ADMS in lockdown.



SHED IN THE SPOTLIGHT



The Scottish Shedder speaks to Keith Johnston of Moffat & District Men's Shed (MDMS) which recently acquired a new larger Shed with a lot of work to do and discuss what they are doing to stay connected with their members during the pandemic.

Keith, new Secretary of MDMS, said: "Three years ago, having become aware of the significant benefits that Men's Sheds can bring to a community, MDMS was formed.

"A derelict shed was found and through sheer graft, blood, sweat and tears (lots of tears!) we transformed it into a working Shed with a workshop and social area for our members.

"Over this time, our membership grew almost tenfold. The quiet crisis of loneliness has always been at the forefront of our thinking and we have been able to witness first-hand the transformative effect on others' feelings of self-belief and self-worth through companionship in a safe, supportive and non-critical environment.

"Since our inception, we have undertaken many tasks in the community through which we have earned great respect and appreciation in the process—and became a valued local resource.

"One of our highlights was being able to help some of our local children, who would otherwise have missed out at Christmas, by supplying them with gifts. Also, at the beginning of the Covid-19 crisis, we were able to supply £500 worth of emergency food to be distributed within our community—and we are immensely proud of our Sheddors for providing this type of support in a time of great need.

"The arrival of Covid-19 however necessitated some deep thinking within our membership. Firstly, social distancing would be nigh impossible in our current small space. Secondly, we became aware that—due to lockdown and shielding—there could potentially be a mental health crisis in our community, particularly amongst the older generation, and that this is a problem that MDMS could help to address.

"So, after much negotiation with Dumfries and Galloway Council, we obtained bigger (and, alas, much more expensive) premises, but we remained undaunted.

"However, half the space in our new Shed was taken up by old, huge industrial freezers (pictured below), so our first little task was removing them!

"Space cleared, 'Operation Exit' was then initiated and—after many exhausting days of loaded convoys through the town—we relocated all our goods and chattels and bid a tearful farewell to what we had lovingly created over the last three years.

Continued on next page...

Pictured below: The new Shed with the industrial freezers



SHED IN THE SPOTLIGHT (Continued)



...continued from previous page

“That done, our days since have been filled with cleaning, painting and crafting a workshop space, a social area and a mezzanine for storage. At the time of writing, we are about halfway through this mammoth, but extremely rewarding, task.

“Our next initiative is creating a 'virtual' Shed, allowing those isolated in our largely rural community to experience the health and wellbeing benefits of membership. Broadband and Zoom have been ordered and we are acquiring the requisite IT equipment to facilitate remote membership.

“Our Shed opening was restricted by our previous landlord to two days a week but now, that we are masters of our own destiny, we can open every day (when it is safe for Sheds to reopen). This will allow us to consider plans to offer our social area to other local charities when not in use by our members.

“Fundraising to meet the increased costs from our new larger Shed is a priority. It is an even more vital part of our activities, and a couple of Shedders are working on this aspect

“Our Shed opening was restricted by our previous landlord to two days a week but now that we are masters of our own destiny, we can open every day.”

with every spare hour they have.”

Keep an eye on Moffat & District Men’s Shed’s Facebook page to check out progress on their new Shed (at Unit 5, The Holm, Moffat, DG10 9JU) at www.facebook.com/Moffat.Mens.Shed

Pictured below: Top row—progress being made at the new Shed. Bottom row—the ‘after’ pictures at the grand socially-distanced reopening (with South Scotland MSP Joan McAlpine cutting the ribbon) on Monday 7th September 2020.



Peebles & District Men's Shed set to 'spend a penny' on toilet refurb

Peebles & District Men's Shed is flushed with success after securing a £10,000 grant from the [National Lottery Community Fund](#) to refurbish the toilets of its Peebles Community Trust Hub on School Brae.

The Scottish Shedder caught up with Malcolm Bruce, Secretary of the Shed to find out more. Malcolm said: "It may not sound like the most exciting news to some but we are absolutely delighted to have been awarded £10,000 from the National Lottery Community Fund to modernise our slightly embarrassing 50-year old toilets.

"Brand new and hygienic loos—with high cleaning/maintenance standards—is an integral part of our Covid-19 reopening strategy so this grant could not have come at a better time.

"This latest award brings our Shed's fundraising to a total of £50,000 in three years and that is something that we are immensely proud of."

The Peebles Community Trust bought over the Ex-Servicemen's Club last year after it ran into financial difficulties. The historic building—which requires a lot of refurbishment—is now being used as the Trust's headquarters and also home to Peebles Men's Shed.

Malcolm added: "Since the Shed's inception three years ago, we have worked tirelessly to find a permanent base for our members and are so pleased to call Peebles Community Hub our home.

"The Shed has received substantial support from [The Robertson Trust](#) to cover our running costs for the next few years.

"Our Shed is proof that if you stick with it and keep applying then funding is out there! We have now had the help and support of four major funders."



Photo credit: Peebleshire News

"The [Scottish Borders Council Locality Bid Fund](#) has also assisted us with the purchase of tools for our wood and metal working workshops.

"Our future reopening plans also include fitting out the workshops with £11,000 worth of machinery and workbenches to enable our members to take on more projects of their choice such as wood turning, repairs, refurbishments and furniture building.

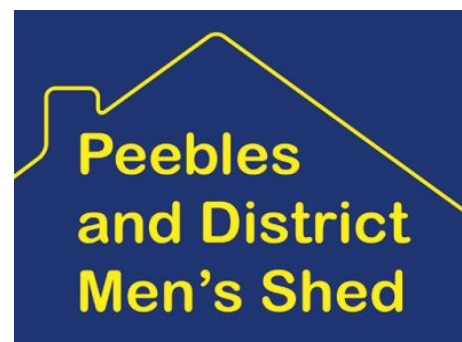
"Our social area will provide a space where members can chat over a cuppa or partake in model building, railway modelling, computing and arts and crafts. We also plan to develop a programme of talks to discuss men's health issues such as the recent talk on prostate cancer.

"When we first began our Shed journey—full of motivation and great ideas—you don't fully realise the amount of sheer hard work that goes into starting, running and sustaining a Men's Shed.

"Our original fundraising target was £20,000 and over time this figure has trebled. The amount of 'jumping through hoops' that we have been through has been extremely time consuming and tough for us all to say the least.

"The rejections from numerous funders—after so much effort put into our funding applications—is extremely disheartening but we just kept going to get to our goal. Our Shed is proof that if you stick with it and keep applying then funding is out there! We have now had the help and support of four major funders."

For more information on Peebles & District Men's Shed, please visit www.peeblesmensshed.co.uk or www.facebook.com/peeblesmensshed



Inverclyde Shed pilots Micro 'Digital Shed'

With Covid-19 restrictions majorly impacting on Shed life as we know it, Inverclyde Shed has come up with a pilot project to safely offer a new activity, attract new members and maximise the reach in its locality.

Bruce Newlands, Chairman of Inverclyde Shed, said: "Inverclyde is Scotland's worst hit area for the virus. We also have an ageing demographic and the underlying health issues of our members to take into consideration when we make any decisions for the Shed going forward.

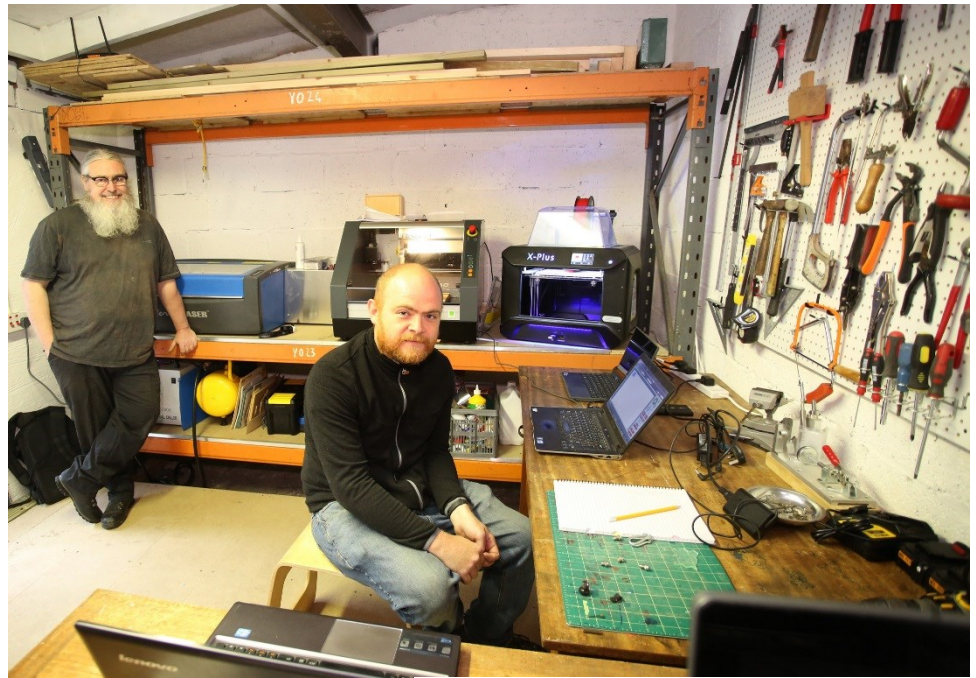
"It became very clear to us in lockdown, that social distancing in our current Greenock Shed space—when we are able to reopen safely—was going to be extremely difficult.

"Our Captain Street Shed covers a number of settlements and was extremely popular and busy prior to lockdown. We are also conscious of the risks posed to our membership to attend from surrounding areas (e.g. travelling on public transport).

"We therefore took the opportunity to pilot a small Digital Shed in Gourock as a way to try and address the social distancing issue for some members but to also develop what we offer to new members at the same time.

"With the support of our local [Inverclyde Community Fund](#), the ongoing support of the [Corra Foundation](#) and our own investment from successfully applying for the Coronavirus Business Support Grant, we took on a small 100sqft lockup unit located off Gourock's main shopping street for one year.

"We commissioned a certified electrical installation and decorated the unit, built workbenches and a new raised floor. We purchased a 3D printer capable of using nylon and carbon fibre. We received a CNC



router, CNC mill and a laser cutter on loan from members and also benefited from a few garage clearout donations of hand tools to support these key digital fabrication tools.

"Local members, Laughlan Smith (pictured below right) and Graeme Anderson, volunteered to run things at the new Digital Shed and all visits are by appointment only.

"We invested in a software license of VCarve which allows members to design projects at home on their own computers and then send these to the Gourock Shed Supervisors for checking before sending to the machines to cut/print.

"The idea here is to minimise physical contact but maximise the potential for collaboration and discussion through online methods before a single appointment visit to pickup the item. We know this isn't for everyone but in the first month since launch, we have already attracted eight new members interested in these technologies and ways of working.

"It is also hoped that the capacity we have put in place will support our main Shed reopening with potentially off-site production of face visors, tool brackets, stencils and other items."

For more information, please visit www.inverclydeshed.co.uk or follow Inverclyde Shed on Facebook, Twitter, Instagram and LinkedIn).



Pictured (top to bottom): inside the Inverclyde Digital Shed in Gourock; a 3D print of a custom dust extraction part for the Shed; and a laser cut pair of designer earrings modelled by Shed Supervisor Laughlan Smith.

Forth Valley Men's Shed secures funding through the Youth and Philanthropy Initiative

Two Wee County pupils have secured a £3,000 boost for Forth Valley Men's Shed (FVMS) as part of the Youth and Philanthropy Initiative (YPI) programme.

The YPI is an active citizenship programme which empowers generational change to make a difference in local communities whilst pupils develop a whole host of skills. Each participating school is responsible for directing a £3,000 grant each year to a local charity through a unique programme of teamwork, research and competition.

Ms Molly Robinson from Tullibody and Ms Aimee Cook from Sauchie (both 15) selected FVMS as their local charity to support through the initiative.

The Lornshill Academy pupils delivered their winning presentation virtually to a judging panel—highlighting how the Shed tackles loneliness and isolation in the

community by providing a space to meet and share hobbies such as woodwork and DIY.



YOUTH AND
PHILANTHROPY
INITIATIVE
SCOTLAND

Molly said: "When we visited the Shed before lockdown, they were so welcoming and they have great facilities. Many people in the area have struggles with mental health, so it is important to have a space like this."

"When we heard that we had won, we were over the moon. There were a lot of schools taking part, so we didn't expect it at all. I hope this will give them a boost and help them with rent and other costs."

Graham Reece, Chairman of Forth Valley Men's Shed, said: "When Molly called and told me they'd won, you could have knocked me down with a feather. It will make a huge difference to the Shed and go towards rent and equipment and ensure we are ready for a safe reopening."

For more information about FVMS, please visit their website at www.forthvalleymensshed.btck.co.uk or follow them on Facebook at www.facebook.com/forthvalleymensshed

Westhill Men's Shed wins Community Spirit Award



The first-ever Men's Shed in Scotland, Westhill Men's Shed, has been announced as one of the winners of the Aberdeenshire Voluntary Community Spirit Awards 2020 following its massive efforts to produce face visors for frontline workers.

The Third Sector Interface, Aberdeenshire Voluntary Action (AVA), realised early on during lockdown that there were exceptional things happening to help vulnerable people in their villages and towns across Aberdeenshire. AVA then created the awards to recognise the exceptional work of volunteers who have supported those in need during the pandemic.

Hundreds of nominations were received in celebration of the community spirit being demonstrated during these unprecedented times.

Over 200 winners were recognised through the awards but also the individuals and groups that were not nominated but still providing selfless support to people at a time of need.

Well done to the members of Westhill Men's Shed for all the support you give to the community - this is exactly what Sheds are all about!

Has your Shed won an award recently? Contact Michelle at comms@scottishmsa.org.uk

SHARE needs you!

Join 290,000 volunteers in this NHS Research Scotland initiative to help people find health research projects relevant to them, but more importantly to help researchers find the right people!

Now more than ever before Scotland needs YOU!

SHARE - the Scottish Health Research Register is a database of volunteers who are interested in assisting and promoting research for improving health.

Anyone who signs up will be contacted and offered opportunities to get involved, and this could be to help with student teaching, help us write guidelines, complete a questionnaire online, design a study or to take part in a clinical investigation for a diseases.

The choices are very different and there is no obligation to take part in anything. You choose if and when you would like to be involved.

In addition to the permission to contact you, we are asking permission to use any leftover blood which remains following a routine clinical test done by your doctors. This is used anonymously for genetic research looking into how medicines work and why they don't work for everyone.

To register for SHARE, please visit www.registerforshare.org



Kinross and District Men's Shed breathes new life into donated bikes for families living in poverty

Scottish 'Men's Shed of the Year' 2020 Runner-up, Kinross and District Men's Shed (KDMS)—in partnership with two other charities—has been involved in a bike repair scheme to donate bikes to children and families living in poverty in Kinross-shire.

Due to the Shed's local reputation for being able to fix a range of pre-loved bicycles and scooters, KDMS was approached to get involved in the joint partnership with [Active Schools Kinross](#) and [Broke Not Broken](#).

KDMS Chairman, David Conner, said: "Our team—Tom Wilson, Dave Munro, Dave Fowler and Hugh McPherson—is fantastic at renovating, restoring and repairing second-hand bikes and they jumped at the chance to get going with this project to help local people that otherwise could not afford a bicycle.

"Tom, 88, quickly got cracking organising it all with the local charities and put a system in place for Sheddies to work on the bikes whilst remaining safe during the pandemic. We have fixed up 25 bikes so far and have another 15 that we are currently restoring.

"It makes it all worthwhile to know that the families that receive the end product are thoroughly delighted with them. The interest in cycling has rapidly increased so much since the pandemic hit and more people are taking up this form of exercise to stay healthy and improve their body's immune system. We are fortunate to be located near the beautiful Loch Leven—a 13-mile path around the loch with stunning views— which is absolutely ideal for cycling."

Asked if KDMS will continue to renovate bikes for its community, David replied: "Yes, of course. As long as there are bikes being donated that can be repaired, refurbished and re-used and there is demand from families then we will continue to be involved in this worthwhile project."

For more information on KDMS, please visit www.facebook.com/MSKinross

See the Health Matters section on page 20 for more information on the health benefits of cycling.



Kinross and District Men's Shed supplies over 4,500 face visors to frontline workers

Kinross and District Men's Shed would like to take this opportunity to thank everyone who contributed towards the production and cost of face visors during the pandemic.

David Conner, Chairman said: "Without the combined effort of every single person involved in meeting the rising demand for personal protective equipment, when it was most needed, we could never have produced and supplied over 4,500 face visors for our frontline workers and those who needed the protection from Covid-19.

"KDMS is now no longer manufacturing visors as there is no longer a demand for them due to PPE now being supplied through the proper channels.

"Thank you for your wonderful support and hopefully we will never need to do this again."



Pedal power raises vital funds for Stonehaven & District Men's Shed

With Covid-19 curtailing many of our Shed's fundraising plans for 2020, one Trustee of Stonehaven & District Men's Shed (SDMS) has been busy refurbishing donated bicycles to get back on track.

SDMS Trustee, Peter Cooper (pictured right), was a time-served bicycle mechanic who spent his whole working life preparing new bikes and safely refurbishing used ones. He has been working from home repairing donated bikes ready to sell in the local community.

Bill Allan, Chairman of SDMS, said: "Peter has been ably assisted by our Treasurer, Tom Hannan, who acquires the donated cycles and sells them on after Peter's work. Together they have raised around £2,000 to help meet the much-needed operational revenue of the Shed during lockdown. If anyone has unwanted bicycles or bicycle spares, please consider donating them to the Shed."

For more information from SDMS, visit www.stonehavenmensshed.co.uk or follow them on Facebook.



Kirkcaldy & District Men's Shed suffers second break in but "won't give up" search for new home

Kirkcaldy & District Men's Shed (KDMS) has been targeted by callous thieves for a second time.

The break in on the 19th August 2020 at the Ravenscraig Park base resulted in the Shed losing almost all of its tools and equipment estimated at a value of £10,000.

The search for a new secure home has been on for two years however the Shed is still in discussions with its local Council.

Secretary of KDMS, Margaret Smith, said: "Our three Sheds were broken into two years ago and this recent theft has left us at breaking point. Fingerprints have been taken so we hope that they catch the person(s) responsible.

"We are devastated at losing virtually all of our tools and machinery yet again with the exception of a band saw and lathe. It took years to build up this amount of tools and our members all agree that we will not be putting any more equipment into our current Sheds.

"We are still determined not to give up searching for a new building to call home! We have been in

discussions with Fife Council to try to find a secure building to meet our needs but it has been a slow process—made even slower with the pandemic.

"We have potential new members contacting us asking about joining the Shed—but what can they come to now? Our position at the moment is that if the Council do not find us new premises, the group is at risk of closure but we are doing everything in our power to prevent that from happening."

Donald Grant, Fife Council Community Manager said: "We will continue to work with Kirkcaldy & District Men's Shed in its endeavour to find new premises. We realise that it may be frustrating for the group as several buildings that it has expressed interest in have not been suitable.

"It is unfortunate that the search is taking so long but we will continue to communicate with the group to identify a suitable property."

Margaret added: "We have viewed one building which was far too small and was offered a viewing at another one— but neither had disabled access and we were therefore forced to decline.

"Two weeks ago we viewed another building which has been empty for many years and would be ideal for us! We expressed our interest to the Council and now need to proceed in acquiring a lease. Watch this space!"

For more information about KDMS, please visit their Facebook page at www.facebook.com/dysartboys



It's a close shave for Sanday Men's Shed!

A fundraising event by two islanders of Sanday—the largest of Orkney's Outer North Isles—has spurred the Shedders of Sanday Men's Shed on to reconnect and get Shedding again!

Chairman of Sanday Men's Shed, John Shiner, said: "Due to Covid-19 restrictions, our members have obviously not met. We have kept in touch via email but, unfortunately, that is about it.

"When two local ladies offered to shave their heads to raise funds for the Shed—we were absolutely thrilled! This unexpected support has truly motivated us again to start preparing for reopening and raising vital funds for the Sheds and our activities."

On Saturday 22nd August 2020, Jackie Sinclair and Tracy Ranger (pictured right) braved the shave for the Shed with John making the first 'no going back now' cut.

At the time of writing, the fundraiser had smashed its £500 online target and had raised a staggering £1,208 for the Shed (not including the donations received on the day). There is still time to donate to this worthy cause at www.justgiving.com/crowdfunding/sandaymenshed

John added: "Our Shed was not even through its first year when Covid-19 hit. We had set up the Shed and gained 20 members without even really doing a formal recruitment drive.

"We are immensely proud of the skills and talents of our members including carpentry, building, welding, engineering and gardening to name but a few. Our Shed recently completed our first project in the community—building a ramp for Tracy's husband, Peter, who was unable to get out and about in his wheelchair due to both exits at his home having steps.

"The support we have had from resident islanders has been overwhelming. We are very much looking forward to getting back in the Shed, when the time comes, and welcoming new and existing members."

For more information on Sanday Men's Shed, please contact John at johnonsanday@outlook.com

Pictured (top to bottom) Jackie (on the left) and Tracy before and after braving the shave to raise funds for the Shed and the ramp built for resident islander, Peter Ranger



SHED LIFE



THE SCOTTISH MEN'S SHEDS ASSOCIATION HAS TEAMED UP WITH THYME ACCOUNTANTS TO PROVIDE OUR 'SHED' MEMBERS WITH A TAILORED ACCOUNTS PACKAGE. WITH 40+ YEARS OF COMBINED EXPERIENCE, THEY CAN PROVIDE YOUR SHED WITH PRO-ACTIVE, FINANCIAL PEACE OF MIND.

MEN'S SHED ACCOUNTS PACKAGE



OUR SCOTTISH MEN'S SHED ACCOUNTS PACKAGE INCLUDES:

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A PERSONAL STORY

The Scottish Shedder speaks to Shedder Stuart Paton, 37, from Kilbirnie—in the Garnock Valley area of North Ayrshire—about how becoming a member of his local Shed helped turn his life around after being on the brink of suicide.

Stuart said: “I am very open about the fact that I have made several attempts to end my life. I have suffered with mental illness and behavioural problems my whole life which stems from a difficult birth where I was starved of oxygen.

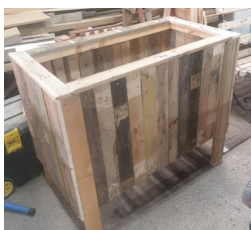
“One evening, I was in a very dark place and made an attempt—thankfully, a failed one—to end my life. That night, I reached out to a few people including a local Councillor. Councillor Reid turned up at my house to support me and urged me to go along to my local Men’s Shed. He has no idea how much he helped me in that moment.

“I have never held down a job for more than two years, I joined the military when I was 16 but I was on a path of self destruction. Employers never understood me or what I was going through so I have never found my niche in society—until I found the Men’s Shed.

“It took a lot of courage for me to go along to the Shed for the first time. I thought—what do I have to lose? Let’s give it a bash.

“So, I went along to my local Shed—Garnock Valley Men’s Shed (GVMS). I was shown around the building by Trustee, Fred Brown and found it very friendly and welcoming—with a diverse range of people of all ages and a wealth of activities on offer—I signed on the dotted line as a member.

“I used to work in school maintenance and have a background in woodwork and it wasn’t long before I was working on my first project—making a raised planter for a local disabled lady (pictured right).



“Another project was to build a rabbit hutch. I proudly built—what I thought was—a solid, indestructible hutch but it turned out to be way too big that the other Sheddors suggested it be promoted as a chicken coop! I will never live that one down but am delighted to say it made a good income for the Shed. “Over the years, I have tried so many

different things to help myself, but the only thing that has really worked for me is the Men’s Shed. Before the Shed, I was just procrastinating in the house. The Shed got me out of the house, two days a week, but I have also made friends for life.

“I have been involved in a lot of the Shed activities including a six-week Landscape Gardening programme at a local Community Garden and the monthly ‘Muck-In’ event but have also found a real passion for the model building—thanks to the mentoring from Fred Brown.

“In lockdown, Fred has been there for the Sheddors and has made sure the Garnock Valley Men’s Shed Modeller’s Club members have stayed connected (see page 14 of the [July issue of The Scottish Shedder](#)) by supplying them with model kits to keep them entertained at home. Fred has also provided regular live feed tutorials through his Facebook page and a group chat on Messenger.

“I have been struggling with my latest tornado model and it has certainly been a learning curve. I have realised that painting a model with a brush certainly isn’t as good as the airbrush kit we have in the Shed!

“The Shed and my newfound Shedder friends have definitely saved my life without a doubt. I have found real, meaningful friendship and these men don’t realise how much they have done for me. I can’t say enough good things about the Shed.”

What are Stuart’s plans for the future? Well, Stuart has a positive outlook on life and is not only planning a sponsored cycle—covering Mull of Kintyre, a visit to Oban Men’s Shed and Fort William—but he is also writing a self-help book with the working title, ‘My Struggle’.

Stuart said: “The book will cover my experiences growing up and the social barriers I have had to overcome and of course, life at the Shed. If it can help just one person, going through what I have, then I will have done what I set out to do.”

For more information on GVMS (Scottish ‘Men’s Shed of the Year’ Runner-up 2020) and the Modellers Club, please visit www.facebook.com/GVMShed and www.facebook.com/GVMS.Modellers



Pictured (top to bottom): Stuart with Fred Brown; volunteering at the Community Garden; the infamous Chicken Coop; and Stuart in the Shed

SHED PROJECT



The making of the Scottish 'Men's Shed of the Year' Targe Base

by James Paterson of Aberchirder & District Men's Shed



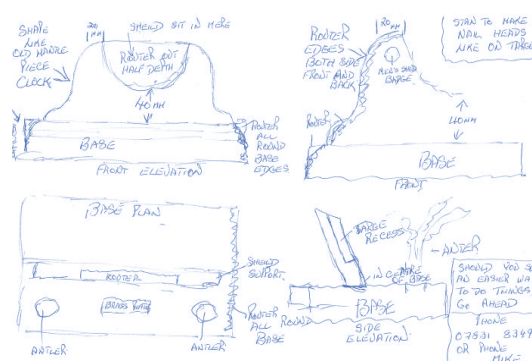
It was a great honour to be crowned inaugural winners of the Scottish 'Men's Shed of the Year' Targe in 2019. Over the last year, it has brought us a great amount of recognition.

Aberchirder & District Men's Shed (ADMS) was tasked with making a display base to hold the

Targe. Back at the Shed there was a lot of debate as to how it should look. A few designs were presented—some modern and some older designs and, over time, it was decided to keep it simple and match it to the period the Targe would have been in action.

As I had suggested that the base be in keeping with the time period—taking pride in the Chief of the Clans Targe—I had already talked myself into making it. A sketch of what I had in mind was presented to the Shed for approval and it was agreed. The sketch (shown right) was then taken along to SMSA HQ to keep them in loop. When it was complete, it was not shown to anyone until just a few days before the SMSA AGM and the 'Shed of the Year' Awards 2020 event on the 16th September.

We had some American White Oak in our Shed store and in measuring up, there was just enough for the base. The base was French polished for the finish as was the support section. The support section was recessed with a router for the Targe to sit securely inside. The Oak support section was drilled and screwed up from bottom of the base after it had been recessed. This is made so that it can be taken apart if required at any time.



Thinking again about what would have been available at that time—we decided to go with antlers for the main backing to hold the Targe. The two large antlers were drilled up the centre and a thread rod inserted then epoxied. Holes were drilled in support and the antlers were bolted in place.

Another small antler was used as a third support—situated in the middle at the back with a small chain—to hold the Targe firmly in place. The chain can then simply be unhitched to remove the Targe as and when required. All pieces were designed and selected to be easily removed and replaced if anything should happen to them over time.

Two smaller antlers were then selected to display the Scottish Men's Sheds Association (SMSA) badges—made slightly larger to show a border edge to the pin. The badges were epoxied into place on top, a screw was inserted into the bottom of the antlers and a hole drilled into the wood and also filled with epoxy. The screw was then inserted into the drilled hole. Rubber feet were installed on the bottom so as not to mark tables etc.

The handles and nails were made by our local Blacksmith, Stanley. This again, thinking of the time period as the Blacksmith would have been a very important member of the community—like the Men's Sheds of today. Two types of nails were made—large and small ones. The back panel for the holding of the antlers was created by Stan also. There is not much Stan doesn't know about metals! He has worked with metal all his life and his father owned the local smiddy in our village many years ago. Should you come face to face with the base you can see his work for yourself!

ADMS is honoured to have been involved in the making of the base, along with Stan, which will be passed on to winning Sheds for generations to come.

Keith & District Men's Shed Project

A new lease of life for 100-year old baker's cart

A group of Shedders from Keith and District Men's Shed have unveiled the results of their lockdown project to restore a 100-year-old local baker's cart.

George Shand, Gordon McWilliam, Davie Bruce, Denis Reid and Jake Kelly all worked from the safety of their own Sheds to restore the three-wheeled cart which belonged to former owner, Lewis McPherson, of the bakery (now Strathisla Bakery) on Fife Keith's Regent Street in the 1920s.

The cart was donated to the Shed by a local man, Ian Stevenson, who had considered throwing it away due to its dilapidated condition. The three-wheeled cart – a hurly – was a 1920s innovation which was taken round schools at playtimes to sell pieces or bags of sweets.

The Shedders saw great potential in the cart but the restoration project was also a great way for them to save a piece of local history whilst keeping busy in lockdown. Denis and the team got to work—using their skills in metalwork, painting and woodwork—and tried to retain and restore as many of the original features as possible.

Denis said: "It has taken a long time to see this project come to fruition with the cart going back and forth to several members' homes. The wooden body of the cart remained but it was in poor condition. We did some joinery work to replace some rotten parts and, thankfully, managed to keep the main body of the cart.

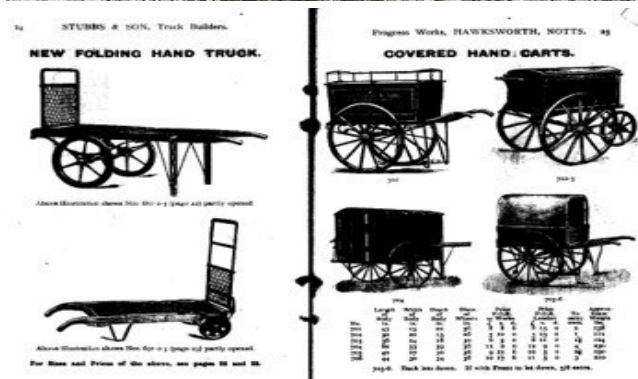
"We got in touch with the Progress Works Company that made the cart in the 1920s but they could not find any records of the purchase of the cart (due to the timescale) but helped us greatly with pictures of other carts (pictured below right) that had been made around that time.

"The cart is now complete but we are having problems trying to source some old baker's trays that will fit inside. We acquired one from a local baker and I am also currently trying to antique a new one that one of our lads made."

Keith and District Men's Shed, which has around 60 members, has had planning permission in place since November 2019 for a base at Seafeld Park. However, the Shed has been unable to progress with signing its lease due to the pandemic.

Denis said: "Hopefully we can start to meet as a group before too long. In the meantime, we continue to carry out the work that we can do safely in our local community and our Shed music group meets up in a member's garden from time to time."

For more information, check out KDMS's website at <https://kdmenshed.wixsite.com/keithms> or follow them on Facebook at www.facebook.com/keithmenshed





Why not grab a cuppa and take part in our fun Shed Quiz!

Compiled by A Shedder, Three Towns Men's Shed

Do you know your woods?

1. Acer
2. Gin tree?
3. Flog
4. Ivy's companion?
5. Spice
6. Sounds like it's not me!
7. One rook is partly backward
8. Cigarette residue
9. ALMOSYX
10. By oneself, looses ego and turns black
11. Take it around to produce this
12. Diminutive figure
13. Six stream hesitantly!
14. Pillow stuffing
15. Ramble lecture loses one hundred and is rearranged for wet weather (2 words)
16. All right, the definite article is included!
17. Charms iona mixes makes one!
18. Take out a short advertisement to mix vodka with zeal
19. Drugs fail when combined and nothing is added (2 words)
20. Unwind this, please
21. This trembles with arrows (2 words)
22. Famous posh hotel's 'salad' ingredient
23. Owe doors here
24. Up a sticky situation!?
25. The chapel arches show this
26. Sounds like you are out of favour with the masses!

There are 26 questions!

Each answer starts with a different letter of the alphabet (A to Z) but to challenge you even more—the answers are *NOT* in alphabetical order!

The majority of answers are one word answers with the exception of the ones marked (2 words).

Good luck!

Need a haun?

Click here to check your answers!

What's Cooking?

With a wee nip in the air, we call soup weather! Try this traditional Cullen Skink teamed with creamy caramelised leeks.

Ingredients

- 500g skinless smoked haddock
- 750ml fish stock or water
- 1 bay leaf
- 3 leeks
- 2 onions
- 2 garlic cloves
- 75g butter
- 450g potatoes
- 300ml double cream
- ½ bunch of chives, chopped

Method

- In a large pan, pour fish stock over the haddock (just enough to cover it). Add the bay leaf and bring to the boil. Once bubbling, turn down the heat, simmer for five minutes then remove from the hob and leave to cool
- Wash and finely chop the leeks, onions and garlic then sauté in a pan with butter for 15 minutes
- Peel the potatoes, cut into 2-3cm pieces and add to the pan with the leeks. Lift the haddock out of its poaching stock and set aside. Pour the stock over the potatoes and bring back to the boil. Cook for a further 10 minutes, then, using a potato masher, mash the potato pieces lightly to thicken the soup
- Flake in the haddock, stir in the cream and season. Bring back to the boil, then serve sprinkled with the chopped chives

Recipe courtesy of [The Telegraph](#)

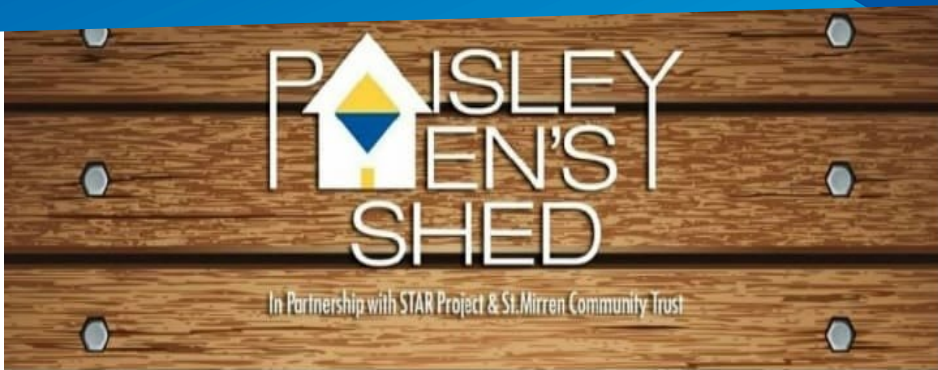
Scottish Cullen Skink

🕒 Prep: 15 mins Cooking: 40 mins

Serves 6



SHED SHENANIGANS



When you are stuck at home with your wife or alone
And you are wishing that this virus was gone
As you long for the time with your pals at the Shed
And each day seems harder to get out of bed

Well give me back my pals and the smell of sawn wood
That earthy smell that lingers so and does you lots of good
The noise of the saw cuts the incisive whirl of the drill
The hammer raps continuously that make the Shed trill

All of this I miss so much the chat and the craic
I cannot wait for this to end and for us to go back
Go back to our normal ways and happy days
And that the laugh that remains, in your heart always

So brothers all from Sheds, John O Groats to Dover
It's coming soon don't despair this nightmare will soon be over
So until then, heads up, keep your eyes on the weather
For the day will come soon when we all get back together



For more information about Paisley Men's Shed, please visit:
www.facebook.com/PMensShed

SHED NETWORK MEETINGS

Return of the Shedi: to the Shed getting back

I took part in a Dumfries and Galloway Men’s Shed Network Zoom Meeting and also facilitated Zoom meetings—along with Jason Schroeder (SMSA’s Executive Officer)—with the Ayrshire, Fife, Lothians, Perth and Kinross and Highlands and Islands Men’s Shed Networks.

We discussed how Sheds had experienced lockdown and their plans to return to their Sheds or shed-like activity. To ensure we had the correct picture across the whole of Scotland, we also met virtually with Angus, Aberdeen City & Aberdeenshire, Lanarkshire, Glasgow Area and Scottish Borders Sheds.

These meetings culminated in a National Shed Network Zoom meeting where we shared the information we had collected across the Networks and Shed groupings. To view my presentation, [please click here](#).

Evaluations were very positive with Shedders saying they would like to meet again soon. The existing Shed Networks will return to their regular cycle of meetings using Zoom.

If you would like a virtual Shed meeting (through Zoom) in your area, please let me know and I’ll organise it.

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HEALTH MATTERS: Pedal your way to better health

Cycling is one of the easiest ways to fit exercise into your daily routine and saves you money, gets you fit and helps the environment.

Cycling is easier on your joints than running or other high-impact aerobic activities. It helps you get into shape and build your cardiovascular fitness. Exercising for at least 150 minutes every week helps you follow the UK Chief Medical Officers Guidelines for Physical Activity.

Cycling fits into daily routines easier than many other sport activities and if used as a mode of transport, it saves time in your day. Cycling to work is linked with a 45% lower risk of developing cancer and a 46% lower risk of cardiovascular disease (CVD), compared to commuting by car or public transport.

Cycling is good for your lifespan

Cycling is a great way to increase your longevity, as cycling has regularly been associated with increased 'life-years', even when adjusted for risks of injury through cycling.

A study of 30,640 people living in Copenhagen showed that people who did not cycle to work were 39% more likely to die during the 15-year study. Cycling is more likely to benefit your health rather than damage it. People who cycle regularly in mid-adulthood typically enjoy a level of fitness equivalent to someone 10 years younger and their life expectancy is two years above the average. Placing the onus solely on cyclists to protect themselves from injury does not tackle the risks they face at source.

Obesity and weight control

Cycling is a good way to control or reduce weight, as it raises your metabolic rate, builds muscle and burns body fat. If you're trying to lose weight, cycling must be combined with a healthy diet. Cycling is a comfortable form of exercise and you can change the time and intensity, it can be built up slowly and varied to suit you. Steady cycling burns about 300 calories per hour. If you cycle twice a day, the calories burnt soon add up. Half-hour bike ride every day will burn nearly five kilograms of fat over a year. Cycling has the added benefit of ramping up your metabolism, even after the ride is over.

Cardiovascular disease and cycling

Cardiovascular diseases include stroke, high blood pressure and heart attack. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of cardiovascular diseases. Cycling strengthens your heart muscles, lowers resting pulse and reduces blood fat levels.

Cancer and cycling

Many researchers have studied the relationship between exercise and cancer, especially colon and breast cancer. Research has shown that if you cycle, the chance of bowel cancer is

reduced. There is no evidence to suggest prostate cancer is linked to cycling.

Diabetes and cycling

The rate of type II maturity onset diabetes is dramatically increasing and is a serious public health concern. Large-scale research in Finland found that people who cycled for more than 30 minutes per day had a 40% lower risk of developing diabetes.

Bone injuries, arthritis and cycling

Cycling improves strength, balance and coordination. It may also help to prevent falls and fractures. Riding a bike is an ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints. Around 70% of body weight goes through the saddle and handlebars instead of through your ankles. The bigger you are, the more important that will be. Cycling does not specifically help osteoporosis (bone-thinning disease) because it is not a weight-bearing exercise. Spending so much time in the saddle can lead to a loss of sensation in the genitals and there have been suggestions of lower sperm counts in elite male cyclists.

Mental illness and cycling

Mental health conditions such as depression, stress and anxiety can be reduced by regular bike riding due to the exercise itself producing endorphins and because of the enjoyment that riding a bike can bring.

eBikes

eBikes despite their expense are becoming very popular. eBikes have been shown to extend the distances people can cycle and, with more widespread use, at least 20% of people in the UK could cycle to work (or their Shed). Most commutes in the UK are less than 5 miles.

With the radical changes in active travel transport around the pandemic it would be good to encourage more eBikes and it would be a great policy action if the government could reduce taxes on eBikes and eScooters.

New developments in active travel as result of the pandemic will facilitate many more people to travel by bicycle. New users may well be choosing eBikes to travel longer distances to work or their shed and arrive there less exhausted and sweaty.

Cycling, Active Travel and the Pandemic

Late in July 2020, Boris Johnson officially launched the "cycling and walking revolution" with a £2 billion investment to be spent on cycle lanes, cycling lessons for children and adults and plans to strengthen the Highway Code to protect cyclists and pedestrians.

The pandemic has caused a real requirement for urgent extra space to facilitate safe social distancing for

cycling and walking. We have all seen schemes such as "Places for People" introduced with good and bad effects. There are many questions. Will this new money influx be sustained post lockdown? How much will come to Scotland? How will these changes become persistent and incorporated into useful cycling and walking infrastructure?

Quieter roads have said to have increased cycling by 70% in some places in Scotland during the early stages of the pandemic. The government has had to respond to a seismic change in demand for active travel as the capacity of public transport has been said to be reduced to 10% of its pre-pandemic capacity due to social distancing requirement.

If government does not respond long-term, our cities will suffer from more intolerable gridlock and the inevitable return of unbearable pollution levels. The air pollution associated with the pandemic is worrisome as it's been intimated by some academics that coronavirus is attached to microparticles of pollution. It is for this reason that the pandemic may have been worse in cities. The current lower levels of pollution and improved air quality are as unprecedented as the pandemic. As lockdown eases, pollution levels are beginning to rise.

For active travel, the new statutory guidance states that where public transport use is high, local authorities should reallocate road space for walking and cycling. This is a new unique situation in the UK. For regular and eBike users, cycling will be facilitated by pop-up wand/coned cycle routes, restriction of through-traffic near schools, bus and bike-only corridors, many new bus gates in cities and more new 20mph zones. Existing shovel ready local council active travel and cycling plans should be accelerated. Unfortunately some of these schemes have not met with widespread public approval.

However, all new transport and planning decisions should be 'health checked' to maximise the potential for positive impacts on active travel and minimise negative impacts.

Tackling hostile road conditions is a priority because they put existing cyclists at risk and deter many others including children and young people. We should not let the status quo drift back to pre-pandemic levels once traffic resumes.

Did you travel to your Shed by bicycle? Could you consider cycling to your Shed in future? What would you need to make cycling to your Shed possible?

Chris Oliver
Secretary of the Scottish
Men's Shed Association
Twitter: [@CyclingSurgeon](https://twitter.com/CyclingSurgeon)

FUNDING OPPORTUNITIES



The Sir Jules Thorn Charitable Trust - The Ann Rylands Small Donations programme

makes grants of up to £1,500 to support smaller charities across the UK providing support for older people, people with disabilities or others facing difficulties in their lives—towards core costs or to support a specific project.

Please note: The Trust normally receives more appeals than it can support and this has been exacerbated by Covid-19. Given this unprecedented demand, it may take longer than usual to respond to applications but, wherever possible, they aim to let applicants know the outcome within a month.

For more information and/or to apply, please visit <https://julesthorntrust.org.uk/programmes/ann-rylands-small-donations>



Switchaid is open for applications from Scottish Charitable Incorporated

Organisations (SCIOs) for funding towards Covid-19 Technology. SCIOs can apply for mobile phones, tablets, sim contracts, Thermal Screening Cameras etc to enable and support the charity to continue to operate effectively when at home.

For more information, please visit <https://switchaid.org/covid-funding-for-charities>



The Clothworkers' Foundation awards grants to UK registered charities, CICs, and other registered UK not-for-profit organisations. Grants are awarded towards capital projects which are defined as:

- Buildings: purchase, construction, renovation or refurbishment.
- Fittings, Fixtures, and Equipment: this includes but is not limited to office equipment/furniture, sports/gym equipment, digital/audio visual equipment, garden equipment, specialist therapeutic (excluding medical) equipment. It does not include equipment for one-off use, or which will be given to service users for personal use on a permanent basis.
- Vehicles: This includes a minibus, car, caravan, people-carrier, or 4X4. We are unlikely to fund the total cost of a new vehicle.

They fund both large and small projects. The size of grant awarded will depend on a number of factors including the size of your organisation and the cost and scale of your capital project. You must be able to demonstrate that the work of your organisation fits within one or more of their programme areas, and that at least 50% of service users benefiting from the capital project are from one or more of those groups.

For more information, please visit www.clothworkersfoundation.org.uk



Foundation Scotland

The Response, Recovery and Resilience Fund, delivered by

Foundation Scotland, is open to organisations working to address immediate needs in their communities.

For more information, please visit www.foundationscotland.org.uk/programmes/community-response,-recovery-resilience-fund



The Fore RAFT Transition Fund is designed to support small charities and social enterprises as they adapt to the post-lockdown world.

Funding will enable grantees to strengthen their organisations, plan ahead, become more sustainable and refocus on the new needs of their beneficiaries.

The Fore is particularly looking to fund small organisations working with marginalised groups and led by people in the community that may have found it hard to access trust and foundation funding in the past.

Any registered charity, CIC, CIO or Community Benefit Society with turnover of under £500,000 in the last financial year is eligible to apply. For more information, please visit www.thefore.org/applying-for-funding

Adapt and Thrive is part of the £25m Third Sector Community & Recovery Programme in Scotland. The Adapt and Thrive Programme aims to support organisations across the third sector to adapt to the challenges presented by Covid-19 and build back better to thrive in the future. The programme will help organisations to make the necessary changes to operate sustainably post-Covid so they can continue to have a positive impact in people and communities.

For more information, please visit <https://scvo.org.uk/support/coronavirus/funding/scottish-government/community-recovery/atf>



Persimmon Community Champions is here to fund good causes across the UK.

Each of their 31 businesses and their PLC head office are giving away up to £2,000 every month to fund local community initiatives. They are focussing on organisations that support the over-70s - a vulnerable group in our society that they feel need their support.

For more information, please visit www.persimmonhomes.com/community-champions

Have you won shedloads of funding?

SMSA wants to hear about your funding success stories so that we can share it with others. Please contact comms@scottishmsa.org.uk



The Scottish Shedder is the official free newsletter of the Scottish Men's Sheds Association (SMSA). It inspires and informs Scottish Shedders and Movement 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 and send it digitally to all of our subscribers. All editions are archived in the [SMSA online library](#) for Individual Members to access at any time (log-in required).

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