


THE SCOTTISH SHEDDER

THE OFFICIAL NEWSLETTER OF THE SMSA



Edition 23 | August 2021

SMSA's
'Scottish Men's
Shed of the Year'
Awards 2021
Now open for
applications!



'Scottish Men's Shed of the Year'
2020, The Inverclyde Shed,
receives long-awaited trophy

"In Scotland, For Scotland"

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COVER STORY: 'Scottish Men's Shed of the Year' 2020 receives long-awaited trophy

In September 2020, The Inverclyde Shed was selected through a public vote as the worthy winner of the title of 'Scottish Men's Shed of the Year' 2020. The pandemic put a spanner in the works for a physical award presentation and after a long wait (nine months to be exact), the SMSA's esteemed targe trophy has finally been hand-delivered to its rightful owner.

Bruce Newlands, Chair of The Inverclyde Shed, said: "We were delighted to finally have the opportunity for the SMSA to come visit us at our new Shed premises on East Blackhall Street and present us with the trophy. Winning this award is a huge vote of confidence to our Committee and members that there are really great people doing some really great things here in Inverclyde."

Last year's nail-biting awards were neck and neck between the three shortlisted Sheds as the public voted online for their winner 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 votes. 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.

Could your Shed be our 2021 winner? See [page 10](#) for more details and [apply online via the SMSA](#)

The Scottish Shedder (the official FREE newsletter of the Scottish Men's Sheds Association) promotes news from Men's Sheds across Scotland to showcase their successes (and challenges)—in addition to highlighting funding opportunities, DIY projects, recipes and much more—to inform and inspire. Each six-weekly issue is sent digitally to over 2,500 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

Contribute to The Scottish Shedder

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 (October 2021) by [Friday 1st October 2021](#). We urge you to maximise the potential to raise the profile of your Shed and the Men's Sheds Movement in Scotland. Email Michelle Wibrew at comms@scottishmsa.org.uk

Subscribe to the Scottish Shedder

To subscribe to receive 'The Scottish Shedder', you must become an Individual Member of the SMSA. It is FREE to join at www.scottishmsa.org.uk/join-smsa

Past issues

Archived editions available in the [SMSA online library](#) (log-in required)

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TALKING SHEDS

by Jason Schroeder

It is wonderful to be able to visit some Sheds again and in the past few weeks I have been to the opening of the new Dumfries Mens Shed ([see pages 18/19](#)) and our Chairman, David Gardner, attended Clydebank's opening.

Over the past few months, we have been in exciting discussions with a new partner on a **new membership benefit for SMSA Member Sheds**. This is none other than the international supply company, Cromwell. So, for those Sheds who are paid up Shed Members you will now be able to source machinery, tools, PPE and loads of other Shed stuff at very discounted prices. [See page 4](#) for more information on this partnership.

Helping you keep your costs down are one of the reasons we exist and 10 lucky Sheds have now got recycled **defibrillators** through our partnership with St Andrews First Aid at a saving of over a £1,000. With over 40 applications received and only 10 available at this point in time we are currently in talks with them to discuss future opportunities so stay tuned.

As life opens up again, we are seeing Sheds starting to take advantage of our partner agreement with the [Scottish Community Alliance \(SCA\) – Learning Exchange](#) which will fund visits and learning trips to other Sheds in Scotland. There is a new application protocol to follow—which means you must first get in touch with us at SMSA as your SCA Network Member prior to submitting your application—so please be aware.

Our good friend, David Young at **David Young Training**, has given another 10% off the already ridiculously cheap machine training in your Sheds to help you make sure your machines and men are up to speed with the safety protocols required after being off for so long. This can be seen as a health and safety issue when your Shed reopens and so the SMSA will sponsor a further 50% off the cost for the first five Sheds that apply with a low bank balance – [see page 12](#) for more information.

Last week, I took part in the [Glasgow Caledonian University Men's Sheds Toolkit online launch](#) which was very well received and got great press, radio and TV coverage. It has been four years in the making being a

part of their Sheds for Sustainable Development research. And, of course you can find it in our [online Members' Resource Library](#).

We were involved in a **great guitar giveaway** to young and upcoming guitarist Josephine Young from 12 guitars and the SMSA ([see page 7](#)) and we are delighted to report that over 800 **Pathfindr Safe Distancing Assistants** were distributed to over 80 Scottish Sheds with great success.

As regulations relax, your Shed might decide that the Pathfindr devices are no longer required however, we would recommend that your members continue to use these for peace of mind. If during the winter months this pandemic re-emerges you will still have them to use. So at least until next Spring, please keep a hold of them.

I welcomed the opportunity to interview the Scottish Veterans Commissioner, Charles Wallace, and you can read how that great conversation went on [page 5](#). As a partner, the SMSA is also delighted to be featured in the Unforgotten Forces Social Opportunities Guide for older veterans. You can check it out online at <https://bit.ly/3hkVUBI> and order some copies for your Shed from the Age Scotland helpline on 0800 12 44 222.

Last but not least, it is that time of year again where the **'Scottish Men's Shed of the Year' Awards** are open for applications. Over the year, we have covered many of your amazing exploits in The Scottish Shedder and so don't be shy gentlemen, apply today ([see page 10](#) for full details). We look forward to announcing the winner (and runners up) at our online **AGM** this year which is now on Thursday 4th November 2021. Please put the date in your diary, it's going to be a good day, a Shed day.

Until next time, keep talking Sheds and being the amazing Scottish Sheddors that you are.

Jason Schroeder
SMSA Executive Officer



SMSA MEMBERSHIP

New SMSA Shed membership benefit announced

The SMSA is delighted to announce a new partnership with the UK's largest supplier of tools. [Cromwell](#) offers an unrivalled choice of products to all industries, professions, trades and is now adding Scottish Men's Sheds to the list.

SMSA Shed members will receive generous discounts in line with their major customers on all product groups. Cromwell will receive Shed member details from the SMSA to set up an account (card payments only) and will also contact the Shed to arrange a training session on how to use the platform.

Terry Duff, Divisional Sales Manager at Cromwell, said: "Cromwell is delighted to announce this new and exciting partnership with the Scottish Men's Sheds Association. We bring 50 years of experience of supporting some of the largest manufacturers in the world to keep industry working and people safe.

"Partnering with such a wonderful organisation as the SMSA brings a new dimension to our business and supporting your Sheds and members will bring us great satisfaction."

Figures as at end of July 2021



129
SMSA SHED
MEMBERS

2,584

SMSA INDIVIDUAL
MEMBERS



138
OPEN SHEDS

54

SHEDS IN
DEVELOPMENT



32
LOCAL AUTHORITY
AREAS



Discounted pricing for SMSA Shed members' in-line with our largest industry customers'

Cromwell in partnership with the Scottish Men's Sheds Association

Helping you keep your members and volunteers safe, and your shed running

With an unrivalled selection of industrial tools and equipment; Cromwell is here to help your shed with all its product needs.

Make Cromwell your shed's first-choice supplier with discounted prices, easy ordering, reliable deliveries and expert advice.



How can we support your Men's Shed?

Keeping Your Shed Running Smoothly

With over 50 years experience in the tools and equipment industry, you can rely on Cromwell for high quality and reliable products. We offer excellent stock levels and delivery on time, when its promised, of the products you use.

Expertise & Support

No matter how big or small your shed, Cromwell's expertise can help. With a team of technical specialists operating nationwide, we bring practical expertise that delivers real improvements in cost and performance.

Save Time & Money

We are committed to delivering a customer-focused and cost-effective service that makes life easier. Supplying a wide range of competitively priced products from trusted global brands to our own brands, available for immediate dispatch with easy ordering options by phone, email, website, mobile, electronic data interchange (EDI) and on-site inventory solutions.

UPDATE YOUR DETAILS WITH THE SMSA



New email address?



Moved house?



Not sure if you are a member or not?

If any of your contact information has changed, don't forget to let us know

[Click here to notify the SMSA](#)

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SMSA's Executive Officer, Jason Schroeder, interviews Colonel Charles Wallace who took up the post of the [Scottish Veterans Commissioner](#) in September 2018 after completing 35 years' service in the Army, latterly as Deputy Commander of 51st Infantry Brigade and HQ Scotland.

Tell us about your role.

My role, as the Scottish Veterans Commissioner, is of an advocate of veterans. My role is very much behind the scenes and I am there to try and make sure that the Scottish Government—when developing policies across the board—are always thinking about veterans and the affect these policies will have on people who have served for their country.

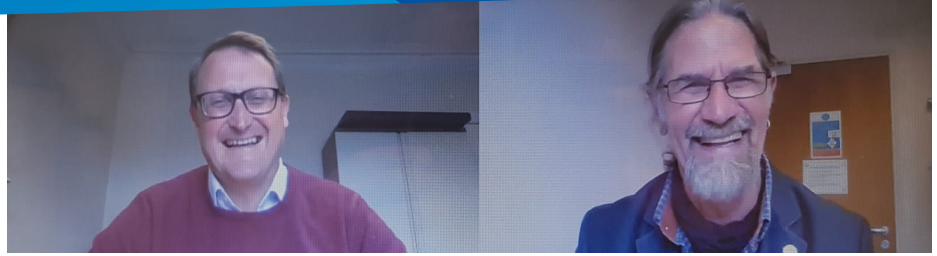
The key to success is seeing these policies come to fruition and that they fully recognise veterans for what they are and what they can contribute to our society.

How does the Ministry of Defence support the forces into civilian transition?

The Ministry of Defence provides free reintegration support to our military community back into the society from where they came.

Going into the military presents a new way of life and set of skills and opportunities, as well as a series of challenges, that many others may not have. When coming back into the civilian community, for some veterans and their families, it can be overwhelming and challenging (in terms of their physical health, mental health, transfer of skills, housing etc) and they may need access to armed forces and civilian charities, such as some of the [Unforgotten Forces](#) partners. (Although the majority of the Unforgotten Forces Consortium partners have a remit to work with veterans of all ages, the Consortium itself exists to deliver support to those veterans aged 60 and over.)

My own work is currently focused on Transition and ensuring Positive Futures for those leaving the Armed Forces now. My most recent report looked at Housing and making a Home in Civilian Society. One of the recommendations in that report—bearing in mind that the average age of a male Army Service Leaver is late-20s and approximately 1,800 people (including women) are leaving the



Services each year and settling in Scotland— is the development of a Veterans Housing Alliance, aimed at providing veterans with a co-ordinated access route into support and a means of maximising the availability of appropriate and affordable housing for them.

Are you aware of the SMSA's work and the Men's Sheds Movement in Scotland?

Men's Sheds really appeal to me and my role. I am aware of the SMSA's work—especially the [manifesto](#)— and that the SMSA is the newest member of Unforgotten Forces. I see Men's Sheds having nothing but a positive role for veterans and it is a win-win situation from both sides.

A challenge across society is getting people to volunteer and it is great that Sheds are successfully bringing so many volunteers together to improve men's health and wellbeing.

What are your thoughts on veterans being supported through Men's Sheds and what would veterans bring to the Shed?

We need to get frontline services engaging with veterans (of all ages) and their wider network. Whatever the challenge may be for a service leaver, there are organisations out there, like Men's Sheds, to help and it is about how we connect them and get them through those Shed doors to see what they can offer for mutual benefit.

This is about communication and information sharing to promote what is out there and this can be done through consortiums like Unforgotten Forces.

What really excites me about Men's Sheds is that veterans would get a lot out of them by connecting with others in their community again. Going to the Shed would build the confidence to see the broader perspective. It is often a temptation to lump veterans together but we need to try and branch out of that. All men can face challenges whether they are veterans or not.

Bringing men from all walks of life together will make them realise they have something to offer each other— humour, camaraderie, friendship, common interests and so on. Veterans can thrive if offered a new road such as a Men's Shed environment and the Shed would only benefit from having their involvement too.

What are your thoughts on the Unforgotten Forces 'Unforgotten Conversations' podcast?

The podcast articulated it far better than I ever could. Sheds have created an environment for a bunch of men that understand what they are going through to connect for mutual benefit whether they are from a military background or not.

The Shed offers a different slant on life and an opportunity for veterans to express themselves. Critically, it helps break some of them away from the military-only world and realise there is more out there that they can be a part of it. It is a benefit to the community at large.

Are you aware of any veterans-focussed funding for Sheds?

The [Scottish Veterans Fund](#) has been created for organisations supporting veterans and their families. The Scottish Government has contributed to this pot and it is just about to go to the next round, Sheds have an opportunity to apply.

Are you a member or have you considered joining your local Shed?

I am not involved in a Shed at present; however, I do gather fairly regularly with a great group of nine men at some woodland just outside Dunblane. We chop wood, do our bit for green credentials and most importantly, we talk.

I am open to visiting Sheds across Scotland and happy to do some travelling to see them first-hand and hear the stories. You can only find out these things when you sniff the air.

Following the interview, Charles agreed to be a guest speaker at the SMSA AGM on the 4th November 2021.

Glasgow Caledonian University (GCU) launches toolkit to help roll out Men's Sheds

Glasgow Caledonian University has launched a new 'toolkit' to help increase the number of Men's Sheds across the UK after research showed they improve the mental and social wellbeing of older men.

The community spaces offer the chance for men to take part in practical activities, such as woodwork, metalwork, model making or gardening, and are credited with tackling loneliness and social isolation.

Originating in Australia in the 1990s, the number of Sheds in Scotland has increased from one in 2013 to more than 190 today. There are more than 1500 across the UK and Ireland.

Researchers at GCU have been working with Men's Sheds in Scotland to make the movement financially and socially sustainable, as part of a project backed by the National Lottery Community Fund.

It's resulted in a new 'toolkit' for communities, a guide full of information on how to access funding, source sites, set up committees, run services and offer social activities.

Dr Danielle Hutcheon, research associate at the Yunus Centre for Social Business and Health at GCU, said: "The Sheds offered a lifeline for a lot of people struggling with social isolation and loneliness, especially for men who live alone or are carers.

"What we've seen with the Sheds being closed, since March last year, is a real decline in men's health and wellbeing.

"A lot of the Sheddies we spoke to only left the house a couple of times a week to go to the shop or to go to the Men's Shed. That was the only social contact they had throughout the week.

"Going to the Shed gives a lot of the men a sense of purpose, they treat it almost like a job. It gives them a sense of confidence and value in their lives that they didn't have before.

"The key to the success of the Men's Sheds is men's ability to talk 'shoulder to shoulder', while doing a task, rather than sitting face to face in a lunch club or a pub. It's a relaxed, informal, welcoming environment."

The toolkit, created in partnership with a range of stakeholders, including the Scottish Men's Shed Association, Scottish Government, and Age Scotland, will be made available throughout the UK and Ireland.

Dr Hutcheon added: "It comes at an important time. There is a lot of competition for funding at the moment. The toolkit will hopefully help Sheds expand, survive and sustain.

"There's no doubt the Sheds are having a positive impact on the health and wellbeing of a hard to reach group of men."

[Download the toolkit](#)

[Listen to the Common Good Podcast with Dr Danielle Hutcheon](#)

Case study

Bill Core (pictured) is a co-founder and trustee of Barrhead Men's Shed in East Renfrewshire, which opened in 2014. He's 78-years-old and used to work in the furniture trade.

Barrhead's Shed has 58 members and is based in an industrial unit in the town. Bill said: "When I was semi-retired, I remember sitting in the house fed-up, thinking to myself what



is my life going to be like when I'm fully retired? What the hell am I going to do?

"It's fine in the summer if you can get out and do things but, in the winter, when the weather is bad, it can feel as if the walls are closing in. You find yourself looking up into the sky and thinking how long do I have before I'm up there?"

"The Shed gave me a purpose to get up in the morning, it was a place to go to meet people like myself, keep busy, have a laugh and enjoy myself.

"The guys look forward to coming and arrive with a smile on their face and leave with a smile on their face. "You get satisfaction from helping other people, from keeping minds active. A lot of members had high powered jobs in the past, there's a real cross-section of society.

"I thoroughly enjoy making clocks from chunks of wood. I get an immense amount of satisfaction from it. Some of the stuff we've produced has been donated to local schools and nurseries, so the whole community is benefiting from the Shed.

"If anyone is sitting at home and thinking they would like to come along my advice would be put on your coat and do it. You won't regret it, it will change your life for the better."

Charity partnership gifts guitar to young budding musician

A charity partnership, with the Scottish Men's Sheds Association (SMSA) and [12 Guitars](#), is supporting a young budding musician through a spectacular guitar giveaway.

Social enterprise 12Guitars.org has been working in partnership with the SMSA to reach Men's Shed members to learn new skills, help communities through a musical boost and provide fun challenging musical events. 12 Guitars receives donated guitars for recycling and upcycling from a variety of sources across the country and gifts them to people who cannot afford or who may not have access to a guitar. The social enterprise also provides guitar tuition, physically and online, and also have workshop facilities to service, repair and restring donated guitars.

SMSA Chairman, David Gardner, originally won the high quality electro-acoustic guitar at a recent Men's Wellbeing Day on Zoom at which 12 guitars was a guest presenter. David said: "I was extremely grateful to win this exceptional guitar however, after discussing it with Ken Morton of 12 Guitars, I wanted to pass this excellent prize on to help an upcoming young musician fulfil their dreams and explore their talent."



Photo by George Munro, Greenock Telegraph

Josephine Young, 16, was selected by David as the worthy winner. Josephine's mother, Nicola Young, who nominated her daughter for the competition said: "Jo has just passed her National 5 Music as an additional subject over and above her allocated subjects at school. She plays piano at grade 6 level and practices every chance she gets. Before lockdown, she was also volunteering and playing piano to entertain older people at a local nursing home.

"Jo saved up her pocket money and bartered to buy an old guitar for £6 at our local charity shop and has been teaching herself to play. She is a kind, hard-working, girl and it is an absolute dream for her to now play and own such a beautiful instrument as this."

Josephine said: "I was so surprised to hear that I had won as I did not even know that my mum had entered my name into the competition. I am totally blown away to win such an amazing guitar and can't wait to start playing."

Ken Morton of 12 Guitars said: "12 Guitars is proud to be working with the SMSA to find good causes where guitars can be donated to young people and others in our society who need a boost and who really want to learn to play guitar. There are so many benefits to learning to play. David Gardner has generously donated this beautiful prize to Josephine and we applaud that decision wholeheartedly."

Community Benefit in Procurement and what it means for Sheds

The Scottish Government, as part of the Procurement Reform (Scotland) Act 2014, is encouraging all local authorities to promote the improvement in economic, social or environmental wellbeing of their areas through procurement.

All public sector contracting authorities are required to consider including community benefit requirements for all regulated procurements where the value is equal to, or greater than, £4 million.

What does this mean for Sheds?

Well, each authority is being asked to consider how contractors can help with community projects as part of

their tendering process. North Ayrshire Council for example will soon be launching a new community benefits process where local community groups can submit an easy-to-complete form with their wish list of projects they require assistance with.

This is an ideal opportunity for Sheds to identify projects where outside help could mean that projects are completed on their behalf or a contribution of labour or materials may be available.

Further information on [Public sector procurement: Community benefits in procurement](#) is available on The Scottish Government website.

The following local authorities and Third Sector Interfaces are already up and running with this, including:

- [East Renfrewshire Council](#)

- [Perth & Kinross Council – Sustainable procurement and community benefits](#)
- [Argyll & Bute Council](#)
- [Clackmannanshire Third Sector Interface \(CTSI\)](#)

In March 2021, NHS Scotland's National Procurement division also introduced its [online Community Benefits Marketplace](#) in addition to some [very useful guidance](#) for third sector organisations.

This is an opportunity not to be missed by Sheds, so please check in with your local authority to see what stage they are at by contacting their community focussed person/team (who will be best placed to signpost you to this support) rather than approaching Procurement.

David Gardner
SMSA Chairman



Clydebank Men's Shed is back!

Clydebank Men's Shed reopened its doors with a bang at its open day on the 11th August 2021 welcoming old and new Shedders, Provost William Hendrie, local and national politicians and the SMSA.

The Shed, which opened in 2014 and is located within the grounds of Dalmuir Community Centre, has been closed for the past 15 months and its members were desperate to be reunited once again.

Mick Wilson, Chair of Clydebank Men's Shed, said: "I was delighted that our elected representatives attended and they all realise that Men's Sheds provide a critical community health resource.

"I am also extremely grateful that the individuals in this cross party group promised to collaborate on issues supporting the Men's Sheds Movement in the Scottish Parliament.

"We have spent a lot of time preparing the Shed for our return to reassure members. Understandably, some members still have their concerns about getting back

into activities but we have done everything to put the appropriate health and safety measures in place. I want to take this opportunity to thank everyone involved in the lead up to today.

"Now that we are reopen, we are raring to go with projects and first up is working with the Eco Build Team at Dalmuir Barclay Church to make some planters.

"We also have some exciting expansion plans on the horizon as we have just had it confirmed by West Dunbartonshire Council that we have acquired a second Shed next door to our current one. The progress on this was halted due to lockdown however the extra Shed space is now ours, subject to paperwork."

SMSA Chairman David Gardner, who attended the open day, said: "It is great to see another Scottish Men's Shed back in operation again! I was made to feel extremely welcome by the Shedders and given a tour of their excellent premises. I was also delighted to see so much support shown from the community and local and national politicians."

For more information on Clydebank Men's Shed, please visit www.facebook.com/menshedclydebank

NEW RESEARCH PAPER RELEASED: The impact of community Men's Sheds on the physical health of their users

Glasgow Caledonian University's [Sheds for Sustainable Development Project](#) has announced the publication of a new paper on the physical health effects of Men's Sheds on their users.

Read the latest research paper at:

www.sciencedirect.com/science/article/pii/S1353829221001453

The main highlights of the report include:

- Men face inequities in their access to and use of primary health services
- Research has called for more male friendly approaches to physical health engagement
- Findings suggest links between Men's Shed activity and improved physical health of users
- Men's Sheds may provide an alternative route for male physical health improvement



A great result for Sheds at the Royal Deeside Cartie Race!

Sheds proved that long gone are the days of traditional carties made from pram wheels and planks of wood as they got down to the serious business of racing at the Royal Deeside Cartie Race earlier this month.

The race event at Kincardine Castle—part of the Royal Deeside Motor Show—saw Scottish Sheds come out in force to showcase their cartie designs.

Cumnock & District Men's Shed members—including an ex-Royal Navy engineer—have spent the last few months getting race ready with their iconic cart made from recycled components including its frame—an old sit-on lawnmower chassis—and did not disappoint by coming in fifth place.

Their project, sponsored by Barr Environmental and supported by the Corra Foundation and Shire Housing—will also be appearing as part of their story on the BBC's 'My Kind of Town' programme due to be aired in November 2021.

Aboyne Men's Shed's ramp team—John Clement on build; Alan Thomas on design and helpers Roger Ramshaw, Dave Marshall, Tony Atherton and Ken McLean—stepped up to the SMSA's call to get Sheds involved in the ramp build and assisted carts to set off and reach top speeds of 30mph.

Brechin Shedder, John Jamieson (84), engineered two mightily impressive fibreglass entries to which an extremely humble John said "It's nothing special really, it was just a bit of fun."

Constructed in John's garage over the last few months, the 'Single Malt' entry came second in the race on day one and 'Spirit of Brechin' came in third. Check out their [on-cartie video footage here](#).

On day two, young Aiden Lean—who turned 12 that weekend allowing him to race—scooped the title for fastest time. Aiden and his Dad, Gareth, have been busy working on his 'Batmobile' cartie build in their own garden shed in Blackburn, Aberdeenshire and are keen to set up a Men's Shed and allotments in their community. Gareth said: "It would be great to have a place in our community to go as father and son to build things just like this."





'Scottish Men's Shed of the Year' Awards 2021 opens for applications

The Scottish Men's Sheds Association (SMSA) has opened its prestigious 'Scottish Men's Shed of the Year' Awards 2021 to applications from Men's Sheds across Scotland.

The awards recognise and reward the contribution and impact Men's Sheds make to society - telling the story to raise awareness of the benefits of Sheds to men, their family and friends and the community as a whole. The awards event will take place virtually on Zoom again this year as part of the Association's Annual General Meeting on Thursday 4th November 2021.

The Scottish Men's Sheds Movement began in 2009 and the first-ever Shed opened in Westhill in Aberdeenshire in 2013. There are now 190+ Sheds across Scotland, identified on the SMSA's online '[Find a Shed](#)' map, voluntarily engaging over 10,000 men. Men's Sheds have a positive impact in supporting men's health and wellbeing and encourage members to become more engaged within their communities to reduce social isolation and loneliness and also, needed now more than ever, provide a unique pathway towards post-COVID-19 recovery.

Jason Schroeder, SMSA's Executive Officer, said: "We are delighted to launch these awards, for the third year, to celebrate and showcase the life-changing work being carried out in Men's Sheds across Scotland. Sheds are committed to improving the health and wellbeing of men (aged 18 and over) through friendship, support and camaraderie and we want to hear from Scottish Sheds on the impact they are having within their localities. "We also want to know about the challenges they have faced and how they overcame them so that other Sheds can learn from their experience. Although, the event is being carried out online again this year, it certainly will not stop the Sheddies coming together to share experiences and learn from each other."

Last year, [The Inverclyde Shed](#) was crowned 'Scottish Men's Shed of the Year' 2020 – receiving 36% of the total votes from the public. Bruce Newlands, Chair of The Inverclyde Shed, said: "It was a huge surprise being awarded this title from the SMSA, particularly given the

difficulties we and every Shed experienced learning to live with COVID-19. The award has helped unlock doors and make new partnerships with a range of people that we previously had not connected with. Many other Sheds have reached out in friendship to learn from how we've done things and the lessons we have learned. The award has also brought a great sense of pride to our Shed and our area - a belief that we can be confident that we are really making a difference."

In 2019, [Aberchirder and District Men's Shed](#) scooped the title of the very first 'Scottish Men's Shed of the Year'. The Shed was recognised for the incredible work carried out since its inception in 2016 and the team of seven men who carried out 30,000 man-hours over the 104-week construction process on its Shed build before its official opening in May 2019. Mike O'Brien, Chairman of the Aberchirder & District Men's Shed, said: "Since winning the title in 2019, we have had a busy and successful time – our reputation just seemed to escalate and we have recently won the Queen's Award for Voluntary Service too."

Scottish Sheds – that are members of the SMSA - can [apply via the SMSA website](#). Applications are now open until midnight on Sunday 26th September 2021. Shortlisted Sheds will be selected from all of the applications by SMSA's Trustees before going to a public vote for two weeks from Monday 4th October 2021 in the run-up to the event. The winner and two runners-up will be announced on the day. The winner will receive the esteemed targe trophy – designed and collectively created by SMSA and several Scottish Sheds – to display at their Shed for a year in addition to receiving an array of prizes from supporting organisations.

2021 Awards—Timeline

Deadline for applications:

Apply by midnight on Sunday 26th September 2021

Shortlist announced and open to public vote:

Monday 4th October 2021 (vote open for 2 weeks)

Closed to public vote:

Midnight on Sunday 17th October 2021

Winner announced at SMSA AGM/Awards event:

Thursday 4th November 2021

New format for Sheds applying to the Scottish Community Alliance – Learning Exchange grant program

Shed members of the Scottish Men's Sheds Association (SMSA) qualify to apply for accommodation and travel costs, to share ideas and learn from other Men's Sheds across Scotland, through its membership agreement with the [Scottish Community Alliance's Learning Exchange grant program](#).

The Community Learning Exchange is a fantastic opportunity for communities to learn through the exchange of ideas and the sharing of common solutions. When community groups make visits to other communities, the most valuable part is often meeting new people with similar interests and gaining new insights and perspectives on shared challenges. Visiting groups come away armed with new ideas and approaches, and host organisations have the opportunity to explain their project to a new and interested audience, often seeing their own projects afresh through new eyes.

The Scottish Community Alliance (SCA) has announced some changes to the way applications to the Community Learning Exchange are processed.

The new protocol for this grant funding asks for interested parties to now make contact directly with their SCA member network—in terms of Scottish Men's Sheds, this is the SMSA—in advance of applying to ensure that the network has knowledge of the application and is willing to endorse it.

scottish community alliance

local people leading

The SMSA will then automatically receive an email when the application has been received by the SCA. Once the application is approved, the SMSA will then receive a Grant Acceptance Form to countersign to provide evidence of its endorsement of the grant.

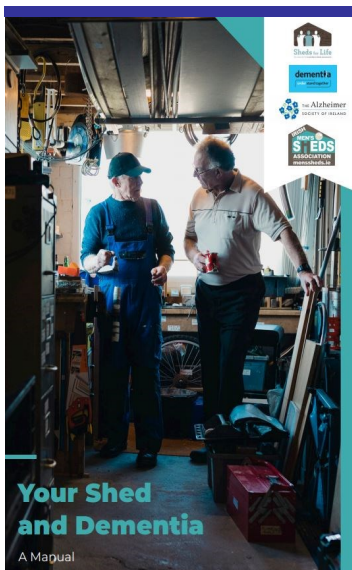
What will the Exchange fund?

For SMSA Member Sheds, the Exchange will fund community to community visits—up to 100% of the travel and accommodation costs of a visit by members of one community to another community project up to a limit of £750.

For more information on the program, please visit

<https://scottishcommunityalliance.org.uk/our-programmes/community-learning-exchange>

Interested SMSA Shed members should make contact with the SMSA in the first instance at admin@scottishmsa.org.uk



Your Shed and Dementia: A manual from the Irish Men's Sheds Association

The Irish Men's Sheds Association (IMSA) has produced this manual to raise awareness of dementia as well as offer advice for Shedders, their families, carers and Shed committees on supporting a member with dementia.

Adapted from a version created by The Australian Men's Sheds Association (AMSA) and Alzheimer's Australia NSW, the 'Your Shed & Dementia' manual has been launched to better facilitate men with the condition and make sure there's a place for them in local groups.

Developed in partnership with the HSE's Dementia: Understand Together campaign and The Alzheimer Society of Ireland, the manual offers tools to help Shedders recognise signs of dementia, as well as offering practical communication and listening tips.

[Click here to view/download the manual.](#)

NEW Chain reaction machine challenge TV show

optomen

Get a Shed team together, make a machine and get on the telly!

A brand-new television challenge show from the makers of Scrapheap Challenge is happening soon. [Optomen](#) is looking for contestants and approached the SMSA to promote this opportunity to Scottish Shedders!

Three teams will build a chain reaction machine in studio over four days and progress through a series of heats to battle it out to the next round. With a celebrity host and a judging panel, each machine will be critiqued on its ingenuity, creativity and functionality. Chain reaction machines can be made from everyday objects—the wackier and fun the better.

The programme makers would love some Scottish teams to get involved. So, if you enjoy a challenge, are up for some fun and can get a team of three Shedders together then please get in touch at Tvshow@optomen.com or email carron.munro@optomen.com. Scottish lass, Carron Munro is on the casting team and would be delighted to talk to you.

Is your Shed up to the challenge?

Machine competence and woodwork training courses for Sheds

As runners up in the 2020 'Scottish Men's Shed of the Year' Awards, Garnock Valley Men's Shed (GVMS) received a 50% discount on machinery competence and health and safety training through SMSA's partner, [David Young Training](#).

Having recently lost their Shed Manager to full-time employment, GVMS decided to follow the example of other Sheds and have a group of Supervisors available on a rota system. David Gardner, Vice-Chair and Treasurer of GVMS, said: "We quickly realised that our new group of Supervisors required training on our workshop equipment so decided to take up the offer of the discounted prize from David Young Training.

"Arranging the date was difficult, due to COVID-19 restricting travel and numbers, but we eventually settled on Wednesday 14th July 2021. The trainer, David Young, arrived at our Shed at 10am on the day and having been shown around and introduced to the training volunteers he started what proved to be a very successful day.

"The comments from each of the guys at the end of training were very upbeat and complimentary (see right for a few examples). We felt that the investment in this training was excellent and we would have no hesitation in recommending David Young Training to carry out professional, instructive and user-friendly training for other Sheds."

Jason Schroeder, SMSA Executive Officer, said: "To support Sheds during the reopening process, we are delighted that our partner, David Young Training, has offered an additional 10% off his already discounted price for Scottish Sheds that are members of the SMSA.

"On top of this, the SMSA would also like to **offer to pay 50% of the cost (now £580) for the first five Sheds that receive training within the next 60 days** meaning that those Sheds will receive a full day's training—for up to eight of your members in your Shed—for just £290. With machinery being dormant for over a year and the need for refresher training, this is the perfect opportunity to come back to the Shed and stay safe."



Feedback from GVMS

"May I take this opportunity to express my appreciation/ privilege to have been involved. The theoretical and practical aspects of 'best working practices' were inclusive, extensive and delivered in a most understanding manner. I took from the workshop, a broader knowledge base of the safe working operation of the various machinery as instructed. Much appreciated and recommended"

Sandy

"Gave us exactly the training we needed, in our own workshop. David is extremely knowledgeable, helpful and a very enthusiastic trainer. Highly recommended!"

Stewart

"This training gave me confidence to handle some machinery for the first time, it reinforced safe use and also gave us a knowledgeable assessment of our equipment. It highlighted what we need to do to make a more efficient and safe working environment"

Steve

"As someone whose tool of choice is a pen, I found David's training day fascinating. I now know what some of the machines in our Shed do. I was particularly impressed by his emphasis on safe use of potentially dangerous devices."

Henry (GVMS Chairman)

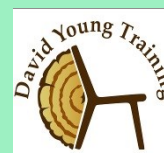
REOPENING TRAINING DEAL FOR SHEDS

*£580 for one full day on-site training for your Shed

£290 for the first five Sheds that apply!

*REOPENING DEAL FOR SMSA SHED MEMBERS

David Young Training has offered an additional 10% discount on his machine competence and woodwork training courses for reopening Sheds as an [SMSA Shed Membership](#) benefit.



Original discounted price for Sheds: £638, new discounted price: £580 and the SMSA will pay 50% of this fee for the first five Sheds that apply (with a low bank balance). [REGISTER YOUR INTEREST HERE.](#)

Have you considered the Check in Scotland app for your Shed?

If you are not already aware, Check In Scotland can allow you to collect the contact details of all of the people who visit your Shed.

If your venue is using the Check In Scotland service, you must only display official Check In Scotland and NHS Scotland posters.

It is free to create your Check In Scotland QR code poster, and to download the other things you'll need to display, such as the Check In Scotland privacy policy. Creating your poster should only take around 5 minutes.

Any members or visitors to your Shed, over the age of 12, can use the Check In Scotland service. They need to use their mobile phones to scan a Check In Scotland QR code, displayed on your poster inside your premises.

Once a visitor has scanned the QR code, their phone will take them either to the Check In Scotland app or the Check In Scotland web page. They can use either of these to check in at your venue.

When they leave, they can use the app or webpage to check out.

If a member/visitor cannot or does not want to use the Check In Scotland app or web service (e.g. they may not own a mobile phone), you can record their contact



details using a pen and paper. You must keep these details for 21 days, destroying them as soon as the 21 days have passed.

If someone tests positive for COVID-19 after visiting your venue, Check In Scotland works with NHS Scotland's Test and Protect to alert anyone who may have been a close contact of the person.

For more information and to create your QR code and poster, please visit www.mygov.scot/qr-check-in



Are you interested in sharing your experience of working with The National Lottery Community Fund to help improve future work?

The [National Lottery Community Fund](http://www.nlcf.org.uk) has created a Customer Panel so that they can work closely with their grant holders across the UK to help them improve their services.

It is important to get feedback from the people that speak to them, use their website, apply for funding and manage National Lottery funded projects.

Your feedback and suggestions help the NLCF ensure customers remain at the heart of what they do and allows them to take your comments on board and act upon them. It's also a great forum for customers to get to know each other and to share honest

feedback on how we work. For example, by giving feedback on application materials, website content and funding decisions.

They want to hear from organisations, large and small, who have received funding, been unsuccessful or had to withdraw an application.

To date, the Customer Panel has helped to make improvements in a range of areas including their web pages, application materials and how they review the applications.

You can get involved in a range of ways – either by phone, filling in a

form, attending a virtual discussion or by testing some of the pages on the website.

If you would like to join the panel, it will be up to you how much time you would like to commit. The NLCF will contact you by email asking you to get involved in specific focus areas. It is entirely up to you to decide if you would like to participate or not. You can also opt out of being in the panel at any time too.

If you would like to hear more about getting involved email:

TNLCFUser.Research@tnlcommunityfund.org.uk

Men's Sheds representation opportunities at upcoming Unforgotten Forces events



UNFORGOTTEN FORCES

Supporting Scotland's Older Veterans

[Unforgotten Forces](#) is a partnership of leading charities, including the SMSA, offering a doorway to camaraderie (and extra support if needed) for older members of the ex-service community in Scotland and the Consortium would welcome Men's Sheds participation in the Unforgotten Forces autumn programme of events.

On Tuesday 21st September 2021, the Consortium will be hosting an **Unforgotten Forces Autumn Gathering** at the [Credo Centre](#) in Aberdeen. In the morning, the Scottish Older People's Assembly will canvas older members of the ex-service community about what matters to them and the support they need in later life. The afternoon will be a conference for staff and volunteers from Unforgotten Forces partners. Volunteers and staff in the Unforgotten Forces consortium, including Men's Sheds, have booking priority until the end of August. For more information and to reserve your place, please email veteransproject@agescotland.org.uk.

If your Shed would like to involve more older ex-servicemen but you don't know where to start, you can join the online Older Veterans Awareness Training on Thursday 30th September 2021, 10am-12.30pm, [click here to book](#).

If you are veteran-aware but want to know how you can work with the Unforgotten Forces partnership to boost support for ex-service Sheddors, you can join the Unforgotten Forces induction (also online) on Monday 4th October 2021, 10am-12.30pm, email veteransproject@agescotland.org.uk to book a place.

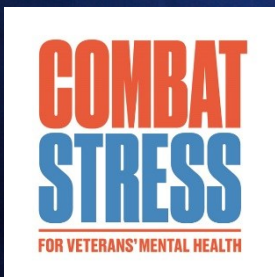
Over the next few issues of The Scottish Shedder, we will be introducing you to our Unforgotten Forces partners. First up is [Combat Stress](#) (see [page 15](#)) offering specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues.

Sometimes ex-servicemen and women will have mental health and wellbeing challenges unrelated to their time in the Forces in which case [Poppyscotland](#), working with a range of specialist partners, can help and we will hear from them in the next issue of the Shedder.

For more information on Unforgotten Forces, you can visit the [website](#) and follow us on [Facebook](#) and [Twitter](#). You can also check out the [free advice guides](#) to health and wellbeing for older veterans.

Doug Anthony
Unforgotten Forces





Combat Stress: Looking After Veterans' Mental Health

Unforgotten Forces partner Combat Stress is the UK's leading charity for veterans' mental health. For over a century, the charity has helped former servicemen and women deal with mental health problems including anxiety, depression, and post-traumatic stress disorder (PTSD).

Today, the charity provides life-changing treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues.

Jeff Harrison, Interim Chief Executive of Combat Stress, introduces the services in Scotland: "A small but significant number of those leaving the Armed Forces develop mental health problems and struggle to leave the battlefield behind. For some, their lives can become desperate. Anxiety, anger, depression, isolation, alcohol and drug abuse, and in some cases suicide – all can tear families apart, destroy relationships and devastate lives. With veterans waiting on average 14 years after leaving the military before reaching out to us, it's vital we're there for them in their time of need.

"We've joined [Unforgotten Forces](#) to work in partnership with like-minded organisations so we can provide the best possible service to older veterans across Scotland. Currently, five to ten percent of veterans we support are over 65 years old, but we know there are more out there in need of our specialist services.

"Veterans with complex mental health conditions need a specialist team made up of different mental health professionals to help them and we provide this. Our clinicians work closely with each other to make a treatment plan for each veteran that is unique to them.

"Our aim is to treat their symptoms and improve their quality of life. We want to help veterans tackle their past and take on the future.

"In Scotland we provide a range of treatment programmes including online, community, outpatient and peer support. In the coming months we will move from our centre in Ayrshire to a new centre in Edinburgh and we also plan to open a site in Glasgow. This will provide veterans across Scotland with more accessible treatment in modern, fit for purpose venues.

"No one else does what we do. We are the only charity to provide intensive mental health treatment to veterans in the UK. Our services are veteran-focused, designed to treat veterans' symptoms and improve their quality of life. Our specialist treatment doesn't just change lives, it saves them too."

If you are a veteran or a family member and need confidential mental health advice and support, call the Combat Stress 24-hour helpline (0800 138 1619) or visit combatstress.org.uk.

Mental health and wellbeing online: Combat Stress offers free online mental health and wellbeing self-care tools at www.combatstress.org.uk/self-care-during-covid-19

SHED IN THE SPOTLIGHT



Men's Shed Govan

Men's Sheds exist to improve the health and wellbeing of men and Men's Shed Govan is certainly going above and beyond to create a health haven for its members thanks to its founder, practice nurse Sarah Everett (see [Sarah's personal story](#)).

Sarah and the Govan Shedders have worked tirelessly over the last four years to secure and transform their Shed premises (a derelict ex-nursery) into what they have today. Funding has been secured by several key funders and supporters including [The Queen's Nursing Institute Scotland](#), the Govan Area Budget Scheme, the [Endrick Trust](#), [Stalled Spaces](#) and [European Metal Recycling](#) to bring a new lease of life to the building and outdoor area as well as kit it out with equipment and machinery.

The Shed held its opening day in August 2018 and welcomed the community in, creating a village fete feel with stalls and live music, and showcased what it is all about. Since day one, Sarah has provided regular health checks and advice for members from the comfort of the Shed. Sarah has helped many

members with long-term conditions, some of which were not even aware they had them, including high blood pressure and asthma.

Sarah arranges health talks and presentations on topics including prostate cancer, bowel cancer, abdominal aortic aneurysm screening and first aid.

In addition to a workshop, model-making/arts and crafts room, computer room, reading area, kitchen, meeting room and a social area to play darts and dominoes, the Shed also boasts a well-stocked fitness room with a treadmill, cross-trainer and exercise bike and some members also plan to start walks and cycle rides together.

The garden area, which has been truly transformed since getting the keys to the building in December 2017, now includes a polytunnel and gives members a tranquil place to work outside and grow healthy fruit and vegetables. Activities at the Shed have included learn-to-cook sessions, guitar lessons, art classes and willow crafts.

Continued on next page...



SHED IN THE SPOTLIGHT (Continued)



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The Shed has also successfully secured monies from the [National Lottery Community Fund](#) and supportive donations from the [W.G. Edwards Charitable Trust](#), [Barchester Charitable Foundation](#) and [The Stafford Trust](#) to get more planned activities underway such as more cookery, arts and crafts, garden supplies, woodwork equipment, security doors, fire and intruder alarms, polytunnel supplies and outdoor activities and day trips.

In 2019, the [D.W.T Cargill Trust](#) and [The Rotary Club Govan](#), made contributions to get the Shed connected to mains gas to reduce the expense of bottled gas and [The Roberson Trust](#) donated generous funds for socialising, connecting and continuing with the vast array of activities on offer in addition to educational health screening talks. That Christmas, the Shed was also delighted to be selected by the staff of the [Edrington Group](#) to be the recipients of unrestricted funds raised from their annual Christmas fundraiser which was put towards the Shed's running costs (alongside monies received from the [Co-op Local Community Fund](#) and [The Arnold Clark Community Fund](#)).

The Shed's popular fundraising events include community fairs and concerts. Sarah said: "These events are excellent to not only get the community together and raise funds but are also an opportunity to promote the Shed and what it can offer. Over the years, we have teamed up with many partners and received a wealth of support from the community. We are fortunate to have worked in partnership with [Urban Roots](#) on the delivery of cookery classes to teach the men how to cook tasty and healthy meals using local and season produce where possible in addition to working with [House for an Art Lover](#) to deliver ceramic making, photography and art classes.

"When lockdown forced the Shed to close, we worried about some of our members who felt cut off so we applied to [Foundation Scotland](#), [The Hugh Fraser Foundation](#) and [Connecting Scotland](#) to secure tablets for our members to connect digitally. Within a month, we received the funding and used the tablets and a Zoom account to meet some of the members' needs who wanted to connect in that way. My husband and I even helped with some doorstep IT support to get things up and running.

"We started holding monthly Zoom meetings and John Alexander ran themed quizzes and blogs, it was great to get our members connected again. We realised we could also reach out and connect with other Scottish Sheddors. The wife of one of our members has connections in publishing and they started discussions around the possibility of a national initiative. As a result, we applied for funding from the [Scottish Book Trust](#) to secure a series of evening entertainment 'Author Talks' on Zoom for an exclusive audience of Scottish Sheddors. We have so far featured the Scottish crime writers Chris Brookmyre, Craig Robertson and Michael J. Malone and are in the process of planning more.

"To engage our members that are not digitally-inclined, we supplied home hobby kits to make things like planters and bird and bat boxes at home during lockdown. Some members also got crafty making Christmas cards and decorations. The garden and allotment were a great place for us to stay connected outdoors too, doing the jobs that were needed. We are so proud of how it is all looking now.

"Our Shed reopened its doors on the 3rd May 2021 and I have to say that I have never seen such huge smiles on the guys' faces. The [SMSA](#) was so helpful with the admin requirements to reopen saving us a difficult job, and the [JR Group](#) provided an outdoor shelter for our members to



Before



After

meet socially-distanced so that most of our activities, such as Art classes, can now be outside in a safer environment.

We are thrilled to have welcomed eight new members since re-opening, all with lots of things to share, from arts and IT to hard graft and labouring. One new member was a carpenter by trade, something that we are keen for his fellow Sheddors to be mentored on and learn new skills. The workshop has already been transformed and we are delighted that the new member has said that this is just what he needed, and like the others, he's so glad to be busy and useful again!

"Our plans for the not-so-distant future include increasing our membership, incorporating wheelchair access to the Shed, completing some community projects, getting our arts and cookery classes up and running again and we are also hopeful to be able to hold our Christmas fair and concert this year which are always a great success and a good money maker. We have started helping a local primary school revamp their playground by tidying and repairing existing structures and making some benches for the children to enjoy the outdoors a bit more. Really, we just want to keep doing what we are doing and have lots of laughs along the way."

For more information, visit www.mensshedgovan.online or follow them at www.facebook.com/mens.shed.govan





Dumfries Men's Shed opens for business

On Monday 9th August 2021, Dumfries Men's Shed officially opened its impressive new premises following the completion of a full ownership Community Asset Transfer—one of the first of its kind for a Men's Shed in Scotland.

Brian Kerr, Shed Secretary, said: "Our Shed's journey all began back in 2014, when a handful of guys—all aware of the Men's Sheds Movement sweeping the country—got together to discuss setting up a Shed here in Dumfries.

"We were fortunate enough to secure a building in Noble Hill Park for a nominal rent in 2015. Our membership quickly grew to 70 members and we ended up becoming a victim of our own success. We had now outgrown our first 'home', the workshop began to feel cramped and there was not much space for all of the social activities that our members wished to take part in.

"In late 2018/early 2019, there was now a real urgency to start looking for larger premises. It has certainly been a long slog but on the 13th November 2020, we finally got the keys from Dumfries and Galloway Council for our new premises at 1 Cresswell Gardens.

"Due to the pandemic, it has been a slow process to pack up our old premises. We started getting more members involved to transform the

new Shed—former Council offices that had lain vacant for several years and were in a state of disrepair. "Gradually and safely, we have moved everything over to the new Shed and we were also delighted to be donated some furniture and equipment from the NHS to kit us out. One of our members, Charles Morse, is a decorator and he has really transformed the whole of the downstairs area. He has done an incredible job.

"Our new Shed boasts 18-rooms including a workshop, social area, offices, computing/IT rooms, quiet space, games rooms, photography/dark suite, fully-fitted kitchen, fully accessible toilets and much more.

"Dominoes has always been a firm favourite with several of our members and they are delighted to be getting their own space now. Our second games room also has a pool table and dartboard and we will also have our 3D printer in place as well as our promotional materials printer (for things like branded mugs and t-shirts) for members to produce and generate income for the Shed.

"For the first time, we now also have some great storage outdoors with an outbuilding and garage at the rear of the property. This has allowed us to further streamline the workshop to only include the equipment and machinery that our members need and use the most.

"The new building is on two floors. Upstairs is not finished as yet but we plan to apply for funding to open this up as a computer/IT suite to teach

basic computer literacy and internet skills (e.g. video calling, sending emails and online grocery shopping etc) to the Shedders and the community.

"Before we can do this though, we need to get the lift repaired and serviced to make the building fully accessible to all.

"We have just implemented new membership forms and are gathering the most up-to-date data on our members. If the pandemic taught us anything, it is that we never want to be in the same situation again that we don't hold the right information on all of our members. We want to make sure we all stay connected and if someone is absent, we will do a welfare check to make sure all is ok.

"We are absolutely delighted to be back in the Shed and can't wait to get cracking with some community projects again. Top of the list is a new gate for a local nursery and also to restore a water feature back to its former glory for Noble Hill nursery."

Chairman Ken Shiers said: "Due to the size of our new premises, we plan to open up the building to the wider community. We have received a keen interest from local hobby and interest groups to rent our rooms for their activities at a favourable rate. This income would enable us to start up our hugely-missed social outings again as well as hold community events like our annual barbecue.

Continued on next page...

Dumfries Men's Shed opens for business

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"The local community has had no issues with the change of use and ownership of the building. In fact, they have been nothing but supportive of the Shed. They are delighted that the building, which was previously a bit of an eyesore, is now being revamped and in use again for community benefit.

South of Scotland MSP Emma Harper (pictured), who officially opened the event, said: "It was great to be invited along to officially open the new premises for Dumfries Men's Shed. I met the fantastic 'Shedders' who have done brilliant work in being one of the first Men's Sheds in Scotland to successfully obtain their premises through a Community Asset Transfer. I have been a supporter of Men's Sheds since my election in 2016, and I have spoken in debates and visited our other Men's Sheds across our region.

"Men's Sheds respond to men's need for camaraderie and provide opportunities for men of all ages to work together in a way that contributes to positive health and well-being. Men's Sheds are great as they give men a place to gather, to make items, to chat and to enjoy a laugh and make plans for their Shed, all of which is good for physical and mental wellbeing. I was told previously that the wife or partner might be glad of a wee bit of a break from their men too!

"During the visit, I saw how the Shedders in Dumfries really make a positive impact to the local community. They are working on projects for a local nursery,

provide chat space away from the home for local men and organise social events.

"Their work really is invaluable and I look forward to continuing to do all I can to support Dumfries Men's Shed in the weeks and months to come, and I'll definitely be popping back in for a cuppa soon!"

Jason Schroeder, SMSA Executive Officer, said: "I was delighted to attend the official opening of Dumfries Men's Sheds' new larger premises. This building offers huge potential to offer a wide variety of activities to cater for many members' interests.

"This Shed—and the support received from its local authority—is a perfect example of the Sheds we would like to see across Scotland."

The Shed's opening hours are Mondays, Wednesdays and Fridays, 10am–3pm (open to men and carers) and Tuesdays and Thursday, 10am–3pm (open to all).

For more information about Dumfries Men's Shed, check out their website at www.dumfriemensshed.com and follow them through their social media channels—[Facebook](#), [Twitter](#), [You Tube](#), [Instagram](#), [Tik Tok](#), [Discord](#) and [make a Paypal donation](#) to support their work.



Click here to watch the SMSA's video of the official opening of Dumfries Men's Shed



Mintlaw and District Men's Shed is taking shape

The SMSA caught up with Mintlaw and District Men's Shed (MADMS), following their 'Shed in the Spotlight' feature in the last issue of The Scottish Shedder, for a quick update on what progress has been made regarding their planned opening this Summer.

Shed Trustee, Sandy Thom, said: "Since our last update, it has been all go at our new Shed located with the grounds of Aden Country Park in Mintlaw. Each task brings us one step closer to officially opening.

"We currently have the shared use of a marquee which is part of a summer feature of Aden Park's Children's Programme. It is in our compound for security reasons and we helped erect it but this arrangement has worked out perfectly for both parties. It has enabled us to work outdoors but most importantly for the members to get together in the yard for meetings and a catch up instead of through Zoom.

"We have just completed our container cladding project on the two shipping containers that were donated to us in addition to installing new roofing on them. The new roofs will insulate the containers and hopefully prevent any condensation forming on the metal roofs.

"Our cladding and roofing teams have done an absolutely amazing job in record time and have also just sprayed on wood preserver to protect the cladding for many years to come.

"Another project we have been involved in is producing new and repairing the existing fairy doors and windows for the Aden Fairy Woods. The woods are an extremely popular attraction with children and families and it has been great to hear the feedback on the new and revamped items now in place.

"Members Alex, Denis, Ray and Donald have also been involved in and completed The Mintlaw Walk Marker Project installing route markers for 'Walk Mintlaw' - encouraging people to get out and about walking (and getting fit) in our local community.

"We also have some new funding successes to report. We were fortunate to receive £5,000 from Aberdeenshire Council's Buchan Area Committee Grant Scheme to install electrical connections to Gardeners Cottage and the containers and the SMSA also paid for our insurance through the Emergency Funding for Sheds pot.

"A new initiative in the pipeline that we are involved in is a scheme with Police Scotland to tackle youth offending in our area following a spate of vandalism across the Banff and Buchan region—including the Fairy Woods. This is very much at an early stage but we are delighted to work in partnership with the police and happy to help in any way we can.

"Now that the big jobs of the roofing and cladding are complete, we will now get back to working on the interior to progress with our opening plans. Watch this space."

For more information on MADMS, follow them on Facebook at www.facebook.com/groups/900901477009507



Carluke Men's Shed puts down its roots!

Carluke Men's Shed has taken delivery of two portable cabins funded by the [National Lottery Community Fund](#) and [The Robertson Trust](#), which now sit next to each other at the High Mill site in Carluke to offer to its growing membership.

Tom Kennedy, who was involved in some of the fundraising activities to purchase the cabins (including the Kiltwalk), said: "Whilst awaiting delivery of our new cabins, our members have been meeting weekly on Microsoft Teams and more recently, since the 21st May 2021, at the Carluke Leisure Centre Hall for a blether and a cuppa.

"We are now ready to roll up our sleeves and get our long-awaited cabins up and running and open for business. One cabin will be set up for recreational purposes and the other will be for woodworking activities. There are also plans afoot to fund a third cabin for our Shedders.

"We plan to carry out risk assessments before inviting members along for the first time. We will open up three days a week initially to gauge interest and then hope to expand this further to meet the demand from our members.

"Once everything is in place, we will be holding an open day for our local community. We are immensely proud to have reached this major milestone and the story is just beginning. Exciting times ahead."

Follow Carluke Men's Shed's journey at www.facebook.com/groups/1077129169396971



Inverurie & District Men's Shed holds official opening at new allotment site

The Inverurie community gathered earlier this month for the official opening of Inverurie & District Men's Shed's (IDMS) community allotment on Old Port Road—boasting 40 allotments, a polytunnel growing area, summer house and a new fruit orchard.

Local man and the land owner, George Ross of JG Ross Bakers, formally cut the ribbon to open the allotments whilst Shed Chairman, Archie Peebles, took the opportunity to thank and recognise everyone involved in the project's success. George said: "I originally heard at a Rotary meeting that the Men's Shed was looking for a site for its new allotments now here I am, in the process of forming a charitable foundation so the title of this field will go to it and be here for the use of the community allotments for many years to come."

Archie said: "This project is indebted to our members along with many local organisations and individuals that have contributed to the allotment project to get it where it is today. This support has been through an initial 15-year lease from George Ross, many donations and kind



people offering help through much-needed services, materials and of course, their time and expertise.

"We are fortunate to have the support of Aberdeenshire Council to create the car park on site. We were also able to utilise and relocate our summer house and existing polytunnel frame from our old site at Harlaw—which was targeted on several occasions by vandals.

"We have recently received news that we have been successful in our application to the Scottish Men's Sheds Association to receive a free defibrillator which will be on site and we are currently exploring solar and/or wind power options for the outdoor cabinet to make this life-saving kit accessible to our community 24/7."

Prior to the opening and to mark the first-ever National Thank You Day on the 4th July 2021, IDMS along with Inverurie Rotary Club took the opportunity to thank their volunteers with a tree planting ceremony at the allotments and kickstart their new fruit orchard. A plaque will soon be displayed at the allotments to thank the community as a whole for its support.

Follow IDMS's journey at www.facebook.com/Inverurie-District-Mens-Shed-807408422637968

Bridge of Don Shedders help locals get back to nature

Members of Bridge of Don & District Men's Shed have teamed up with [Friends of Westfield Park](http://www.friendsofwestfieldpark.co.uk) to install plaques for their new Rubbing Plaque Nature Trail.



The 17 rubbing plaques, mounted on wooden posts in the park, come complete with QR codes to find out more about some of the wildlife in the area including rabbits, roe deer, pipistrelle bats and lots of different birds, wildflowers and bugs.

Families and children can take along paper and crayons/pencils and follow the trail using the map at www.friendsofwestfieldpark.co.uk/rubbing-plaque. By rubbing a crayon or pencil over the piece of paper, each plaque will reveal a unique image.

The park also features 27 fairy doors scattered around to find. Bridge of Don Shedder, Sandy, produced and decorated two of the fairy doors—for Buttercup 'The Play Park Fairy' (pictured right) and Connie 'The Fruit Fairy'—that had unfortunately 'gone missing'.

The Shed has also been bringing pops of colour into surrounding gardens with their very popular benches and mud kitchens (pictured below right). Their stunning wooden planters (pictured below left) have also been in hot demand with recent orders being fulfilled for Middleton Park Nursery and Primary School, Braehead Nursery, Bridge of Don Community Council and Danestone Community Centre to name but a few. Sandy and his paintbrushes have also been at it again making bespoke dog planters for delighted customers.

Bridge of Don & District Men's Shed is also now branching out and will be hosting a new monthly Farmers' Market in their carpark with the first one taking place on Saturday 18th September 2021, 9am—2pm, then every third Saturday of the month after that.

For more information on Bridge of Don and District Men's Shed, email them at bodanddmensshed@aol.com or follow them on Facebook at www.facebook.com/BridgeofDonMensShed





Orkney Men’s Shed donates £1,900 to Orkney Health Board Endowment Funds

The Orkney Health Board Endowment Funds has received a £1,900 boost thanks to the efforts of Orkney Men’s Shed members.

The [Orkney Health Board Endowment Funds](#)—a registered Scottish charity whose purpose is the advancement of health in Orkney by bringing enhanced services to patients and staff in the local hospital and in the community—was delighted to be presented with the cheque by the Shed’s Chairman Morgan Harcus and Secretary Andrew Swain.

Chairman, Morgan Harcus, said: “Due to lockdown and Shed closures, our members adapted and kept in touch by phone and Zoom but we all missed those face-to-face catch ups with a cup of tea in hand.

“As we were unable to use the workshop for community projects and unable to generate income from these, our members were inspired by Captain Sir Tom Moore and took to walking to stay physically active in addition to raising some funds.

“The sponsored walks would also afford the opportunity for us to connect and socialise once again with our fellow Shedders safely outdoors. Our members chose to donate the monies raised to our local NHS.

“Several of our members have received excellent care from NHS Orkney and that’s what Sheds are all about—improving health and wellbeing.

“We are delighted to be able to support and thank the NHS for their care, dedication and compassion in our local community.”

Meghan McEwen, Chair of NHS Orkney, said: “We are extremely grateful to Orkney Men’s Shed for thinking about us as part of their

Pictured: Shed Secretary Andrew Swain and Chairman Morgan Harcus present the cheque to Meghan McEwen, Chair of NHS Orkney

fundraising activities. This year has been a challenging year for us and this donation will help towards supporting our local services.”

For more information on Orkney Men’s Shed, visit their Facebook page at www.facebook.com/groups/1756755127930640



Orkney Men’s Shed receives £3,000 through Youth Philanthropy Initiative

A team of Kirkwall Grammar School pupils have secured £3,000 of vital funds for [Orkney Men’s Shed](#) through their [Youth Philanthropy Initiative](#) (YPI) finals.

Teams of pupils researched charities in their local area and presented on what they offer, the impact they make in the community and the difference they could make with the prize money. The team representing Orkney Men’s Shed was selected as the worthy winner and the charity received £3,000 towards its work over the coming year.

Orkney Men’s Shed Chairman, Morgan Harcus, said: “Well done to all the S3 pupils participating in the YPI. We are extremely grateful to the team that selected us as the charity they wished to represent and for raising awareness of Men’s Sheds with the next generation.”



Comrie and District Men's Shed's sizzling reopening

Following 16 months of closure, the Comrie and District Shedders were delighted to finally come together to reopen the Shed with a celebratory barbecue.

Comrie and District Men's Shed Chairman, Ken Heiser, said: "We were delighted to reopen and hold a well-attended and successful open day – welcoming old faces and new from our community.

"We are utilising a booking system and sticking to strict safety measures to keep our members safe. To maintain safe social distancing regulations, we have been using our Pathfindr Safe Distancing Assistants from the SMSA which sound a discreet alarm if the two-metre rule is infringed.

"Our Shedders were still extremely busy in lockdown and stayed in touch with regular meetings through Teams. In the early days of the pandemic, we worked from home to produce Personal Protective Equipment (PPE) – face masks and shields – for care homes, hospital wards and local residents using 3D printers. We also donated our entire stock of white boiler suits to Cumbernauld Medical Centre, following a desperate plea for this kit.

"Now that we are reopen, we are progressing with our plans to establish an adult learning centre as a hub for our community to learn about new technology and hobby interests. We are delighted to have recently secured just under £10,000 from the Heinrich Steinmeyer Legacy Fund, here in Comrie, towards this exciting project."

Keep up-to-date with news from Comrie and District Men's Shed through their Facebook page at www.facebook.com/comrieshedders

Comrie and District Men's Shed is kindly hosting the upcoming Perth and Kinross Men's Shed Network meeting on Thursday 23rd September 2021, 10am-12pm. To comply with safe distancing numbers, please [register your interest](#) by Friday 27th August.



Kirkmuirhill and Blackwood Sheddens get active with local tours

On the 29th July 2021, Kirkmuirhill and Blackwood Men's Shed (KBMS) marked a huge milestone in its development through the launch of its 'Walking Tours/Active Sheddens' programme.

Thanks to member (now committee member) Alex Hunter—who has lived in the Kirkmuirhill and Blackwood area for most of his life and has a passion for history and a wealth of local knowledge—a group of Sheddens set to the streets for the first walking tour.

Alan Watson, KBMS Chairperson, said: "Alex has collected many historical photographs over the years and is happy to share his knowledge about the local area.

"As our Guide, Alex has opened our eyes up to the rich heritage our villages contain. He is taking us to the locations in his photos and positioning us where the photographer would have stood many years ago and telling the story to take us back in time!

"For all who were able to attend the 90-minute tour, it was an experience never to be forgotten. That was just one tour—covering just two streets—and is just the tip of the iceberg of what has yet to come with future tours and widening our experience in other areas of the villages.

"Alex's enthusiasm and years of living locally make this a not-to-be-missed event and will further



promote the Shed, when we advertise to the local community. Further Tours are currently being organised and we look forward to learning more about our locality."

For more information about KBMS and their tours, follow them on Facebook at www.facebook.com/groups/1765638216876323



Whale Firth Men's Shed generates £10k income towards new premises

Whale Firth Men's Shed has raised a staggering £10,000 towards its new Shed premises by making picture frames and handmade benches.

Graham Stiles said: "We are in the process of acquiring a new building to use as our Shed premises and we started out making some wooden garden furniture for locals. Yell Community Council asked us to make four benches to be sited around the island at points of interest and beauty spots and it has grown from there.

"To date, we have made 21 benches so far—seven of them bespoke private commissions—and we then got involved in making picture frames after a local Lerwick photographer gifted us his stock of frames. We are now widening our product base and have recently received commissions to build garden planters, a chicken coup and a garden shed. Every penny generated brings us one step closer to our goal."



Cromarty Firth Men's Shed powers ahead

Cromarty Firth Men's Shed is delighted to have taken delivery of its new generator and looking forward to cost savings of approximately £20 a week.

David Chambers said: "It has been all go, preparing our Shed for our generator upgrade. We have been laying cables from the shipping container to the two cabins and completing the main wiring, ready for the generator to be placed in its new home.

"It is twice the power of our old one and more energy efficient. We are grateful to our little, but very noisy, Honda generator that kept us going for the last four years but it is now time for it to take a well-deserved rest. It was quite comical if you start up the big plane—all the lights pulse on and off until it gets up to speed! You cannot run anything else while it is on. We will now be able to hear ourselves talk not to mention the money we will save."

A PERSONAL STORY



Award-winning nurse Sarah Everett discusses how she founded a Men's Shed to combat social isolation and loneliness in the Govan area of Glasgow—one of the most deprived areas in the UK—for her male patients and the wider community.

In 2019, Sarah—a practice nurse from NHS Greater Glasgow and Clyde—won the Uniformed Services Award at the Community Champions Awards and that very same year, was nominated for the Royal College of Nursing Institute (RCNi) national award by Govan Shedders and went on to win the prestigious title in the 'Patient's Choice Winner' category for going over and above to create a 'haven' for men.

Sarah said: "I have been a practice nurse in Govan for the last 15 years. When I was carrying out health reviews for heart disease, diabetes and such, it was becoming more and more common to hear my male patients—whether retired, unemployed or unable to work—talk about how they were fed-up, bored, isolated, depressed and had nothing to do. In our locality, there were lots of groups and activities for women but not much at all for men.

"I had heard vaguely about the Men's Shed Movement and out of the blue received an e-mail about funding available (£5,000) from the [Queen's Nursing Institute Scotland \(QNIS\)](#) for nurses to apply to do a local project in their community. It was like it was meant to be! I approached some of my male patients to gauge their thoughts on it and several of them volunteered to get on board with the start-up.

"Our first meeting of the [Men's Shed Govan](#) core group—John Affleck, John Alexander, John Devlin, Frank Murphy, Gordon Caird, Sammy Black and myself—took place in my office in April 2017. Over the coming weeks, we completed the QNIS funding application, got to work on a constitution and got in touch with our local Community Development Officer, Mark Ellis, who was trying to set up a Shed in a different part of Glasgow and started looking for appropriate premises.

"We enquired with Glasgow City



Council about a disused nursery on Arngask Road, close to Govan Health Centre where I work, and were offered use of the building but they were going to charge business rates. We obviously could not afford business rates and the building was in a terrible condition so we got in touch with our local Councillor Ricky Bell to help. Within a week, the decision was turned around and we received the keys just before Christmas 2017.

"The building was derelict and the garden a mess but it was ours. The guys rolled up their sleeves and started cleaning up, painting, repairing and tackling the waist-high weeds. We started to see an increase in our membership and more men coming along to get involved, taking ownership of the renovation project.

"During the early days, my dad (Bill Brown) was unfortunately diagnosed with dementia and gave up his house to come to live with my husband and I. He donated his furniture and kitchen equipment to kit the Shed out straight away and was delighted to see his items go to such a good cause and support these men. He has since then sadly died, but the men—without my prior knowledge—have placed a plaque (pictured below) on a bench in the garden in his memory. This was such a lovely gesture and just shows how thoughtful they all are.

"We started introducing activities for the members including arts, woodwork, wicker craft, cooking, model-making and gardening. Thanks to our green-fingered members, we now have stunning gardens and a polytunnel to enjoy.

"Almost immediately, I could see a difference in the men. I was delighted to receive such kind words and cards from the men themselves and/or their family members thanking me for what the Shed offered and how it had changed their lives. I kept hearing from the men that they had purpose again and a sense of self-worth—it made what I was doing all worthwhile.

"One member's daughter got in touch with me recently after I arranged some bereavement counselling for her father after he had lost his wife and initially



had to be 'persuaded' to come along. I will always remember her feedback—I honestly do not know if he would still be here if it wasn't for the Shed. He was so steeped in grief; he was incapacitated. My dad had a very busy day, every day looking after my mum and when she died, he lost his wife and his role. We couldn't get him to leave the house and now, he has his clothes all ironed and ready to go, he walks, he learns new things, he has a great laugh and the company is priceless. It's so much more than just a Shed—it really has been a life changer for him."

"The Shed is of course a lot of work and time and my husband Gerry often gets roped in too, but I just love it. It gives me such a buzz to see the camaraderie and how happy these men are. I love the nicknames they have for each other; they are brilliant buddies. It means such a lot to me to see that, they are a great bunch."

"Unfortunately, I was diagnosed with breast cancer last October but I am doing well and am now planning to retire early. My goal when I started on this journey was to set up the Shed and inspire and empower the members to run it themselves and I am immensely proud to say that we are well and truly on that road."

Shedder John Alexander, who nominated Sarah for the RCNi award, said: "Sarah has always been sensitive to our needs from the outset and has been the driving force behind this much-needed resource. She is always willing to go the extra mile for men like us, dedicating hours to the cause with her infectious enthusiasm. The Shed has changed lives. People now have a reason to get up in the morning."

Read more about Men's Shed Govan in our ['Shed in the Spotlight'](#) feature. Alternatively, please visit www.mensshedgovan.online or follow www.facebook.com/mens.shed.govan



'THE SHED GARDEN'



'Bee the Change'—Get your Shed Garden Buzzing!

The [Bumblebee Conservation Trust](https://www.bumblebeeconservation.org) is on a mission to help you 'Bee the Change' in your local area and shares details with Scottish Shedders on how to be more bumblebee-friendly.

Help your local bumblebees find a place to call home by doing a few simple things in your garden at the Men's Shed or at your home. The [Bee the Change campaign](#) is all about quick micro-actions you can do to help your local bumblebees. It doesn't matter if you are in the city or the countryside—if you have a garden, a flower pot or no outdoor space at all—you can still Bee the Change wherever you live!

Bumblebees pollinate our crops and wildflowers. Thanks to their 'free-bee' services, more wildflowers can grow and we can enjoy delicious fruit and vegetables. But our bumblebees are in trouble. Over the past century, we have lost millions of the flowers they need to survive and now we can help feed our local bumblebees by providing more flowers in our towns, cities, and countryside.

Throughout 2021, the Bumblebee Conservation Trust is bringing **FREE** resources and how-to guides to help spot your local bumblebees, grow bee-friendly plants and spread the word in communities. Simply choose the action that's right for you, and/or your Shed, and get started!

For more information and to download **FREE** resources for your Shed, please visit

www.bumblebeeconservation.org/beethechange

PLEDGE TO 'BEE THE CHANGE'

It is free and quick to pledge to 'Bee the Change' at www.bumblebeeconservation.org/beethechange/pledge-to-bee-the-change. You will then get bumblebee information and gardening advice directly to your inbox as well as becoming part of this 'buzzing community'.

Resources for your Shed include:

- [Put a poster up in the Shed](#)
- [Share the 'Bee the Change' video with your Shedders](#)
- [Spread the word through social media](#)

Create a bumblebee haven at the Shed or at home:

- [Bumblebee Menu—discover what you can plant for bumblebees every month](#)
- [Community planting guides](#)
- [Grow a wildflower meadow in a pot](#)
- [Let your lawn grow](#)
- [Gardening for bumblebees guide](#)
- [Feed bumblebees through the seasons](#)
- [Score your garden with 'Bee Kind'](#)
- [Make space for bumblebee nests](#)

Make your own bumblebee nest:

[Click here](#) to find out how to make a bumblebee nest from some readily available items including a terracotta pot, some hosepipe and a square of chicken wire.



SHED PROJECTS

Westhill & District Men's Shed reopens for its community

Members of the Westhill & District Men's Shed (WDMS) were delighted to get together and roll up their sleeves for one of their first partnership community projects since reopening.

The Shedders were tasked with making and delivering 10 colourful picnic benches to Elrick Primary School (pictured).

Gradually reopening since mid-May, with full COVID-19 safety measures and training in place, the Shed has gone from strength to strength including receiving the Queen's Award for Voluntary Service in June – the highest award given to local volunteer groups across the UK in recognition of their outstanding and diverse work to benefit their communities.

WDMS is also open for repairs and sales for its community—including its very successful lawn mower repair service—on Mondays, Wednesdays and Fridays (10am to 4pm) to start generating Shed income again and also began holding their popular tool sales at



Westhill Shopping Centre—raising over £1,000 at the first one.

WDMS Chairman, David Thomson, said: "It is great to be open again albeit on a limited basis. We have a separate entrance for customers at our new extension where items can be dropped off and collected and it is working very well. It is not fully 'business as usual', and we are still running a booking system for members to keep everyone safe, but it is certainly good to be back."

For more updates from WDMS, please follow them on Facebook at www.facebook.com/westhillshed



Stonehaven Men's Shed's latest project grabs Keeping Scotland Beautiful judges' attention

Stonehaven in Aberdeenshire has historically suffered from flooding and recent remediation works—to protect local homes and buildings—involved the removal, replacement, repositioning and raising of the old "Green Bridge" that stood over the River Carron for many years.

In true Men's Shed style, Stonehaven & District Men's Shed (SDMS) saw an opportunity to reclaim this important piece of local history. In discussion and co-operation with [Aberdeenshire Council](#), the flood protection scheme team, [Stonehaven Horizon Group](#) and other partners it was considered that perhaps Stonehaven Men's Shed could recycle elements from the Green Bridge and other areas affected by the building works.

The old stanchions from the bridge were removed, along with planters from other locations, and handed over to the Shed. The engineering and horticultural Shedder types quickly got to work. The impressive results speak for themselves and earlier this month, the icing on the cake was that their team effort certainly grabbed the attention of the judges from Stonehaven's Keep Scotland Beautiful campaign during their visit.

Follow SDMS on Facebook at www.facebook.com/Stonehaven-Mens-Shed-1095753717148589



SHED PROJECTS

Oban Men's Shed to restore 'Mary Jane' WWII sail boat

Oban Men's Shed has received a share of a £90,000 pot from Argyll and Bute Council's Supporting Communities Fund to restore a World War II Dipping Lug Sail boat called the 'Mary Jane'.

The Shed successfully secured £1,965 from the fund—which received just under 100 applications from local community groups—to restore the 90-year clinker boat, retaining as much of the original parts as possible, and get her seaworthy once again.

John McAllister from Oban Men's Shed said: "The WWII (Register Number 552 Small Craft) Clinker built Dipping Lug Sail boat was originally built on Easdale by the McQueen Boatyard in the 1930's. We are delighted to be involved in this project to bring this little piece of maritime history back to life.

"Mary Jane will not fit through the Shed doors so she will be outdoors under a gazebo whilst we work on her. Our Shed is on the lookout for anyone with boatbuilding and/or joinery experience to help the Shedders with the project through mentoring and sharing their skills."

Follow their journey at www.facebook.com/groups/187914098488203



**Creative
Lives
Awards**

Did your Shed carry on being creative during the COVID-19 pandemic?

Then it's time to enter the Creative Lives Awards!

The Creative Lives Awards - formerly the Epic Awards - are an annual celebration of the achievements of voluntary and community-led creativity. This year, they are looking for applications from (or nominations for) groups and projects in your community that have shown resilience and imagination during the challenges of the Covid-19 pandemic. The activity must have taken place between March 2020 and March 2021, or be ongoing.

The 2021 Awards will include the following categories: Resilient Group Award; Local Hero Award; Diversity Award; Peer Award for Excellence; and the People's Choice Award. Submit your application (or nomination) by the 31st August 2021 at www.creative-lives.org/awards

"One of our members, George, made some lovely 'toadstools' but he was not best pleased with them and suggested they may as well go on the fire! I had another thought though and decided to sand and paint them up. Now, everybody loves them—kids shriek with delight and they also make the adults smile or laugh."

David Chambers, Cromarty Firth Men's Shed



WHAT'S COOKING?



Summer Bulgur Wheat Salad with Harissa Chicken

Serves 4



Prep: 20 mins | Cooking: 30 mins

SMSA's Administrator, Sue Salter, shares one of her family's favourite dishes using harissa paste—a North African spice paste with a wee fiery kick.

Sue said “This is a lovely summery dish ideal for barbeques. It makes the most of beautiful sweet cherry tomatoes (particularly if you have grown your own) and lots of fresh herbs to make it a fresh, healthy and tasty treat. The harissa gives the chicken a lovely spicy taste and is widely available in supermarkets, as is the bulgur wheat. Why not give it a try—my family love it and I hope you do too.”

Ingredients

- 4 boneless, skinless chicken breasts
- ½ tsp sunflower oil
- 1tbsp harissa paste
- 100g bulgur wheat
- 150g cherry tomatoes, cut into quarters
- ¼ cucumber, diced
- 4 spring onions, finely sliced
- 1 garlic clove, peeled and crushed
- bunch of flat leaf parsley (about 10g), chopped (retaining some for garnish)
- bunch of fresh mint (about 10g), chopped (retaining some for garnish)
- zest of half a lemon
- juice of half a lemon
- freshly ground black pepper
- lemon wedges to serve



Method

1. Cook the bulgur wheat as per the packet instructions and leave to cool
2. Tip the bulgur wheat into a large serving bowl and add the pre-prepared cherry tomatoes, cucumber, spring onions, garlic, the lemon zest and juice and some of the fresh parsley and mint (retaining some for garnish)
3. Toss everything together with lots of freshly ground black pepper and leave to stand while you cook the chicken
4. Place the four chicken breasts between two sheets of cling film and beat with a rolling pin until 1.5cm thick
5. Brush a griddle/frying pan with the sunflower oil and place over a medium heat, fry the chicken breasts for two minutes then turn and cook the other side for another two minutes
6. Brush the chicken with half the harissa paste on one side and turn over. Cook for a minute while brushing the reverse side with the remaining harissa. Flip over and cook until fully cooked through
7. Transfer the chicken to a board and leave to rest for a few minutes
8. Serve with the bulgur wheat salad and lemon wedges (season to taste) and enjoy!

SIZE ISN'T EVERYTHING

Penis Health Made Easy

MEN'S HEALTH FORUM



Size Isn't Everything: Penis Health Made Easy

Is there a man on the planet who hasn't had the odd question about his penis? This free, short, punchy, easy-to-read booklet from the [Men's Health Forum](http://www.menshealthforum.org.uk) will answer the most common.

WARNING: Reading this booklet could seriously improve your health.

Access the FREE download at:

www.menshealthforum.org.uk/size-isnt-everything

This little test could help save your life.



Bowel screening is for men and women aged 50-74

You'll get a test in the post every two years.

www.nhsinform.scot/bowelscreening
Phone: 0800 0121 833

NHS
SCOTLAND

Public Health
Scotland

Scottish Government Video Survey: Keeping people warm in their homes in winter

A video survey is being sent to people across Scotland to understand how the Scottish Government might help people meet the costs of heating their homes in winter.

Share your views with the Scottish Government by answering this short video questionnaire. It takes only a few minutes and you can respond by texting, talking straight from a mobile phone or even make a video of your answers.

Your responses are anonymous. The government wants to hear from people all across the country about their challenges and needs to stay warm in winter, to help ensure they get this right.

If you'd like to take part - just click on the link below. You'll then see a very short video of Jennifer Klinec, User Researcher at Social Security Scotland (pictured right) asking you four simple questions.

Complete the survey at:

www.videoask.com/f1hq0tiwp



VIDEOASK.COM

Scottish Government - Winter Heating

FUNDING OPPORTUNITIES

STEPHEN LLOYD AWARDS

The **Stephen Lloyd Awards** is open for applications! The aim of the awards is to help create success by finding and nurturing innovative ideas and projects that can lead to practical, sustainable social change.

The awards committee is particularly interested in supporting ideas that address social problems at a systemic level. Shortlisted candidates and award winners will receive practical, free support.

In addition, funding of up to £20,000 will be made available to support award winners in developing their initiatives. At the shortlist stage the awards will make up to ten awards of up to £2,000 to assist candidates to further develop their ideas. Ideas can include new-start up enterprises or an extension of an organisation's existing work.

For more information and to apply by the 31st August 2021, please visit www.stephenlloydawards.org



CORRA
FOUNDATION
voice • power • change

The **Enabling Neighbourhoods and Communities Fund** has reopened for applications with refreshed criteria.

The Enabling Neighbourhoods and Communities Fund is a £1 million Scottish Government fund administered by Corra Foundation. Over £600,000 has been distributed in phase one (February – May 2021).

The next phase, which opened on the 1st July, will support groups to access the remaining funds.

The purpose of the Enabling Neighbourhoods and Communities Fund is to provide small grants to community and voluntary groups across Scotland who are delivering activities that connect and support people within their local community.

The Fund aims to reach groups who:

- Have strong local relationships with people in the community.
- Are already supporting people in their communities to reconnect and improve wellbeing.
- Have an annual income of less than £50,00

For more information and to apply, please visit www.corra.scot/grants/enabling-neighbourhoods

To view a list of community and voluntary organisations already in receipt of Enabling Neighbourhoods and Communities funding as of March 2021, please [click here](#).

The Scottish Government's **Volunteering Support Fund** is now open for applications. The £3.3 million Fund will be delivered on its behalf by Impact Funding Partners over the next 3 years. Organisations can apply for up to £30,000 to March 2024.

The fund is geared towards organisations in Scotland with an annual income of under £250,000. It will enable Scotland's small to medium sized third sector organisations to recruit additional volunteers who will contribute towards delivering a new volunteering project, or extending/expanding an existing one, and improve how volunteers are supported in their role.

The fund will support organisations to deliver on four key outcomes:

- Increase diversity in the third sector's volunteer pool, to particularly include people who experience disadvantage or would traditionally experience barriers to volunteering
- Improve governance, leadership and financial knowledge of organisations through the recruitment of skilled volunteers to enhance the third sector's capacity
- Improve organisational capacity to provide opportunities for skills and personal development through volunteering
- Enhance services delivered by organisations to better meet the needs of the communities they serve

The fund closes for applications on Friday 27th August at 5pm. Find out more and apply online at:

www.impactfundingpartners.com/open-applications/volunteering-support-fund-2021-24

The **GSK Grow Programme** is open to registered charities that are at least a year old, working in a health-related field in the UK, with a total annual income of between £20,000 and £120,000. Up to 10 charities will receive £10,000 in unrestricted funding plus training and development valued at £3,200. Up to five runner-up charities will receive £1,000.



For more information, and to apply by Monday 20th September 2021, please visit www.kingsfund.org.uk/projects/gsk-grow-programme

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

SHED NETWORK MEETINGS

by *Tim Green*

Over the years, Age Scotland has worked with several Men's Sheds to tell their story. There are a variety of different ways for Sheds to evidence the impact they have on Shedders, their families and their communities.

We have found that Sheds provide positive views of aging and later life, tackle loneliness and isolation and help older people be as well as they can be. Film is an excellent way to demonstrate, to a wide audience, the difference Sheds make.

On Thursday 24th June 2021, we launched our latest film, [Shedders: Four Corners of Scotland](#) featuring Barrhead, Carse of Gowrie, Clydebank, Dalbeattie, Macmerry and Stonehaven Men's Sheds.

Alongside the film, made by our professional filmmaker [Steve Jefferies](#), the Multiplying the Shed Effect film project showcased the newly developed filmmaking skills of Galashiels, Moffat, Inverclyde and Cromarty Firth Men's Sheds. They premiered their films documenting the experience of the pandemic, lessons learnt and their plans for recovery. At the same event, we unveiled our refreshed [Men's Sheds web pages](#).

I am working with Sheds to plan a round of Men's Shed network meetings across Scotland. Numbers are restricted so please let me know if you would like to attend.



Fife Shed Network Meeting
Thursday 2nd September 2021
10am-12pm on Zoom

Perth and Kinross Shed Network Meeting
Thursday 23rd September 2021
10am-1pm at Comrie Men's Shed and on Zoom

Ayrshire Shed Network Meeting
Friday 24th September 2021
1pm-3pm on Zoom

Lothians Shed Network Meeting
Tuesday 28th September 2021
1pm-3pm at Armadale Shed and on Zoom

Highlands, Islands and Moray Shed Network Meeting
Wednesday 29th September 2021
10am-1pm at Nairn Men's Shed and Zoom

Contact:

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Support the SMSA

Want to help make a difference? There are many ways to support the Scottish Men's Sheds Association (SMSA) and our vital work.

Make a direct donation to the Association:



Donate while you shop online, at no extra cost to yourself:



Fundraising and social media events

You can raise funds for the SMSA through fundraising and social media events like [Facebook Birthday Fundraisers!](#)

Legacy donation

Become a guardian for future generations of Shedders by leaving a gift in your will to the Association. Start a conversation with the SMSA to discuss the difference this could make

The SMSA is a registered Scottish charity (SC045139), its Board of Trustees—all volunteers that receive no remuneration for their time and efforts—passionately believe in the SMSA's aims and vision for the people of Scotland. The Association's small staff team of three passionate individuals work to promote and support the growth of the grassroots movement across Scotland. From speaking to hundreds of individuals requiring support to start their own Men's Shed; creating pathways and documentation specific to Scottish law; and lobbying policymakers on men's health and wellbeing.

Follow the SMSA at

