

THE SCOTTISH SHEDDER

M SCOTTISH
MEN'S SHEDS
ASSOCIATION

THE OFFICIAL MAGAZINE OF THE SMSA

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"In Scotland, For Scotland"

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The SMSA partners with Scotmid during Men's Health Week

The SMSA teamed up with [Scotmid](#) to broaden awareness of the benefits that Men's Sheds bring to men's overall health and wellbeing as part of Men's Health Week (13th-19th June 2022).

To kick off the week, local Men's Sheds popped up in participating stores on Monday 13th June to raise awareness of the Shed and attract new members.

[Armadale Shed](#) Secretary Jan Pateman said: "We would like to thank the SMSA for organising an

Awareness Day in conjunction with Scotmid. It gave us an ideal opportunity to chat to members of the public about what the Shed Movement is all about and what we do for both the community and members of the public.

"It showed us that many residents have never heard of Armadale Shed, despite us being in existence for six years, so it was also a good public relations exercise. We were also able to chat to members of the community who have used our services and were singing our praises so it is great to know that we must be doing something right."

Continued on page 5...

The Scottish Shedder (the official FREE magazine 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 2,900 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 (August 2022) by Friday 5th August 2022. 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, SMSA Communications & PR Officer, 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

Wow, here we are at the mid-point of the year already—it is Summer Solstice today and the longest day of the year. I hope your Sheds are filling up with members again and starting to get back into the swing of things like nature is doing as I can hear the grass growing in my garden.

Thank you for your patience with receiving your new 2022/23 SMSA membership packs. I think we have created something very special which I hope will help you and new board members get the most out of your membership and all that we offer.

Recently, we had to change our constitution and I would like to thank the 550 individual members who voted very quickly to our call (538 yes and 12 no). The amendment is now with OSCR and as soon as we hear from them as to the next steps we shall let you know and the new constitution will again be available in our online members library. Please note not to get confused with the Shed constitution templates which are different from the SMSA one.

Our Development Officer Tim Green and myself were fortunate enough to go to Duns and watch the reading of the play 'Men Don't Talk'. At times it invoked a lump in the throat and belly laughs and we all agreed it is a fantastic creation showcasing what Scottish Men's Sheds are all about. If you get a chance to see it, I highly recommend it.

Following Intergenerational Week, you will see this issue is jam-packed with stories of Sheds bridging relationships across generations which is so important, enjoy.

So much happening in June with Volunteers Week and Thank You Day where we recognised and thanked 10,000+ Sheddors across Scotland. Dunoon Men's Shed was also awarded the Queen's Award for Voluntary Service 2022! The SMSA also teamed up with Scotmid for a promotional opportunity for Sheds in participating stores during Men's Health Week on the 13th June.

Last week, we had another important Scottish Men's Shed debate in the Scottish Parliament which was brought by Christine Grahame MSP. Several Men's Sheds attended including our trustee Archie Peebles. Yet again, there were so many MSP's wanting to be heard that the session was extended by 30 minutes.

This time however—besides covering the glowing reports of what Scottish Men's Sheds bring to the men who go to them and their communities—highlighted central government funding or rather a lack of it as well as the ongoing challenges of community asset transfer and the act itself.

This was and is a critical conversation to be had and continue to be had until the government realises that this is a statutory responsibility to support the SMSA and the Scottish Men's Shed 'health' movement. The debate is available to view on the [SMSA You Tube channel](#).

Last night, our Chairman David Gardner and I represented Scotland and you, our members, at the Global Men's Sheds Network meeting—with 11 countries and three She Sheds. Very interesting discussions were shared around the importance of government funding support and the positive growth impact it has.

In Australia, they now have 1,250 Sheds and decades on still receive over \$1.5 million per year in funding. The billions saved in health is staggering and I hope that with the Social Return on Investment documents which shows a social return between £10 and £25 per £1 invested in a Scottish Men's Shed and the four-year research by our partner Glasgow Caledonian University that our government needs to follow these international and proven success models and to seriously start investing in our movement. Be rest assured, we will continue to lobby on your behalf and I hope you will write to your local MSP and ask them to as well.

Also, the interest by women attending Men's Sheds was a tabled discussion with two different women's Shed groups invited to share their experiences. What they recognised was that the reasons often between the two genders for attending was very different. Men attended to socialise while doing



shoulder to shoulder whereas women attended to learn and do stuff. Women took other opportunities to socialise outside of the Shed and didn't see the Shed was there for that purpose. Also, they preferred having the Shed space to themselves and not mixed so delicate discussions on many topics like menopause, pelvic floors, incontinence etc could be safely discussed and supported by each other.

The men agreed that the same happened talking about their gender's subjects like prostate cancer and erectile dysfunction. So we can see across the globe that our genders benefit from individual 'gendered' time together which is very healthy and supportive. Also, that the same place i.e. the Shed is used for different positive outcomes by the two groups. I hope particularly some funders understand and accept this and stop coercing Shed groups to become mixed gender (Community Sheds) so they will fund them.

A very busy six weeks it's been for us creating, printing and collating your new membership packs which if you are a paid up Shed member you should receive by the end of this week and I look forward to your comments about them. The office can now be put back to normal so it doesn't look like a post office sorting depot.

I look forward to catching up with you at some of the Shed network meetings and letting you know what we have been up to over the next six weeks in the next Talking Sheds column. Until then Sheddors, keep being the marvellous men you are and enjoy the summer sun when it shines on you.

Jason Schroeder
SMSA Chief
Executive Officer



SMSA NEWS: DEVELOPMENT OFFICER UPDATE

by Tim Green

The recovery from the pandemic continues apace in Sheds across Scotland. Sheddies have shown considerable resilience and are throwing open their doors to growing numbers of returning members and new members alike.

For men who have experienced social isolation, Sheds provide the banter and camaraderie we have all missed but with a supportive arm, a listening ear, kindness and fellowship. Like other community organisations, there are challenges in getting people back but Sheds are producing novel ideas to help those struggling to make the transition into social activities again. These include Shed relaunches, barbecues, picnics and breakfasts outside the Shed to encourage folk to take the first steps in reconnecting.

Another round of face-to-face Men's Shed Network Meetings have taken place. Forth Valley at Wee County Men's Shed, Aberdeen City / Aberdeenshire at Stonehaven & District Men's Shed, Dundee and Angus at Carse of Gowrie Men's Shed and the Lothians meeting at Men of Leith Men's Shed. The host Sheds were able to display their facilities, projects, talented Shed management, and warm hospitality.

Several issues were discussed including:

Energy Costs

Those Sheds that did not fix their energy tariffs and/or receive the Business Support Grant are finding things financially challenging. Some Sheds are discussing reducing Shed opening times which is worrying at a time when access to Sheds is more important than ever. Other Sheds are costing up energy efficiency measures like insulation and alternative sources of energy such as wind, solar and heat pumps.

Equality

Equality is not about treating everyone in the same way, but about making sure people are treated fairly and given fair chances. Individuals' needs often need to be met in different ways. While there is common ground in promoting the

health and well-being of both men and women there are gender-based differences that need to be acknowledged and addressed.

Sheds are still receiving incorrect advice about their duties under the Equalities Act 2010. Some Sheds are being told, mistakenly, that it is unlawful to call themselves a Men's Shed and/or to hold male only sessions. The Equality Act 2010 allows exceptions where separate provision can lawfully be made for persons of each sex if:

(a) joint provision for persons of both sexes **"would be less effective,"** for example, the need for a 'safe space' for men to manage male physical health issues and explore mental health issues relating to masculinity; and
(b) the limited provision is a **"proportionate means of achieving a legitimate aim,"** for example, preventing premature death of men by increasing their access to preventative health care, early intervention, effective management of health conditions and opening up about feelings.

The SMSA will provide more guidance about this over the coming months.

Premises, Premises, Premises

Sheds continue to be frustrated in accessing public buildings. At best, public bodies are not proactive enough in enabling Men's Sheds to make use of empty or underutilised public buildings. At worst, there is a perception that barriers are put in their way. What is clear is that some local authorities have been much more enlightened and see Men's Sheds as uniquely placed stewards of community assets whilst delivering social value in their neighbourhood.

With long leases at peppercorn rents the Council taxpayer benefits from health and social care and community learning and development budget savings. In addition, a valuable community resource is maintained, managed, improved in a more environmentally sustainable way.

Water and Sewerage Charges Exemption Scheme

If you are a charity with an income of less than £200,000 you can apply for exemption from water and sewerage charges. **You must apply for an exemption every year.**

For more information on the charges exemption scheme visit [Scottish Government](#) and [Scottish Water](#).

If you are receiving a poor service from your water provider and have been through their complaints procedures unsuccessfully then you can seek redress through the [Scottish Public Services Ombudsman](#).

Upcoming Men's Shed Network Meeting

- **Ayrshire**—Friday 22nd July 2022 at Garnock Valley Men's Shed from 12.45pm
- **Fife** – Monday 12th September 2022 at Dunfermline Men's Shed at the Steadings Meeting Room, Pittencrieff Park, Dunfermline KY12 8QH from 11.00am

All of our photos and updates from Shed visits and Shed Network Meetings are posted on the SMSA social media channels so why not follow us at the links below to ensure you are kept informed.



If you would like me to support and enable the development of your existing Shed or facilitate a new Shed start-up, please contact me.

Tim Green

SMSA Development Officer

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Email: Dev1@scottishmsa.org.uk





The SMSA partners with Scotmid during Men's Health Week

...continued from page 2

Carluk Men's Shed (pictured above) popped up in Scotmid's Law store and recruited three new members before lunch, as part of the initiative.

Shedders were on hand to chat to customers and answer any questions they had about the Sheds as well as the products they produce. Sheds had the opportunity to take orders for their wares from the local community.

Shirley MacGillivray, Head of Communities and Membership at Scotmid, said: "We recognise the part we can play to improve the health and wellbeing of our employees and the communities that we serve, and this is the perfect way to mark and support Men's Health Week in our Scottish stores."

Jason Schroeder, SMSA Chief Executive Officer, said: "The SMSA was delighted to work in partnership with Scotmid to offer this excellent promotional opportunity for Sheds to showcase the services and facilities that they have to offer local men aged 18+."

Figures as at end of May 2022



145
SMSA SHED
MEMBERS

2,976

SMSA INDIVIDUAL
MEMBERS



129
OPEN SHEDS

72

DEVELOPING/
PROPOSED SHEDS



32
LOCAL AUTHORITY
AREAS

UPDATE YOUR DETAILS WITH THE SMSA



New email address?
Moved house?



Change of Office
Bearers? New Chair?



Not sure if you are a
member or not?

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

[Click here to notify the SMSA](#)

JOIN THE SMSA BOARD OF TRUSTEES



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**



Are you interested in joining SMSA's Board of Trustees to support and represent Men's Sheds across Scotland?

The role of the SMSA Board is to develop strategies that ensure the charity is effective, robust and financially capable of supporting its membership and the growing Movement.

If you feel you could benefit your region and the national Scottish Men's Shed Movement by being a Trustee on our Board—or know someone in your Shed who fits the bill—please get in touch with us.

What is involved?

The Board meets around five to six times a year. Board members can attend meetings in person or online.

Person Specification:

It is desirable that SMSA Board Members:

- be a member of a Scottish Men's Shed
- become a 'Shed Ambassador' to champion the development and growth of Men's Sheds in their area/region

Interested?

The SMSA has ambitious growth and development plans afoot. If you are passionate about the Scottish Men's Sheds Movement and keen to make a difference, the SMSA would love to hear from you and what you could bring to this key and very rewarding role.

Contact SMSA's Chief Executive Officer on 07397382533 or email ceo@scottishmsa.org.uk to discuss.

UNFORGOTTEN FORCES

Sheds can send a warm welcome to veterans this June!

May was a big month for [Unforgotten Forces](#) with two new partners joining the consortium.

New partner [SSAFA](#) offers practical and financial support to veterans in need of physical or emotional care. It has branches and volunteer caseworkers across Scotland.

[Veterans Tribe Scotland](#) offers creative and wellbeing events and activities where veterans and their families can relax, have fun with creativity and build friendships. You can find out more about how the partnership is growing and developing [here](#).

[Armed Forces Day 2022](#) takes place on Saturday 25th June. It's a great hook for communicating the warm welcome that Sheds offer ex-service men as, unlike Remembrance Sunday, it's not owned by the Royal British Legion. The day is billed as offering people, communities and organisations a chance to show support for all who serve, and have served, in our Armed Forces. The Armed Forces Day website includes tips for organising your own event - [find out more here](#).

Previously, some Sheds have hosted a joint summer BBQ with their local Armed Forces and Veterans Breakfast Club leading to both boosting their memberships. You can find out if there's a Breakfast Club near your Shed [online here](#).



Pictured: Keith Brown MSP, Cabinet Secretary for Justice and Veterans at the Unforgotten Forces Spring Gathering

Another way to highlight the warm welcome you offer older ex-service men is to make Unforgotten Forces information publications available in the Shed. Our [Unforgotten Forces leaflet](#), which explains who the partners are, what they offer and how to contact them, has just been updated to include SSAFA and Veterans Tribe Scotland. We've also published a new issue of the [Unforgotten Forces magazine](#), featuring stories from veterans of the Falklands conflict 40 years ago, all of whom are in or fast approaching later life.

For Armed Forces Day 2022, why not stock up on a free supply of leaflets and magazines? To order, please visit Age Scotland's online form and scroll to the veterans section - [here](#).

Doug Anthony
Veterans' Officer, Age Scotland



ARMED FORCES DAY

25 JUNE 2022

UNFORGOTTEN FORCES PARTNER—FARES4FREE

There are an estimated 220,000 veterans of all ages living throughout Scotland. Many of these veterans face difficulties transitioning back into civilian life or in later years for a variety of reasons.

Medical conditions such as post-traumatic stress disorder (PTSD), anxiety, and many more, can result in veterans missing vital appointments due to being unable to use public transport. [Fares4Free](#) may be able to help!

Anyone who has served in the Armed Forces or the merchant navy is eligible.

In total, Fares4Free has:

- ⇒ provided 17,351 journeys
- ⇒ driven 272,633 miles
- ⇒ delivered £512,280 worth of journeys

Fares4Free aims to help all passengers...

Fares4Free supports veterans and their families throughout Scotland and whilst they work mainly by referral, they will always try to help find the support required.

By using friendly and mental health first aid trained drivers, they facilitate the transportation of veterans and their families to essential, recreational and therapeutic appointments that they otherwise would be unable to attend. They aim to help all passengers engage repeatedly with the essential support they require.

After the toughest of appointments, they are there for passengers; providing a calming and safe environment to help with the journey home.

No job too small...

Fares4Free works alongside many charities and organisations who are dedicated to helping veterans and their families.

If the prospect of facing or coping with public transport seems too

much, or financially it is not viable, then they may be able to help. They assist many people and many organisations by providing transportation in fully maintained and suitable vehicles, all operated by trained and vetted drivers, always arriving with a friendly smile.

With over 50 partners providing various levels of support and advice, their drivers are qualified and trained to help signpost service users onto further help and support should it be needed. Their staff and volunteers are friendly and help make every journey as enjoyable as possible.

No job is too small and sometimes people just need a friendly face to help beat isolation. Get in touch today and see how Fares4Free can help.

Become a volunteer...

All volunteers are offered free access to various training courses including the Mental Health First Aid for the Armed Forces Community course. Volunteering is tailored to each, and every individual and your existing skills and knowledge can help them greatly.

Their founder David Gibson is passionate about bringing out the best in people and the rewards of volunteering can be seen in both the volunteer and the recipient. Please get in touch if you are interested, in any capacity.

Referrals

Most referrals come via word of mouth and by recommendations. Fares4Free asks that you continue spreading the word, making sure that the veterans in your life, and their



families, know that the service is here, and more importantly that they may be entitled to support.

Fares4Free routinely signposts veterans to their partner organisations and other services that they may benefit from.

Start asking around today in your Shed and communities and find out if you can help a veteran by putting them in touch with Fares4Free.

Contact Fares4Free

Tel: 0141 266 6000 (Mon – Fri, 9am – 5pm)

Email: info@fares4free.org

Web: www.fares4free.org



Fares4Free

SHED IN THE SPOTLIGHT

New 'SMSA
Shed Member'
Focus

With so much progress being made at Lanark Men's Shed with their ongoing site renovation and the refurbishment of their new containers on Langloch Farm, the SMSA caught up with Shed Chairman Alan Ross to hear all about this young Shed's first year.

Alan said: "It has been all go on the Shed site with this first major project to get our three new container workshops completed. We set ourselves an ambitious but achievable goal to get it all done by June with a view to holding our open day at the end of July/early August.

"The Shed's inaugural meeting took place only in September 2021 with five members and since then, so much has been done in such a short space of time.

"We are perfectly situated on [Langloch Farm at Clydesdale Community Initiatives](#) (CCI) Scotland with neighbours including the sawmill, [Clydesdale Women's Shed](#) and [Lanark in Bloom](#). We have had a brilliant relationship with our landlord, CCI, from the beginning. They provided us with the start-up costs and we have an agreement in place that we will pay no rent or electricity for two years, which we hope may continue in future years.

"We also could not have done this without the support of our other funders—[Voluntary Action South Lanarkshire](#) (VASLan) and the [National Lottery Community Fund](#) and of course, [South Lanarkshire Council](#).

"Step one of this first project was the insulation and interior batten frame on container 2 then the fitting of the walls and lastly building and installation of the workbenches and large cutting machinery.

"Our new fully fitted smaller container (number 3) arrived in style and craned into location on the 1st June—this will be used as a finishing and small projects Shed. Work benches and hand tools will be purchased and installed to allow members to get started in the new Shed almost immediately.

"Electrical work will then be carried out over all three containers along with the Clydesdale Women's Shed and Lanark in Bloom's containers. We are in the process of re-roofing over all of our containers and 'machinery shop' with Perspex sheeting, which will provide additional all-weather outdoor work area.

"Next, we will build a wood store to the left of container 2 and added shelving. The store will have wood cladding added to the exterior to make it more aesthetically pleasing from the roadside. This space will be used to dry wood all year round.

"The final stage will be to refurbish container 1 for use as a social recreational area suitable for all Shed members to relax and chat over a brew, as well as open up the area to existing and future on-site community groups. The area will also be utilised as a welcoming area for visitors and where we will hear from future guest speakers. There will be an area set aside for a small tea coffee station which will house a coffee machine, small fridge and hopefully soon a microwave for those that may want to heat drinks and/or meals.

"We plan to have some small seating areas which can be used by surrounding clubs and groups whilst still leaving ample room for our requirements. All of our furnishings are light and moveable to allow this multi-purpose space to be set up in a range of different ways.



Continued on next page...

SHED IN THE SPOTLIGHT (Continued)

...continued from previous page

“Additionally, the current small separate office area will have a desk for the new computer for future training, learning basic computer skills and for general Shed administration and business. We have installed a new laser printer for creating our own merchandise and there will also be a table and chairs to accommodate ‘one on one’ learning, allow small meetings and team calls as well as our monthly zoom conferencing.

“We are extremely fortunate that we will have the ability to open over seven days a week if we require and so have the opportunity to add more groups or open up space for hire to other community groups and bring in some income.

“Plans for the near future include working with Lanark Community Development Trust within the Fairy Dell at [Castlebank Park](#), which has some wildlife woodcarvings which have unfortunately been vandalised. We will be working to replace parts and restore the items to their original beauty for the community to enjoy. In addition, we plan to create some new wooden signage for the park.

“Future plans include incorporating an outdoor seating area for members and visitors to chat and our next major project is to create a Community Tool Library for locals to hire out items for their DIY jobs. We also hope to install solar panels down the line to be more energy efficient and aim to look at an electric vehicle for the Shed’s use. This really is just the beginning for our Shed – there is so much potential for growth and we are extremely excited.”

Lanark Men’s Shed has set up several groups for its members since its inception—including its guitar club, woodworking group, a WhatsApp group (for updates and chat) and a writers’ club. One of the writing club members, Brian Laidlaw (94), is a renowned published author and the group has recently been asked by the [Lanark Community Development Trust](#) to write an article on Lanark history and heritage.

With the Shed’s growing membership currently sitting at 35, its list of activities continues to evolve to meet the needs of its members. The Shed’s latest addition is a popular walking group. Tom Docherty from Lanark Men’s Shed said: “In less than a week of a walking group being discussed, it was up and running and had its first outing.

“There are now plans to have a weekly daytime walk in the Clydesdale countryside around the Shed’s Lanark homebase. The group anticipates future outings further afield into the Highlands and Lowlands.

“A walking group epitomises the Men’s Shed’s definition of ‘providing a supportive environment for people to gather, volunteer, work, teach, learn and seek fellowship with other like-minded people’. Regular hillwalking, or indeed any kind of walking, can improve your heart rate,



burn calories as well as activating the hamstrings, glutes and calves. It also boosts stamina and endurance – all health-giving benefits.

“Walking has also been shown to reduce mental stress as well as reducing the symptoms of anxiety and depression. Of course, the most important aspect of walking is that it is fun. There are also excellent photographic opportunities to be had as well as many historical and cultural aspects.

“Any type of walking can be done—from short flat rambles to hill walks, and everything in between. Walks can be tailored to suit an individual group’s needs and abilities.

“Lanark Men’s Shed Walking Group chose a nice, easy walk for its first outing. They set off from just outside Robertson village and headed up a gentle slope, passing an abandoned quarry, to arrive at the bottom of Robertson Law, which was skirted around. An easy downhill section led to a ruined stone sheep fank which provided a convenient seat for a lunch stop.

“The peace and tranquillity throughout the walk was only broken by the interesting discussions about the landscape and scenery. After crossing a small burn, a short stroll led back to the vehicles. All in all, a nice 3½ mile, 1½ hour walk. So, there really are no excuses, why not get your Shed organised with a walking group? It’s good for you and it’s fun.”

Currently, Lanark Men’s Shed is open every Tuesday to Friday from 10.30am to 4.00pm. The Shed is just about to launch its new Facebook page, so keep an eye out for it to follow their journey from here.



Sheds and Rotary join forces for Children's Milk Bottle Top banks

Volunteers from [Gala Men's Shed](#), [Kelso Men's Shed](#) and [Galashiels and District Rotary Club](#) gathered last month to assemble Children's Milk Bottle Top (CMBT) banks for [Borders Bottletops for Charity](#).



In October 2021 at the Rotary District Conference, the Galashiels and District Rotary Club received a £1,000 grant to fund the community initiative to manufacture CMBT banks.

With 65 primary schools in the Scottish Borders catchment area, the plan is to make 65 CMBT banks so that every school will have one. The CMBT banks aim to encourage local primary school pupils to become more engaged in environmental issues by recycling bottle tops—the highest quality recyclable plastic that unfortunately many throw out—and also learn more about local fundraising initiatives.

Over the years, Borders Bottletops for Charity has raised over £12,500 which has been donated to palliative care charities such as The Margaret Kerr Unit, The Lavender Touch, Marie Currie and Macmillan Cancer Care.



Dunoon Men's Shed awarded highest royal honour

On Thursday 2nd June 2022, [Dunoon Men's Shed](#) celebrated winning the group equivalent of an MBE.

The Shed was announced as one of the **244 winners**—22 from Scotland—of this year's Queen's Award for Voluntary Service (QAVS). This is the highest award given to volunteer groups across the UK in recognition of their outstanding and diverse work to benefit their communities.

Last year, two Scottish Men's Sheds were awarded the QAVS—Aberchirder and District Men's Shed and Westhill and District Men's Shed.

Ian Graham from Dunoon Men's Shed said: "We got a huge surprise ourselves when the announcement was made. Last year, we also scooped third place in SMSA's 'Scottish Men's Shed of the Year' Awards 2021 so we are delighted to have received another prestigious award that recognises the huge contribution our members make to the community and the benefits it brings to our members. The only way is up from here!"

Iain MacNaughton from Dunoon Men's Shed added: "We have put in a huge amount of work to get to this stage. We have been extremely busy with numerous projects since reopening from creating friendship benches and hanging baskets for our town to constructing owl boxes for Tawny and barn owls to protect our owl population. This award is certainly a wonderful accolade in recognition of that."

Dunoon Men's Shed has recently been expanding its list of activities for members. Last month, the Shedders erected a greenhouse, purchased with funding from [Magic Little Grants](#), in the garden to the rear of the premises for its green-fingered Shedders. They are also refurbishing a static caravan that was donated to them by Argyll Holidays, Cove Communities that will be used as an arts and crafts workshop for the local community. The Shed has received funding from the [Arnold Clark Community Fund](#) to pay for the renovation works which will take a few months.

Representative from the Shed will soon receive the QAVS award crystal and certificate from the Lord Lieutenant of Argyll and Bute and will then attend the garden party at Holyroodhouse in July 2023.

Nominations for the 2023 awards are now open until the 15th September 2022. [Click here for more information.](#)

Youth work-based learning experience at Mintlaw & District Men's Shed

In partnership with Police Scotland and Mintlaw Academy, Mintlaw and District Men's Shed is working with 11 school pupils from the local Academy to get them involved in their Shed restoration project at Aden Park in Aberdeenshire in a bid to further reduce the level of anti-social behaviour and vandalism in the area.

Shed Chairman Gordon Reid said: "Following the Easter holidays, we welcomed our first candidates Connor and Calvin—who were very keen to get going—to begin their work-based learning at the Shed.

"Police Scotland approached us with this opportunity to work with the students during term time to learn how to build and renovate and see what Shed life is all about. The scheme is the result of extensive talks with Mintlaw Academy and also Youth Co-Ordinators who have identified some teenagers who may benefit from working as part of a team in a workplace environment. This is a great hands-on opportunity for these young people."

Constable Melanie Hislop from Peterhead Police Station said: "We're pleased to have played a part in bringing this scheme to fruition alongside Mintlaw and District Men's Shed and Mintlaw Academy.

"The Men's Shed do some fantastic work and it will be brilliant to see a number of local young people get involved and learn valuable skills along the way.

"The lighter nights and school holidays bring about an increase in anti-social behaviour in the

area but we hope that by getting young people involved in the making, building and restoring of items in the Aden Park area then we will see a reduction in incidents on anti-social behaviour and vandalism."

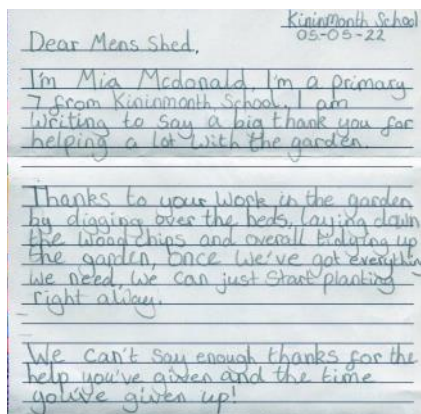
Gordon added: "There is certainly no shortage of work around here and we look forward to working together with these pupils on these projects in the coming months.

"Calvin has taken ownership of the trailer refurbishment project and has made a fantastic start. Conner and Calvin have also been involved in building and painting planters and making a sample bird box. We have also made a start on preparing the posts for the new yard gates and are getting the base ready for our greenhouse.

"Our Shed is keen to be involved in other intergenerational projects in our community and have recently been helping Kininmonth School with some gardening (see letter from primary school pupil Mia below). Although our Shed's membership is on the increase, only nine of our members are active—with an average age of 74—and regulars to the yard to work on the renovation works and able to help with this stage of the Shed's development.

"We actively promote the 18+ Men's Shed model and hope to raise awareness with the next generation and get some young Shedders along to help us transform this key space for the men in our community."

Follow Mintlaw and District Men's Shed on [Facebook](#).



Sheds celebrate Queen's Platinum Jubilee

Many Men's Sheds across Scotland celebrated the Queen's Platinum Jubilee 2022 in style with a range of different events from parties galore to tree planting to mark the momentous occasion earlier this month.

Inverurie and District Men's Shed (IDMS) held three different events over the Jubilee weekend. On the Friday evening, IDMS took part in Garioch Heritage Centre's show of 40 classic cars and tractors—through the seventy years of the Queen's reign. Shedder Henry took along their tractor, Elvis, a 1954 Fergie (pictured top right), to the show from the allotments and through the town.

On Saturday, there was an open day at the Shed's allotment where the community was invited to attend. On show were a few of the vintage tractors from the previous evening including stationary engines and some farming machinery.

On Sunday, the Men's Shed had a stall (along with 40 others) behind the Town Hall to talk to the community about the Shed and its offering.

Many Sheds were involved in street parties and festivals including **Scone Airport Men's Shed** who was part of the Scone Village Gala Day, and had a stall at the event, on Saturday 4th June.

Stanley and District Men's Shed marked the Jubilee through the accolade of the Queen's Green Canopy to 'Plant a Tree for the Jubilee'. The initiative encourages individuals, schools, community groups and businesses from across the UK to get involved and play their part to enhance the environment by planting trees.

With a strong focus on sustainability, the Queen's Green Canopy participants are planting trees to create a legacy and greener UK for future generations. The Shed planted just under 140 trees in Perthshire including 82 Apple, 16 Cherry, 30 Plum and 11 Pear.

Gala Men's Shed—who was recently filmed by ITV Borders to document their evolution since their inception in 2014 and over the course of the pandemic—was awarded £2,500 from the Queen's Platinum Jubilee Fund through the Scottish Borders Council to celebrate the Jubilee by creating a garden at the front of their Shed (pictured bottom right).

Shed Treasurer Ross Hall said: "Previously, the front of our Shed could be described as a wilderness! We have, with a great deal of effort from members, now changed the landscape into something we can now enjoy and planted seven trees to commemorate the Jubilee.

"We also had some help from the Community Service team who cut back the forest of long grass and weeds and we have also enlisted the help of our local primary school who over two days helped plant flowers and herbs. We are installing cameras to live stream the gardens growth over the next few years."



Cumnock and District Men's Shed ready to regenerate new home

Cumnock and District Men's Shed is all set to take over a former school annexe building as its permanent new home.

East Ayrshire Council recently approved the Community Asset Transfer application from the Shed for a 25-year lease for the building at 39 Barhill Road in Cumnock.

The building requires significant investment to renovate it and the local authority had previously agreed to grant £50,000 to the Shed for refurbishment through the Scottish Government capital fund, [Place Based Investment Programme](#) for new windows and other works to make it fit-for-purpose for Shed activities. The Shed is now applying for further funds for the total renovation.

Alan Thomas from Cumnock and District Men's Shed, which was formed in January 2021, said: "We are absolutely delighted that our lease has been approved. We submitted our application to East Ayrshire Council and proposed how we could transform this empty building and bring it back for community benefit.

"We received temporary access to the building which then allowed us to get contractors in to receive quotes

for the work required and have now started working with an architect who will be designing the use of the space to maximise its potential.

"Major structural work will be done by contractors however it is hoped that the remainder of the refurbishment will be carried out by our members.

"It is starting to sink in now and get exciting. We have big plans to offer a range of activities at the Shed to attract as many members as possible.

"Although there is still a lot to be done and a long road ahead, we are so grateful that we are one step closer to offering an inclusive creative community space for people living in and around Cumnock and we just can't wait to get started."

Announcing the decision on its website, East Ayrshire Council stated "In support of the application, the organisation provided a strong funding strategy to fully regenerate the building and bring it back into community use.

"The 25-year lease will begin once written confirmation is received to say that all funds for the refurbishment of the building have been acquired and rent will be set at £650 per year.

"The Cabinet decisions are part of the Council's Community Asset Transfer framework which, since inception, has agreed 59 asset transfers in community ownership/operation throughout East Ayrshire."

Follow Cumnock and District Men's Shed's journey on [Facebook](#).



£8,000 lottery boost for Three Towns Men's Shed

The [National Lottery Community Fund \(NLCF\)](#) has awarded £8,000 to Three Towns Men's Shed to enable them to expand on their Shed activities to attract new members.

The Shed has a wide range of evening classes on offer to its members including woodworking, marquetry, computing, photography, painting and decorating and basic DIY skills from its premises on Glasgow Street in Ardrossan but now has big plans afoot for even more.

Shed Treasurer Donald McLarty said: "We are delighted that our application to the NLCF was successful—we actually received more than we initially applied for. We are endeavouring to update our activities with a view to attracting some younger members by offering CNC wood carving, laser etching and cutting etc. This will also enable us to make house signs and similar items for sale to generate income for Shed running costs.

"This grant will allow us to purchase the equipment such as computers, the CNC and laser cutting items that we require to bring this plan to fruition.



"We also plan to buy PAT testing equipment with a view to keeping our own electricals safe but also offer this as a service to other local charities to enable them to sell electrical items safely and legally."

"Since moving into our new premises several months ago, our new 'shopfront' has been receiving a lot of attention and raising awareness with the locals. It encourages people to drop in and find out more about what we have to offer and we look forward to proudly raving about our new activities to them."

Three Towns Men's Shed is open Tuesday to Friday, 9.30am to 3pm. For more information, please follow Three Towns Men's Shed on [Facebook](#).

Penicuik and District Men's Shed is on the move

Penicuik and District Men's Shed Chairman Ernie Symons and Penicuik [YMCA YWCA](#) Chief Executive Officer Scott MacFarlane are pictured (right) after signing an initial four-year memorandum of understanding between the two charities for the Shed to move on to the YMCA site.

Shed Secretary David Russell said: "Plans are well underway to develop our new Shed home within the YMCA premises. We now have an agreement in place to site shipping containers (grant funded and owned by the Shed) beside the YMCA building to make into workshop space and a store for our members.

"We will have access to a social area within the YMCA building. This space, although not exclusively ours, will be ours on Shed open days. We also have plans to create a lovely garden area for members with raised beds and a polytunnel.

"We are delighted to work in partnership with the YMCA. This move will promote intergenerational working between Shed members and YMCA groups to build a more connected community.

"Our Shed moved to the Penicuik Scout Hall temporarily but we have now been there over two years and it is time to move on to the next exciting stage of our Shed development. The move will take place after initial work has been completed hopefully later this year."

Follow Penicuik and District Men's Shed's journey on [Facebook](#).



"How I found happiness, peace and contentment in a run down old woollen mill"

by Lloyd Hodkinson of Wee County Men's Shed

Retirement had come, I was happily involved in a number of different activities, volunteering with charities and so on, as well as setting up my workshop in a capacious double garage.

Then came a bombshell, my wife wanted to move house and return to her Scottish roots, the kids had all completed university and were also living in Scotland.

So, we packed up and moved to Tillicoultry. We downsized into a smaller house which unfortunately had no garage. I started to look into activities to keep me occupied and found [The Wee County Men's Shed](#).

I learned that there were "Men's Sheds" scattered across the length and breadth of the country—places where men can meet, partake in social activities and use a workshop to make their own projects or get involved with community projects. But above all, they are a place where one can make and build friendships and have some banter.

Each Shed is different and reflects the membership that it attracts. At the Wee County Men's Shed in Clackmannanshire, we refurbished the old woollen mill, built the Howf (social area), kitted out the workshop. It is still untidy, but it's a Shed, our Shed.

We have a range of woodworking machines, some engineering facilities including welding, a bicycle repair section and a model railway group as well as the popular social area.

Shortly after this, my wife left me and the friendships at the Shed were what kept me going through some very dark periods. I subsequently was elected to the Management Committee. Then Covid hit. We are slowly starting to get back to the numbers who used to attend at each session, having lost some members during that time.

I hope that by this time you are asking "What has this to do with me?" Perhaps you are in a place that you could do with some new friends and enjoy some banter. My advice to you is...find a Shed! Go along and it might just lift your life a little.

You may be looking for something worthwhile to do, to get involved and contribute to your community. You could make a real and valuable contribution!

[Find your local Shed today on the SMSA map.](#)





Dunfermline Men's Shed's twofold success

[Dunfermline Men's Shed](#) is celebrating a funding boost in addition to receiving the keys for the west wing of the Steading buildings within Pittencrieff Park.

The [Arnold Clark Community Fund](#), that provides financial help to community groups and charities, announced that it was not only going to award the Shed with the £750 they originally applied for but the Fund decided to double the amount to £1,500 to enable the group to purchase a mobile bench and storage container.

Neil Lyndon from Dunfermline Men's Shed said: "This came completely out of the blue and was a fantastic surprise. We had budgeted for £750 but the lovely people at Arnold Clark Community Fund obviously thought that wasn't enough.

"We feel that we owe this success to Councillor Helen Law who is a member of the Carnegie Trust and has steadfastly promoted the cause of having the Men's Shed in the Glen. If we can make this happen, it will be a fitting tribute on her upcoming retirement."

"Our Committee has been in regular talks with [The Carnegie Trust](#) and Fife Council over the Steadings buildings and we were delighted to receive the keys to the west wing last week. The buildings have been reviewed by the park manager and the roof is watertight and in good condition which is a great start. Fife Council will also need to survey the buildings to ensure that they meet buildings regulation standards.

"This week, we will begin a big clear out of the west wing. We have even started to take in donations of tools and equipment and Glenrothes Men's Shed also popped by to deliver

a spare floor standing lathe and two bench top lathes which were surplus to their requirements."

Gillian Taylor, CEO of the Carnegie Dunfermline and Hero Fund Trust, said: "A Men's Shed in the Glen fits in with our ambition that Pittencrieff Park should become Scotland's primary destination park for happiness, health, education and wellbeing. We are actively working with our Fife Council colleagues to secure a suitable location in the Steading buildings."

Members of the Dunfermline Men's Shed (currently 32 full members and 79 associate members) presently gather every Wednesday between 2-4 pm in the meeting room of the Steading in Pittencrieff Park.

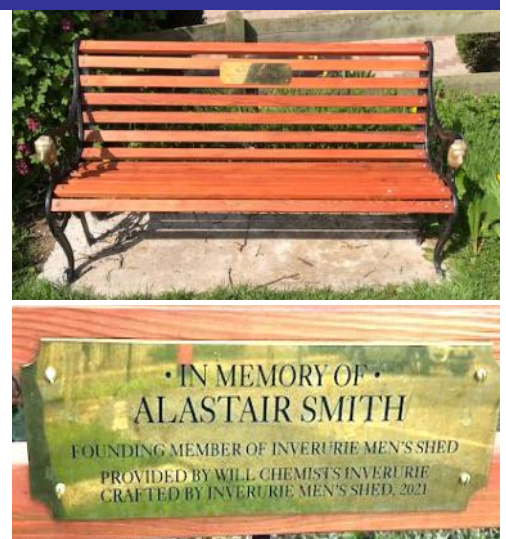
Follow Dunfermline Men's Shed as they embark on their journey through their [website](#) and follow them on [Facebook](#).

Commemorative bench installed in memory of Shed founder

A bench, with commemorative plaque, has been installed in Inverurie, Aberdeenshire in memory of founding member and Trustee of [Inverurie and District Men's Shed](#) Alastair Smith who passed away in July 2019.

Galen Will from Will Chemists on Burghmuir Drive—a local, family owned and run pharmacy—approached the Shed to make a donation for them to construct the bench which is now pride of place at the side of their building.

The bench was crafted by Shed members, including Leith Robertson, Geoff Binfield and Bernie Oates, and now provides a space for the community to sit, relax and talk—a fitting tribute to Alastair.



Dingwall and District Men's Shed's craft village takes another leap forward

Dingwall and District Men's Shed's craft village site—on the disused skate park behind Ross County Football ground—has taken another big step forward with the installation of their new clubhouse/social area this month.

Brian Liddle from the Shed said: "Since receiving full planning permission from The Highland Council in spring 2020 and the pandemic shelving our plans, it has been great to see so much progress being made at the site of late.

"We now have our craft workshop, polytunnel, log cabin with decking, portacabins and container in place. Earlier this month, we took another huge step forward when our new social area for our members—including kitchen and toilet facilities—started literally coming together to complete our craft village and get us all hobbing. Once the social unit is complete, we will also start constructing another workshop for metal and woodworking.

"It is truly heart-warming to have received so much support from the community towards this project including funds and tool donations.

"In April, we also received a welcome boost to our funds of £3,000 through the [Youth Philanthropy Initiative Scotland](#)—an active citizenship programme which empowers young people to make a difference in their communities and develop a range of skills.

"S3 pupils (Jessica Mackenzie, Liam Squires and Charley Garbett) from Dingwall Academy visited the Shed to find out more about us and successfully presented their findings to a live audience of 200 peers—for the first time since the pandemic.

"We were told that our Shed was selected due to the statistics on male suicide highlighted by the pupils and the need for a local charity that improves men's health and wellbeing. We are so proud of them and thankful, not only for the much-needed funds, but also for raising awareness of Men's Sheds and what they have to offer.

"Since re-opening, it has been great getting out and about again. We recently had a stall at The Daffodil Tea at Foulis Castle to promote the growing Shed development to the local community and are delighted to have recently welcomed some new members."

The Shed is open on Wednesday and Friday mornings. A singing group meets on Fridays and a craft group (any portable craft) on Thursdays. Follow Dingwall and District Men's Shed on [Facebook](#) for the latest updates.





Shed to Shed visit: St Andrews Shedders head to Aboyne

On the 12th May 2022, 13 members of the [St Andrews Men's Shed](#) hit the road to visit the [Aboyne & District Men's Shed](#) on a learning visit fully funded (£700 expenses) by the [Scottish Community Alliance's Community Learning Exchange](#) and endorsed by the SMSA.

John Meek, St Andrews Men's Shed Treasurer, said: "The purpose of the visit was to help us better understand what we need to do to establish new premises. Topics for discussion, amongst other things, were how Aboyne & District Men's Shed achieved the funding for their new premises; how they designed and constructed the building; and how they manage it as a community asset."

Adrian Snowball, St Andrews Men's Shed Committee member, said: "The visit started with a tour of the workshop facilities; there was much discussion and comparison about the equipment in our respective Sheds. As with St Andrews Men's Shed, much of the equipment has been donated either from local schools, businesses and individuals.

"The day-to-day operations of the Aboyne Shed were outlined. All members using workshop machinery have to be competent and assessed and trained by the Shed supervisors. St Andrews found this to be very interesting and will be updating their own procedures in light of this.

"The Aboyne Shed has 85 members. There is a strong focus on not undertaking work unless that person has been through an induction course in any equipment operation conducted by one of the Shed trainers. The Shed has several workshop supervisors and they keep visibly displayed, an information board showing a matrix of member's competencies.

"The second floor of the building provides rental income. The Aboyne Shed's success in creating a community hub, owned by the Shed as the legal entity, with a wide variety of community groups using it significantly helps to fund running costs.

"We learned so much during this visit. We didn't want to reinvent the wheel and all came away with ideas as to how we might change and improve our operations. We would highly recommend that our fellow Scottish Men's Sheds apply to the Scottish Community Alliance for funding for Shed to Shed visits."

For more information on the Scottish Community Alliance Community Learning Exchange, please [click here](#).





Forth Valley Shedders receive special invitation to Argyll and Sutherland Highlanders Museum

Members of Forth Valley Men’s Shed (FVMS) had the privilege of a very special guided tour of the [Argyll and Sutherland Highlanders Regimental Museum](#) at Stirling Castle last month courtesy of [The Argyll and Sutherland Highlanders Regimental Association](#).

Shed Secretary Kenneth Quinn said: “After working in partnership with the museum to carry out some bespoke projects including a custom ceremonial box—used to hold deceased members’ treasured items—and a memorial walking stick (both pictured), we were delighted to receive a personal invitation for our members to come for a tour.

“One of our members, John Simm—a retired police officer who I worked closely with during my Fire Service career—volunteers at Stirling Castle one day a week and kindly offered to be our guide during the visit on the 25th May 2022. Quite a few of our Shed members are

veterans so we grabbed the opportunity with both hands. Thirteen members attended on the day and were delighted to get a sneak peek into parts of the museum that the public doesn’t normally get to see!”

FVMS reopened in January and is open to members (old and new) on Mondays, Wednesdays and Fridays from 10am to 2pm. Follow Forth Valley Men’s Shed on [Facebook](#) and [Twitter](#).

Photos courtesy of talented photographer and FVMS Member, Andy Hilton





Transformation work begins on new Inverclyde Shed

Work has begun on The Inverclyde Shed’s ‘Big Shed Project’ at East Blackhall Street—a post-war industrial building within Greenock’s historic harbour area—to transform the derelict site into their long-term home.

First job on the list was removal of the dilapidated steel frame which in true Men’s Shed style will be reused, cleaned and painted as part of Inverclyde’s industrial past regenerated thanks to Scottish Government Regeneration Capital Grant Fund (RCGF) funding and in partnership with Inverclyde Council.

Shed Treasurer Bruce Newlands said: “East Blackhall Street has an original link between the industrial area and the Victoria & East India Harbours. There is a lot of history in this building and that made it even more important to save it for the benefit of the community.

“The site is located next to Scotland’s most deprived community—according to the Scottish Index of Multiple Deprivation 2020—and we are delighted that the renovation is being completely supported by the Scottish Government RCGF funding.

“We started this process back in 2019 and secured a 25-year lease secured at £1 per annum through Community Asset Transfer. £791,804 funding was then awarded from the Scottish Government’s RCGF towards the restoration.

“Progress has certainly been hindered by the pandemic however we are excited to now get going on the building again for our current membership and for the next generation to come.

“We anticipate that the works will be completed by October 2022 just in time for our next AGM—which we can hopefully host in the building.”

For more information on The Inverclyde Shed, please visit their [website](#) or follow them on [Facebook](#), [Twitter](#), [Instagram](#), [Pinterest](#), [You Tube](#) and [LinkedIn](#)).



COMMUNITY LEARNING EXCHANGE

FUNDED OPPORTUNITIES TO VISIT & LEARN

Have you got an idea for your Men's Shed but aren't sure how to go about it? Don't want to reinvent the wheel?

The Community Learning Exchange is an opportunity for Sheds to visit fellow Sheds or community groups and learn from their experience.

The programme funds 100% of travel and subsistence expenses (up to £750) including a fee for the host organisation that you want to visit. Funding is also available to develop and deliver a virtual learning experience.

Hundreds of communities have already taken advantage of this fantastic opportunity.

Interested?

Step One: Contact your Network Member, the Scottish Men's Sheds Association to discuss your proposal

Step Two: If your proposal is endorsed by the SMSA, apply online at www.localpeopleleading.co.uk

For more information on the Learning Exchange, please contact Amanda at: exchange@scottishcommunityalliance.net

**scottish
community
alliance**

local people leading

'The application process was extremely straightforward. As a Shed member, the first step was making contact with the SMSA where our proposal to visit Aboyne & District Men's Shed was quickly endorsed. Within less than two weeks of applying, we heard the fantastic news that our application had been successful and we are very much looking forward to our trip next month.'

Dunfermline Men's Shed

'We all admitted that interacting with other Sheds is something we should try to do more of! It is all too easy to stick to your own Shed but this networking and sharing of ideas is key for success.'

Dunoon Men's Shed

'Through the Learning Exchange Programme, we used our grant to visit Sheds in Barrhead, the Wee County, Westhill and Inverurie to 'steal' ideas from them. After all, there is no point in reinventing wheels when a tried and tested model works well.'

Garnock Valley Men's Shed

To be eligible, your Shed must be a member of the Scottish Men's Sheds Association. This opportunity is a membership benefit through the SMSA's partnership with the Scottish Community Alliance.

SMSA Shed members should contact the SMSA Administrator in the first instance at:

admin@scottishmsa.org.uk

or call

07465 202 834

The Community Learning Exchange is funded by the Scottish Government



Carluke Men's Shed embarks on recruitment and promotional drive

More than two and a half years since they were formed in late 2019, members of Carluke Men's Shed are at last enjoying getting out and about to fundraise and raise awareness of the Shed and all it has to offer.

The Shed is now making up for lost time after the recent relaxation of the COVID-19 restrictions.

Members have been attending events to chat to local men (and their friends and family) to highlight the Shed's facilities and reach potential new members.

The Shed recently had a stall at their local Spring Fayre in the Market Square of Carluke on the 14th and 15th May 2022. The stall was kindly supplied by the Carluke Development Trust.

On Monday 13th June 2022, as part of Men's Health Week, the Shed had a presence at the Scotmid store in Law Village—thanks to a partnership with the SMSA and Scotmid Co-operative to promote Men's Sheds during the men's health awareness week—[see pages 2 and 5 for more information](#).

Shed Treasurer Tom Kennedy said: "The event was extremely successful with

plenty of interest being shown by the local people which was great to see. We are hopeful that we will gain a few new members through this opportunity."

Tom and his wife Wendy successfully walked-the-walk for the third time to raise over £3,240 for the Shed in April.

The Kiltwalk event in Balloch, Loch Lomond on Sunday 24th April 2022 was the couple's third year taking part in the 13.5 mile walk to fundraise for the Shed but the first time walking the official route after they followed their own circuit—around Strathclyde Park in Motherwell—to make up the designated miles in 2020 and 2021 due to the pandemic.

The Shed's cabins (one for recreational use and the other for woodworking activities) have recently had a very-welcome addition in the form of their new defibrillator, donated by [St Andrews First Aid](#).

Tom added: "We are delighted to now have this vital equipment in place. Jim Dorman, Director of Campaigns & Public Engagement at St Andrew's First Aid (pictured bottom right with Tom) kindly donated this life-saving piece of kit to our Shed and we are forever grateful."

Carluke Men's Shed meets every Wednesday (12-2pm) at their two portable cabins at the High Mill site and every Friday (12-2pm) at the Carluke Leisure Centre.

Follow Carluke Men's Shed on [Facebook](#) for the latest news.



Pupils receives generous donation for books from Gala Men's Shed

The Head Teacher of [Clovenfords Primary School](#), Alison Saxon, received a much-welcomed interruption to a recent assembly when she was presented with a cheque for £300 from Gala Men's Shed to purchase new books for the pupils from their Amazon wish list.

Alison was handed the cheque by cleaner Paul Bertram who, in addition to his many other volunteering activities, is Chairman of Gala Men's Shed.

When Paul heard about the school's appeal for books, he took the idea to the Shed committee. I let our Deputy Head Teacher Miss Skinner in on our plans to give a donation from the Shed but we kept it a surprise from Mrs Saxon and wanted to make the presentation in front of the children during assembly. Miss Skinner said: "It was worth keeping the secret just to see the look on Mrs Saxon's face when she opened the envelope. We are all really touched by the generous donation from the Men's Shed."

Follow the Gala Men's Shed on [Facebook](#).

Education Scotland visit to Denny and Bonnybridge Men's Shed

In April, Julie Beckett—Education Scotland’s Community Learning & Development (CLD) Officer for Forth Valley & West Lothian—went for an impromptu visit to Denny and Bonnybridge Men's Shed to learn more about their intergenerational working with a local young people’s allotment group.

Julie said: “I visited the Walled Garden Allotments in Callendar Park, Falkirk to meet the ‘Allotmentees’ which is an allotment group for young people supported by the Community Learning and Development Service in Falkirk.

“The group of young people have been clearing the overgrown areas in the Walled Garden, taking care of the environment and growing fruit and vegetables whilst successfully pursuing Youth Achievement and The Duke of Edinburgh Awards.

“As part of their renovations of the garden area, the young people have been utilising their partnership and intergenerational relationship with their local Shed—[Denny and Bonnybridge Men's Shed](#). At the Shed, the young people have been working with the Shedders to create wooden bird boxes which they have now hung in the Walled Garden.

“We had recently worked with the Scottish Men’s Sheds Association (SMSA) on our [‘Spotlight on Scottish Men’s Sheds’](#) webinar to teachers and CLD workers to raise awareness so following my visit to the Walled Garden, I wanted to pop into the Denny and Bonnybridge Shed to say hello and find out more.

“I went on to discover a huge treasure trove of creativity in their Shed. There were a number of bird boxes in production to meet a range of requirements from the colour to the type of bird they were intended to attract!

“In addition, the Shed refurbishes and repurposes a huge range of bicycles which are then donated back out into the community when they are safe and roadworthy once again. I met a gentleman who was creating beautiful sculptures from offcuts of wood—an incredible skill that had been passed down through generations—and I now have one to sit on my desk! Goods are sold in a local shop to support Strathcarron Hospice.

“I am extremely thankful to George for facilitating my last-minute visit. It was wonderful to see the skills nurtured within the Shed, the environment and the enjoyment and passion that the Shedders experience. In addition to this, it was great to learn about the skills and experience that are passed on to young people through this partnership, supporting them to develop important life skills in a nurturing and supportive environment.”



Musselburgh Men's Shed partners up for community initiatives

Musselburgh Men's Shed has teamed up with local environment group, [Love Musselburgh C.I.C](#) to create and dispense wooden poo bag dispensers to clean up the community.

Kevin Young from the Shed said: "The dispensers, selling for £10 each (including a roll of bags) and with 50% of the proceeds going to the Shed, have been designed and crafted by Shed members to last and are a more environmentally-friendly version to the plastic bottle dispensers that were appearing in the town to tackle the issue.

"Three local businesses snapped up the initial 10 dispensers that were made and we plan to produce more in the future and work with Love Musselburgh C.I.C to make our community cleaner and greener."

The Shed has also worked in partnership with [DadsWork](#) and [Enjoy Leisure](#) to improve the surrounding grounds of the Musselburgh Sports Centre. Check out their latest video of their Shedders [installing new planters](#) at the centre.

Kevin added: "We collected 18 bags of rubbish whilst improving the surrounding areas. This was a

wonderful start to our new partnership that afforded the opportunity for these men to volunteer to improve their local community whilst also benefitting their physical and mental health.

"Elphinstone Primary School and The Burgh Primary School Nursery have also received new benches and suet bird feeders for their playgrounds (a partnership with DadsWork and Macmerry Men's Shed to share skills and work together). Kevin said: "Elphinstone Primary School also received a new store for their gardening tools whilst they improve their playground and grow vegetables in their new community garden. This was another satisfying piece of collaborative work to improve school environments for local children."

In March 2021, the Shed suffered a devastating break-in where tools were stolen just as they were in the process of renovating the premises to prepare for reopening. Following a Crowdfunding appeal, a very generous tool donation from [Zero Waste](#) and the receipt of £500 match funding from the [Walk with Scott Foundation](#) and £500 from East Lothian Police Community Fund, the Shed has now been able to replace its hand and power tools and reopen to welcome new and existing members back.

The Shed is located behind the Our Lady of Loretto and St Michael Catholic Church at Newbigging and is open 2-4pm every Tuesday.

For more information about Musselburgh Men's Shed, please follow them on [Facebook](#).



Springburn Park Men's Shed's intergeneration work in the community

Springburn Park Men's Shed is building strong relationships across generations through its work with local schools and popular handyman service that prioritises older and/or disabled members of the community.

The Shed recently spent an extremely productive afternoon at Springburn Academy talking to the next generation about the work it carries out for the benefit of its members and the local community.

English teacher, Miss Slaven, from the Academy said: "Our S2 pupils were delighted to have the opportunity to find out about the fantastic work that Springburn Men's Shed are doing within the community. This has enhanced their experience of the [Youth Philanthropy Initiative Scotland](#) project and how it can benefit the people and community they live in. We are excited to work with the Springburn Men's Shed again in the future."

The Shed has also received scaffold boards to make planters and outdoor play equipment for local primary schools, nurseries, community allotments and community organisations from local company, [Palmers Scaffolding UK Ltd.](#)

SPMS has since built planters in time for the growing season for South Loch Street community allotments and has also delivered four raised planters and a mud kitchen to a local nursery (Langa Street Nursery) that one of their members attended almost fifty years ago (pictured bottom right).

Their Handyman Service—which is currently booked up until the end of August—is being put to great use by repairing storm damaged fences for older people in the community, tidying up Mosesfield Memorial Gardens and the team has also installed new outdoor play equipment and fixed and spruced up planters and a storage container at Balornock Primary School. The local schools are also taking advantage of closure over the summer holidays to make improvements to the outdoor areas and playgrounds.

SPMS is open Tuesdays to Thursdays, 10am-3pm. For more information, visit their [Facebook page](#).



A PERSONAL STORY



Secretary of the new Dunfermline Men's Shed Mike Rowlinson (70 years young) shares how focussing on getting the Shed up and running and making new friends has got him through the darkest of times following the recent death of his beloved wife, Helen.

Mike said: "My wife and I moved from Scotland to Nottinghamshire in the early 80's. Initially meant as a 'temporary' move, we eventually returned to Scotland when we retired after 33 years there. Whilst in Nottinghamshire, that's where I initially heard about the Men's Sheds Movement. There was a Shed some 15 or so miles away from us and with retirement looming, my interest in DIY, my background in homeopathy and complementary health as well as the need to keep myself occupied and meet like-minded people—I really liked the concept.

"On our return to Scotland, I wanted to do something productive with my time. I searched the [SMSA 'Find a Shed' map](#) and was gobsmacked to learn that there was not yet a Shed local to me in Dunfermline. Unfortunately, the pandemic then hit and we went into lockdown so I put the idea on hold.

"In July 2021, I was on Facebook one day and came across a post about a group of local guys setting up a Men's Shed in Dunfermline. Our founder, local award-winning bee keeper Neil Lyndon, came up with the idea to set up the Shed. He had originally wanted a special kind of hive for his bees but it was an extremely

expensive piece of kit. He considered utilising the workshop facilities and members' skills at a Men's Shed however found that the nearest Shed (Glenrothes Men's Shed) was quite a distance away and so his dream to set up a new Shed was born.

"I went along to the first meeting and quickly volunteered to become Secretary to get all our ducks in a row. I wasn't sure, at this stage, what the Shed could do for me personally but it certainly was fun being involved in setting up a new Men's Shed for our community.

"I call our eight-strong committee 'The Dream Team' as we have a great range of invaluable skills across the board including our digital guru Ron Skirving (our Chairman) working on the website and Mailchimp communications. Treasurer Jim Myles applied for and secured our first real funds—£1,500 from the [Arnold Clark Community Fund](#). Neil Lyndon deals with the press and promotional side, Richard Lawrence has valuable experience applying for funding, Ally Craig is our design and protocol guru, Robin Sharp has loads of experience in the charity sector and last but not least Alastair Wood with his business background is producing our business plan. My role is producing the weekly updates and keeping everyone—members, supporters, funders and the community—informed of our progress and plans. I thoroughly enjoy it.

"Then, just before Christmas, my wife of 48 years unexpectedly died and it is all still extremely raw. We met at

Edinburgh University whilst I was doing my Degree in Microbiology. Helen was a friend of a friend and I begged my pal to take her along to my 21st Birthday party. She came along, and I gave my best chat up line 'Grab your coat, you've pulled!' Two weeks on, I proposed and we were married the year after.

"One evening, we were chatting about how great our lives have been, how happy we were and that we had zero regrets. Helen also told me how proud she was of my work with the Men's Shed. Not long after that conversation, my Helen passed away in her sleep from an aortic aneurysm. Even with my medical background, I did not see any warning signs.

"It has been an extremely difficult time. I just had a big milestone birthday—my 70th—without Helen and we had even booked a cruise for 2023. My life changed overnight. I had to learn to fend for myself, my diet now is...interesting, my choice of TV programmes has completely changed and waking up in the morning and remembering and evenings on my own are just so hard.

"The Shed really has been my salvation. The support from the guys has been superb and right now, I need to be kept busy. Putting something back into the community to help local men, like me, who may be suffering from loneliness, isolation, bereavement or just want to make some friends and have a laugh—it means the world to me.

Continued on next page...

A PERSONAL STORY (CONTINUED)



...continued from previous page

"I am not a great cook, Helen did most of the cooking, and there are a number of our members in the exact same position. We are currently in talks with Fife Council and Tesco to get 'Cooking for Yourself' and healthy eating demonstrations for our members who are struggling with cooking for one.

"Through talking to the membership, we have also identified that at least 30% have shared that they are experiencing or have experienced anxiety and/or stress. Being an anxious person myself, it is a privilege to befriend and support these men and see the improvements already just from our weekly get togethers.

"We recently had a brilliant boys' road trip to Aboyne & District Men's Shed, endorsed by the SMSA and fully funded by the [Scottish Community Alliance Community Learning Exchange](#). This trip was not only thoroughly enjoyable for us all but also invaluable to hear all about another Shed and how they got up and running. We learned so much and would highly recommend Shed to Shed visits.

"As part of my therapeutic process, I have made a bucket list. I have had taster sessions to fly a plane and a helicopter now. I also had a day at the Scottish Gliding Centre and flew the glider there. It was a free as a bird experience, I absolutely loved it and would encourage anyone considering it, to go for it! It was one of the most enjoyable things I have ever done.

"I have also recently become a volunteer driver for the Community Transport Scheme for the Royal Voluntary Service for people with health conditions and/or restricted mobility to get them out and about to appointments and activities. It feels good to give back and help people.

"Discussions continue with the Carnegie Trust and Fife Council to bring us closer to creating a permanent Shed in the Pittencrieff Park Steadings. The Trust and local authority have been totally behind us the whole way.

"Pittencrieff Park, known locally as 'The Glen', has 76-acres and is famed for its peacocks that have roamed freely for over a century. We are forging links with our fellow organisations at the park including the peacock sanctuary, Friends of Pittencrieff Park, Sustrans, Cycling Without Age, TURN (men's group) and Dunfermline Cycling Club. We will continue to maintain good relationships with them to keep 'our neighbours' happy and fully updated with our plans.

"The park is extremely popular with the locals and visitors and it is affectionately known as the 'Jewel of Dunfermline'. With limited resources, Fife Council is doing an excellent job maintaining the park however the old animal steadings are under used and starting to deteriorate. We now have full permission to carry out some maintenance work/improvements on the premises and we hope to take on other tasks around the park as we develop a presence. The area is so beautiful and has so much potential to be great again.

"The windows in the Steadings meeting room were painted shut so recently, we managed to prise them open again and are freshening up the paintwork. We have been granted use of this recently refurbished 'Activity Hub' within the Steadings (with meeting room and kitchen) and we meet there every Wednesday.

"We have also cleaned up the toilets, steam cleaned the carpets and cleared the guttering and downpipes. Our next project is to reconfigure the Medished for peacocks that need to be kept in isolation for a time. Having some practical jobs to do, and seeing the difference it is making, has been so great to see and beneficial for the guys too.

"The west wing of the Steadings, if/when we finally manage to officially make it our permanent home, will offer ample extra space for practical activities (about 230 square metres)—the Old Keeper's House, three workshops and an office. Our ultimate dream is that we want to be the biggest and the best Men's Shed in Scotland!

"Without the Shed, and the passion I have for it, I would have way too much time on my hands right now and know I would currently be in a downward spiral. The Shed keeps me occupied.

"Being busy with Shed life is currently my coping mechanism—I really do not know where I would be without it."

SHED PROJECTS

Tools for Tafika

Tafika, a volunteer youth organisation operating in the north of Malawi in 90 communities, is reaching out to Scottish Men's Sheds for help with tool donation for a very worthy cause.

Tafika wants young people in their communities to have access to education which will lead to improved future opportunities. Tafika recognises that education is not just about the classroom, teacher or a set of books but a complex system of enabling factors that lead to its delivery. The projects tackles education starting with the basics.

Mick James, a voluntary consultant for [Zambia and Malawi Community Partnership](#) who has been helping Tafika develop their ideas and build links to organisations like Men's Sheds, said "Every school in Malawi has a room full of old broken desks

right next door to children sitting on the floor to learn.

"Tafika has used its own money to send some of the students to the local technical college to learn carpentry skills to make new desks and repair the old ones but the project urgently requires second hand tools for them to use.

"These young people can learn new skills but without tools they cannot put what they have learned into practice or earn an income from it.

"The donated tools are shipped out four times a year by Scottish charity, [The Bananabox Trust](#) based in Dundee. If there was an uptake in tool donation from Scottish Men's Sheds, the project could also arrange delivery from the Shed to the Dundee shipping point.

"Many Sheds receive donations of tools from the local community—



some are required but some are surplus to requirements. This is an effective way for Sheds to repurpose tools with a new life with an aspiring young carpenter in Malawi."

"To be able to find work, each student ideally needs a saw, saw sharpener, hammer, chisels, sharpening stone, hand drill, set square, set of drill bits, rasp/surform or sandpaper, tape measure, box of nails and screws however any tools are welcomed."

If your Shed is interested and has some tools to donate, please email Mick at zmcpcharity@gmail.com

Finechty Shedders roll up their sleeves for school sensory garden project

Members of Finechty Men's Shed were approached by Buckie Community High School to help transform a piece of ground into a stimulating and enjoyable sensory garden for their S1 and S2 pupils.

The Shedders, worked alongside the kids, to create raised growing areas, tyre planters, a mud kitchen and also built outdoor educational learning play equipment like the classic Tic-Tac-Toe game for the school's [Princes Trust](#) group. The garden was completed just in time to enjoy the Jubilee celebrations and lots of outdoor learning and growing in the summer months.



It has been all go at the new Shed plot by the sea as their containers/workshops—funded by [TSI Moray's](#) Communities Mental Health & Wellbeing Fund—and new meeting room/club house/tea hut were delivered. Jimmy Bremner from the Shed said: "This is a massive step forward for our Shed—we previously only had loan of a hall to meet fortnightly and now all of this is ours—this is just rewards for all the hard work everyone has put in to date."

The Shed meets Mondays, Wednesdays and Fridays, 10am to 2pm. Follow Finechty Men's Shed on [Facebook](#) and [Twitter](#) for their updates.



SHED PROJECTS

Brechin Shedder creates mink rafts and tunnels for Scottish Invasive Species Initiative

Bruce Brymer from [Brechin Men's Shed](#) has produced an astounding 50 mink rafts and over 100 tunnels for the [Scottish Invasive Species Initiative \(SISI\)](#), an exciting and ambitious five-year partnership project tackling Invasive Non-Native Species (INNS) alongside rivers and watercourses in northern Scotland.

INNS are a significant threat to our countryside, our native wildlife, our economy and in some cases directly to our health. SISI works at a local level with volunteers and communities, and by trialling innovative management techniques, they aim to put in place sustainable long-term solutions to manage invasive species.

Bruce's rafts have now been deployed across Aberdeenshire, Speyside, Perthshire and Angus. Mark Purrmann-Charles, SISI Project Officer, said: "These rafts are crucial for our mink control project and you can't get them off the shelf, so our partnerships with local Men's Sheds are really important to us.

"As a large project, we get through a lot of kit and we're continually adding to the network or replacing rafts that are lost or damaged in bad weather.

"Brechin Men's Shed produced really good quality kit that is durable out on the water. We're always pleased with their work and it's great to have people in the local area assisting the project."

Bruce said: "Despite our Shed still awaiting a move-in date (in 2023) for our new permanent home, we are still on the hunt for temporary premises. So being Shedless, I was delighted to still be able to work

with the SISI on the [mink control project](#) but from my own garden shed. I have always wanted to do something like this when I retired. I had never made these before but wanted to give it a go.

"I worked with the materials—plywood sheets that needed cut for the platforms and 50mm polystyrene sandwiched between the wood to help them float. Just under 300 pieces needed to be cut. Each raft took approximately three hours to make. It took around a month to make them all and I had some help from fellow Sheddors along the way. We still have enough materials left over to make another 20 platforms and tunnels.

"Mink are extremely nosy creatures so no bait is even required. Tracking clay is used to detect and identify tracks first of all before the trap basket is added to catch the mammal.

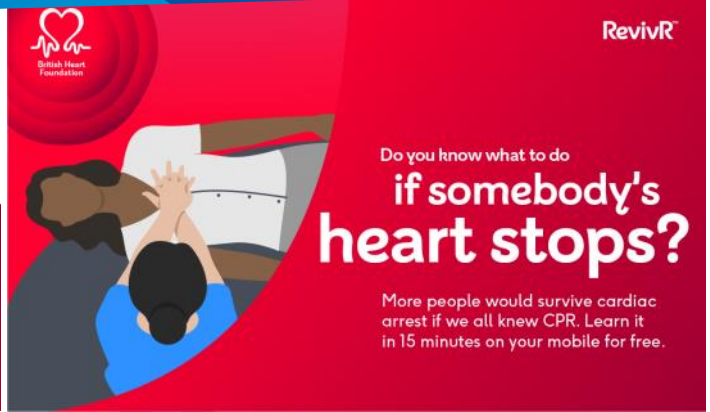
"Some of our Shed members, despite having no working premises, are continuing to meet up for social gatherings. We have viewed a few premises recently but unfortunately none have been fit-for-purpose. In the meantime, we are keeping projects running from our own sheds at home. One of our next projects is building an outdoor learning classroom with stage and playhouse for our local primary school and we can't wait to get started."

SISI currently has over 350 mink rafts out across northern Scotland—all looked after by their team of dedicated volunteers. This is an important time for monitoring and trapping as mink are close to mating season and are most destructive to native wildlife when feeding their young as they hunt extensively.

If your Shed is interested in getting involved with the project, please contact sisi@nature.scot or [sign up online](#).



Photos courtesy of the Scottish Invasive Species Initiative



RevivR – the British Heart Foundation’s innovative 15-minute CPR training tool

The [British Heart Foundation \(BHF\)](#) has created a first-of-its-kind CPR tool to help improve survival rates from out-of-hospital cardiac arrests.

Created by medical experts, the RevivR training tool is easy, free and quick – just a mobile phone and cushion is needed – and aims to improve the nation’s CPR and defibrillation skills.

RevivR is a training tool for everyone, if you’ve never taken CPR training or need to brush up on your skills. RevivR can give anyone the confidence to step in and save a life in the ultimate medical emergency. In just 15 minutes, users can learn how to recognise a cardiac arrest, perfect their CPR technique by receiving live feedback and gain confidence in how to use a defibrillator.

There are more than 30,000 out-of-hospital cardiac arrests every year in the UK, but less than one in 10 people survive.

Immediate CPR and defibrillation can more than double the chances of survival in some cases – yet over a third of adults have never undertaken any form of CPR training.



The BHF is aiming to reach one million people with CPR training this year to help increase survival rates. Free CPR training through RevivR will soon be available to every workplace and sector, to improve these lifesaving skills within any organisation’s workforce.

Dr Charmaine Griffiths, Chief Executive of the British Heart Foundation, explains: "When someone has a cardiac arrest, every second counts. Knowing what to do can be the difference between life and death.

“Our new RevivR web-based app is a quick and easy way to learn a lifesaving skill – all you need is your mobile phone and a firm cushion. In just 15 minutes, it teaches you how to recognise a cardiac arrest, gives you personalised feedback as you practice chest compressions and increases your confidence to use a defibrillator. Far too many of us will witness a cardiac arrest in our lifetime, and it could happen to someone you love. We would urge everyone to please take a few minutes to learn or brush up your skills. It could help you save a life.”

[Click here to find out more about RevivR.](#)

The Circuit

Alongside RevivR, the BHF is also working to improve survival rates as one of the leading charities and health organisations behind The Circuit – the national defibrillator network. Launched last year, The Circuit connects defibrillators to NHS ambulance services across the UK, so that in those crucial moments after a cardiac arrest they can be accessed quickly to help save lives.

It’s estimated that public-access defibrillators (PADs) are used in less than one in ten out-of-hospital cardiac arrests across the UK – often because 999 call handlers aren’t always aware that a defibrillator is available nearby because the ambulance service hasn’t been told about it.

To help save more lives, the BHF is urging people who look after defibrillators in places such as offices, communities, shopping centres and leisure centres, as well as in public places, to register them on [The Circuit](#).

ash scotland

Taking Action on Smoking and Health

If you are working or volunteering to provide support to people and communities in Scotland, you can be sure that many people you engage with will be impacted in some way by smoking or second-hand smoke.

Smoking is the leading cause of preventable illness, disability and premature death in Scotland, with 16% of all deaths resulting from smoking-attributable causes.

Smoking remains the biggest cause of ill-health in Scotland, accounting for 100,000 hospitalisations and 9,000 deaths each year. As you can imagine, this places an enormous burden of grief on families and communities. However, this situation is not inevitable – the illness, death and disease from smoking related causes is entirely preventable.

Did you know that two thirds of smokers tell us that they want to quit, and most were only children when they picked up the habit?

One of the most common reasons to give up smoking is financial, which makes sense as, on average, smokers in Scotland smoke 12 cigarettes a day, costing them around £35 a week and more than £1,800 a year.

ASH Scotland wants communities to become healthier, wealthier and happier by breaking free from the harms of tobacco. They can provide support, resources and training for organisations. This includes access to online sessions, free resources e.g. posters and leaflets, and help with health promoting smoke-free policies. ASH Scotland covers a variety of topics such as mental health, money advice, smoke-free homes, young people, behaviour change and vaping.

Scotland's Charter for a Smoke-free Generation



This is an initiative to help reduce the harm caused by smoking and deliver a tobacco-free generation by the year 2034, meaning that Scotland's smoking rate will be less than 5%.

The Charter aims to support communities to improve people's health and wellbeing by addressing smoking; inspire organisations to take action to reduce the harm caused by smoking and/or second-hand smoke.

Why not pledge support for the Charter?

It's free, and shows your organisation's commitment to tackling the harm caused by smoking. [Click here for more details.](#)

Small Grants for Community Organisations

Community organisations, like Men's Sheds, can access support to help improve health and wellbeing in their communities by addressing the harms of smoking. This includes:

- A small grant of £500 for participating in the project
- A package of tailored support
- Access to free resources and training

Applications are open to new and existing supporters of Scotland's

Charter for a Tobacco-free Generation. Before completing the application form, please make sure you have read the [information sheet about the small grant support package](#). This explains the commitment involved and who is eligible to apply.

ASH Scotland accepts applications to its small grants fund all year round. Applications are assessed by our grants panel on a quarterly basis. [Click here for more details.](#)

Moffat Men's Shed, pictured below, recently became a recipient of an ASH Scotland small grant and are highlighting the financial cost of smoking to its members.

Quit Your Way

Quit Your Way Scotland is a person-centred advice and support service for anyone trying to stop smoking in Scotland.

Whether you're ready to stop, just beginning to think about it, or looking for information, Quit Your Way Scotland can help you.

Contact Quit Your Way Scotland for free by phoning 0800 84 84 84 to speak to an advisor, visit the [Quit Your Way website](#) or ask your local community pharmacy about their free stop smoking services.

For further information on ASH Scotland services, contact them by [email](#) or visit their [website](#).





Is it time for your MOT?

Men's Health Week (MHW) is designed to give men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.

Last year, MHW focused on raising awareness of how men were being impacted by COVID-19 and the outcomes of the pandemic. While the pandemic has taken so much focus, it's important to be conscious of other serious health conditions. So, for this year's Men's Health Week, it's time for men everywhere to give themselves an MOT.

Here are a few things to think about to get you started:

Mental Health

We can all experience challenges with our mental health at any time in our lives. Practical things like staying active, making the most of greenspace, eating well, keeping in touch/connecting with others and asking for help can improve our mental health.

[Public Health Scotland](#) has produced a series of animations on having a mentally healthy conversation and/or supporting others:

- [Ask, Tell, Look After Your Mental Health](#). Understanding mental health and keeping mentally healthy
- [Ask, Tell - Have a Healthy Conversation](#). Supporting compassionate conversations with people who may be experiencing mental ill-health or distress or at risk of suicide

For tips and advice from people with lived experience of mental wellbeing concerns and related professionals visit www.nhsinform.scot/mindtomind which aims to support the mental wellbeing of the general adult population in Scotland.

For information regarding suicide prevention, visit www.unitedtopreventsuicide.org.uk which promotes the importance of suicide prevention through learning resources and information.

Screening

Men will typically be asked to take part in two forms of screening:

- Bowel Screening
- Abdominal Aortic Aneurism (AAA) Screening



If you're diabetic, you'll also be offered regular diabetic eye screening throughout your life.

Men over 50 are offered to be tested for signs of bowel cancer. This will come in the shape of a test kit, arriving through your letterbox every two years. Bowel screening tests are quick, easy and can be done in the privacy of your home.

AAA screening is offered to men over the age of 65. You'll be glad to know this is a one-off test that's completely painless, however, it's still important as people who have AAA often have no symptoms. It's important you're aware of which screening services you're eligible for if you're part of the transgender and non-binary communities, find out more on NHS inform.

Put simply, screening saves lives – find out more at nhsinform.scot/screening

Immunisation

Throughout your life, you'll be offered various immunisations. These protect you against vaccine preventable diseases. Many vaccines are offered when you're a child but some vaccines are offered to adults:

- The pneumococcal vaccine is offered to those 65+ to help protect against one of the most common causes of meningitis, severe ear infections and pneumonia.
- The shingles vaccine is offered to those aged between 70 and 79 on 1 September 2021 and helps reduce the risk of developing shingles and if you do get shingles, it can help reduce the seriousness of symptoms.
- For some older adults and those living with health conditions, flu and a COVID-19 vaccine booster will also be offered this Autumn/Winter. It's not too late to get all your recommended COVID-19 vaccines.
- The human papillomavirus (HPV) vaccine is available for men up to and including 45 years old who have sex with men. It's especially important for those who are living with HIV, and those who have more than one sexual partner.

To find out more, visit nhsinform.scot/immunisation

WHAT'S COOKING?



Julia Clark MSc., BSc., Registered Dietitian with [Clan Cancer Support in Aberdeen](#) has over 33 years' experience providing dietetic support in the acute and community sector and has conducted research projects at the University of Aberdeen and NHS Grampian. Julia recently enjoyed an evening with the members of the Westhill & District Men's Shed where she ran a healthy eating session that went down a treat.

Clan Cancer Support Centre provides a service for people with a cancer diagnosis, and their loved ones, living in the North of Scotland including Orkney, Shetland and the Western Isles. Julia leads the [Nutrition, Health and Wellbeing Service](#) at Clan and provides advice and support for patients on issues relating to dietary intake.

The location of a cancer tumour and the side effects of treatment can affect dietary intake e.g. dry or sore mouth, taste and smell alterations, poor appetite, nausea, swallowing problems etc and they may have had weight loss prior to diagnosis. Julia will see these patients initially when they have received a diagnosis and will optimise their nutritional status in the lead up to their cancer treatment to allow the best outcomes for treatment and recovery. The service also provides exercise assessment to ensure patients receive advice on how to maximise their physical ability and are provided with a personalised exercise plan. Listening support is provided by Clan staff and trained volunteers for cancer patients and their loved ones throughout their cancer journey.

Julia said: "I am sharing a family favourite with The Scottish Shedder readers, a nutritious recipe which will fill your kitchen with the delicious smells of Morocco. This recipe is very economical as you can add any meat or vegetables that you may have in the fridge and uses everyday spices. The aromatic spices and herbs along with the apricots and honey provide a delicious sweet and savoury flavour. The use of spices cuts down the amount of salt needed in the recipe too.

"The recipe includes protein sources including chicken and chickpeas—protein being important for the growth and repair of tissue. The chickpeas are also an excellent source of soluble fibre which is good for gut health. Adding any beans or lentils to a dish is a good way of reducing the meat content and adding vegetable protein. Butternut squash is also a rich source of vitamin A and soaks up all the flavours."

Ingredients

- 300g chicken breast, cubed
- 250g butternut squash, cut into bit-sized chunks (can use frozen butternut squash)
- 1 tbsp olive oil
- 1 large onion, sliced
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1 tsp dried chilli flakes
- 300ml chicken stock
- 1 x 400g tin chopped tomatoes
- 1 tbsp tomato puree
- 1 x 400g tin chickpeas, rinsed and drained
- 1 tbsp honey
- 100g dried apricots, cut into quarters
- 2 tbsp freshly chopped parsley
- 2 tbsp freshly chopped coriander
- Freshly ground black pepper

To serve:

- Couscous (according to packet instructions)
- 150g Greek-style half fat yoghurt
- Handful of flaked almonds

Chicken, Butternut Squash and Chickpea Tagine

Serves 4



Method

1. Heat oven to 180C/160C/gas 4
2. Place a large ovenproof casserole dish on the hob over a low heat
3. Heat the olive oil and fry the chicken for 3-4 minutes, remove from the pan and set aside
4. In the same pan, sauté the onion and butternut squash for 5 minutes until soft
5. Add the garlic and spices and cook for 30 seconds
6. Add the tomatoes, tomato puree, chicken stock and honey. Bring to the boil and simmer for 10 minutes
7. Add in the chicken and apricots
8. Transfer to the oven and bake for 30 minutes, add the chickpeas
9. Cook for further 10 minutes until tender
10. Season with black pepper
11. Add the chopped coriander and parsley at the end of the cooking
12. Serve with couscous and Greek-style yoghurt with almonds

Leftovers:

If you have any leftovers, these can be stored in the fridge in an air-tight container for up to three days. It also freezes well and reheats well.

OPPORTUNITIES

MAN SHED

Moray-based professional theatre company [Right Lines Productions](#) is delighted to announce its brand-new production will debut at the Edinburgh Festival Fringe this August as part of the Pleasance Theatre Trust's [Edinburgh National Partnerships programme](#).

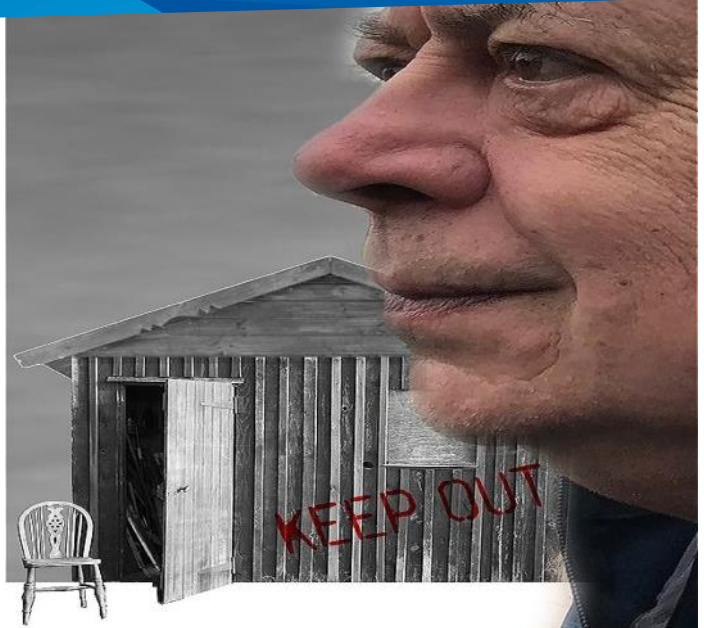
How does a man find his purpose when he grows old and major life events come thick and fast? Should he retire to the solitude of The Shed as usual and escape from the world, or get out and try something new? When the familiar rules no longer apply, is it too late to change the habits of a lifetime?

Man Shed is a bitter-sweet one-man theatre piece which explores the joy of sheds, the pain of loss and the comfort of friendship. The play has been inspired by Men's Sheds around the world, but more specifically by the work of the **Scottish Men's Sheds Association**.

Man Shed is written by Euan Martin, directed by Dave Smith, and produced by Right Lines Productions.

Writer Euan Martin from Right Lines said: "After an extended period of inactivity due to the pandemic, it is fantastic to be presenting live theatre once again. Man Shed was due to premiere in May 2020, but because of the national lockdown, the tour had to be cancelled. We were fortunate to be selected for the Pleasance Edinburgh National Partnerships programme, supported by Eden Court Theatre, Inverness. This will allow us to present Man Shed in one of the most prominent and prestigious venues at the Edinburgh Fringe."

Susannah Armitage, Senior Producer at Eden Court Theatre, said: "Eden Court is delighted to be supporting Man Shed by Right Lines as part of our inaugural



involvement in the Pleasance Edinburgh National Partnership project. Man Shed is a very touching and pertinent tale about loneliness, friendship and where you find community. It is also warm and funny and will speak to lots of different audiences and we are sure that it will do well at the Edinburgh Festival Fringe. Right Lines have long been established as a theatre company making and touring work across the Highlands and we are really pleased to be collaborating with them in this context."

The Edinburgh Fringe run at The Pleasance marks the world premiere of the show. The show previews on the 3rd and 4th August and continues until Monday 29th August (with the exception of Wed 10th, Mon 15th and Mon 22nd August).

Tickets for the 60-minute show are available from www.pleasance.co.uk/event/man-shed/performances

From Here to Sustainability

Are you a third sector or community group that isn't currently trading?

Keen to get some support to think about your long term sustainability?

"We are so grateful for the assistance from Community Enterprise and the Accelerate programme. They helped to provide the exact information we needed which has assisted us in our organisational growth, outreach and development. Their knowledge and expertise are amazing! Would not hesitate to work with them again: in fact we are so pleased, we are!"

- Quote from previous programme

Accelerate is a bespoke programme of free support, mentoring, capacity building and guidance to assist you to become more sustainable and to protect front line services in your community. We can help you and your board think through new ideas, test things out and connect with like-minded people.



If you think this might be for you or a group you know, please complete the quick Expression of Interest form and one of Community Enterprise's experienced Enterprise Officers will be in touch with you.

communityenterprise.co.uk/accelerate-expression-of-interest

The Accelerate programme is funded by the Scottish Government under the Social Enterprise Action Plan





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 four 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.

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