

# THE SCOTTISH SHEDDER

THE OFFICIAL MAGAZINE OF THE SMSA



SCOTTISH  
MEN'S SHEDS  
ASSOCIATION

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**"In Scotland, For Scotland"**



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**SCOTTISH  
MEN'S SHEDS  
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## The Scottish Men's Shed of the Year Awards 2022 are now **OPEN!**

The awards, delivered by the SMSA, recognise and reward the contribution that Men's Sheds make and raise awareness of their huge impact in today's society.

Jason Schroeder, SMSA's Chief Executive Officer, said: "The awards, now in their fourth year, celebrate and showcase the life-changing work being carried out in Men's Sheds across Scotland. The Scottish Men's Sheds Movement began back in 2009 and today, there are now over 200 Sheds and developing groups voluntarily engaging over 10,000+ men (aged 18 and over) across the nation. Men's Sheds have a positive impact in supporting and improving men's health and wellbeing and encouraging members to become actively engaged within their communities to reduce social isolation and loneliness.

"The awards not only afford the opportunity to hear all about the great things happening in Sheds – the camaraderie, projects and partnership working – but also highlight the challenges and barriers they are experiencing and how we can support them to thrive."

**Scottish Sheds – that are Shed Members of the national association—must apply by midnight on Sunday 18th September at [scottishmsa.org.uk/smsotyawards](https://scottishmsa.org.uk/smsotyawards)**

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 3,000 Individual Member subscribers and supporters of the Scottish Men's Sheds Movement.

### Contribute to The Scottish Shedder

We want to hear all about your Shed, its latest developments and exciting projects and are therefore asking for your contributions for the next issue (October 2022) by **Friday 7th October 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](mailto: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](https://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

Summer is officially here and, as we wilt under the sweltering heat, I can only think we are saving money on electricity in the Sheds with no heating on and windows open, now that is a change for Scotland.

The world of Sheds never sleeps and some of you asked and we listened. From the feedback on the last issue of The Scottish Shedder magazine, some readers highlighted that they would like to hear about outings and day trips away from the Sheds. This issue, covers just that. The Sheddors of Scotland have been on a walkabout over summer.

The new SMSA Shed Member packs have been distributed, the office has returned to some normality and we wish to thank you for the great feedback and appreciation of our efforts in creating it for you.

Steve Curtis, Secretary of Garnock Valley Men's Shed, sent us this: "I just wanted to say how pleased we at Garnock Valley Men's Shed were to receive our new membership pack with our annual renewal.

"It is a well-presented solid pack with useful loose leaf flyers and the David Young Training is very good. The toolkit is a first class document with lots of relevant and easy to understand information giving good examples, explanations and advice. In summing up, I would say that this pack is extremely useful for both existing and potential Sheds."

All feedback is much appreciated as we need to keep re-evaluating our developmental direction to stay on the right track with our support and initiatives.

I have been working over the past year on an exciting new venture which is the very first SMSA Shed health animations. Funded by Macmillan Cancer, we launched the first one 'Guitar Mike' this month (see [page 5](#)) and it has received very favourable results. The second one is being created as I write this and hopefully in the next few weeks, we will be able to let you see it.

Veteran actor Ron Emslie, who is presently starring in the Edinburgh Fringe Festival '[Man Shed](#)' play, has agreed to do the voice over for the second animation and having a man of his calibre is the cherry on the top. Do get some of the lads together to go see the play—I thoroughly enjoyed it and met up with Ron, the [playwright Euan Martin](#) and some of the guys from Dunfermline Men's Shed (pictured). It is an incredible script and performance in a very small intimate space called Bunker 1. [Check out the trailer here.](#)

We let our members know through a recent email communication that you could call your local Fire Service

to come and do a check of your Shed. Unfortunately, the information we received was incorrect and they don't have capacity to do such checks so apologies for that and we are following up that with what can be done. So watch this space.

We partnered with Education Scotland earlier in the year and the webinar about Men's Sheds from an educational perspective and for teachers has now been released in bite size chunks on their [website](#). If you know any teachers please do forward the link to them.

Funding is a challenge for Sheds and we are in the exact same boat. So when a young Scotsman phones me from Australia and says he has heard from his Mom that a local Shed has given his Grandfather a new lease of life, he would like to support all of Scotland through what we do to help the SMSA continue its work.

He is trying to make a life for himself in another country, the home of Sheds but wants to help us back here, I was deeply touched. Thank you Fraser McGinlay for your generous \$1,000 donation. Equally on our own shores Kirsty Brown of Pageantquine did her own fundraising spreading the word about the SMSA and Scottish Men's Sheds and raised £141.50. The generosity and effort people go to in keeping this movement growing and thriving, with people like this who are not directly affected by it, gives me hope that 'others' aka funders might see the bigger vision and huge benefit this movement brings to our people of Scotland. Thank you one and all.

Lastly, to round up, we have opened the [SMSA 'Scottish Men's Shed of the Year' Awards 2022](#) and we are excited to say that we have new and returning prize supporters to entice you into sharing all the amazing things you have done throughout the year in your communities.

So don't be shy fellas, we want to hear from you and shout out loud across Scotland that you are thriving in a post pandemic world and there is no better way than this. So cast your mind back over the past year, speak to your mates in the Shed, and let us have your applications to help you continue to thrive.

I look forward to seeing some of you at the regional [Shed Network Meetings](#).

**Jason Schroeder**  
SMSA Chief Executive Officer





SMSA stats as at end of July 2022

**SCOTTISH MEN'S SHEDS ASSOCIATION**

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**144**  
SMSA SHED MEMBERS

**3,012**

SMSA INDIVIDUAL MEMBERS



**131**  
OPEN SHEDS

**70**

DEVELOPING/  
PROPOSED SHEDS



**32**  
LOCAL AUTHORITY AREAS



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## 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](#)**

## New animation promotes that ‘men do talk’ in Men’s Sheds

Men don’t talk – that is the perception anyway. Some men struggle to open up about their feelings, experiences, struggles and health matters but the Scottish Men’s Sheds Association (SMSA) is quashing this theory by launching the first in a series of animations to promote that men do open up and talk in Scottish Men’s Sheds.



SMSA CEO Jason Schroeder said: “We are producing these animations to educate and inform on the range of benefits that Men’s Sheds can bring to men’s health and wellbeing. The first animation promotes men coming together in a safe space and opening up to talk ‘shoulder to shoulder’ including sharing health matters that may be concerning them.”

The [short animation](#), based on a true story from a Scottish Shed member, features ‘Guitar Mike’ chatting with his Shedder pal over a cuppa when he mentions that he saw him limping. Mike tells him about a painful lump he had found above his knee and Charlie advises him not to wait around and get to the doctors sharpish. Mike did just that and it was only a matter of days before Mike was having a cancerous growth removed.

The real ‘Guitar Mike’, Mike Mowat from Glenrothes Men’s Shed, said: “Many men do not open up about their feelings and end up keeping everything to themselves. Men’s Sheds offer a friendly, safe and welcoming environment to make friends and socialise. I felt comfortable to share my health problems and talk to Charlie and I am now so glad that I did. I am delighted that my story is being shared - if my experience encourages just one person to seek help before it’s too late then it will not be in vain.”

Scottish actor Billy Mack, who does the voiceover for Charlie in the film, said: “I never really knew much about Men’s Sheds until doing a rehearsed reading of a play by Clare Prenton entitled ‘Men Don’t Talk’. We, as a cast, were taken to a local Shed and introduced to the members and talked with them. As soon as I got home, I looked for my local branch but unfortunately there isn’t one in Stirling as yet. Hopefully it won’t be too long before we have one - they are a great way of building friendships and learning different skills but, above all, a place for people to talk about life and issues that may affect them. All villages, towns and cities should have one!”

The SMSA was formed in 2014 to provide support, information, advice and resources to its Shed Members and 3,000+ Individual Members. Today, there are over 200 open and developing Men’s Sheds groups across Scotland reaching 10,000+ men (aged 18 or over) through the Movement.

**Head to the Shed today – find your local Shed at:**

[scottishmsa.org.uk/find-a-shed](https://scottishmsa.org.uk/find-a-shed)



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## Conversations on equalities

On my Shed visits, trustees talk about the pressures they are experiencing in being welcoming and inclusive, whilst maintaining the Shed ethos. This stress comes in the face of requests from external organisations and individuals.

At the moment, these calls are coming from two main sources:

1. Social prescribers who want to signpost people, sometimes with complex health needs, to the Shed; and
2. Women who want to join the Shed or use the facilities.

Scottish Sheddors have an innate sense of solidarity and fairness and will look favourably on these requests and use their problem-solving skills to find ways to accommodate them.

Women have played a key role in setting up and supporting Men's Sheds recognising that just as there are women-only safe spaces (lawful exceptions under the Equalities Act 2010) many communities lack the same opportunities for men.

In terms of gender, four main approaches are found in Sheds across Scotland:

1. Male-only Men's Sheds. These are nothing like Muirfield Golf Club, Lerwick Up Helly Aa Guizer Yarl Squads or the Common Ridings that in the past excluded women. The difference is that Men's Sheds have the explicit or implicit aim of promoting men's health and suicide prevention at their heart and a single sex arrangement is proportionate to this aim.
2. Men's Sheds with a small number of women attending. In these Sheds, you often hear conversations like 'Jessie's one of the lads, swears like a trooper and gives as good as she gets'. Whilst this might be accurate, how do we know all men are happy with this arrangement and if some men no longer attend because they feel their safe space is compromised?

3. Mixed or community Sheds that don't claim to be a safe space for men to pursue men's health aims. Instead, they are a place where men and women can engage in their different or shared hobbies and interests.
4. Men's Sheds with male-only, women-only and mixed sessions. This arrangement is inclusive without jeopardising a male-only safe space to pursue men's health aims. This arrangement comes with its challenges including accommodating extra sessions which puts pressure on key holders and Shed supervisors to maintain safe operating.

I've heard many solutions-focussed 'yes, we can' responses when visiting Sheds and will outline two of them here.

When a group of women asked if they could use the Shed's facilities. The response from the Shed was yes, we can accommodate your request if you can run women's sessions by sourcing your own training for your own Shed supervisors and key holders and can satisfy Trustees that this can be done safely.

Taking a phone call from a social prescriber asking if the Shed could provide for one of their prescribtees. The Shed's answer was yes, we can although you will need to visit our Shed so that you understand the limitations and challenges we face and that the Shed is run by volunteers without specialist training. In partnership, we will need to ensure that four parties are fully satisfied with the arrangement.

1. The social prescriber is assured their prescribtee's needs can be met.
2. The prescribtee is confident that it is a safe space for them.
3. Shed Trustees are happy that the prescribtee has a level of independence and that their needs can be met whilst maintaining shed ethos.
4. Sheddors are kept informed and are supportive.

You will also need to chum your prescribtee along for a few sessions to support their integration into Shed life.

It is important to remember that Men's Sheds are bottom-up grassroots organisations that are improving the lives of men, their families and their communities. The sometimes life-saving health benefits experienced by men are not just for a narrow community of interest.

Sheddors are partners, workers, sons, parents, siblings, grandparents, veterans, neighbours, citizens and community leaders. Sheds bring considerable social value to their geographical community in terms of social cohesion, community empowerment and social return on investment. Anything that risks the ability of Men's Sheds to tackle loneliness and isolation and achieve health and suicide prevention objectives must be very carefully considered.

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## Upcoming Shed Network Meetings

- **Lothians** – Thursday 18th August 2022 at Macmerry Men's Shed from 1pm
- **Dundee and Angus** – Thursday 25th August 2022 at Montrose Men's Shed at noon
- **Forth Valley** – Friday 26th August 2022 at Forth Valley Men's Shed from 10.30am
- **Aberdeen City/Aberdeenshire** – Tuesday 6th September 2022 at Westhill & District Men's Shed from 10am
- **Fife** – Monday 12th September 2022 at Dunfermline Men's Shed from 11am
- **Ayrshire** – Friday 28th October 2022 at Harbourside Men's Shed, Irvine from 12.45pm





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**BECOME AN INDIVIDUAL MEMBER**

**FOR FREE**

By joining the SMSA, together we are strengthening the Men's Sheds Movement in Scotland. SMSA Individual Members receive:

- ▶ A welcome pack and goodies
- ▶ Full members' access to the SMSA website
- ▶ Latest news on the Movement
- ▶ 'The Scottish Shedder' magazine direct to your inbox
- ▶ Advice and assistance

Pick up a SMSA leaflet in your local Shed  
or visit [www.scottishmsa.org.uk/join-smsa](http://www.scottishmsa.org.uk/join-smsa)

Follow the SMSA at:



**'In Scotland, For Scotland'**

SMSA is a charity registered in Scotland (No. SC045139)

## Your Unforgotten Forces safari

Rather than spotlight an Unforgotten Forces partner charity in this issue, we are taking you on a tour of them all.

To begin, a reminder that one day's pay and one day's service in uniform with HM Armed Forces can open the door to a raft of extra support in later life. Lots of charities offer help to the ex-service men, women and their families, which can be confusing. The Unforgotten Forces partnership aims to make it easy to find support and to coordinate that support for the best possible impact.

As later life can bring new challenges and opportunities, access to trusted information and advice is vital. The [Age Scotland](#) Helpline provides a free, confidential phone service for older people, their carers and families on matters including health, housing and money. The [Armed Services Advice Project](#) is dedicated to ex-service personnel of all ages with local staff available in many areas who can also help with things like welfare benefits paperwork.

Many Unforgotten Forces partners offer practical support including:

- [Poppyscotland's Welfare Support Services](#) can help with financial support and mobility home adaptations etc;
- [SSAFA](#) case workers can do home visits, assess need and source support and funding to meet these needs;
- The [RAF Association](#) provides dedicated support to those who have served in the RAF and their families;
- In mainland Highland and Moray, there's a [handyperson service](#) (from ILM Highland) solely for older ex-service personnel; and
- Across Scotland, [Fares4Free](#) offers solutions for those with transport-related challenges.

Unforgotten Forces can also assist with health-related matters. [Sight Scotland Veterans](#) offers support to enhance quality of life, and enable independent living, for ex-service personnel with sight loss. In many NHS areas, [Defence Medical Welfare Service](#) offers support through a period of hospital treatment. And, [Combat Stress](#) is there for those with mental health needs, particularly where related to Armed Service experiences.

Social connection is key to wellbeing and so is a major focus for Unforgotten Forces.

- [Legion Scotland](#) supports those who have become socially isolated to reconnect with their communities;
- Near Bishopton, [Erskine](#) has a fabulous centre offering camaraderie and fun activities;
- [Veterans Tribe Scotland](#) runs creative and social activities, online and in-person;
- [Age Scotland](#) and the [RAF Association](#) run telephone-based friendship services;
- And, of course, we're proud to have [Scottish Men's Sheds Association](#) within our partnership's ranks.

**Doug Anthony**  
Veterans' Officer



# UNFORGOTTEN FORCES

Supporting Scotland's  
Older Veterans



# SHED IN THE SPOTLIGHT—ORKNEY MEN'S SHED



**After two years without a Shed building, the SMSA catches up with Orkney Men's Shed Chairman Morgan Harcus to discuss their journey so far and their exciting plans for a fresh start at their new premises in Garson Park, Stromness.**

In October last year, it was announced that Orkney Men's Shed, along with two other charities – Stromness Drama Club and the Orkney Historical Boat Society—would be granted a 10-year lease for the Old Herring Factory building with ample space and storage for their members and potential for growth. And now, the Orcadian Sheddors are in the building, unpacked and raring to go.

Morgan said: "I was made aware of Men's Sheds seven years ago through former Westhill & District Men's Shed Chairman Dave Thomson who invited me to visit their Shed. Within minutes of coming through the door, I just knew that Orkney could benefit from a Shed.

"Not long after that, Voluntary Action Orkney (VAO) arranged a public meeting at The Life Centre to raise awareness of Men's Sheds and discuss the potential for having one in Orkney. I was amazed that 55 interested people turned up to that meeting to support the proposal. From there, we formed a committee – all five members bring their own individual skills and are still on the committee today plus two new Trustees.



"From day one, the Committee has been working towards a common goal to help local men. Luckily, we all get along so well and got to work with the task ahead. We all made the decision to put in £50 each to set up a bank account for the charity and we received Westhill Men's Shed's constitution to use as a template and adapt it, with VAO's help, to meet our needs.

"Then came the hunt for premises. We originally applied for a former primary school which had been empty for 17 years and would have made an ideal Shed but after several meetings with the local authority we were unfortunately unsuccessful in our pursuit. That night, I was extremely disheartened but decided to take action and began looking at the local paper's property section and saw a building for sale in Finstown on Maitland Place. I phoned the man selling it, who strangely had the same initials as me and was a Harcus too. He explained that they had been trying to sell the building for a while and they were now considering taking it off the market to lease it out. He also mentioned that someone else had contacted him and was interested in the building.

"That same evening, I got a call from our Secretary Andy Swain asking why I was looking at the same building as him and it turned out that he was the other interested party! Well, not too long after that, we signed the lease on the building and applied for a change of use. Thanks to the generosity of the public, we soon had it up and running and kitted out with donated tools and machinery and we held our official opening on the 29th September 2017 with over 200 people in attendance.

"Over the years, we made many improvements to the building and something that was extremely

important to us was to make the building fully accessible for our members. To achieve this, we required a disabled toilet and access. Unfortunately, our planning application was refused by Orkney Islands Council (OIC) due to road safety/vehicle access concerns and our appeal was also rejected.

"We were asked to vacate the premises in October 2019 and had just lost our Shed when COVID struck. Due to the pandemic, members started meeting virtually but we felt like we were losing the contact of what Men's Sheds are all about. When it was safe to do so, we started holding meetings temporarily at the Finstown Community Centre who were very kind to only charge us £10 a meeting.

"We enjoyed chatting and planning and also held 'Bring and Tell' sessions which went down a treat however, we just had to find premises for our members to meet and do what a Shed should. Our members are men from their early 20s to late 80s – a great mix of lads with various skills, experience, backgrounds and interests - and we just could not lose these intergenerational bonds and friendships. Having no workshop made life difficult as we couldn't work on community projects or raise funds through this avenue either.

"One day, I was talking to the Interim Chief Executive of OIC John Mundell who we have a brilliant relationship with. He was listening to our woes and dreams of a new build and plot of land, when he said 'I will fix this for you'. Not long after that, discussions around the 15-year-old two-storey Old Herring Factory building, which had been empty for 10 years.

*Continued on next page...*

# SHED IN THE SPOTLIGHT—ORKNEY MEN'S SHED (Continued)



...continued from previous page

“Any attempts to sell the building were unsuccessful and the council offered it to us, and two other charities, on an initial 10-year lease at a nominal rent. The building required a bit of work to be done by the council to bring it up to today’s standards such as replacement of the lift and adaptations to the disabled toilet but on our first viewing, we were really impressed and it did not need any big work or investment from us.

“The only downfall with the new building is its location is in Stromness which for some of our members would double the distance to travel. Our Finstown site was far more central. The new building however is significantly bigger than our last Shed, and fully accessible, and therefore gives us the potential to grow and welcome new members. The other two charities using the building will primarily use it for storage so the rest of the space is ours. The Shed’s allocated rooms includes a workshop with large woodworking area, a craft/computing room, electrical testing and repair room, a large social area/canteen and lots of storage.

“In addition to the computers in our craft room, there will also be space for modelling, Japanese Kumiko, watch and camera maintenance, pyrography, leatherworking etc – and with additional space there is also scope for more to be implemented to meet our members’ needs.

“Plans in the pipeline include purchasing a 3D printer, aspirations for a new metalworking space, picture framing and a tool sharpening service. We also plan to promote the Shed’s new premises as much as possible and are attending three upcoming agricultural shows to do just that. We also extend an

invitation for Sheds and community groups to come visit us and see the new premises - we recently welcomed a visit from the Deerness Senior Citizens who had a fantastic day.

“We must thank John Mundell, Karen Greaves (OIC’s Head of Executive Support), James Stocken (Council Leader), elected members of the Council and others who helped get us back in a Shed so our charity can get back to what we do best – supporting men’s health and wellbeing. We were delighted to be mentioned by Christine Grahame MSP at the recent [Scottish Parliament debate on Men’s Sheds](#) and recognised for our vital work. The support we have received from the community has been huge, they really appreciate what we are trying to achieve here.

“We were so happy in our previous Shed and if none of this had happened then we would still be there today however, after everything we have been through, we strongly believe everything happens for a reason and it is onwards and upwards from here on. We have come out the other side and are delighted with the new space we have. We currently have 160 members but this is constantly growing and we are delighted to have welcomed a good few new members recently and with that brings fresh ideas.

“Orkney is not a huge place but there is certainly room for more than one Shed on the islands. We have been delighted to support the new Sanday Men’s Shed as it develops. We visited them and presented our work and we have also offered them some of our surplus tools to get them started. We will continue to help them in any way we can. Recently, a group of us also visited Flotta to help them establish a Shed which will bring the count of Sheds in Orkney to three.

“Over the last few months, members have been at the new premises clearing and setting up our new space and moving all 18 pallets full of our tools and equipment. The workshop is almost up and running ready to start with our list of 17 (and counting) projects and the new lift has just been installed earlier this month. We are looking forward to the members dusting off their flat caps, bib and brace/boilersuits and sharpening the chisels and plane irons ready to go.”

OIC Councillor Leslie Manson said: “I am delighted that not only are we divesting ourselves of a building that has been standing empty, but much more importantly we are breathing new life into three very meritorious organisations whose charitable activities undoubtedly contribute to, and have been evidenced to promote, the improvement of health and social wellbeing, cultural heritage and involvement of our young people – this is what Orkney is all about.

Orkney Men’s Shed is planning an official opening in September 2022 (watch this space) but in the meantime, they are open to members and potential new members on Tuesdays and Thursdays 10am to 4pm. Follow their new beginning on [Facebook](#) and/or visit their [website](#) for the latest updates.





## The Carluke Sheddens get out and about...

The members of Carluke Men's Shed (CMS) have been on their travels of late for team building, excursions and visits to local schools.

Shed Treasurer Tom Kennedy, on behalf of CMS, said: "We visited Carluke High School recently, it was a great opportunity to meet some of the pupils and we also got a tour of their fantastic woodworking room. We had a very interesting chat with the headteacher and some of the teachers and to say we were all really impressed would be an understatement.

"The pupils will soon visit our Shed's portable cabins, currently situated at the High Mill site, after they return from their summer holidays. We will then continue our discussions on intergenerational enterprise initiatives. Hopefully, we will all learn from each other and further develop this partnership going forward working with them on different projects.

"The Shed then organised a mini-bus excursion to the Summerlee Museum of Scottish Industrial Life in Coatbridge for a model railway exhibition. Everyone had a great day and the weather was kind to us to enable a wee picnic outdoors. We hope this will be the first of many Shed excursions/trips during the summer months.

"Shed members also attended a golf day out at Carluke Golf Course and CMS was represented by four of our Chairman Gerry Howley's golfing buddies (who could actually play golf!). Yet again, we were fortunate with the weather and the guys just missed out on a prize finishing a measly HALF a point behind in

fourth place. They played brilliantly.

"After the match, at the 19th hole in the clubhouse, we treated them to a well-deserved steak pie and chips and a couple of pints to wash it down! We raised a substantial sum via our bucket collection and other sponsored golf teams taking part and fundraising on our behalf to whom we have gratefully acknowledged their kind generosity.

"Fifteen members also took part in a very successful excursion at Ratho, Newbridge on the outskirts of Edinburgh on board two 'Seagull Trust Cruises' barges along with six of our fellow Sheddens from Stonehouse. Brilliant camaraderie with our good friends from [Stonehouse Men's Shed](#). A great day was had by all—it was extremely relaxing sailing up and down the Union Canal at 4mph. Lewis Hamilton eat your heart out!

"Back at the Shed, we are delighted to have now installed our mobile Dust Extraction System, purchased through [Axminster Tools](#) in our woodworking cabin and received our discount for being an [SMSA Shed Member](#).

"Electrical PAT testing has also been arranged for our equipment as well as the ultra-violet marking of all our items in case of a break-in to our cabins.

"A huge milestone for CMS came from member Brian Taylor, our main man in our woodworking cabin, who produced our first real physical item—a set of steps which will be donated to our local horse riding stables down the Clydeside to allow budding jockeys to get on and off their steeds more easily!

"Looking forward, we are also currently exploring all of our options regarding our future at the High Mill site."

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





## Penicuik and District Men's Shed receives two funding boosts

Penicuik and District Men's Shed received a welcome gift of £500 during Men's Health Week from housebuilders Taylor Wimpey East Scotland who are developing estates within the community around Penicuik.

The funds will enable the Shed to purchase materials to

kit out their new Shed based within the Penicuik YMCA. Jim Mallen, Vice-Chairman at Penicuik Men's Shed, said: "We are extremely grateful for this donation from Taylor Wimpey which will enable us to create a functioning garden area with a polytunnel and raised planter beds at our new premises."

The Shed also recently received a second funding boost of £500 from [Magic Little Grants](#) to purchase a router and table.

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



## Digital skills partnership in Foggie

Aberdeenshire Council's Community Learning and Development service works with adults, young people and communities to change lives and strengthen communities through learning.

Community Learning and Development Worker Christine Robson was welcomed along to local Men's Shed, [Aberchirder and District Men's Shed](#), and a great partnership has since developed over the last six months through the delivery of computing classes for the community from their Shed premises.

Christine said: "In Aberchirder, more known to locals as 'Foggie', I have worked closely with over 15 people supporting them to develop a range of digital technology skills. I have also encouraged the local Men's Shed members to support the digital development by becoming volunteers cascading the computer and technology skills to the community and promoting this service."



"The service provides a range of free opportunities across Aberdeenshire supporting adults and families in improving literacies and numeracy, personal development, volunteering, English as a second language etc. We were delighted to develop this project in partnership with Aberchirder and District Men's Shed."

Christine's work approach is holistic, and straightforward with high expectations of all the adult learners and group participants who always rose to the challenges set.

Christine added: "Working with the Foggie community was extremely rewarding. I had a brilliant welcome and the impact of the provision provided is already evident. Five people are now taking qualifications in computing and many more report that they are using their computers, mobile phones and tablets for more things and with confidence.

James Paterson, Chair of the local Men's shed says: "With Christine delivering computing at the Shed, the Shed's computers and laptops are now being used. It is attracting more local people who come to the Shed and see all the other things we offer. It's a great partnership and works for us all."





## Garnock Valley Men's Shed grants honorary membership to visitor from down under

When Garnock Valley Men's Shed (GVMS) member Roger Clarke shared the news that his father Arthur Clarke was planning to visit from Australia and wanted to temporarily join GVMS, the Shed Trustees were only too happy to grant his wish.

Roger Clarke said: "Like many others, my father has been prevented from seeing any of his family due to the pandemic. So in June 2022, despite being 88 years old, my dad wanted to make the journey to the UK for seven weeks to see myself, his three grandchildren and he also got to meet his two-year old great-granddaughter, Alice for the very first time.

"After a career as a cattle farmer and then running an engineering business in Northamptonshire, my father and his late wife, Pat, emigrated to Victoria, Australia in 1985. Since retiring in 1998, he has been an active member of his local Probus Club, where for several years he headed up the Woodwork Club which made hundreds of toys for charities supporting disadvantaged children across the Far East and Pacific.

"After hearing regularly about the projects that I get my teeth into at the Shed, he was extremely keen to visit and become a part of the team while he was here."

"For his seven weeks in the area, my father ably assisting in the refurbishment of garden benches. Although not a member of his local Shed—[Main Ridge Men's Shed](#) (MRMS) on the Mornington Peninsula in Victoria—he is friends with many of its members and was asked to act as a liaison for forging a link with GVMS."

Shed Vice-Chair David Gardner said: "As Arthur was going to be in the UK for an extended visit, he applied to become a member of the Shed and his application was accepted by the Trustees. We are delighted that the members made Arthur feel very welcome. We thoroughly enjoyed his banter and sense of humour as he shared his experiences in Australia.

"When the time came for Arthur to return to Australia, a few of our members gathered in our kitchen to wish him well on his return journey. Arthur agreed to take back our best wishes to all of the members of Main Ridge Men's Shed and he also set off with a pack of GVMS and Scottish Men's Sheds Association leaflets, pens, stickers and a copy of The Scottish Shedder magazine to share with the members of Main Ridge. It is the intention of GVMS to keep this contact going with our Australian counterparts."

Once he gets over his jet-lag, Arthur is very much looking forward to visiting Main Ridge Men's Shed to tell them all about his trip to a Scottish Men's Shed.

Follow GVMS's journey on [Facebook](#).





## Macmerry Men's Shed marks 9th year in style

Following 812 days of closure, the doors to Macmerry Men's Shed reopened on the 25th May to prepare for their 9th anniversary celebrations.

On the 30th June, the Shed held a celebratory event and presented Councillor Akhtar with an intricate Tree of Life plaque, created by a Shedder on the scroll saw, to thank her for her support over the years.

David Dickson from Macmerry Men's Shed said: "We couldn't get access to our premises within the Macmerry Village Hall for so long due to the pandemic. Despite this long break, we have stayed in regular contact with all of our 34 members and have also taken this time to make future plans and carry out necessary work such as having the defibrillator, donated through SMSA and St Andrews First Aid, installed at the hall.

"Some of our members are understandably still reluctant to return as yet however as soon as we had enough interest, we organised a lunch with the guys to catch up and make plans. We have started getting back into community projects again—there is lots going on such as the production of a slide guitar (pictured right), money boxes, kitchen herb planters, tables and some unique bird boxes—something a little bit different from the usual styles.

"Another project that we are getting our teeth into is working on an old double decker bus that has been donated to a local school, Letham Mains Primary School.

"We are assisting with the refurb of the bus to transform it into a library resource for the pupils. The school had heard about our work with other

schools and made contact with us directly. Although the school is not in our ward area, we were more than happy to help. The project is almost complete and we look forward to sharing the transformation soon.

"The organisers of The Scottish Open at Archerfield recently contacted us when dismantling the Fan Zone to offer us piles of useful resources. We were only happy to hire a van to collect the materials that will come in very handy for upcoming projects. It is great to see more and more companies offering these materials to charities like Men's Sheds to reuse and recycle."

"We are also getting back into our community events including providing the coconut shy and games at our local gala and we have also been invited to attend the Gifford Horticultural Society two-day Flower Show for its return in August.

"Our Shed is also hosting our region's Sheds at the Lothians Men's Shed Network meeting on the 18th August—again the first one in three years.

"The members are excited to start up our annual outings again too—we have done so many great things over the years like barges, touring the Glenkinchie Distillery and visiting the Scottish Parliament. This year, we will be sailing on the Forth and then have a meal together. We have a local bus company helping with transport and everyone is really looking forward to it—these events really enforce the camaraderie."

The Shed is open Tuesdays and Thursdays 11.00am to 4.00pm. Follow Macmerry Men's Shed on [Facebook](#) for their latest updates.





## It's been a busy few months for Biggar and District Men's Shed...

Presence at the Biggar Show, energy efficient improvements to their Shed building in preparation for winter, a new polytunnel and a visit from an Australian Shedder to top it all off—it has certainly been a busy time for the members of Biggar and District Men's Shed

Shed Treasurer Ian Veale said: "In June, we had a visitor all the way from Southern Australia! Sandy Scott from Yankalla Men's Shed was staying in the area and had searched us out as being a local Men's Shed and was interested to see how Sheds worked in Scotland.

"He made three visits to our Shed while he was staying in Scotland and we certainly had a lot of chat around the tea table. It was interesting for us to learn what they were doing in their Shed and visa versa.

"In all honesty, there is not really much difference between what they do and what we do here in Scotland—we are all here to benefit the health and wellbeing of men in our local areas and also have the same problems in regards to funding.

"Sandy (pictured in the top photo, far right) showed us the type of timberwork they were making and selling. We even had a video call with his wife and then his daughter.

"We have been delighted to get out and about to events again. The big event that happens in Biggar every year is the Biggar Show. Due to COVID, it had not been held since 2019 and therefore there was great excitement and anticipation for its return this year. As always, the Shed would be a part of the Show and we prepared for our display of

manufactured goods, electronics, clock repair and so on.

"Thankfully, the rain held off for most of the day and from start to finish, the Shedders on the stand were kept busy with enquiries from people from far and wide.

"We were well stocked up with SMSA brochures to hand out to people outwith the Biggar District to promote the Scottish Men's Shed Movement and how to find their local Shed. We were also able to sell quite a number of our woodworking projects and local MP David Mundell stopped by for a chat as well—so it was an extremely productive day.

"Throughout July, we were also able to complete our long awaited polytunnel. It may have taken a bit longer than anticipated to complete but it will be of great benefit to the Shedders with green fingers. Our planters have been built and by the end of July planting had begun.

"This month, our preparations for winter commenced on our Shed building—the former Walston Primary School near Elsrickle—which was unused for many years and had deteriorated and became quite cold and damp.

"It is our intention to modernise our Shed's heating and insulation requirements. The first stage, to install a log burner, is now complete and this will make a huge difference in the winter months especially with the massive increase in electricity costs expected.

"In mid-August, all of the windows and doors of the Shed are to be replaced to make them more energy efficient. This has all been made possible thanks to the [Clyde Extension Community Fund](#) who funded these essential improvements."

Biggar and District Men's Shed meets every Wednesday and Thursday, 10am—4pm. For more information, please visit their [website](#) and follow them on [Facebook](#).





## Stonehaven Shedders lend a hand at Stonehaven Folk Festival

After a near three-year hiatus, [Stonehaven and District Men's Shed](#) was at the ready to lend a hand at the popular [Stonehaven Folk Festival](#) for its big return in July 2022.

Stonehaven Shedder Bob Stirling had maintained strong links with the Folk Festival organisers and was raring to go as soon as they announced that they were going ahead with the event this year.

Bob asked for volunteers from the Shed to assist with the planning and facilitation of the campsite. Shedders who had assisted at previous festivals were only too happy to step up to the mark and Bob put together, and guided, a team of keen helpers with representation across all areas of expertise from cooking to plumbing.

Member Raymond Penny parked up his caravan at the site entrance as the 'reception area'. Arrangements were also made, working with Aberdeenshire Council, to make the McRobert Pavilion in the town's Mineralwell Park available for use as both a cooking space and separate washing/toilet facilities and for areas to be assigned for the pitching of tents and hardstanding for caravans and mobile homes etc as well as the supply of potable water direct to tap outlets around the site.

The team started working on the physical aspects of the campsite—marking, water supply etc—with Bob and other Shedders pulling the logistics chain together for the supply of cleaning materials, hosing, food, beverages and the necessary disposable dining materials in to ensure all ducks were in a row at the breakfast bar.

The team working on the exterior campsite requirements ensured there was a constant water supply to areas of the campsite and that areas were clearly marked/barriered to ensure camper safety.

Shed Treasurer Tom Hannan said: "Working in partnership with Aberdeenshire Alcohol & Drug Partnership, Shed Trustees agreed that the Shed's social area would make a perfect family-friendly and drug/alcohol free area—with comfortable seating, beverages and homebakes – for the enjoyment of those who wished to use it during the festival.

"The session in the Shed kicked off on day one at around 10.30am with a ukulele workshop for "strummers" of various capabilities. It was great to see our Shed member Mike McNally (pictured above—happy, bearded face) as well as a young father and his wee lassie join the session also.

"At noon, the musicians started arriving for the session, timed to go on until 4pm. Once the music started, the



footfall through the Shed increased significantly. We had a young family from Northern California who played fiddles, guys from Durham with flutes and local musicians with guitars, accordions and banjos.

"All the time as the music ebbed and flowed, the crowd in the Shed was ever changing and it was a delight to see some young people take to dancing in the Shed. The session started with six musicians and ended up with 14 of them, all geein' it laldy.

"I think halfway through, we had about eight musicians and possibly an audience of 25+ with an eclectic mix of age ranges and experience/knowledge. I'd estimate about 150-200 people passed through the Shed throughout the day, some staying for a song or two and others choosing to stay longer.

"The tea and coffee station was kept extremely busy, along with the water and diluted fruit drinks, and the public were appreciative in their praise and behaviour.

"On closing down after the last stamash, I was approached by various musicians and members of the public who expressed their appreciation to the Shed for allowing this to happen (as one musician said, "I canna be daein' wi' the trachle o' dragging through pubs") and asking us to put an entry in our calendar for next year. Looks like the tea and coffee wisna' a' that bad after all."

[Click here to view the video 'Sesh at the Shed'](#)





## Dunoon Community Shed's new arts and crafts facility is officially open

In April of this year, Dunoon Community Shed was gifted a 35ft x 12ft static caravan from [Argyll Holidays](#). This kind donation allowed the Shed to progress with one of its visions—to create an arts and crafts space for its Shedders and members of the community.

On Saturday 23rd July 2022, the Shed held a successful open day at its Hamilton Street premises to showcase the new resource and consult the local community on what they would like to see on offer there.

Ian Graham from Dunoon Community Shed said: "Following several months of renovation works on the caravan, we are thrilled with the end result.

"The weather was not on our side but that did not stop 65 members of the community attending the open day. Everyone thoroughly enjoyed being shown around the new arts and crafts space and the main Shed workshops and we also had a great networking session. We were delighted that 36 attendees completed and returned our subscription form to receive our newsletters to be kept informed of our future news and developments.

"We had white paper covers on the tables and attendees were invited to write their ideas down on them. This was extremely productive and we have received lots of feedback on what the community would like us to consider doing.

"The following was the long list of ideas to be considered so there is certainly no shortage of ideas and enthusiasm for this new resource's potential.

*...cross stitch, painting, crochet, greeting card making, tea and natter club, jewellery making, basic cooking skills, upcycling skills, sewing and knitting for beginners, flower pressing, scrapbooking, movie club, video games club, sugar paste flower making, basic education classes, english, geography classes. book club, creative writing, flower arranging, sewing group, soap making, spinning, macrame, digital art lessons, quilting, home furnishings, activities for the less skilled, hanging baskets, baking, cocktail making, bridge club, basic holiday language club, wine club, watercolour painting, musical instrument club,*

*sailing theory lessons, dancing lessons, adjusting sewing patterns and other clothes making skills, pyrography, basic first aid, card game club, mod/civil service group, copper wire jewellery making, sea glass sculpting, dremel tool skills, chess club, ethnic community clubs, embroidery, stamp collecting, coin collecting, basic stocks and shares club, smaller community meetings venue and air dry clay modelling.*

"The wealth of ideas generated by the community will be discussed at the next Arts & Crafts Sub-Committee meeting and we will keep the community informed of our ongoing plans through our newsletters and social media channels.

"We also had interest shown in the following ideas: woodwork for ladies; car maintenance for ladies; picture framing; DIY skills for ladies; and driftwood sculpting. These ideas are outwith the scope of the Arts and Craft section however, we will pass on the requests to the main Shed sub-committee and the Dunoon Community Shed Trustees for their consideration.

"We hope our project will help to alleviate loneliness, improve health and wellbeing and bring the community closer together. The arts and crafts addition will fill a gap in our community whilst also providing a smaller homely meeting venue for smaller local groups to meet and to discuss a broad range of topics.

"None of this could have been made possible without our members' support. A huge thank you to former Councillor Jim Anderson for opening our new arts and crafts venue and the two representatives of Community Enterprise (Victoria and Kate) who are writing the Business Plan for the Dunoon Community Shed.

"Thanks also go to our stakeholders: Stephen Mure and staff at Argyll Holidays for donating the caravan and their ongoing support. Joanne Thomson, manager of our local Co-op store for donating food for the open day buffet and our funders: Arnold Clark Community Fund; The Robertson Trust; and The Albert Hunt Trust."

Follow Dunoon Community Shed's journey on [Facebook](#).



## Stonehaven Shedders tee off

A great day was had by all at Stonehaven and District Men's Shed's latest golf tournament. The event, held at Stonehaven Golf Club, saw 15 members taking part in a bit of friendly 'Texas Scramble' competition.

Bacon rolls and a brew were at the ready to energise the golfers before the four teams started proceedings. The golfers tee off at 10-minute intervals and special score cards had been prepared by Shed Secretary Douglas Knox.

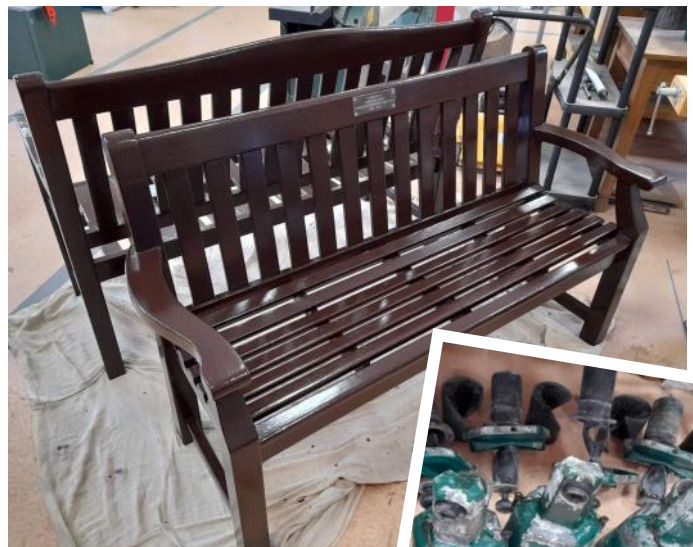
Trophies and prizes were then presented for titles such as 'longest drive' and 'nearest the pin'. Proceeds were shared between the winning team and the Shed funding pot and the members also enjoyed a meal together in the club restaurant afterwards.

The outing, organised by Shedder Duncan Cursiter, was a gift from Stonehaven Golf Club for all the hard work put in by Duncan and fellow Shedders over the winter months.

Duncan said: "We made 144 tee markers from tree branches cut from the golf course. Five benches were refurbished and repainted and 14 sand/seed boxes built as well as repairing and painting a number of ball washers and broken tee cups. We also refurbished and fitted two bells with brackets for the 'blind' holes. Stonehaven Golf Club is very appreciative of the work we have done and the outing recognises this. "

Shed Chairman Bill Allan said: "Fun was certainly the aim of the day along with some exercise and being in the great outdoors team building with fellow Shedders. We plan to make this an annual outing for our members."

In addition to golf, the Shed has many social gatherings including partaking in their regular quiz night at their local hotel. Follow Stonehaven and District Men's Shed on [Facebook](#) to keep up-to-date with their latest news and events.





## The good news just keeps on coming for Dunfermline Men's Shed

In just over a year and a half, Dunfermline Men's Shed has gone from strength to strength and made record progress to achieve a membership of 34 full and 82 associate members and it continues to grow. From day one, they have shared their aspirations to be the 'biggest and the best Men's Shed in Scotland'.

Shed life just keeps on getting better for the Dunfermline Shedders and recent developments include the handover of the keys for their new Shed in the Pittencrieff Park Steadings, announcing their Patron, learning visits and forging links with fellow Sheds.

Shed members celebrated the news earlier this month that Mr Jim Leishman MBE—Provost of Fife, Dunfermline Councillor and former manager and player for Dunfermline Athletic—was formally announced as their Shed's Patron. Also known to locals as 'Mr Dunfermline', Jim Leishman—who is now in his third five-year term of office as Provost of Fife—visited the Men's Shed in Pittencrieff Park for the first time to be introduced to the members and given a tour of works in progress in the Steading. Jim shared with the group that he was "honoured to become their Patron". In reply, Shed Chairman Ron Skirving assured him that "the honour is all ours."

Learning visits and tours of other Sheds have also been on the agenda. Shed Secretary Mike Rowlinson said: "A visit to [Psyber-Tech 3D Printing](#) in Livingston took place in July. A brilliant day was had by all and we also invited a member from the Wee County Men's Shed along with us. We were fascinated by what we saw and bowled over at the potential for the items we could produce—3D printing is certainly an activity that we are keen to get up and running in our Shed for our members.

"We also visited Armadale Shed the same day. It was such a productive visit and so many learning curves were taken away by both parties. We have also connected with Rosyth Men's Shed, who we first met at a Fife Shed Network meeting, and have been sharing our experiences to learn from each other. I invited Richard Tansey from Rosyth to my house and have been showing him the wonders of Mailchimp for our communications and contacts management and he has been sharing his knowledge and the potential of Facebook.

"We are extremely fortunate that Talisman Productions has been filming us since early August and wants to document and record our development. It was great that they captured Jim's visit and also us receiving the keys to the building which are huge milestones in our journey.

"We continue to meet every week and work has started to refurbish the benches that we found in storage in the building. The benches will then be located across



Pittencrieff Park for community use. Work also continues to upgrade the Medished for the Peacock Sanctuary and we are looking forward to hosting the upcoming Fife Shed Network meeting on Monday 12th September 2022 and networking with our fellow Sheds in the region.

"We are still riding the crest of a wave. So many good things are coming our way and the support from the community is immense. We need to maximise every opportunity available to us right now."

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

## Joint effort to replace Aboyne's 'Pivy on the Green' for the community

Aboyne and District Men's Shed members have teamed up with a group of local youngsters to restore a vandalised Deeside pavilion and return it for public use.

The once very popular wooden seating at the Pivy on the Green in Aboyne was set on fire last year and unfortunately burnt beyond repair. Youths were blamed for the incident by some in the community however the culprits have never been identified.

After hearing that youths were being blamed, local father and Aberdeen firefighter James Esslemont called for youngsters not to all be painted with the same brush and praised the kids who had phoned quickly for help after a fire broke out at a hotel recently and the building was saved. Mr Esslemont then contacted Aberdeenshire Councillor Geva Blackett to get involved. As a result of this, Aberdeenshire Council agreed to supply the materials and the local Men's Shed was approached to build the new seating area.

Local young people were then invited to get involved in the project and also paint the pivy to cover the graffiti in the area—which is a firm favourite of the local Academy pupils for their lunch and break time gatherings.



Workshop leader at Aboyne & District Men's Shed John Clement said: "It was great to see the kids lending a hand towards this community project and fantastic to see the smiles on the youngsters' faces."

Councillor Blackett said: "After some bad publicity resulting from the behaviour of a few in Aboyne, it's heartening to see that the community are standing up and doing the right thing."

In addition to this project, some of the Shed members have also been cleaning up their surrounding area and recently joined the volunteers at Aboyne Paths and Tracks Group to maintain the section of path linking the Tarland Way to the Mortlich path to ensure they are clear for walkers.

For more information about Aboyne and District Men's Shed and their latest projects, follow them on [Facebook](#).

## Galashiels Men's Shed to feature on ITV Border Scotland

On the 26th May 2022, an ITV Borders film crew spent the day at Galashiels Men's Shed to document their evolution since their inception in 2014.

Shed Treasurer Ross Hall said: "It was great to welcome the ITV Borders along to the Shed to record our journey so far, how we stayed connected during the course of the pandemic and also share some exciting plans in the pipeline.

"We were right in the middle of our Queen's Platinum Jubilee celebration preparations when they came to the Shed so it was all go. We were in the process of transforming the 'wilderness' at the front of our Shed into a beautiful garden so it is great that they managed to capture that project on film. It really has been a huge team effort with help through community service and local primary school pupils all rolling up their sleeves to muck in."

This is not the first time that the Shed has been on the telly. Galashiels Mens Shed featured on ITV's 'Border Life' when ITV presenter Emma Baker visited in 2015 to find out what Men's Sheds were all about.

The new film is scheduled to air on Friday 26th August 2022 at 7pm on ITV Border Scotland and will be available to view on the ITV Border website shortly after.

Galashiels Men's is open Tuesdays to Thursdays, 10am to 4pm.

Follow them on [Facebook](#) for the latest news.

Don't forget to watch!

Friday 26th August 2022 at 7pm

On ITV Border Scotland





## ‘One big happy family’ at Kennoway Community Shed

*‘Volunteers are not paid. Not because they are worthless but because they are priceless’.*

Never a truer word spoken and this statement is written on one of the many signs proudly displayed at Kennoway Community Shed.

When the SMSA received an email from a member of Kennoway Community Shed wishing to sharing his personal experience since joining the Shed and singing the praises of two stalwart volunteers, we just knew the story had to be shared.

Kennoway Community Shed member Ian Low said: “I have been a member of the Shed since last October and in that time I have watched how the Shed is run. Bob McPhail (Chairman) and Margaret Moffet do an absolutely fantastic job—they make every person that walks through the door feel comfortable and it really is one big happy family.

“I have been experiencing mental health problems since January this year and was admitted to hospital in

February. Bob brought clothes and items I needed from my home into me and he also phones me every night to see how I am. When I am discharged for a few days, Bob comes and gives me a lift home.

“Joining the Shed has been such a support to me. In fact, all the members are fantastic. They all make you feel like you have been there for ever.

“I can't sing their praises high enough—nothing is impossible for them.

“They have really went over and above to support me since day one and for that I am eternally grateful.”

Kennoway Community Shed is open every Tuesday to Friday, 10am to 1pm. The Shed offers many opportunities including arts and crafts, woodwork and metalcrafts, computing, model making, becoming part of community projects, making improvements in the village to make it cleaner and safer, cooking/baking and there is also a large garden area with polytunnel, allotments and bee hives for the more green-fingered Shedder.

Follow Kennoway Community Shed on [Facebook](#).



## Health matters at Bridge of Don Men’s Shed

Earlier this month, the members of [Bridge of Don Men’s Shed](#) received a talk on the importance of Abdominal Aortic Aneurysm (AAA) Screening. The 20-minute talk was delivered by Jill Pickard, an AAA Screener at NHS Grampian.

AAA screening is an ultrasound scan for men 65 years or above to ensure that they don't have an aneurysm. The majority of 65-75 year-old men will have already been scanned because the service started ten years ago however Jill is reaching out to Men’s Sheds in her region

to offer the chance for over 75-year-olds to be scanned.

Bridge of Don Men’s Shed also ensured it had a strong presence at its recent local wellbeing event, organised by Danestone Community Centre and the Aberdeen Health and Social Care Partnership last month. The ‘Staying Well in the Cost of Living Crisis’ event featured exhibitors, information and advice on topics including health and wellbeing; finances; physical activity; and sustainable food and nutrition.

Eric Bisset said: “The event was well attended by the community and it was also useful to have time to network with the other exhibitors. We had enquiries from a lot of wives, interested in hearing all about the Shed and taking information home to their husbands. I think it is really important to get out and about to events like these to raise awareness of what the Shed offers. We have a potential few new members and it was an extremely worthwhile afternoon.”



## Springburn Park Shedders get creative with community artists

Springburn Park Men's Shed unveiled its impressive new mural—created by 15 of their Shedders working alongside community artists from the national arts programme, Culture Collective—at a celebratory event earlier this month.

The grand unveiling at Springburn Park on Saturday 6th August 2022, marked the end of the ten-week collaboration between Shed members and Toonspeak—one of the 26 participatory arts projects in the Culture Collective network.

SMSA Chief Executive Officer Jason Schroeder said: "Whilst in a Scottish Community Alliance (SCA) meeting on Zoom one day, I was absolutely delighted to hear one of our Shed members being highlighted in a story of best practise collaboration between community groups so we just had to find out more."

Programme Lead for Creative Scotland's [Culture Collective](#) Kathryn Welch presented on the Collective programme and how the projects can bring people together and connect arts and community-rooted projects. Each of the projects are unique and driven by the communities in which they are based. [Toonspeak](#), a Glasgow-based youth theatre and arts organisation is one of the 26 organisations involved in the pilot programme and is on a mission to transform lives through creativity.

Karyn described in her presentation that they had worked with Springburn Park Men's Shed as a way of artists supporting community projects and how they can play a role in connecting that activity to other projects in the local area. Other organisations that they are working in partnership with in Glasgow include [Barmulloch Community Development Company](#), [Spirit of Springburn](#), [Tron St Mary's Parish Church](#) and the [Wallacewell Community Fellowship](#).

Culture Collective Project Manager Emma Stewart-Jones said: "We currently have 11 artists that we are working with (five assistant artists, five associate artists and one lead) who work with people to realise their potential and become leaders and contributing members of their communities. Our activities—all provided at zero cost—



include theatre, music, dance, visual arts, poetry and creative writing, theatre and singing.

"Toonspeak is based in Ward 17 which includes Springburn and we noticed a lack of men participating in the project and wanted to address that. I got in touch with

Tom Bennett at Springburn Park Men's Shed and discussed that we were struggling to engage with men. Tom mentioned that they were keen to have a mural painted on the side of their Shed and we suggested that our artists work with Shed members to teach them how to do it themselves and be involved. This way, they get the new mural in addition to learning a new skill.

"Fifteen members of the Shed quickly signed up to get involved and over the course of ten-weeks, worked alongside our Lead Artist Philipa Tomlin and Associate Visual Artist John-Martin Fulton to design and create the end product—featuring everything they wanted to be represented to cover local landmarks and the history and industrial heritage of Springburn—which I am sure you will agree is truly magnificent!"

**Springburn Park Men's Shed is based on Belmont Road, Springburn Park, Glasgow and currently has 83 members. The Shed meets on Tuesdays, Wednesdays & Thursdays from 10am to 3pm and Mondays and Fridays 10am to 1pm for their outdoor handyman service. Shed activities include woodwork, metalwork, horticulture, pyrography, book swap, computing and bikes. The Shed also has a new allotment offsite in Springburn. Visit their [Facebook](#) page to keep up-to-date with their latest developments.**

[Click here to watch Toonspeak's video on their work with Springburn Park Men's Shed.](#)





## Cromarty Firth Men's Shed bought back into community ownership

To mark the Milton Community Woodland and log cabins being brought back into community ownership after a five-year campaign, Cromarty Firth Men's Shed and Milton Woodland Community Trust held an open day and barbecue to celebrate last month.

Cromarty Firth Men's Shed Chairman George Cameron said: "This has been a huge weight off our minds, we have always been concerned that someone might swoop in and buy it and we would lose what we have built up.

"Next step is to negotiate a long-term lease and seek funding for future exciting plans and projects."

The Shed recently received £3,000 through the [Youth Philanthropy Initiative Scotland](#) and these funds will go towards power tools and a wood-turning lathe.

Follow Cromarty Firth Men's Shed on [Facebook](#) for their latest news and updates.



## Sanday Shedders pick up their tools once again to progress with Shed refurb

Sanday Men's Shed shares an update on recent progress and why their Shed—in one of the larger inhabited outer islands of Orkney—has never been more needed.

Francis Edwards from Sanday Men's Shed said: "Due to the pandemic, gatherings came to a halt but our Trustees were busily working away in the background on our constitution, charitable status and getting our lease signed.

"After more than two years, as we come out the other side, the tools have been picked up once again and we are making good progress with the refurbishment of our Shed premises at the old Co-op building which overlooks the harbour in Kettletoft – this has to be one of the best views for a Men's Shed. Our phase one priorities now are to get the workshop, kitchen and common room up and running for our members.

"We have almost completed the insulation on the building and are

just about to be connected to the mains and will have power soon.

"These are exciting times and we are hoping to be able to officially open our doors later this year."

Recently, the Shed had a visit from Liam McArthur MSP. Liam called in while holding a surgery on Sanday to see how the Shed was getting on and to offer his support. Liam spoke at the recent [Scottish Parliament debate on Men's Sheds](#) and expressed "The risks of isolation and poor mental health are ones shared across our island communities, all of which could benefit from the approach taken by the Men's Shed movement, albeit tailored to meet individual circumstances, demand and personalities.

"As we emerge from the pandemic, Men's Sheds offer an excellent way to bring our communities together. Their positive contribution could not be more important or timely and they deserve our full support, especially through greater funding."

Members are currently meeting and working on the refurbishment of the building every Saturday from 1pm to 4.30pm. Visit Sanday Men's Shed's [website](#) to find out more.



# A PERSONAL STORY

*The SMSA chats to Euan Martin (61)—ironically, on the day he was building his very own man shed in his garden—about how his experience with Scottish Men’s Sheds and the SMSA inspired him to co-write the play ‘Man Shed’ which is currently showing at the Edinburgh Festival Fringe.*

**Right Lines Productions**—a writer-led production company based in Moray run by Euan and his writing partner, Dave Smith—is debuting its brand-new production ‘Man Shed’ as part of the Pleasance Theatre Trust’s Edinburgh National Partnerships programme at the Edinburgh Fringe at Bunker One.

Starring Ron Emslie, the touching 60-minute long play follows one man’s journey to explore loneliness, the joy of Men’s Sheds and the comfort to be found in friendships and a sense of belonging in the community.

Euan said: “Following a delay of over two years due to the pandemic, we are thrilled to finally let audiences in to see our work. Our plans were scrubbed following the cancellation of our tour originally planned to start in May 2020 and we really didn’t know what was going to happen with the play.

“One day, we heard the announcement that **Eden Court** was teaming up with the **Pleasance Theatre Trust** as part of their Edinburgh National Partnerships programme. In February of this year, an open call was put out for dynamic Scottish artists/companies to apply to take their work to Edinburgh Fringe 2022. We didn’t have anything to lose so applied, pitched the play and were delighted to be selected as a partner.

“I first experienced a Men’s Shed when I met members of Forres & District Men’s Shed through Moray Waste Busters. It was great to see them in action, have a good blether with the guys and hear the stories they had to share.

“I also visited the first Scottish Men’s Shed, Westhill & District Men’s Shed, which is such a fantastic place in addition to Inverurie & District Men’s Shed and meeting the Shedders in Keith and Fochabers. Each Shed is unique in what they offer their members and how they support them and that really inspired me.

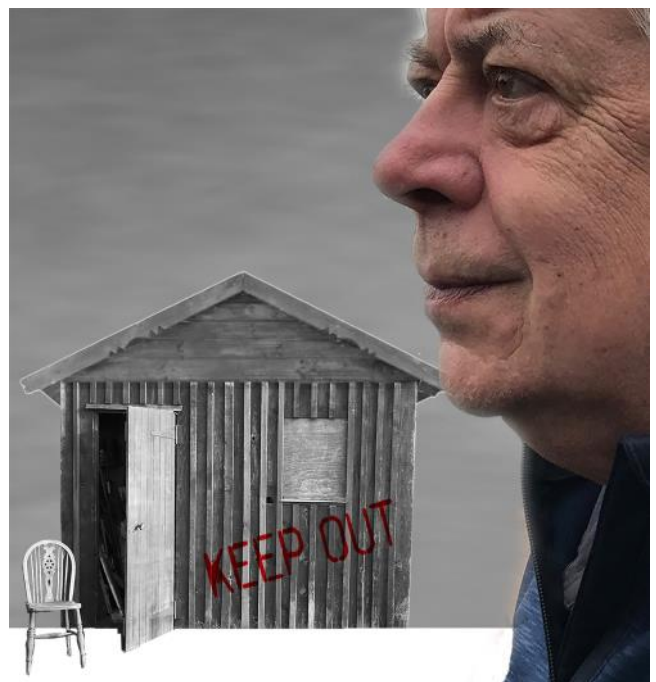
“After a career of 35 years in social work, my interest in the ethos of Men’s Sheds has always been there. I met Jason Schroeder, Chief Executive Officer of the Scottish Men’s Sheds Association, through Moray Council and found his enthusiasm and passion when speaking about the Men’s Sheds Movement, so motivational.

“The theatre piece that Dave and I have created is a warm story of one man’s highs and lows. Without giving the story away, in the beginning our character is adamant that the Shed life is just not for him—‘no way, I’m not going, it’s not for me’ he says. Then, he thinks about it—he can continue to stay at home feeling insecure and lonely or he can get out there and socialise. The show will make you think, laugh and maybe even cry at times.”

The Edinburgh Fringe run at The Pleasance marks the world premiere of the show. The play—recently commended at the **Men’s Shed’s debate in Scottish Parliament** on 16th June—is previewing until Monday 29th August (with the exception of Monday 22nd August). [Check out the trailer for the play here.](#)

Right Lines Productions hopes to tour the play in Scotland in Spring 2023. [www.rightlines.net](http://www.rightlines.net)

Tickets are still available to purchase online at [www.pleasance.co.uk/event/man-shed/performances](http://www.pleasance.co.uk/event/man-shed/performances)





# SHED PROJECTS

## Penicuik Shedders transform neglected phone box into community resource

No recycling project gets past a Shedder and no space is too small to be transformed into something useful for the entire community to use.

In early June 2022, a small team of Penicuik and District Shedders repainted and fitted new shelves to an old neglected phone box in the adjacent local village of Auchendinny transforming it into a beautiful resource which is now well-stocked as a free community library for everyone to enjoy.

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



## All aboard for Stonehaven and District Men's Shed's latest project

Stonehaven and District Men's Shed was approached by [Stonehaven Horizon Group](#) to ask for assistance with a very special project at the railway station—to replace the 'choo-choo planter' on the Northbound platform.

Shed members George McKinnon and Paul Tosh took up the challenge with a little help from their fellow Shedders. The finished product is now pride of place on the platform. George said "We were more than happy to replace the dilapidated planters. We managed to source old whisky barrels locally and the work was completed with recycled timber and materials which were donated to the Shed."



John Cruickshank, Convenor of the Stonehaven Horizon Project, said: "We are extremely thankful to the Shed for their sterling efforts to produce a super new train and carriage planter for the railway station. It is already the envy of many Adopt-a-Station teams throughout Scotland after we posted images on Facebook. Several stations have been making enquiries looking for their local Men's Shed to do the same for them."



"Stonehaven has once again entered the Keep Scotland Beautiful competition in the Coastal Town Section and the railway station will form part of the judging route. The new train and planter make stunning additions."

Follow Stonehaven and District Men's Shed on [Facebook](#) to see more of their projects.







## Transatlantic partnership supports American Shedder to make traditional Scottish Spurtle

By Dean L. Kirby, M.D, Ruston Community Men's Shed, Louisiana, USA

Surfing the internet for interesting projects takes one down many rabbit trails, some of which are dead ends, and some which open to new and beautiful vistas of insight and understanding - such was my discovery of the Scottish Spurtle.

I had heard the term "spurtle" but never gave it much thought until I saw it mentioned somewhere and began with a Google search. I soon discovered that there are numerous versions and uses – from the traditional Scottish Spurtle used to stir porridge (what we might call oatmeal or grits) to the Continental and American versions which are a combination of spoon and spatula used for stirring, lifting, turning and scraping.

Being of Scottish ancestry, I found myself interested in learning more about the traditional Scottish Spurtle which I learned was more of a rod or dowel with decorative elements used by cooks since at least the 15th century. And, after pondering who would be most likely to know about Scottish Spurtles and be able to guide me in the making of one, I was led to write to the Scottish Men's Sheds

Association (SMSA) where much to my surprise and pleasure they replied to my query.

Michelle Wibrew, the Communications and PR Officer was instrumental in arranging contacts with Liz Ness and George "Barrie" Baker from [The Inverclyde Shed](#)'s pen and carving group who were very generous with their time and knowledge and helped guide me in making my first spurtles.

I decided to make my first spurtles from some storm damaged Walnut scraps that we had lying around our Shed— the [Ruston Community Men's Shed](#) in Louisiana, USA. The Men's Shed movement is gaining popularity in the U.S. now with over a dozen active sheds across the country and our Shed was one of the first members of the [U.S. Men's Shed Association](#).

I quickly discovered how elementary my lathe skills are. I made my first spurtle a bit too long and large, but did incorporate the traditional thistle top for which was given kind critique which did not bruise my ego or discourage my desire to continue in my attempts at creating a proper spurtle.

A picture of a beautifully carved spurtle made by Liz and some helpful hints gave me inspiration for my second attempt which I turned, again out of Walnut, but made smaller and more delicate with hand carving of the Thistle head. I have renewed

respect for turners and carvers like Liz and Barrie that make a difficult task appear easy. I believe that my next spurtle should be made of a tighter grained wood that is less prone to tear out and misdirecting of carving tools.

I must say how appreciative I am to the SMSA, Liz and Barrie for the kind and generous guidance in helping me learn more about the Scottish Spurtle – its design, use and construction.

Liz Ness from The Inverclyde Shed said: "We were delighted to give Dean some assistance with his project. We shared photos and liaised with him via email to give our suggestions on adjustments to the design, size and shape. He certainly had the required skills and had no problems producing the perfect Scottish spurtle."





# SHED PROJECTS

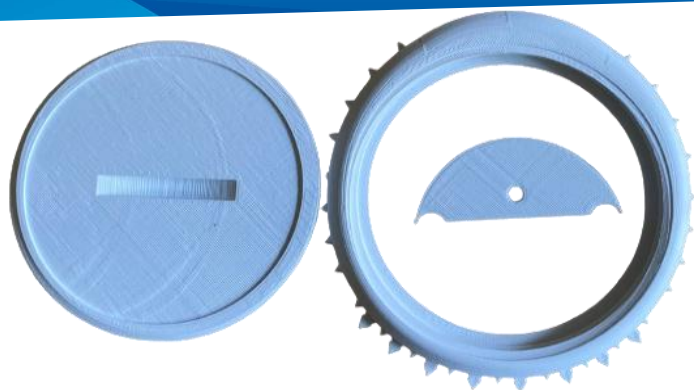
## Stanley Shedders create bespoke 3D printed piece for lame horse

Stanley and District Men's Shed received an enquiry from a local farrier that was a bit out of the norm—to 3D print a bespoke piece which was to be moulded on to a lame horse's hoof.

Stanley Shedder Mike Baillie said "Stanley village and the wider community have a Facebook page and it was through this medium that a local farrier put out a call to find someone local with 3D printing capabilities.

"I saw the enquiry and responded on behalf of the Shed that we could help. On this occasion, there was no design input required from the Shed—although we have that capability—as the farrier had received the files from a colleague in Florida, USA.

"The farrier did not know what to do with the files as he did not have the necessary software. He forwarded them on to us and we were able to print off the items as two separate lots—the main part and the removable screw which is circa 4" diameter.



"The simple design shows that the main body is fixed under the hoof with a casting a bit like dental impression material, the screw is located to protect the sole of the hoof and it can be removed for access for a veterinary inspection.

"Each piece took around four hours to print and 40 metres of filament so a days worth of printing but we got the job done and the farrier was delighted. Hopefully the horse was too!"

Follow the Shed and hear about their latest projects on [Facebook](#).

## The Inverclyde Shed's latest project brings sweet success

The volunteers at The Inverclyde Shed's Muirshiel Lane Community Garden in Port Glasgow are enjoying the fruits of their labour as they extracted their first batch of delicious honey to sample after months of hard work over the summer.

Bruce Newlands from The Inverclyde Shed said: "It is an extremely busy time of year over the summer months for our volunteers—and our bees—here at the Muirshiel Lane Garden.

"We put out a call for local volunteers who would like to learn more about

beekeeping and had a great response.

"The volunteers have been absolutely amazing making honey frames—known as 'supers'—for our hives and having regular bee inspections watching for swarming, creating new colonies and making sure they have enough food.

"This project requires an ongoing weekly commitment and we are delighted to have such a great team on board supporting this initiative. Our first honey was not for sale but was kept to give to our key volunteers as a wee thank you for all their hard work.



"We have received overwhelming support for the beehive project including fantastic mentoring from Helena Jackson from the Kilbarchan and District Beekeepers Association and we were also awarded a grant from the Inverclyde Community Fund."

The Inverclyde Shed also has a second garden—their Shore Street Community Garden that has a very active Gardening Club which meets every Monday, 10am-12pm, and has just had a fantastic summer harvest of tatties, carrots, broccoli, cabbage, rhubarb, beetroot, shallots, onions, garlic and herbs to name but a few.

Follow The Inverclyde Shed's updates on [Facebook](#), [Twitter](#) and [Instagram](#).





# SHED PROJECTS

## Bon voyage

At last, the Erebus project is on course for Antarctica!

Following the last update from Turriff and District Men's Shed in the [May 2021 issue of The Scottish Shedder](#), the boats HMS Erebus and Terror are being shipped from Bristol to the Falkland's on Tuesday 16th August 2022 then on to South Georgia to be launched into the Antarctic Circumpolar Current to circumnavigate the Earth—a journey of two years.

The Shed responded to a call from a local family and their two sons, Ollie and Harry (pictured below with the boats), to support the project to build two scaled-down (one-metre long) replica wooden ships. The build was based on the original 1839 admiralty drawings. Plans included fitting tracking and data collecting sensors for a sail of over 20,000 km 13,000 miles and encompassing four of the world's oceans.

It was the dream of two young boys to replicate the Ross Expedition of 1839-1843 and that has become a reality with a little help from Bill Little and Gerry Quinn from the Shed.

Progress will be tracked by satellite link daily. A full description of the Erebus project can be seen on Turriff and District Men's Shed's [website](#).





## Alcohol Marketing

**Alcohol Focus Scotland (AFS)—the national charity working to prevent and reduce alcohol harm—is interested in how alcohol marketing affects people in recovery and is reaching out to speak to willing groups.**



AFS wants to reduce the impact of alcohol on individuals, families, communities and Scotland as a whole, through the implementation of effective alcohol control policies and legislation. The charity strives to see fewer people have their health damaged or lives cut short due to alcohol, fewer children and families suffering as a result of other people's drinking and communities free from alcohol-related crime and violence.

In 2017, AFS published '[Promoting good health from childhood: Reducing the impact of marketing on children in Scotland](#)'. This report recommended a number of restrictions that should be placed on alcohol marketing in Scotland based on the extensive evidence that exposure to alcohol marketing reduces the age at which young people start to drink and increases the amount they drink if they are already drinking.

The Scottish Government has accepted the need for action and is planning to consult on potential marketing restrictions later in 2022. While there is significant evidence and attention being given to the impact of alcohol marketing on children and young people, AFS has been keen to highlight the impact of marketing on other groups who might be particularly affected. In order to do this, they are reaching out to speak to any willing groups from Scottish Men's Sheds. Interviews can be carried out on a one-to-one basis or through focus groups. All information gathered will be anonymous (unless requested otherwise).

In particular, they are interested in how marketing impacts on people in recovery from alcohol problems, people with alcohol dependence and people who are drinking at high levels.

AFS commissioned a literature review which found there has been relatively little academic study into the impact of marketing on these groups.

AFS is therefore keen to bring the voices of people in recovery more fully into this debate to increase understanding of how alcohol marketing can impact on people in recovery from alcohol problems.

**If you/your Shed is interested in sharing your views with Alcohol Focus Scotland, please contact:**

**Marc Buchanan**  
Engagement and Partnerships Coordinator  
Alcohol Focus Scotland  
[marc.buchanan@alcohol-focus-scotland.org.uk](mailto:marc.buchanan@alcohol-focus-scotland.org.uk)  
[www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)

Follow Alcohol Focus Scotland on [Twitter](#).



### Promoting good health from childhood

Reducing the impact of alcohol marketing on children in Scotland

A report by the virtual expert network on alcohol marketing

# OPPORTUNITIES

## Tools for Mozambique

Whilst on a recent train journey, Tony Nelson from Lauderdale Community Shed was reading an article in his woodworking magazine about a community empowerment scheme to donate unwanted hand tools for Mozambique. Tony asked the SMSA to get in touch with the organiser to find out more and share the initiative with 'The Scottish Shedder' readers.

Rob Wilson from timber importers Dalmann UK, who launched the scheme, tells the SMSA all about the project and how Scottish Men's Sheds can help out.

Rob said: "The tool donation scheme was launched due to the vital need for simple hand tools, particularly for woodworking, for the communities of Mozambique. Sometimes, in our well or even over-equipped workshops, sheds and garages we are still on a quest to accumulate the latest tool to make life easier or develop new skills despite already having an array of machines, tools and accessories at our fingertips.

"Our principal supplier, TCT-Dalman Ltd, is located in the back of beyond in remote Sofala Province—an area of rural wilderness with virtually no development or employment opportunities of any kind. Local inhabitants are subsistence farmers growing a few crops and supplementing their diets by foraging in the bush around them.

"At Dalmann UK, we are focussed on delivering ways to empower the communities of Mozambique. In addition to the tool donation project, we have implemented various initiatives including the building of schools, supplying a gasifier for power generation and reforestation schemes.

"The local sawmill has introduced a woodturning school offering free training to any interested locals. The aim of this training is to create self-employment opportunities for the students and a market for their turnings. This will enable them to enjoy a cash income from their efforts.

"Currently all turnings at the sawmill are made with handmade tools and chisels. The driving motive is to show that with a little ingenuity and some help, local people can learn to convert what might otherwise be fire wood into a commercial product that could become a reliable source of income for them.

"The current tools in use are hand forged from confiscated poaching traps using local charcoal and used on their only wood turning lathe. Dalmann UK has appealed to major UK suppliers to turners and woodworkers to ask them to donate any redundant tools to this cause. We are now extending this plea to Men's Sheds—some of which receive many donations of tools that are surplus to their requirements—to contribute to a very worthy charitable cause that will reach and benefit the recipients directly.

"The quality of the tools is not important as these can be repaired and something is certainly better than nothing. In this scenario even old carbon steel tools—which most of us have eschewed in favour of high speed steel and other fancy steels—would be gratefully accepted.

"The initial list of suppliers who have signed up to support this worthy cause are: Charnwood; Exotic Hardwoods UK; Reid Timbers; Snainton Woodworking; Stiles & Bates; Surrey Timbers; Turners Retreat; WP Hardwoods; and Yandles & Son. These suppliers have installed a box for the tools to be dropped off and when there is an adequate amount, Dalmann will arrange and fund the collections and export to Mozambique."

**If your Shed is interested in getting involved or requires more information, please [contact Dalmann UK](#) or visit their [website](#).**

**Currently, the two collecting points in Scotland are:**

***Reid Timbers, 11 Forest Street, Glasgow, G40 2TX***

***WP Hardwoods, 7 Knock View, Stuartfield, AB42 5TQ***





# OPPORTUNITIES



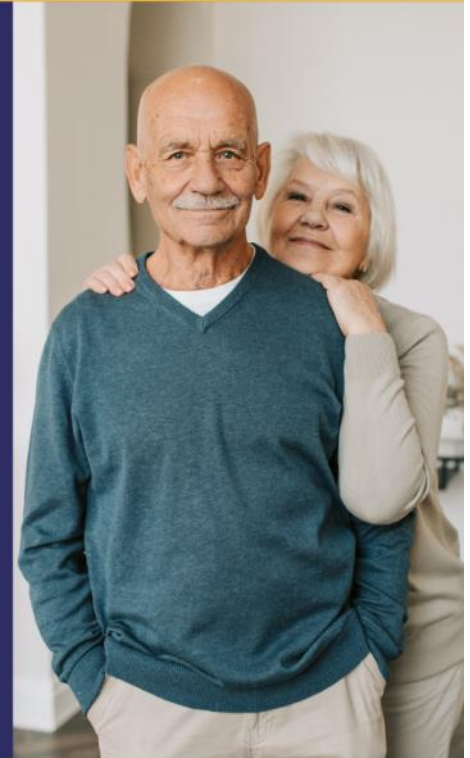
## The DesHCA Project wants to know about how you make your home work for you

The Designing Homes for Healthy Cognitive Ageing (DesHCA) Project is looking at how people's experiences of home change after they are 55.

If you have had an experience of changing your home, or asking for help to change your home as a result of getting older we want to hear from you!

Volunteers will be invited to talk to a researcher from the University of Stirling and make a 'creative map' of their home to show what they like, dislike, or want to change about their home.

We want to hear from everyone, so whether you're healthy or living with a long term condition, living on your own or in supported housing, we want to hear from you!



## Designing homes for healthy cognitive ageing Participants wanted for home adaptations and ageing study

The Designing homes for healthy cognitive ageing (DesHCA) three-year research project is exploring how home design and adaptation can help people to live well as they age. They want to talk to people living in Scotland aged 55+ about their home, what they like about it and any changes they have made or expect to make as they get older. To find out more about taking part in the project, visit their website at [www.deshca.co.uk](http://www.deshca.co.uk), email the team at [DesHCAresearch@stir.ac.uk](mailto:DesHCAresearch@stir.ac.uk) or call 01786 467 610.

## New Mental Health and Wellbeing Strategy out for consultation

The Scottish Government wants to hear your views on what a new Mental Health and Wellbeing Strategy for Scotland (2022-27) should look like.

The Strategy will guide the work that the Government, and their partners, will do to improve mental health and wellbeing in Scotland. This will include an overall shared vision, a set of outcomes, and how they will achieve these to improve people's mental health and wellbeing. It will also describe how the difference will be measured.

The strategy covers a range of things, including:

- addressing the underlying reasons behind poor mental health;
- helping to create the conditions for people to thrive;
- challenging the stigma around mental health, and;
- providing specialist help and support for mental illness.

The Scottish Government also wants the Strategy to guide how we provide support to everyone who has a role in improving and supporting people's mental health and wellbeing.

This ranges from the specialist mental health workforce to those working in all health and social care settings, in communities, schools, police custody suites and prisons. In addition to the invaluable support from volunteers and unpaid carers.

You can read and respond to the consultation on the Scottish Government Consult website by the 9th September 2022 at:

<https://consult.gov.scot/mental-health-unit/mental-health-and-wellbeing-strategy>



## Nature Prescriptions: Supporting the health of people and nature



### What Do Men Think?

We've never been more aware of the benefits of nature for our health and wellbeing, particularly following our experiences over the COVID pandemic.

Over the past five years, [RSPB](#) has been developing 'Nature Prescriptions', working with GPs and other health professionals to embed the value of nature to health across primary care.

Nature Prescriptions are designed to support healthcare professionals to formally prescribe connecting with nature so their patients can harness the benefits of nature for physical and mental health and wellbeing. A Nature Prescription can be offered as part of a treatment plan for patients or given to someone for whom the GP assesses would benefit from this natural, non-clinical intervention.

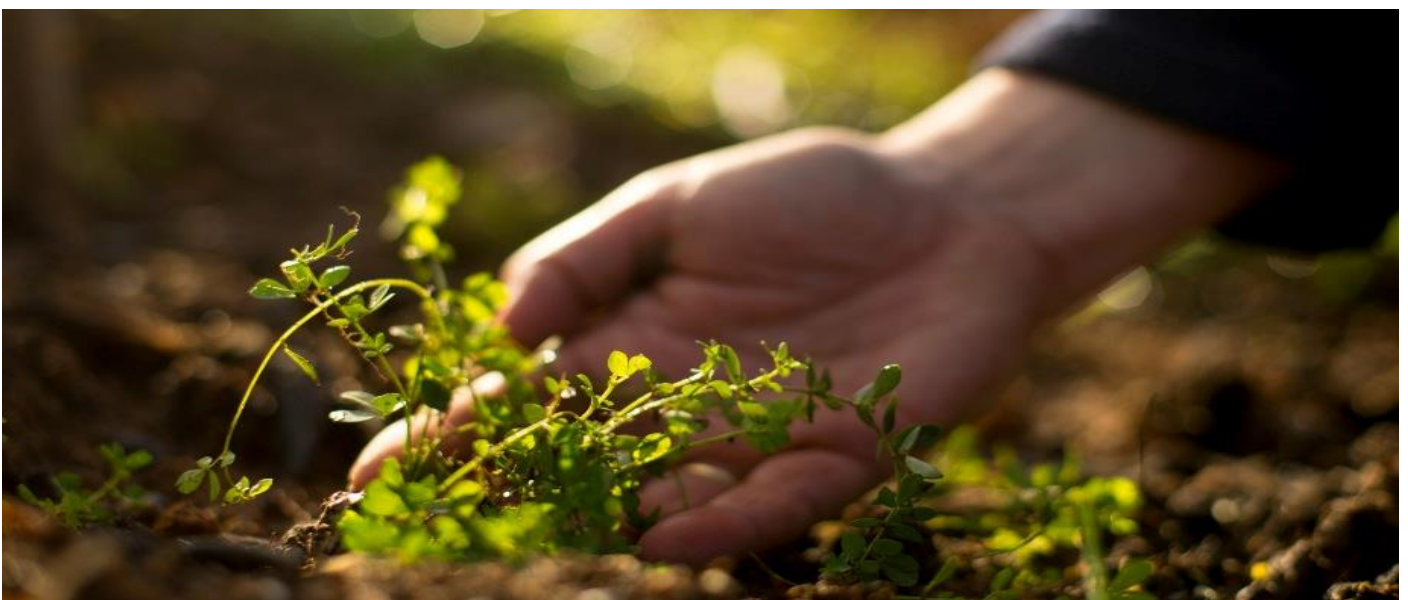
The prescription is supported by a leaflet and a calendar of local, seasonal activities. All are designed to help foster a deeper and meaningful connection with nature and all can be undertaken individually as part of a person's everyday life.

Nature Prescriptions began as a partnership between RSPB Scotland and NHS Shetland in 2017 and expanded a year later into Edinburgh. It was well-received by local GPs and patients and clearly benefited over 80% of patients who participated.

However, what the RSPB has found so far is that they are reaching far fewer men than women – and they want to understand why that is and what they can do to address this gender imbalance. They know that men don't attend GPs as often as women do and so want to find out if there is another way to reach men to encourage them to make this nature connection. They also know that the language they may use around feelings and the approach of encouraging mindfulness may not feel as accessible to men and may be off-putting for some.

RSPB Scotland wants to hear from men across the country about how you feel about the health benefits of nature, and how you think they could reach more men with this important message. This will help develop the project to be more relevant, accessible and meaningful for men for whom being in nature could be an important tool in their toolbox for looking after their physical and mental health.

To be involved and/or to give your views, please get in touch with Frances Simpson, Nature and Wellbeing Manager, RSPB Scotland, on [frances.simpson@rspb.org.uk](mailto:frances.simpson@rspb.org.uk). To find out more about this project go to [www.rspb.org.uk/natureprescriptions](http://www.rspb.org.uk/natureprescriptions).







COMBINING MUSIC WITH THOUGHT PROVOKING COMEDY AND STORIES, ONE MAN'S JOURNEY TO GOOD MENTAL HEALTH VIA A VERY BAD IDEA.

15-21 August 14:10    22-27 August 13.10

All tickets £9 (£7)    Run time: 45 mins

[mattmcguinness.co.uk/tickets](http://mattmcguinness.co.uk/tickets)



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# WHAT'S COOKING?

## 'Traditional' Scottish Stovies? Scottish TikTok star goes viral with a Stovies recipe with a twist...

Everyone has their own way of making their version of Scottish Stovies. Some only use fresh ingredients and others swear by using leftovers. Some use beef, mince, corned beef, lamb or even square sausage. The debate continues...

Scottish Tik Tok star [Myles Omar](#), 33 and a chef from Glasgow, is known for his videos on his Tik Tok page and has went viral for his version of 'Traditional Scottish Stovies' that is getting everyone talking, not to mention his controversial merge of a favourite Scottish drink to produce Irn-Bru Chicken Pakora!

Myles said: "I am delighted to share this recipe with The Scottish Shedder readers. The Stovies recipe can divide a lot of people—I like to use lamb and carrots in mine which can sound quite unusual but I say Stovies can be anything you want it to be. Enjoy—this recipe is amazeballs!"

Some posters in the video's comments section said that Myles had simply produced a 'lamb stew' whilst others highlighted that 'Stovies are peasant food made with tatties, corned beef and an onion if you're lucky.'

They say don't knock it until you have tried it, so why not give this quick and easy recipe a go...you might just like it.

### Ingredients

- Butter for frying
- 500g diced lamb
- 5 medium potatoes (chunky chopped)
- 1 onion (diced)
- 3 carrots (chunky chopped)
- Tiger bread to serve
- 500ml of beef or lamb stock
- Salt and pepper (season to taste)

### Method

1. Chunky dice all of your vegetables and lamb into good chunky bite-sized pieces
2. Brown your lamb in an oven-proof dish with the butter for a few minutes before adding the diced onions to fry them off
3. Add in the remaining chopped vegetables (potatoes and carrots)
4. Add salt and pepper to your preference
5. Pour in your stock and give it a good stir
6. Put the lid on your dish and cook covered for 1 hr 30 mins or until the vegetables have all softened
7. Cut your tiger bread in half and remove some of the centre
8. Serve up your Stovies inside the tiger bread
9. Season to taste and enjoy!





## Why not grab some fellow Shedders to try this **Literary Quiz** together, kindly shared by Dunfermline Men's Shed!

1. 00
2. 68-51-34-17-?
3. A broken tool
4. A furious Greek god loses his head
5. A grand fireplace made from Argon
6. A quack? Definitely not!
7. A queen, she yelled about, then lost her 'ed
8. A short animal is found in them
9. A soldier has 54 points
10. A d i e u
11. Abobrericalank
12. After November we gather around Illinois and Dutch capitals
13. All his work was done by Friday
14. Archimedes watched one
15. Athecadavernaeum
16. Baseball fields that go on and on
17. Be frank, up to a point
18. Bertomet
19. Boxer Cooper is the victor
20. Boys' names
21. Casual juries are assembled
22. Cephalopod from Syria
23. Cof fee Tim es
24. Colt shooter has a flow of energy before the rally
25. Confused eleven men forgot a town somewhere in North Italy
26. Cook mi a hot bacon doughnut
27. Could be tap or fibrous
28. Could I replace a super tom
29. Count up in the dark
30. De\*\*\*d or Dis\*\*\*tle
31. Dull place for members to sit
32. End on the broken line
33. Female supporter and a male seen around a Premiership Club
34. First female person
35. First name of a recent Prime Minister of Culea
36. Football stadium around Spanish capital, begins with M, ends with P
37. Golf hit hung around
38. He is standing next to the old President of Uganda
39. He was one of 6 kings and a priest from the Old Testament
40. He's a saint and a God
41. Homer's boy is seen around northern city of debtors

Can you match the question to one of the answers below?

Answers shown in alphabetical order. [Click here for the solution.](#)

*Amadeus*  
*And then there were none*  
*Barchester Towers*  
*Bleak House*  
*Bram Stoker*  
*Candide*  
*David Copperfield*  
*Death on the Nile*  
*Diamonds are Forever*  
*Dr No*  
*Dracula*  
*George Eliot*  
*Heidi*  
*Henry V*  
*Hugh Lofting*  
*Invisible Man*  
*Julius Caesar*  
*King Lear*  
*Licence to Kill*  
*Loot*  
*Mansfield Park*

*Mary Shelley*  
*Mousetrap*  
*Much ado about nothing*  
*Octopussy*  
*Oscar Wilde*  
*Peter Pan*  
*Private Lives*  
*Rob Roy*  
*Robinson Crusoe*  
*Roots*  
*Samuel Beckett*  
*Separate Tables*  
*She*  
*The Body in the Library*  
*The Cat in the Hat*  
*The Long Goodbye*  
*The Room*  
*The Turn of the Screw*  
*Three Men in a Boat*  
*Two Gentlemen of Verona*



# 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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