

DALBEATTIE SHED GIVING NEW LIFE TO LOCALLY DESIGNED SKEOCH CAR

Dalbeattie Men's Shed have ambitious plans to breath new life into the locally designed and built Skeoch Utility Car.

The 'low-cost' car was first shown as part of the 1921 Scottish Motor Show, for an affordable £180. The innovative design used modified motorcycle wheels, engine and gearbox to transport the vehicle. Ten of the cars were sold, with another two in manufacture when Skeoch's premises, machinery and vehicles were destroyed in a fire.

Sadly, the factory and contents were uninsured and no more Skeoch cars were built, until now. Dalbeattie Shed have been gifted copies of the original designs, a part engine and gear box from James Skeoch's granddaughter—architect Fiona Sinclair.

Geoff Allison, Secretary of Dalbeattie Men's Shed said "This is truly a local car, it was the only cycle car ever made in Scotland and it was manufactured right here in Dalbeattie. This was a Dalbeattie man building a car the likes of which has never been built since." The plan is for the car to be rebuilt by Sheddors in time to show it at the 2021



Shedders Geoff Thomas, John Forrest, Robin Gilchrist and Geoff Allison, with one of the plans, contemporary engine and gearbox.

Scottish Motor Show, a century after its debut.

Robin Gilchrist, Project Manager, plans to use local skills to be able to complete the project within the Shed. "We will draw in a lot of expertise because some of the work is quite technical in nature. There's enough specialists in Dalbeattie who can help us do the precision engineering work."

Dalbeattie Shed came to the attention of Fiona Sinclair and motoring enthusiast Martin Shelley, who has been looking after the car, following winning UKMSA's 'Shed of the Year' award, Dumfries and Galloway's TSDG's 2018 VOSCAR award and Age Scotland's 2018 Member Organisation of the Year for services to aged people's health and well-being.

We look forward to keeping up with how the project develops. Good luck Dalbeattie Men's Shed!



It's a busy month for UKMSA...

ShedFest 2018 is taking shape!



Planning for 2018's ShedFest and UKMSA Annual General Meeting is under way. We have used information gathered from last year to shape this year's ShedFest plans, which is planned for November this year.

This year's ShedFest, building on the success of last year's event, and include workshops to support the management of Sheds and looking at topics relevant to Sheds, such as funding and managing referrals, along with discussion on developing a National Shed Council to support Shed's views to be heard.

Look out on our website and social media for more details as they become available.

Our New National Shed Development Manager

UKMSA are delighted to announce the appointment of Kate Gordon as our National Shed Development Manager.

The National Shed Development Manager will manage our Ambassador Programme and have three principal areas of engagement:

- To support the growth of Sheds and participants in Sheds;
- To support the recruitment and development of volunteers throughout the Shed network; and
- To assist in making Sheds sustainable through our networks, promoting opportunities and developing new partnerships.

Kate joins the team on 20th August 2018 and has already been hard at work with supporting our projects and attending a recent Board and Staff awayday.

Kate comes to us with a wealth of knowledge and experience in both the third sector and is involved with Rubys Yard in Atherstone, which has started developing a Shed.

Charlie Bethel, Chief Officer of UKMSA welcomed Kate and said, 'Kate's experience and passion for the movement is the perfect combination to assist us in achieving our shared aspirations for the Shed movement. We aim to facilitate the development of positive networks across the UK, grow opportunities and respond to the needs of our members. I am sure you will join me with a massive welcome to Kate.'

Look out for an interview with Kate in the next edition of Shoulder to Shoulder.



Kate on a recent visit to SAMS's Place.

A joint effort for good!

Whitby Men's Shed, the Whitby Scouts, Eskdale School and Volunteer It Yourself (VIY), a national organisation, worked together to offer a 2-day work experience project for 15 students culminating in a formally assessed City & Guilds certificate on 9th & 10th of July at Sleights Scout Hut.

15 students (14 year olds) worked as part of 4 teams supported by a group of mentors. On the first day they made four raised bed veggie planters for the Cubs and on the second day created four benches and two tables to be dotted about the new activity area.

Whitby Shed were most impressed with the enthusiasm and dedication shown by the students, many of whom were doing the first stages of their Duke of Edinburgh's Award scheme, the first year that Eskdale School has been in a position to offer it.

Graham Storer of Whitby Shed said "We were a guinea pig for UK Men's Sheds Association in trialling this kind of collaborative activity. It came after a request by SAMS to UKMSA for information on Sheds in UK that may be working with youngsters. They had just had preliminary conversations with VIY. In our opinion this has been a great project to be involved with. With a school like Eskdale which want to stretch youngsters even outside the classroom. Good too that Whitby Scouts stepped in to provide the workplace. We hope the Cubs will enjoy their planters, benches and tables.

It was a privilege for Bob, Eddie and Graham to work on this project and to see the youngsters learn lessons for life, including the



teamwork that enables the "Can Do" culture. Congratulations to them all for gaining their Entry Level 3 City and Guilds. Well done to Joe and Paul of VIY and to James the Assessor. 'Thanks also to Wickes Stockton for donating all of the tools and materials required, and making this project possible."

VIY combines volunteering and DIY by challenging young people aged 14-24 to learn trade and building skills, on the job, by helping to renovate and repair youth centres and other community buildings. Participants are mentored by professional tradespeople, and can gain vocational skills accreditations as well as access to further training, work placement and apprenticeship progression opportunities beyond VIY.

VIY are always open to new potential projects as well as enquiries from people, groups and organisations wanting to get involved and are keen to hear from Sheds who would like to take part. To find out more about VIY contact Joe McGinn on joe@teamviy.com or 07584 083 807, or visit www.volunteeryourself.org. To find out the difference VIY can make to your shed please contact Graham Storer on graham_storer@btinternet.com or 07763 656 627.



Has your Shed been involved in a community project you'd like to share? If you have a good news story, we'd love to hear from you. Please email admin@ukmsa.org.uk.

UKMSA Board of Trustees

Over the next few months are continuing to meet different UKMSA Trustees. Last month we met Nathan Sarea. This month we're meeting Brian Cooke, Trustee and Volunteer Ambassador



Hi, I'm Brian Cooke! I was born Lowestoft in Suffolk and lived in the area until I joined the Royal Air Force in 1969, as an Electronic Engineer Ground Radar. I now live in Andover where I got involved with Men's Sheds when my

stepson and his friend asked me to help support them at a public meeting about Men's Sheds.

Since then I have been Chairman and Social Secretary of my local Shed in Andover, a UKMSA Regional Ambassador and for the past three years Trustee. During that period the Andover Sheddors and I have spoken at over 30 meetings with councillors, health professionals, and new Sheds leading to about 25 new sheds in the Hampshire, Wiltshire, and Dorset area.

Through my involvement with Andover Men's Shed I have taken part in Carfest 2016 and 2017 and we are booked for 2018, so watch this space for our experiences this year!

I was voted onto the UKMSA board three years ago and I see my role as supporting the UKMSA Ambassadors and trying to ensure that the UKMSA Board is working towards opening more Men's Sheds, so that we can achieve the aim that anybody can access a Shed near them. As well as liaising between Sheds in the South and Trustees, I also am a keen supporter of the UKMSA Staff on our team.

The UKMSA Board are:
Nathan Sarea (Chair of the Board)
Mark Lindsey (Treasurer)
Chris Lee
Jo Phillips
Brian Cooke

Would you be willing to share your Shed stories with the media?

UKMSA are often contacted by the media—print, radio and TV. We are looking to try and expand the number of Sheds we can signpost to speak about the benefits of Sheds and difference they make to the lives of Sheddors and their families. If you'd be happy to share your story with a newspaper, radio or TV station, please contact Laura, either by phone on 0300 772 9626, or email admin@ukmsa.org.uk. There are so many great stories, we want to make sure Sheds get an opportunity to share them.

Last month we featured Prostate Cancer—still want to find out more?

We know that Prostate Cancer is an issue several Sheddors requested information about.

Why not book a talk with Prostate Cancer UK—who have trained volunteers willing to visit Men's Sheds. To book a talk, email talks@prostatecanceruk.org.



UK Men's Sheds Association

Sheds on prescription?

Sheds and their relationship with local health services is a hot topic across the network. There are definitely benefits to working with local health services, although it will not be the right choice for all Sheds. In the first of a two-part article, Graham Stephens, founder of Men's Shed Saltney, shares his thoughts on Sheds getting involved with 'Social Prescribing.'



It has been long known that the NHS, despite celebrating its 70th anniversary is not currently sustainable in terms of costs and is, in fact, in crisis. Over the last few years certain future direction changes are emerging and one thing for certain is that radical change is required.

One such area is the fact that the current chronic disease medicine model is draining a vast majority of NHS financial resources. This chronic disease model includes major health issues like; overweight, raised blood pressures, Alzheimer's and dementia, cancers, diabetes, anxiety and depression, loneliness and isolation, social stress involving deprived areas, addictive behaviours, poor sleep, requires mention and this is to name but a few. Interestingly the World Health Organisation stated as far back as 2007 that 80% of these illnesses are preventable! Imagine that as a cost reduction.

One of my hats is that of Regional Director (unpaid) for the British Society for Lifestyle Medicine (BSLM) for North Wales, Cheshire West and Chester. This Society is led predominantly by both medical doctors and consultants and they are acutely aware of the emerging science that is unveiling the effects that community, or lack of it, can have on health and mortality. The Society is for qualified health professionals (including students) from differing backgrounds and as such its evidence-based approach is genuinely more robust.

Research shows that social stress such as rejection and isolation is a stronger predictor of chronic disease-related mortality than traditional factors like inactivity, smoking and excessive alcohol consumption. It is now witnessed across several countries and cultures that mortality risk decreases as social integration increases. But then WE in the Men's Shed movement know that already. Doctors that I have worked with over the years (especially decades ago) often seem amazed at how well their patients do when referred to positive activities.

Some of you Shedders may remember me from the inaugural Men's Sheds conference, where I was asked to speak briefly. My comment was that you need to establish early on with the founder group what your Shed wants to do and in what way is it going to have an effect on its members. The other important comment was not to rule out those members who may have a health issue in whatever form and to consider long-term sustainability. To that end I decided to set up a Shed near a deprived area in Chester (Lache) and a similar area in North Wales known as Saltney. Saltney was the preferred option and Woodwork to Wellness was born.

In the September's edition of Shoulder to Shoulder, Graham looks at how the Saltney Shed has incorporated Wellness into their programme of activity.

What are your experiences and thoughts on Sheds being involved with local health services?

Have you any experience with getting involved in services, or maybe you have reservations about it? UKMSA's website has a forum for Sheds signed up as UKMSA members to share stories and ask questions of other Sheds experiences. If you'd like to get involved in the conversation about Men's Shed and health services, please [follow this link to chat with other Sheds](#).

How about cycling?

Wednesday 15th August is national Cycle to Work Day. Why not take part by making this day - or another one - your cycle to the shed day? Or cycle off somewhere else together.

Cycling ticks most boxes when it comes to exercise and you don't even need to wear lycra unless you really want to. It will improve both physical and mental wellbeing. It can also save you money and help the environment.



If you haven't got a bike, you don't need to buy an expensive new one. Have a look at second-hand ads online and you'll be surprised what you can pick up for less than £100 or get for free through your local Freecycle or Freecycle group. If you don't know much about bikes, YouTube is a good source of information and there are sizing guides so you can see what frame size will suit you best. But it doesn't have to be complicated if you don't want it to be. Test ride a bike first (take some tools in case you want to move the saddle, for example) and ask questions of the vendor (this is also the best way to tell whether a bike is stolen!)

As a way of getting from A to B, cycling is easily built into your daily routine. Unlike gym or exercise classes you don't need to set a special time aside. Use a bike to get around town or replace a car journey or two, for example. Out of rush hour you can usually take your bike on the train. It's also low impact so you're unlikely to get injured - often a problem for beginner joggers.

If you're not used to riding on the road, get used to handling your bike off road first and read the relevant sections of the Highway Code. Look out for local cycling safety courses too. If several of you at your Shed are interested, you might be able to get a group session organised.

Building exercise into your day rather than making it a bolt-on activity is the best way to ensure you keep doing it. If you don't like cycling, there are plenty of other types of exercise to try without it being a big deal.

- Get off the bus/train/tram a stop or two early and walk
- Park the car and walk
- Use the stairs (not the lift)
- Go for a walk at lunch-time - helps digestion too
- Exercise at home (or gets some basic gear for your Shed) - you don't need a gym
- Play - good fun and good exercise for both body and mind at any age. Play with friends, kids, Grandchildren.
- Get stuck into the housework
- Take up gardening
- Talking - including talking on the phone - can be combined with walking. There's evidence that people find it easier to talk about what's really on their mind when they're also walking so you might find the conversation easier too.



Find out more at www.cycletoworkday.org, or menshealthforum.org.uk,



FUNDING ROUND-UP

Relying entirely on grant funding is rarely the best approach to sustaining your Shed, but sometimes it can serve as a little boost. You might have your eye on tools, need to add a toilet or want to hold an event to attract members. We take a look at the latest fund that you may just be eligible for.

Local Funds for Sheds

UK Community Foundations is a national network made up of 46 Community Foundations Across the UK who fund and support local initiatives.



UK COMMUNITY
FOUNDATIONS
GIVING FOR LOCAL GOOD

Each Community Foundation seeks to gain an understanding of the needs of their communities, and directs donors to fund causes that they are passionate about, and are able to make the greatest difference.

The network embraces all sizes of public and private sector funders to help them achieve their charitable and social objectives. A variety of programmes are managed through the Community Foundations.

The Community Foundations support local projects on issues such as poverty alleviation, emergency crisis support and community engagement. Each Foundation is accredited by the network, and in total UK Community Foundations have grants of over £77 million available annually, making them one of the largest grant-giving organisations in the UK.

UK Community Foundations state that their vision is “a society where local philanthropy is the norm and that, through Community Foundations, communities will be able to support all those in need. Giving creates stronger communities – we help make places better for everyone to live, work and grow up in; and then to give back to. “

If you're interested in apply for funding, you need to do so through your local network. To find your local contact visit www.ukcommunityfoundations.org/our-network.

If you'd like to know more, you can visit their website at www.ukcommunityfoundations.org, phone them on 020 7713 9326, or email info@ukcommunityfoundations.org.

LAST MONTH TO HELP WAITROSE HELP SHEDS!

You can still help support Men's Sheds, by shopping online at Waitrose and voting for UKMSA.

Please encourage, friends, family and neighbours to do

so as well, and talk to your nearest Waitrose store about local publicity. Don't forget



to promote us on social media too!

For further details go to www.waitrose.com/content/waitrose/en/home/inspiration/community_matters.html

Waitrose
Community Matters

NEW SHEDS ON THE BLOCK

MAP

The Find-a-Shed tool on our website is the most popular page and requests to add Sheds to the map is one of the most common we receive. The map is a great way to get your Shed noticed, to get new members and attract support from individuals, companies and organisations in the community. It is also a vital tool for men across the UK to easily find and join their local Shed.

www.findashed.org.uk

Make sure you're on the map and your contact details are up to date so people can find you to join your Shed or give support.

We're wishing the following Sheds the best of luck in their development:

Ryton Men's Shed
Totton Area Shed
North Walsham Men's Shed
Gresford Men's Shed

and welcoming the following Sheds, now open on the map:

Devizes Men's Shed
Mobile Men's Shed (Larkhill)
Men in Sheds Burton-on-Trent

Interested in starting a Men's Shed?

UKMSA have had contact from people in these areas this month about starting a Shed. If you're interested, [contact Laura](#) to be connected.

Tadcaster, North Yorkshire
Jersey
Westfield, Sheffield
Kinloch Rannoch, Scotland
Milford on Sea, Hampshire

Congratulations Paul Barrett!

Paul from Knighton Men's Shed in mid-Wales is the lucky winner of an iPad. He was selected at random from the 508 Shedders who took part in the UKMSA 'Understanding Men's Sheds in the UK' survey. A huge thank you to everyone who completed the survey – we're now compiling your responses which will help UKMSA understand ... the survey which will help UKMSA to understand better about what Sheds want, and enable us to demonstrate the amazing impact that we already know Sheds have on people's lives. Look out over the coming months for information released from the survey.



Men's Shed on Wheels

Men's Shed across Scotland have been identified as a great way of enabling older men to lead healthier, happier and more connected lives utilising their existing DIY, woodwork and gardening skill and often learning new skills. Currently there are three existing Men's Shed's in South Lanarkshire and a healthy demand for more.

In our efforts to try and tackle some of the issues that are preventing new Sheds from opening and with a view to showcase what goes on in a Men's Shed to the rural areas throughout South Lanarkshire Seniors Together have been funded to start a Mobile Men's Shed project.

Our mobile Shed has been converted from a mobile library bus and will be fully kitted out to give participants an ideal taste of exactly what goes on in Men's shed. The bus will follow a similar trail as the breast screening buses that they can be parked adjacent to community or leisure centres and can then allow participants easy access to toilet facilities and within travelling distance from most public transport routes.



The Mobile Shed directly offers us the chance to take this new activity to the heart of many rural communities and then if the project proves a success within an area the development worker for the project will work with the participants to establish a Men's Shed within that area. With this model it will allow us to work with the members and future Sheddors to ensure they are guiding the way that the project will be designed. The existing Sheddors within South Lanarkshire are already on board and are going to be involved throughout the project as volunteers so new participants will get a great idea of how enjoyable attending a Shed can be.

Although the activity is aimed at older retired men there is an inclusive approach to the Shed's - with some mixed Sheds open across Scotland, and most Shed's are open to males over 18 with the Shed's main aims of decreasing social isolation and loneliness.

Follow this link on You Tube to see a short video about the Mobile Shed, follow this link—

<https://www.youtube.com/watch?v=Afh4X80iZpw>

If you have something new you're doing in your Shed, let other Sheddors know about your great ideas by sending UKMSA an article for our Shoulder to Shoulder. Email our Membership and Support Officer, Laura, at admin@ukmsa.org.uk with your articles, preferably with a good quality photo or two, and share your experiences.

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