

Stonehaven & District Men's Shed (SDMS) Newsletter for 19th November 2023

If a Shed member requires any support or just wishes to chat, you can contact any member of the **Shed Welfare Team** either via email welfare.team@stonehavenmensshed.co.uk or telephone:

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The on-duty **Shed Safety Supervisor** can be contacted on **01569-785617**.

An audio version of this newsletter will soon be available here : [Facebook](#) | [website](#).



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Shed News:

- ***The King's Award for Voluntary Service***
 - As per the interim 'special edition' newsletter issued earlier this week, the Shed has been awarded **The King's Award for Voluntary Service**. The Lord-Lieutenant **Alastair Macphie** will be returning to the Shed on 14th December (*date & time to be confirmed*) to present the certificate and a crystal award.
 - Congratulations and best wishes have been pouring in from members of the public, local MSPs, councillors, and organisations via Facebook and email.
- ***Christmas Lunch***
 - For anyone who hasn't signed up yet, there are still 3 places remaining.
 - As of 16th Nov, the following Sheddors still need to pick up their menu papers, etc. from **Ian Smith** at the Shed: *Bill West, Tony Zaccarini, Dave Lomax, Peter Walker, Dave Walton, John Robson*. Gents: please contact Ian as all of our meal requirements need to be given to the hotel asap.
 - Donations for raffle prizes are kindly requested. There is a box wrapped in red Christmas wrapping paper in the Shed's social area for you to place your donations. Thank you in advance!
- ***Trustees Meeting***
 - A Trustees meeting was held on Monday 13th November. Minutes of the meeting will be issued soon.
- ***Christmas Fayre***
 - The Christmas Fayre is only a few weeks away. Click this [link](#) for some inspirational ideas of things to consider making!
- ***Audio Newsletter Trial***
 - **Lynne Zaccarini** (Tony's wife) who is part of the local 'Talking Newspaper' team, has kindly delivered the audio version of the newsletter dated 6th November. Note: we may not receive an audio file for this 19-Nov edition as Lynn is unavailable for a couple of weeks.
 - This is an ongoing trial to understand whether any folk in the community may be interested in [listening](#) to the newsletter due to having a vision impairment. This latest audio file has been posted on our [Facebook](#) page & [website](#). Please let any friends/relatives know about it in case it's of interest.
- ***Alternative Energy Project***
 - The Air Source Heat Pumps have been installed and electrical work completed, resulting in a very toasty Shed! I think most of us are amazed at how effective they are. During this week's yoga class, various folk were sweating more than usual ... we're not used to doing 'hot yoga'!
 - Regarding installation of the solar panels, **Duncan Cursiter** has now received the amended structural drawings. This will enable the joinery quotes for reinforcing purlins on each side of the roof. Our Building Warrant amendment has been applied for. In turn this will enable our Licence for Alterations amendment. We are in contact with our solar PV provider re scaffolding and other related matters, also our grant funders, with a view to installing after the formalities and approvals in place.

- **CNC Team**

- The new CNC machine has now been commissioned and the team are learning how to use it.
- **Raymond Penny** will hopefully be giving the team training on 'Fusion 360' design software soon. It's planned to evaluate 'Fusion 360' before a final decision is made whether to stick with that software or to subscribe to a different software called 'Vectric Makerspace' as originally planned.
- Work is ongoing in the Workshop to construct two workbenches – one for the new machine and one for the old machine. The CNC enclosure has been completed, now including a new shelf, new light fitting and painting. Thanks to all involved, especially **David Ross & George McKinnon!**
- **Karen Smith** and a colleague from BWC Aberdeen (BUSINESS • WOMEN • CONNECTIONS) came into the Shed this week to collect their nine 'Athena Award' trophies that were largely made on our CNC machine. This project was undertaken by **Mal Gray, Steve Holt & John Stephen** and, as previously reported, resulted in a £300 payment to the Shed. The award ceremony took place in Aberdeen on Friday 17th November. The Athena Awards are *"a celebration of the incredible women entrepreneurs and leaders who are making a significant impact in the business community of Aberdeen."* If you'd like to see more photos of the nine winners with their Shed trophies, check out the [BWC Aberdeen](#) Facebook page.



Athena Awards collected by Karen Smith & colleague



The Shed's new CNC enclosure – work in progress



Athena Awards 2023 winners with their trophies

- **Monthly Talks**

- December's talk was intended to be **Duncan Rennie** (aka [The Travelling Cooper](#)) giving a demo of his coopering skills. However, Duncan unfortunately had to cancel.
- A replacement speaker has been found at quite short notice for Thursday 7th December. **Ingrid Penny** from Grampian Listening Service will give us a talk on Mental Health Awareness. This ties in with the annual 'Mental Health Awareness' week - this year the focus is on anxiety. *"We all feel anxious from time to time. Anxiety is a natural response to the uncertain world around us. For example, in the current cost-of-living crisis, more than a third of adults feel anxious about their financial situation. But it's important that we recognise and respond when we feel anxious, so that our anxiety doesn't become overwhelming."*
- Please note that Ingrid's talk will begin at around **11:15-11:30** (start time will depend on how much discussion there is during the Open Forum session).

- **Yoga Classes**

- The weekly 'Iyengar Yoga' class with **Linda Chedburn** continues at 1pm every Thursday as usual.
- The next monthly 'Dru Yoga' class with **Lynne Bentley** will be at 1pm on Monday 4th December.
- Yoga is a very positive activity for both physical & mental health (for people of all ages!). If anyone is interested in attending classes, please let **Jim MacKenzie** know.

- **In Memoriam**

Very sad news this week as we lost two of our wonderful Sheddors:

- **Noel Forbes**

Noel was a very keen yoga practitioner and an excellent yogi. He will be greatly missed by us all. We had a remembrance pause during last Thursday's yoga class to fondly remember him.

- **Douglas Johnson**

Doug's early career was as an engineer in the Merchant Navy. Later he was successful in business as a Marine Surveyor. He enjoyed our Men's Shed immensely, particularly hands-on activities and the banter. Doug will be sadly missed.

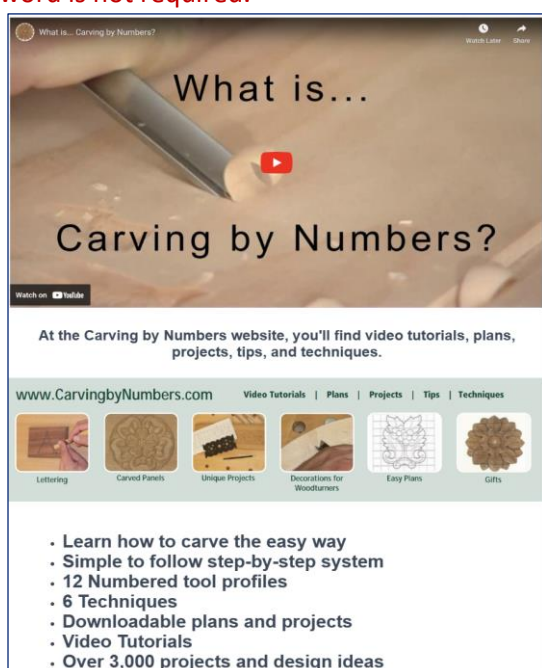
Our thoughts and prayers are with Noel's & Doug's families – rest in peace guys.



Community Projects / Other News:

- **Introducing Carving by Numbers**

'Introducing Carving by Numbers' with **Mike Davies** is a simple to follow programme that guides woodworkers of all skill levels to create beautiful carved patterns & designs. Watch/subscribe to Mike's [YouTube channel](#). **NOTE: there is a Live Woodturning Demonstration #76 at 19:30 on Nov. 23rd covering Decorative Hanging Ornaments. To join, open Zoom and enter the Webinar/Meeting ID: 938 4739 1709. A password is not required.**



- **Walking Football**

Andy Lorimer advised of changes to the location and timing of Walking Football. It will now be held on Mondays from 15:30 to 17:00 at Mackie Academy.



- **War Memorial**

- The Council has instructed a contractor to replace the entrance gate to the War Memorial. Unfortunately the gate cannot be repaired so a new one will be made from the existing design. The work will involve removing the gate and creating an exact replica so don't be alarmed if you see the gate is missing. The work will be undertaken over the next few months and is to be completed before the end of the financial year i.e. end March 2024.

- **Package of support following Storm Babet**

- The Scottish Gov't's Cabinet Secretary for Net Zero, **Màiri McAllan** has advised of additional funding to aid recovery efforts after the recent storms in addition to existing support already announced. Households and businesses affected by Storm Babet can benefit from additional funding from the Scottish Government to help with recovery. Impacted local authorities will be allocated additional funding to enable them to provide flat rate grants of:
 - ❖ £1,500 to people whose properties were most affected by flooding related to Storm Babet
 - ❖ £3,000 grants to businesses where there is evidence that ability to trade was severely impacted by flooding related to Storm Babet
 - ❖ Further information available [here](#).

- **Stonehaven Folk Festival / Stonehaven Folk Club**

- **Stonehaven Folk Festival** organisers are hosting a Hogmanay Ceilidh on Sunday 31st December 2023 in Stonehaven Town Hall.
- The [2024 Stonehaven Folk Festival](#) is back on **July 12th – 14th 2024**. The festival brings some of the best traditional & contemporary folk music, concerts, Ceilidh, sessions, singarounds, workshops and of course the famous Aqua Ceilidh and World Paper'n'Comb Championships! Bookings confirmed so far include some fantastic artistes:
 - ❖ Karine Polwart
 - ❖ Saltfishforty
 - ❖ Charlie McKerron / Tim Edey / Ross Ainslie / Marc Clements
 - ❖ Stolen Notes (Spain)
 - ❖ Aberdeen Folk Orchestra
 - ❖ and more to follow !!

- **What's On at Stonehaven Folk Club?**

Do you enjoy listening to or playing Scottish folk music? [Stonehaven Folk Club](#) is a wonderful local resource, holding regular gigs at the Community Centre as well as sessions where you can take along your own instrument or just come along and listen (BYOB!). Upcoming dates for December and January are shown below and include three totally amazing award-winning Bothy Ballad singers, Allan Taylor, Geordie Murison & Joe Aitken on Jan 12th:

Nov	17	ELLA MUNRO, MICHAEL BIGGINS & SAM MABBETT
	24	8-9 pm Slow Session / 9-11.15pm Normal Session
Dec	1	ELLIE BEATON & Gillie O'Flaherty
	8	Session
	15	Christmas Session
Jan	12	ALLAN TAYLOR, GEORDIE MURISON & JOE AITKEN

- **Scam Awareness**

- 'Scam Share' bulletins are now being received via email from Trading Standards Scotland and will be forwarded to members separately. These bulletins give details of current scams together with ways to help you or your family & friends avoid being the target of a scammer.



Scottish Men's Shed Association / UK Men's Sheds Association

- Banff, Macduff and District Men's Shed have been crowned '**Scottish Men's Shed of the Year' 2023** on 10th November ([report](#)).
- The SMSA has published a [report](#) about our 'King's Award for Voluntary Service'.
- The latest edition of the '**Scottish Shedder**' is available from the SMSA website [here](#) or from our own Shed website [here](#).
- The '[UK Men's Sheds Association](#)' issues a monthly newsletter called '**Shoulder 2 Shoulder**'. If you'd like to subscribe to receive it via email, use this [link](#) to register – just scroll down that webpage to find the '*Subscribe to our newsletter*' option.
- Current **SMSA** statistics:

136 SCOTTISH SHEDS OPEN	3520 SCOTTISH MEN'S SHED ASSOCIATION MEMBERS	66 SCOTTISH SHEDS IN DEVELOPMENT	10267 SCOTTISH SHEDDERS ACROSS THE 32 LOCAL AUTHORITIES
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Dates for your Diary

Thursday	23 rd	Nov	Weekly 'Iyengar Yoga' class with Linda Chedburn at 13:00
Monday	4 th	Dec	Monthly 'Dru Yoga' class with Lynne Bentley at 13:00
Thursday	7 th	Dec	Bacon Rolls, Open Forum & Monthly Talk. <i>Open Forum will start around 11:00. Talk will start around 11:15 – 11:30.</i>
Thursday	14 th	Dec	Shed Christmas lunch 12:00 for 12:30 at the Station Hotel



K&M Communities Website



- The [K&M Communities](#) website contains both local & government information and access to various useful resources. As active members of the K&M Wellbeing Network, the Shed receives updates on new Shire initiatives.
- [Kincardine and Mearns Summer edition 2023](#) Newsletter
- [Latest K&M Community Planning E-Bulletin](#)
- [K&M Welfare & Wellbeing Network Bulletin](#)



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