

## Stonehaven & District Men's Shed (SDMS) Newsletter for 14th January 2024

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](mailto:welfare.team@stonehavenmensshed.co.uk) or telephone:

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<b>Andy Lorimer</b>	<b>07756-401675</b>
<b>Bert Butchart</b>	<b>07730-231206</b>
<b>Bill Allan</b>	<b>07703-502279</b>

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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### Dates for your Diary

Monday	15 <sup>th</sup>	Jan	Monthly 'Dru Yoga' class with <b>Lynne Bentley</b> at 13:00
Tuesday	16 <sup>th</sup>	Jan	<b>Lord-Lieutenant Alastair Macphie</b> will present our KAVS certificate & crystal award (10:00 for 10:30)
Tuesday	16 <sup>th</sup>	Jan	Guitar Class (Weekly: 19:30 – 21:30) – <b>Mike McNally / Paul Bentley</b>
Thursday	18 <sup>th</sup>	Jan	Weekly 'Iyengar Yoga' class with <b>Linda Chedburn</b> at 13:00
Friday	19 <sup>th</sup>	Jan	<del>Burns Lunch</del> – our Burns Lunch has been cancelled



## Shed News:

- **The King's Award for Voluntary Service**

- Members are welcome to come along to the Shed on Tuesday 16<sup>th</sup> January (10:00 for 10:30) when the Lord-Lieutenant **Alastair Macphie** will present **The King's Award for Voluntary Service** certificate and crystal award. A number of local dignitaries & other visitors will be in attendance.

- **Monthly Talks**

- On Thursday 11<sup>th</sup> January 2024, **Matthew Crabbe** (On Call Support Watch Commander / North SDA – Kincardine, Mearns & Angus) and **Mark Gowans** gave us a very interesting talk about the duties of a firefighter, the appliances in the area, and lots of information about safety in the home, staying safe on the road, etc. *[Ed: I'll send out a summary of Matthew's slides later as the information may be useful to share / discuss with family & friends to help keep us all safe].*



- On Thursday 1<sup>st</sup> March 2024, we will have a speaker from [Autism & Neurodiversity North Scotland](#). Hopefully they will explain neuro-diversity and it's different types such as autism/ADHD etc. in order to help our understanding and how we should communicate / interact with affected people (children, friends, colleagues, relatives, etc.).

- **Alternative Energy Project**

- Internal reinforcement of the Shed's roof purlins was completed in December. This work needed to be done to allow the solar array installation which will hopefully go ahead around end January / early February (subject to confirmation from AES Solar). It's estimated that installation of the solar panels will take approx. 3 days to complete. Scaffolding will be erected first so we need to bear in mind clearing away timber & debris from the back of the Shed prior to the work starting.

- **Christmas Holiday Opening**

- A special thank you to **Tom Hannan** and a number of other Shedders who volunteered to open the Shed for four days during the holidays (28-29th Dec & 4-5th Jan) and also to those who provided some excellent culinary delights including Tom's soup, Bill's Cullen Skink, home-made bread, Barry's home-made chocolate cake, and home-made coffee cake! It was very worthwhile as the Shed was busy and helped spread some Christmas cheer to our members.



- **Burns Lunch cancelled**

- Sadly, our planned Burns lunch at the Station Hotel, which was scheduled for January 19<sup>th</sup>, had to be cancelled due to lack of numbers. Let's hope we can do it next year!

- **Yoga**

- The next monthly 'Dru Yoga' classes with **Lynne Bentley** will be at 1pm on Monday 15<sup>th</sup> January 2024 and then at 1pm on Monday 5<sup>th</sup> March.
- The next weekly 'Iyengar Yoga' class with **Linda Chedburn** will be at 1pm on 18<sup>th</sup> January 2024.
- If anyone is interested in attending classes, please let **Jim MacKenzie** know.
- Some of the benefits you can get from practising yoga:
  - Improved strength, flexibility and physical balance.
  - Increased mobility.
  - Decreased risk of falls.
  - Improved quality of sleep.
  - Improved cognition and mental health.



- **Guitar Class**

- The weekly guitar class has started up again. Our first session was held on Tuesday 9<sup>th</sup> January and was attended by six budding musicians. There's a wide range of experience from total beginners to reasonably accomplished guitarists. If you fancy trying it, come along (with a guitar) and join in the fun.
- Next session is scheduled for Tuesday 16<sup>th</sup> January (7:15 for 7:30pm). **Mike McNally** can't be there for this one but we'll hold the class anyway and do our best to have a good time!

- **Audio Newsletter**

- **Lynne Zaccarini** kindly creates the audio version of this newsletter so that it can be posted on our [Facebook](#) page & [website](#). If you know of anyone in the community who may be interested in listening to the newsletter due to having a vision impairment, please let them know.



## Community Projects / Other News:

- **Stonehaven Folk Club**

- **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 Friday evening sessions where you can take along your own instrument or just come along and listen (BYOB!).

Some of the upcoming artistes are shown below. On Friday evenings in between these dates, the club has the members' session but you can come along just to listen!

Jan	26	<b>RAY MOORE</b>
Feb	2	<b>MARI BLACK &amp; HEATHER McASLAN</b>
Feb	16	<b>FORGAITHERIN</b>

- **SC&T (Scottish Culture & Traditions)**

For anyone interested, SC&T's Spring Term is currently open for booking! Classes include fiddle, whistle, clarsach, mandolin, guitar, small pipes, accordion, and more.

- Go to the SC&T [Facebook](#) page or the website <https://scottishculture.org/classes-and-workshops/> for more info and booking details.

- **NHS Grampian**

- NHS Grampian has issued a 'Winter Wellness' support booklet with guidance to help you: **'Keep Well, Keep Warm, Keep Safe'**.
- By clicking on the link below, you can find out more about how to Keep Warm, Keep Safe and Keep Well this winter at [www.nhsgrampian.org/winter-support](http://www.nhsgrampian.org/winter-support)
- If you'd like to download & read the booklet (PDF format), you can click [here](#)



- **Police Scotland**

- **Cyber New Year Resolution - Personal Accounts**

As the New Year unfolds, it is an opportune time to address and refine your digital footprint. Throughout the year, your digital footprint is expanded through various activities such as paying bills, online shopping, social media and other digital transactions, personal or business-related.

Thoroughly cleaning your technology and digital footprint is paramount to safeguarding yourself. We have formulated a checklist to guide you through the process.



- 1 Change all your passwords, including default passwords, to the current recommendations of [Three Random Words - How Secure Is My Password?](#) | [Password Strength Checker](#) | [Security.org](#)
- 2 Create new and separate email accounts for banking, social media, shopping online and personal correspondence - [Have I Been Pwned: Check if your email has been compromised in a data breach](#)
- 3 Don't include personal details in your email address. For example, jimblack1980@google.com
- 4 Close old applications or accounts that you are no longer using.
- 5 Use the junk folders in your email to block scammers from contacting you.
- 6 Enable [2-Step Verification \(2SV\)](#) wherever possible.
- 7 Wi-Fi: Don't connect to the Internet using unknown hotspots when on the go. Instead, use your 3G, 4G or 5G mobile network with built-in security.
- 8 Ensure your security, privacy and location settings are set appropriately for the application.
- 9 [Backup](#) your important data/images to an external drive or cloud to restore the data if your device is compromised.
- 10 Ensure all applications, operating systems, and devices (computers, phones, tablets, smart devices, TVs etc.) are automatically updated.



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

- The **November 2023** edition of the 'The Scottish Shedder' is available from the SMSA website [here](#) or from our own Shed website [here](#).
- Current **SMSA** statistics:

<b>3,520</b> SCOTTISH MEN'S SHED ASSOCIATION MEMBERS	<b>136</b> SCOTTISH SHEDS OPEN	<b>66</b> SCOTTISH SHEDS IN DEVELOPMENT	<b>10,267</b> SCOTTISH SHEDDERS ACROSS THE 32 LOCAL AUTHORITIES
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