

Stonehaven & District Men's Shed (SDMS) Newsletter for 17th March 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 or telephone:

Andy Lorimer 07756-401675

Bill Allan 07703-502279

Bert Butchart 07730-231206

Douglas Knox 07533-886391

To contact the on-duty **Shed Safety Supervisor** call: **01569-785617**

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

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Dates for your Diary

Tuesday	19 th	Mar	Guitar Club (Weekly: 19:30 – 21:30) – Mike McInally / Paul Bentley
Thursday	21 st	Mar	Bacon Rolls / Annual General Meeting (AGM) / Open Forum
Thursday	21 st	Mar	Weekly 'Iyengar Yoga' class with Linda Chedburn at 13:00
Tuesday	26 th	Mar	Guitar Club (Weekly: 19:30 – 21:30) – Mike McInally / Paul Bentley
Thursday	28 th	Mar	Weekly 'Iyengar Yoga' class with Linda Chedburn at 13:00
Monday	1 st	Apr	Monthly 'Dru Yoga' class with Lynne Bentley at 13:00 (<i>Date tbc</i>)

Upcoming Shed Safety Supervisors

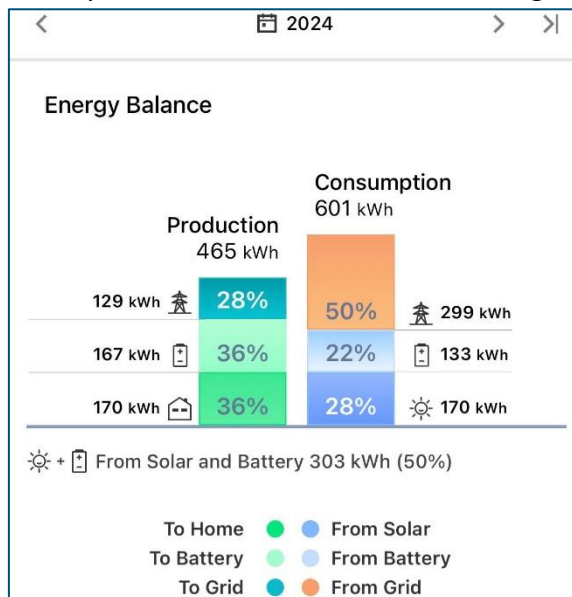
Mon 18-Mar	Tues 19-Mar	Wed 20-Mar	Thur 21-Mar	Fri 22-Mar
Murray Marshall	Ian Smith	Mike McInally	Andy Lorimer	Barry Yorwerth
Mon 25-Mar	Tues 26-Mar	Wed 27-Mar	Thur 28-Mar	Fri 29-Mar
Mal Gray	Billy Shepherd	Steve Holt	Raymond Penny	Paul Tosh
Mon 1-Apr	Tues 2-Apr	Wed 3-Apr	Thur 4-Apr	Fri 5-Apr
Graham Gaston	Bill Allan	Bert Butchart	Duncan Cursiter	Tom Hannan



Shed News:

- **Alternative Energy Project**

- The solar panels & batteries are performing well. So far, during 2024, the solar panels have generated 465kWh of electricity and we've saved 5 trees and 90kg of carbon emissions!



- **Wellbeing Festival 2024**

- At the 2024 Wellbeing Festival in May, we have offered again to give demos of bike maintenance, legs4africa and guided tours around the Shed to encourage new members! The dates are:
 - ❖ from 10:00 to 12:30 on Tues 14th, Wed 15th, Thur 16th
 - ❖ from 10:00 to 12:00 on Sat 18th May
- If you're available to help on any of the dates, please add your name to the list on the noticeboard.

- **Projects Team**

- **Paul Tosh** and **George McKinnon** have made a wonderful job of this mud kitchen which was requested by the PTA at Mill o' Forest School! The kids will love it for sure.



• **CNC Room**

- The CNC guys have been at it like rabbits for Easter! Orders accepted ...



• **The Weather (again!)**

- Last weekend, the road outside of the Shed was yet again affected by high tides and winds...



• **Guitar Club**

- The weekly guitar club takes place on Tuesday evenings. If you fancy joining us, come along (with a guitar) and join in the fun. All are welcome! If you have any questions, have a chat with **Mike McInally** or **Paul Bentley**.
- Next session is scheduled for Tuesday 19th March at 19:30.



- **Yoga**

- The next weekly 'Iyengar Yoga' class with **Linda Chedburn** is at 13:00 on Thursday 21st March.
- The next monthly 'Dru Yoga' class with **Lynne Bentley** is at 13:00 on Monday 1st April (date TBC).
- If you are interested in attending any of the classes, please let **Jim MacKenzie** know.
- Come along and give it a try! Here are just a few of the benefits you can get from practising yoga:
 - Improved flexibility & balance which are especially helpful for older people
 - Stress relief
 - Enhanced mental health
 - Mindfulness and quality of sleep
 - Heart health

- **Audio Newsletter**

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



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 Friday evening sessions at Stonehaven Community Centre, either with a guest artiste / band or, if there's no guest, then various club members play & sing. If interested, you can take along your own instrument or just come along and listen (BYOB!).

- Guests and sessions over the next few months are shown below:

Mar	22	SIR-REEL CLARKS
	29	NO CLUB - Easter
Apr	5	AGM (7.30 pm) followed by a Session
	12	TOM McCONVILLE & MICHAEL BIGGINS
Apr	19	FIONA ROSS & CHRISTINE KYDD
	26	Session
May	3	JOHN DOYLE *
	10	Slow Session
	17	CHORAS
	24	Session
	31	NO CLUB - Portsoy HAAL

- **Scams**

- Here's a link to the new 14th March edition of Trading Standards Scotland's **Scam Share** bulletin:
 - ❖ [Trading Standards Scotland Bulletin 14 March](#)
 - ❖ Historical Trading Standards Scotland bulletins can be found [here](#)
 - ❖ Scams Bulletins from **Bob McKinney**, Trading Standards with Aberdeenshire Council are emailed out to our members separately.

- **Climate Change => Waste Management**

- The Scottish Government has set climate change ambitions to become a net zero greenhouse gas emitting nation by 2045. **Around 80% of Scotland's carbon footprint comes from the products and services we manufacture, use and throw away!**
- In Scotland, total greenhouse gas emissions have roughly halved since 1990.
- Waste management sector emissions have reduced even faster. In 2021, the waste management sector emissions stood at 1.5 MTCO₂e, which is 76% lower than in 1990 [MTCO₂e = Metric Tonnes Carbon Dioxide equivalent]. However, we still need to more than halve our waste sector emissions to 0.7 MtCO₂e by 2032!
- Achieving Scotland's waste, recycling & wider emissions reduction objectives is a shared endeavour - collaboration & partnership are critical to progress and we can only be successful if everyone plays their part (government, households, communities, charities and businesses).
- The Scottish Government's vision and strategic aims for delivering a **circular economy**:

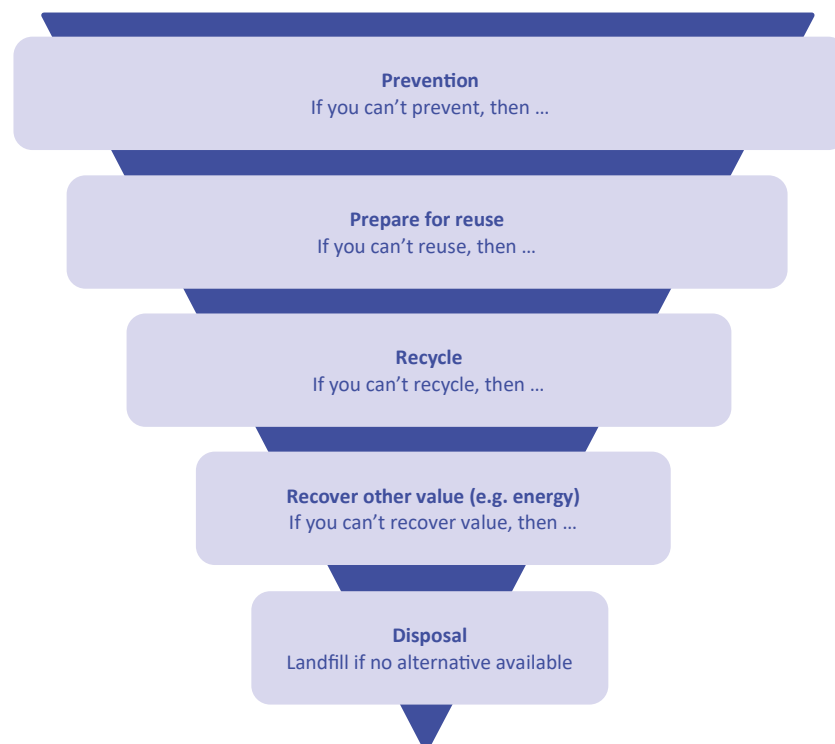


- ❖ **Reduce and reuse:** Reducing waste and reusing resources are the top goals of the waste hierarchy and central to changing our relationship with materials and products. Building an economic system that moves away from being based on items that are designed to be disposable brings significant environmental benefits. Measures aim to promote responsible consumption, production and re-use, while outlining ways of reducing waste, particularly food waste, and embedding circular construction practices.
- ❖ **Modernise recycling:** Increasing the amount of materials recycled and increasing the proportion of these recycled in Scotland will deliver emission reductions, reduce the environmental impacts associated with extracting new raw materials, and create a range of important economic opportunities to reprocess and reuse materials. Measures aim to improve recycling from households and commercial businesses.
- ❖ **Decarbonise disposal:** While the focus is to prevent materials from becoming waste in the first place, we need to ensure that materials that cannot be avoided, reused or recycled are managed in a way that minimises environmental and climate impacts, encourages management of materials further up the waste hierarchy, and minimises broader societal impacts.
- ❖ **Strengthen the circular economy:** We must maintain a strategic approach to the delivery of a circular economy, ensuring the right structures and support are in place to enable action across the economy, robustly monitoring and evaluating progress.

- **Some simple things that you and your friends or family can do to improve waste management?**
 - ❖ Repair things where possible instead of throwing it away & buying a new one.
 - ❖ If you are disposing of something, could it still be used by someone else? Advertise it on Facebook Marketplace - give it away for free ... or sell it.
 - ❖ Reduce overall consumption – don't buy unnecessary stuff such as 'fast fashion' clothing.
 - ❖ Reduce food waste – only buy what you need / buy smaller quantities of perishable food more frequently rather than buying in bulk so that it doesn't go off or out of date.
 - ❖ Ensure your waste bins are used correctly - don't put the 'wrong' stuff in your blue or orange bins (contamination of waste bins means that a lot of recycled material must go to landfill). You can check the council website [here](#) to see what should go where.
 - ❖ Take your soft plastic such as bags, food wrappers, crisp packets, etc. to the Coop recycling point. In Stonehaven's main Coop, the collection point is by the windows on the right as you come through the tills.
 - ❖ Minimise your use of 'single-use' plastic – for example:
 - carry a reusable shopping bag to avoid buying a new plastic bag each time you shop;
 - if you regularly buy a take-away coffee, take your own cup & lid;
 - buy loose fruit & veg rather than pre-packaged items;
 - Like/follow [Plastic Free Stonehaven](#) on Facebook and make the **Plastic Free Pledge**
 - ❖ Take your glass to a recycling point found at many locations in Stonehaven or at Redcloak.
 - ❖ If you have a garden, think about getting a home composter. The council can supply [compost bins](#) at a very reasonable cost.

If you have other ideas, suggestions or ways to improve our waste management, please let me know so that we can share them!

Scotland's Waste Hierarchy



- **Competition (from Bill Allan!)**

- Name the **Man Utd number 7s** ... there are more than five of course but I think Bill's intention was to name the ones in the picture!:



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

- The **UK Men's Shed Association 'Shoulder-2-Shoulder'** newsletters are available in the archive [here](#).
- Please take the time to sign up for **FREE Scottish Men's Shed Association (SMSA) membership**. Increasing membership numbers will help maintain future funding for SMSA. If you need help with the signing up process, please contact **Paul Bentley**.

Click here: [Join SMSA - Scottish Men's Sheds Association \(scottishmsa.org.uk\)](http://scottishmsa.org.uk)

INDIVIDUAL MEMBERSHIP

Individual Membership is FREE

- Full 'log in' access to the SMSA website including all Shed guidance and research documents
- Receive The Scottish Shedder magazine directly to your inbox every six weeks
- Advice and assistance by telephone or email
- Local and regional support as our network develops
- Access to information, events and conferences showcasing the community of Men's Sheds and activities of Shedders

APPLY AS AN INDIVIDUAL

- The SMSA is offering to run a programme called **MOT4Men** which is a tried-and-tested Preventative Health MOT Initiative for Men with tips and advice from the SMSA to keep your body and mind in great shape.
 - The MOT4Men programme – available FREE OF CHARGE to SMSA Shed Members – educates and informs on key men’s health matters including diabetes screening, heart disease, alcohol, smoking, blood pressure and cancer (testicular, bowel, breast, prostate and skin) – enabling men to increase their awareness and prioritise their health needs.
 - If you’d like more information, please visit the SMSA [MOT4Men](#) webpage.
 - Note: we are in discussion with SMSA with a view to hopefully run this program at our Shed – further details will provided later.
- The **January 2024 edition** of ‘The Scottish Shedder’ is available from the SMSA website [here](#) or from our own Shed website [here](#).

• Current **Scottish Men’s Shed Association** statistics:

3,709 SCOTTISH MEN'S SHED ASSOCIATION MEMBERS	138 SCOTTISH SHEDS OPEN	65 SCOTTISH SHEDS IN DEVELOPMENT	10,267 SCOTTISH SHEDDERS ACROSS THE 32 LOCAL AUTHORITIES
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