

Stonehaven & District Men's Shed (SDMS) Newsletter for 31st 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:

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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

Monday	1 st	Apr	Monthly 'Dru Yoga' class with Lynne Bentley at 13:00
Thursday	4th	Apr	Bacon Rolls / Open Forum / Monthly Talk
Tuesday	23 rd	Apr	Defibrillator refresher (for Shed Safety Supervisors) at 11:30
Tuesdays	weekly		Guitar Club (Weekly: 19:30 – 21:30) – Mike McNally / Paul Bentley
Thursdays	weekly		Weekly 'Iyengar Yoga' class with Linda Chedburn at 13:00 *11 th April will be a 'Dru Yoga' class with Lynne Bentley as Linda is away

Upcoming Shed Safety Supervisors

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
Mon 8-Apr	Tues 9-Apr	Wed 10-Apr	Thur 11-Apr	Fri 12-Apr
David Hepburn	Paul Bentley	Andy Lorimer	Murray Marshall	Mike McNally
Mon 15-Apr	Tues 16-Apr	Wed 17-Apr	Thur 18-Apr	Fri 19-Apr
Davie Ross	Raymond Penny	Ian Smith	Willie Shepherd	Paul Tosh

Shed News:

• **Social Area Committee (SAC)**

- The new **Social Area Committee** (or **SAC**) held its first meeting on 27th March. The first action was to draft the team's objective:
 - ❖ *"To facilitate the addition of activities in the social area which will encourage more members to come along and get pleasure out of participating."*

- The SAC will try to 'facilitate' activities but will not necessarily be responsible for organising or arranging them as it would depend on whether the activity fell under the responsibility of the Events team or were activities, for example, like cooking demonstrations, computer-based learning, talks on specific subjects, or indeed anything which would be of interest to our members and attract them to come along and enjoy the shed.

Where the SAC produce ideas, they would liaise with the Events team to agree if, how and who should take it forward.

After the first SAC meeting, the team have requested help & involvement from the Events Team on an idea for 'Games Days' and it is hoped the two teams can work together to achieve the objective set by the SAC.

- Minutes of the SAC team's meetings will be shared with all members so that we all know what's going on. Everyone is encouraged to take part and suggest ideas that can improve our participation and enjoyment of the Shed.
- As you may have already seen, some changes to the Social Area layout are being tested. These changes have just been made on a trial basis to better understand if it will help with promoting social activities.
 - ❖ The pool table has been moved to what can hopefully become a permanent location, allowing use at almost any time and without the need to move it for yoga classes.
 - ❖ A dart board will be installed by the fire exit. Due to the proximity to the pool table, it will only be possible to use either pool or darts at any one time. This should hopefully be available for use in the next couple of weeks.
 - ❖ Seating has temporarily been arranged in 'islands' similar to other Sheds. This will hopefully encourage folks to mix with each other, to talk more and to start playing various games such as draughts, backgammon, chess, dominoes, card games, and so on.

• **AGM – 21st March 2024**

- Our Annual General Meeting was held on Thurs. 21st March. It was well attended with over 30 Shedders present (encouraged by **Bob Stirling's** food!). Minutes will be issued when available.
- **Bill Allan** went through his Chairman's Report and **Tom Hannan** went over the annual accounts (which have now been posted on our website [here](#)).
- Trustee **Ian Smith** had decided to stand down so a vote was held to pick a replacement from 5 Shedders whose names had been put forward. **Murray Marshall** received the most votes and we're very happy to welcome him onto the committee!
- AGM minutes will be issued when available.

• **3D Printer & Laser Engraver**

- **Raymond Penny** has been busy setting up the new 3D printer and laser engraver (purchased using part of the Mackie Academy donation). An exciting future ahead for these tools! When everything is working, we can start to share info and provide training for interested shedders.

- **Projects Team**

- Willie Shepherd would appreciate some help with the Legs4Africa work.
- Stencilling of words etc. on a blue bench has been completed by Paul Tosh and the bench is now installed between the Shed and Cowie Water.
- Our bike shed has received planning permission. The team will start the design & build process over the next few months. This shed should allow us to keep the Social Area free of bikes!
- [Oakley ASN](#) has requested help to build some equipment for their new facility which is planned to open in October 2024. They are eager to leverage the skills and expertise of the Men's Shed.

- **Monthly Talk**

- This month, we have two short talks - come along for your bacon roll and a listen to:
 - ❖ Donna Deans / Music4U
 - ❖ Marion Montgomery / Plastic Free Stonehaven

- **Alternative Energy Project**

- The solar panels & batteries are performing even better now that the sun is appearing more frequently! So far, during 2024, the solar panels have generated 918kWh of electricity - we've saved 11 trees and 178kg of CO₂ emissions!

- **Mackie Polytunnel**

- All six involved Shedders are about to start preparing for the new growing season in the Mackie polytunnel:



- **Invitation to Woodturning Live Sessions – Wednesday 3rd April at 7:30pm**

- Join the next Record Power Live Session with 'The Tiny Turner' - **Emma Cook** and her Square Airbrushed Platter. The UK session is at 7:30pm on 3rd April.
- To join, click this [Zoom link](#) or alternatively you can use the Login code below:
 - ❖ <https://zoom.us/j/93847391709>

Webinar/Meeting ID:
938 4739 1709
A password is not required.



- **The Most MISUNDERSTOOD Feature On Your Drill**

- You might find these videos useful for using a drill / driver (and some surprising test results for DeWalt tools!):

<https://youtu.be/2KLCpusFSpU?si=i9WZKpo74yiRril>

<https://youtu.be/DB6HFxejSsQ?feature=shared>

- **Guitar Club** 

- The weekly guitar club takes place on Tuesday evenings. Bring 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 2nd April at 19:30.

- **Yoga** 

- **Linda Chedburn's** weekly 'Iyengar Yoga' class is at 13:00 every Thursday.
Note: **Linda** will be away on 11th April so that class will be covered by **Lynne Bentley**.
- The next monthly 'Dru Yoga' class with **Lynne Bentley** is at 13:00 on Monday 1st April.
- 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:

- **Age Scotland**

- Public services are rapidly 'going digital' and it's becoming harder to access day-to-day necessities such as banking, making NHS appointments or even paying for car parking.
- Age Scotland continually discusses digital exclusion and feeds back to government on the participation and engagement needs for those off-line. We have conversations with public sector bodies on their Equality Duty requirements and how to include those not digitally engaged.
- There is now a national Age UK campaign called "Offline & Overlooked" urging the government to end the discrimination against people for not being online. If you'd like to sign the petition please click this link <https://www.ageuk.org.uk/our-impact/campaigning/offline-overlooked/>.

- **Atrial Fibrillation – Check Your Pulse**

- NHS Grampian in partnership with the Stroke Association are raising awareness of Atrial fibrillation to help reduce the risk of strokes for those at risk. This pilot project is only aimed at residents aged 40 years and over who are registered with a **GP at Stonehaven Medical Centre**. For more information, go to: <https://www.nhsgrampian.org/your-health/atrial-fibrillation/>

- What is Atrial Fibrillation?

Atrial fibrillation or AF is a rhythm of the heart that causes an irregular heartbeat. You can sometimes experience palpitations (feelings of having a fast- beating, fluttering or pounding heart) with it. Like high blood pressure, smoking and high cholesterol, it is a risk factor for stroke.

- Who can get AF?

AF can happen to anyone, including people who are otherwise fit and well. It usually affects adults, and your risk goes up with age. It's more common in men, and people with conditions such as heart disease, diabetes, obesity, overactive thyroid, and high blood pressure. It's also more common in smokers.

- What to do if you notice an irregular pulse or heart palpitations, or you're just not sure if it is normal?

We would suggest you do one of the following:

- ❖ You can book an appointment from **Monday 18th March - Monday 29th April 2024 with the Stonehaven Vaccination Centre** to have your pulse checked by a nurse. They will also check your blood pressure if you don't know what your blood pressure is.
- ❖ Telephone: 07435 914430 Monday to Friday 9am-4pm
- ❖ Raise it with your GP when next you are in for an appointment for something else.

If however, you have fast palpitations, shortness of breath or sudden chest pain, then contact NHS Inform on 111 or 999 for an ambulance.

For further information on Atrial Fibrillation visit: [Atrial fibrillation | Stroke Association](#)

- **Stonehaven Folk Festival - 11th - 14th July 2024**

- As per previous years, we will host a music session in the Shed on **Saturday afternoon 13th July**.
- Tickets are selling well for this year's Folk Festival featuring (in the Town Hall). Go to the Festival [Website](#) to find out more and to book your tickets for the Town Hall gigs:

Thu	11 th July	<i>Cherish The Ladies</i>
Fri	12 th July	<i>Aberdeen Folk Orchestra; Saltfishforty; Frigg</i>
Sat	13 th July	<i>Ruach; Stolen Notes; Karine Polwart</i>
Sun	14 th July	<i>Lucie Hendry Trio; Daoiri Farrell; Charlie Mckerron, Tim Edey, Ross Ainslie & Marc Clement</i>

- **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!).

- Upcoming guests and sessions are shown below:

Apr	5	AGM (7.30 pm) followed by a Session
	12	TOM McCONVILLE & MICHAEL BIGGINS
Apr	19	FIONA ROSS & CHRISTINE KYDD

- **Scams**

- Here's a link to the editions of Trading Standards Scotland's **Scam Share** bulletin:

- ❖ [Trading Standards Scotland Bulletin 28 March](#)
- ❖ [Trading Standards Scotland Bulletin 21 March](#)
- ❖ Historical Trading Standards Scotland bulletins can be found [here](#)
- ❖ There's lots of useful info on the TSS site [here](#)
- ❖ Scams Bulletins from our **Bob McKinney**, Trading Standards with Aberdeenshire Council are emailed out to our members separately.

- **Bill's Corner**

- Can you name all of these famous faces?



Scottish Men's Shed Association (SMSA) / UK Men's Sheds Association (UKMSA)

- 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)

- The latest **UK Men's Shed Association 'Shoulder-2-Shoulder'** newsletter #104 is available [here](#)
- If you'd like to see any older **UKMSA** newsletters, they are available in the archive [here](#).
- The **SMSA** is running an **MOT4Men** programme which is a tried-and-tested Preventative Health MOT Initiative for Men with tips & 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.
 - Our Officers are in discussion with SMSA with a view to hopefully run this program at our Shed – further info will provided when available.
- The **March 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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