

From: [REDACTED]
Sent: 06 December 2018 09:21
To: [REDACTED]
Subject: RE: Millburn academy - The Men's Shed

Hi [REDACTED]

Thanks for your time this morning. As discussed, I can confirm that I am happy to proceed with the Men's Shed project at the Pavilion here at Millburn Academy and see it as a great opportunity for close collaboration with the school. I can also confirm that I am happy for members of the Men's Shed to make use of the car parking spaces running adjacent to Diriebught Road at the far end of the car park.

Kind regards,

[REDACTED]
Rector, Millburn Academy

From: [REDACTED]
Sent: 05 December 2018 15:43
To: [REDACTED]
Cc: [REDACTED]
Subject: RE: Inverness Men's Shed

Dear [REDACTED]

I am delighted to hear that the Men's Shed are in the process of acquiring new premises.

The Men's Shed movement is something I fully endorse in my role as a consultant cardiologist, clinical lead of the cardiac rehabilitation service and also as Chair of the rehabilitation subgroup of the City Active Health Project.

Maintaining an healthy and active life is extremely important and groups like the Men's Shed as key in offering opportunities to individuals who otherwise might have a less active life.

Furthermore, the Men's Shed is a positive social enterprise. The research project that was undertaken a few years ago by one of the University of Aberdeen medical students showed the positive potential of the Men's Shed and has resulted in a publication.

<https://www.ncbi.nlm.nih.gov/pubmed/29468772>

The Men's Shed also provided the inspiration (and perspiration!) to transform a piece of waste ground on the Raigmore site into the cardiac garden which featured recently on BBC Alba.

I wholeheartedly support the Men's Shed in its ventures and if I can be of any additional support please let me know.

Yours sincerely

[REDACTED]

[REDACTED]
Consultant Cardiologist
Raigmore Hospital

From: **Inverness Group Manager** [REDACTED]

Date: Thu, Dec 6, 2018 at 11:39 AM

Subject: Hostel car park

To: [REDACTED]

Good morning [REDACTED]

As we discussed earlier on, I confirm that your men may use the hostel car park 2 or 3 times per week to attend to meetings/activities at Millburn Academy.

Thank you and kind regards,

[REDACTED]

Inverness Group Manager

Scottish Youth Hostels Association



'Our place is yours'

hostellingscotland.org.uk

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