

5 June 2019

Dingwall Men's Shed is part of a growing and successful men's shed movement. In Scotland in 2013 there were five sheds. There are now fast approaching 170 men's sheds in development or fully operational. Men's sheds are sustainable organisations that are here for the long haul. Men's sheds are supported by a range of funders, including: NHS Trusts, National Lottery Community Fund, Asda Foundation / Royal Voluntary Service, Robertson Trust, Scottish Government Climate Challenge Fund, Age Scotland and local authority participatory budgeting. These funders recognise the massive difference men's shed are making.

Men's sheds provide positive views of aging and later life, enhance men's health and well-being and combat loneliness and social isolation. This is evidenced in Age Scotland's The Shed Effect <https://www.ageuk.org.uk/documents/EN-GB-SC/The%20Shed%20Effect.pdf?dtrk=true> and Age Scotland's Health and Well-being Survey <https://www.ageuk.org.uk/globalassets/age-scotland/documents/community-development-documents/age-scotland-mens-sheds-health-and-well-being-survey.pdf>

Many sheds having been supported initially by external funding are now self-sustaining through the products and services they make for sale, by donation, through their maker culture. Men's sheds save money for local authorities and the communities they serve. Research from the Scottish Men's Shed Association shows that for every £1 spent on the Westhill Men's Shed in Aberdeenshire there was a return of £9.34 in terms of health and social care and community learning outcomes. Communities benefit from projects that men's sheds deliver such as: buddy benches and mud kitchens for schools; planters and wheelchair accessible raised beds for community gardening; and nesting boxes and feeders to encourage biodiversity. Many of these products are made from recycled materials contributing to carbon emissions' reduction by keeping wood, metal and plastic out of landfill.

Dingwall Men's Shed help Highland Council, in the spirit of the Christie Commission, to make a shift toward prevention. The operating procedures of the Dingwall Men's Shed are in line with Christie's recommendations in that they "...are built around people and communities, their needs, aspirations, capacities and skills, and work to build up their autonomy and resilience."

Men's sheds are enabling local authorities to achieve some of the Scottish Government's Revised National Outcomes locally in particular:

- We respect, protect and fulfil human rights and live free from discrimination
- We grow up loved, safe and respected so that we realise our full potential
- We live in communities that are inclusive, empowered, resilient and safe
- We are creative and our vibrant and diverse cultures are expressed and enjoyed widely
- We are well educated, skilled and able to contribute to society

5 June 2019

Dingwall Men's Shed is part of a growing and successful men's shed movement. In Scotland in 2013 there were five sheds. There are now fast approaching 170 men's sheds in development or fully operational. Men's sheds are sustainable organisations that are here for the long haul. Men's sheds are supported by a range of funders, including: NHS Trusts, National Lottery Community Fund, Asda Foundation / Royal Voluntary Service, Robertson Trust, Scottish Government Climate Challenge Fund, Age Scotland and local authority participatory budgeting. These funders recognise the massive difference men's shed are making.

Men's sheds provide positive views of aging and later life, enhance men's health and well-being and combat loneliness and social isolation. This is evidenced in Age Scotland's The Shed Effect <https://www.ageuk.org.uk/documents/EN-GB-SC/The%20Shed%20Effect.pdf?dtrk=true> and Age Scotland's Health and Well-being Survey <https://www.ageuk.org.uk/globalassets/age-scotland/documents/community-development-documents/age-scotland-mens-sheds-health-and-well-being-survey.pdf>

Many sheds having been supported initially by external funding are now self-sustaining through the products and services they make for sale, by donation, through their maker culture. Men's sheds save money for local authorities and the communities they serve. Research from the Scottish Men's Shed Association shows that for every £1 spent on the Westhill Men's Shed in Aberdeenshire there was a return of £9.34 in terms of health and social care and community learning outcomes. Communities benefit from projects that men's sheds deliver such as: buddy benches and mud kitchens for schools; planters and wheelchair accessible raised beds for community gardening; and nesting boxes and feeders to encourage biodiversity. Many of these products are made from recycled materials contributing to carbon emissions' reduction by keeping wood, metal and plastic out of landfill.

Dingwall Men's Shed help Highland Council, in the spirit of the Christie Commission, to make a shift toward prevention. The operating procedures of the Dingwall Men's Shed are in line with Christie's recommendations in that they "...are built around people and communities, their needs, aspirations, capacities and skills, and work to build up their autonomy and resilience."

Men's sheds are enabling local authorities to achieve some of the Scottish Government's Revised National Outcomes locally in particular:

- We respect, protect and fulfil human rights and live free from discrimination
- We grow up loved, safe and respected so that we realise our full potential
- We live in communities that are inclusive, empowered, resilient and safe
- We are creative and our vibrant and diverse cultures are expressed and enjoyed widely
- We are well educated, skilled and able to contribute to society

Mid Ross CMHT
Maywood Ferry Road
Dingwall
IV15 9QS

Mid Ross Community Mental Health
Team
Maywood
Ferry Road
Dingwall
IV15 9QS

Tel : 01349 869231



Date: 27/05/19
Ref: SH
Please ask for: Shirley Hynan

To whom it may concern

Re: Dingwall Mens Shed

In my capacity of community psychiatric nurse working within the Midross area I would just like to offer my support for the service that the Dingwall men's shed provides to many people in this location.

I have seen the benefits that the men's shed have given to some of the people that I work with on a regular basis and can confirm that it provides support and meaningful activities to their day which has a direct impact on good mental health.

We know that it can be difficult for men in particular to reach out and seek support so I feel that this facility is a vital service for those who have found themselves in difficult circumstances who may otherwise have no link to community services.

Yours sincerely

A black rectangular redaction box covering the signature of Shirley Hynan.

Shirley Hynan
Community Psychiatric Nurse



Chair: David Alston
Chief Executive: Elaine Mead
NHS Highland, Assynt House, Beechwood Park, Inverness, IV2 3BW



Dingwall Primary School
Bun-sgoil Inbhir Pheofharain



4th September 2017

Andy Foley
Secretary DMS
63 Old Evanton Road
Dingwall
IV15 9RB

Dear Men's Shed,

I am writing to thank you for your hard work in producing the "mud kitchen" for the nursery at Dingwall Primary School. This will be an excellent resource in our outdoor learning area, and I know will be greatly used by the children. Myself and all the nursery staff are very grateful.

Thanks again,



K. Raistrick
Head Teacher

Mr K Raistrick
Head Teacher
Dingwall Primary School, Ross Avenue, Dingwall IV15 9UU
Telephone 01349 862081

www.dingwall-pri.highland.sch.uk

Dingwall Medical Group

High-UHB.GP55376-Admin@nhs.net
www.dingwallhealthcentre.co.uk

04 June 2019

T 01349 863034
F 01349 862022

Mr Andrew Foley
Secretary

**The Health Centre
Ferry Road
Dingwall
IV15 9QS**



Dear Andy,

I write to express our strong support for the work of the Dingwall Men's Shed project. As you know the Men's Shed helps to provide a forum for men to meet, to work and in doing so nurture a supportive environment which we know to be beneficial for both psychological and physical health. Whilst we do not keep a record of referrals, the Men's Shed is a local resource that we suggest to our patients in the course of a consultation and a number have become significantly involved to their benefit. It benefits a range of individuals. Those stepping down from jobs that have consumed all their waking hours are often left bereft in retirement. Individuals who suffer from addictions need to find displacement activities to occupy them during the day. The socially isolated need a context in which to connect to others within the community. Others want to participate in an activity that benefits the local community and not simply themselves. For all these individuals the Men's Shed provides a haven and we fully appreciate the need for the organisation to secure appropriate premises.

Please continue to keep us up to date with your progress and be assured of our support as you move forward.

Yours sincerely



Dr Iain B Craighead on behalf of the Dingwall Medical Group

To whom it may concern :-

Dear Sir[s]

I would like to take this opportunity to support the Dingwall Men Shed for the wonderful work they do in the community. I recently moved to Dingwall and into rented accommodation on my own which had a garden badly needing attention and other bits and pieces. Arriving one day out of the blue, John cleared all the garden rubbish into bags for dumping and sorted the gate which gives me better access with the car. Raymond came to uplift the bags even when roads were icy. The offer of anything else that I would need doing was also on the table, and all this is free of charge. The men at the shed ought to be applauded for their generosity of spirit and for continuing to use their abilities for the good of the local community. Before I moved here I had heard of these Men Sheds but thought it was just men meeting to have a chat and a cup of tea, I had no idea their purpose was to be helpful in the community with whatever skills they had to offer. But it's more than that - it's their DESIRE to help wherever help is needed. I'm sure I'm not alone in thinking that their work in the community should be recognised more fully. My sincere thanks to the men of the shed for helping me to 'settle in' to my new home.

Kathleen Kemp

[REDACTED]

From: Willie Miller [REDACTED]
Sent: 22 May 2019 12:44
To: [REDACTED]
Subject: Thanks

Dear John

I would like to take the opportunity to thank you, and the others at Dingwall Men's Shed, for helping us by clearing the leaves from the car park of Dingwall Baptist Church. This was greatly appreciated as we are a small and ageing congregation who would not have been able to undertake the task on our own. It took considerable effort by your team, especially the gentleman who ferried the bags to the tip on his mobility scooter with trailer. The work was important in not only improving the appearance of the place, which is good for the local community, but it also prevents the leaves being blown up onto the roof and blocking a central channel and down pipe, which has been known to cause water ingress to the building.

So, thanks very much for your help and if we can make a financial donation towards any of your projects, please let me know.

Thanks again.

Rev. Willie Miller
Dingwall Baptist Church

Sent from Mail for Windows 10



23rd May 2019

To whom it may concern

I am writing this email in support of the Dingwall Men's Shed.

The Men's shed provides an important role for the local community enabling men to come together in a safe space to share connections, experience, interests, skills and friendship. In an era where mental health and loneliness are high on the government agenda, organisations such as this provide a crucial role in helping improve wellbeing and reduce social isolation.

The Men's Shed are one of the Adult learning Partners in the Mid Ross Adult Learning Partnership, as they provide informal community based learning and help contribute and shape life long learning opportunities in the area.

The Men's Shed is providing a lot of practical support to the local community in Dingwall and Strathpeffer, particularly around making outdoor spaces cleaner, safer and more accessible. As the project continues to grow and develop, a larger site is needed to help them carry out their work. I hope they will be successful in finding suitable premises soon to be able to continue their valuable work.

Should you require any further information, please do not hesitate to contact me

Best wishes

Kirsty D'Ambrosio

Adult Learning Coordinator (Literacies) Ross and Cromarty
Highlife Highland
Invergordon Arts Centre
High Street
Invergordon
IV18 0DH



Dingwall Ducklings Nursery
Pepperside Park
Dingwall
IV15 9PW
Tel: 01349 865698
Email: dingwallducklings.pc.cala@gmail.com



22/05/19

Hi,

Dingwall Ducklings staff would like to thank the Men Shed for all the help that you have given us (free) towards making our garden a more exciting and stimulating place for our children.

The children love to potter about in the raised beds you helped us build and are able to use these to 'dig' and learn about taking care of flowers, fruit etc. Also with the Mud Kitchen, and now, the Outside Music Area that you are helping us with. We could not have provided an area so inviting for the children (and Staff!).

We hope that you will continue to help us in the future.

Thankyou So Much

Rhona, Lorraine, Kelly & children

Thank you

Toni Macartney-St Clement's School

Mon, May 27, 2019
at 11:56 AM

To:

Dear Mens Shed

As we head towards the end of the school year I wanted to thank you on behalf of the pupils and staff at St Clement's School. Your contribution for a second year as been greatly appreciated. I have witnessed first-hand the considerable amount of work that you have completed with regards to the garden, all the new bark, the new edging and the new plants. The amount of work to the garden has been substantial. It looks wonderful.

In addition to this thank you for painting all the benches and woodwork. This has really made a difference, it not only looks good but prolongs the life of the wood.

We have gained our 4th Eco Schools flag this year. Sustainability and environment are very important to us as a school. Not only does it provide a nice outdoor environment for staff and pupils but it also enriches our pupils learning. We have been able for a second year to improve the quality of outdoor learning and this has in part been down to the hard work and commitment from the Mens Shed.

And finally I just want to make comment on the polite and enthusiastic way that the work is carried out.

Kind regards

Miss Toni Macartney

Head Teacher

St Clement's School

Tulloch Street

Dingwall

IV15 9JZ

[Redacted]
[Redacted]
@school_clement