

Mid Ross Community Partnership  
Statement of support for Dingwall Men's Shed  
June 2019

The Men's Shed provides a structured outlet for men to come together in community spaces to connect, converse and create. Research has shown the negative impact of loneliness and isolation on health and wellbeing, and recently there has been more evidence that shows loneliness and isolation can be as hazardous to health as smoking, making loneliness a significant public health issue. Men typically find it more difficult to build social connections than women and unlike women of a similar age, fewer older men have networks of friends and rarely share personal concerns about health and personal worries. Men's sheds have both a social and health focus – and taking the key message that health inequalities result from social inequalities – Men's Sheds are uniquely positioned in local communities to provide a holistic context for addressing both.

Men's Sheds are about sharing skills and knowledge with like-minded people and gaining a renewed sense of purpose and belonging. As a by-product of all of that, they reduce isolation and feelings of loneliness, they allow men to deal with health challenges more easily and remain independent, and they rebuild social connection and communities. Mental Health and wellbeing is one of five priority themes for Community Planning Partners in the Highland Outcome Improvement Plan; this is also reflected locally in the priorities for communities like Dingwall.

The ambitions of Dingwall Men's Shed are reflected in some of the improvements that people told the Partnership were priorities for them in recent engagement activity for the Dingwall Locality Plan:

- Making better use of existing local resources such as buildings and people
- Community Hubs – Improvement
- Taking ownership and better access to a range of activities

The current facility was secured following the Dingwall Participatory Budgeting event; the group met with the Dingwall Scout Group who offered them temporary sharing of the Scout Hut in Dingwall. This was an opportunity for the two groups to assist each other – working together to improve the fabric of the Scout Hut which is in poor condition. This has been a great temporary arrangement but comes with increasing

challenges as numbers and projects grow. The Men's Shed Group are currently working closely with many partners in Dingwall and with the community, undertaking community tasks around Dingwall; maintaining grass areas, litter picking of pathways, making benches and picnic tables for schools and the Community Council. The Men's Shed has also been working with Dingwall Academy, an exciting development working with younger people, either on garden projects or through access to the technical class rooms.

Dingwall Men's Shed is an active community group with a current membership of 34, and with an ambition to double this membership to 68 by 2021. The facility at Unit 4B, Docharty Industrial Estate, Docharty Road Dingwall IV15 9UG would facilitate this growth and development. On visiting the Unit, the Sheddors felt that it would be ideal for their purpose. The building is in walk in state, with kitchen, toilets and a large central room with vehicle access (garage door), individual rooms and green space for community growing and gardening area and a storage compound for materials to the side of the building. This building would enable the group to increase their membership and allow them to expand their range of activities in a safe environment.

For the reasons set out above, the Mid Ross Community Partnership fully support the community asset transfer proposal for Unit 4B, Docharty Industrial Estate, Docharty road, Dingwall IV15 9UG.

[REDACTED]  
Dingwall. [REDACTED]

4<sup>th</sup> June 2019

Dear Sir or Madam,

I am writing to say just how much I appreciate and am grateful for the help I have been given as the Chairperson of the voluntary group Dingwall in Bloom.

Lately I was asked by the Legion to assist them in their plans to make improvements to the town's War Memorial, outside the National Hotel. Although my job, primarily, was to improve the planters & planting, it soon became apparent that there were related problems to be solved before this could be done. After speaking to John Walmsley from the Men's Shed he agreed that he could help.

P.T.O.

John made & painted 2 large planters that has enabled us to have more areas for planting. He's also painted 2 other planters & will soon begin the painting of the metal railings & other metal objects within the monument railings.

John also helps me, at times, with Dingwall in Bloom, watering & weeding. The Mens Shed have also offered to build us planters for other areas in Dingwall when we need them. Without the help our organisation gets from the Mens Shed, Dingwall in Bloom would find it more difficult to carry out the work we do in the community, to make Dingwall a nicer place to live.

Yours sincerely,

Lynn Jamieson (Chairperson, Dingwall in Bloom)

[REDACTED]  
DINGWAN  
[REDACTED]

PLEASE FIND ATTACHED CONTRIBUTION £40  
TO MAN'S SHED FOR THE WONDERFUL  
WORK CARRIED OUT BY JOHN & GEORGE  
CLEARING A VERY NEGLECTED GARDEN  
BORDER. COULDN'T HAVE DONE IT  
WITHOUT THEM.

GOOD TO KNOW SOMEONE THERE TO HELP.  
THANK YOU VERY MUCH.

Sueena MacLennan.



Dingwall Mens Shed [REDACTED]

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**Assistance to the community**

2 messages

morris colven [REDACTED]

Thu, Jun 6, 2019 at 3:25 PM

Reply-To: morris colven [REDACTED]

To: [REDACTED]

To whom it may concern.

Dear Dingwall Mens Shed members,

I am writing to thank the group members in general for assistance given in various projects undertaken in and around Dingwall since your formation. I recently spoke with one of your members - John, who was assisting the RBLS and Dingwall in Bloom with tidying up/painting and generally sprucing up the garden area at Dingwall War Memorial, adjacent to the National Hotel.

His help is greatly appreciated and I would be grateful if you could both record and convey my thanks to him, on behalf of the RBLS, for the assistance he has rendered thus far.

Without people like yourselves offering to devote your time and use your skills to benefit the community in such projects, the local area would be very much the worse for wear as due to local authority 'austerity' measures, the little things like this are no longer undertaken on a regular basis by local authorities in an effort to save money!

*Yours aye,*

*Morris C. Colven*

*The Royal British Legion Scotland (RBLs - Dingwall)*

*Branch Secretary*

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Dingwall Mens Shed [REDACTED]

Thu, Jun 6, 2019 at 10:04 PM