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Andy Barnett  
Treasurer  
Maryburgh Men's Shed  
Maryburgh

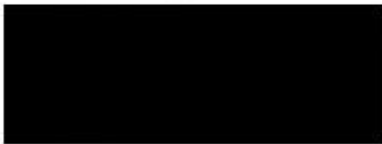
26 November 2020

Dear Andy

Maryburgh Men's Shed

We are pleased to offer full support for your plan for a men's shed in Maryburgh. This is a worthwhile venture and will be particularly beneficial to reduce isolation and mental problems when the current pandemic has subsided. We applaud your community spirit and would be please to assist with materials once the project has been established.

Yours sincerely,



P G Blake  
Managing Director  
Munro Sawmills Ltd



Private & Confidential

Mr Sandy Law  
34 Seaforth Place  
Maryburgh  
Dingwall  
IV7 8DR

nhsh.gp55376-admin@nhs.scot  
www.dingwallhealthcentre.co.uk

T 01349 863034

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

Dear Mr Law

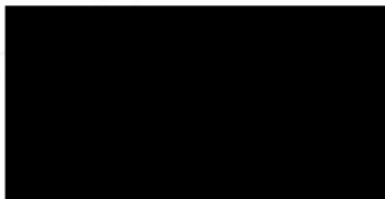
Maryburgh Men's Shed

Thank you for taking the time to speak to our Practice Business Manager a few weeks ago, Pauline Ogilvie regarding the possibility of you introducing the Men's Shed in Maryburgh.

We are very supportive of the Men's Shed and recognise the benefits of these Community Spaces for men to connect, be creative and speak to each other. They reduce isolation and loneliness and are mostly fun for those who participate. We have found that these spaces allow men to share skills, experience informal learning and enjoy the activities on offer. The Sheds can also facilitate conversations between men about subjects they often find difficult to broach. Some sheds are open for women to join and it is important that the facilities exist to provide the benefits they bring to both men and women's health and wellbeing.

The Practice fully support the introduction of the Maryburgh Men's Shed and look forward to you letting us know of the work that you will be involved in.

Best regards



Dr Jonathan Fletcher  
GP Partner

Dr. M.B. Mack    Dr. M.F. McKenna    Dr. S.E. Watters    Dr. M.B. Mackintosh

Dr. I. E. MacLarty    Dr. J.D. Fletcher    Dr. J.B. Goodhead    Dr. J. Johnson



## Highland Third Sector Interface

Thorfin House, Bridgend Business park, Dingwall, IV15 9SL  
01349 864289 – info@highlandtsi.org.uk – www.highlandtsi.org.uk -  
@HighlandTSI

To whom it may concern,

I am writing in support of the Maryburgh Men's Shed group as they seek a Community Asset Transfer for the Maryburgh Primary School Premises.

In my dealings with the board of Maryburgh Men's Shed I have been very impressed with their organisation, the variety of skills that they are bringing to the project as well as their dedication to achieving their project despite the difficulties with coronavirus restrictions. I also note that they have linked up with both Maryburgh Matters as well as the Woodturners Club to use the venue, which in turn will broaden the community benefit arising from the asset transfer.

Aside from my dealings with the group, I've come across a wide array of literature citing the benefits that Men's Sheds can bring. Research has shown that they can reduce social isolation and encourage a sense of purpose within those that participate in the shed. This is beneficial for not only forging connections within the community but is valuable as those who are involved within their community are less likely to require treatment for conditions associated with isolation – potentially needing less support from local authority Social Work staff.

I am very pleased to note that the Highland Council recognises the social value that Men's sheds can bring through the granting of Community Asset Transfer Applications for similar organisations in both Inverness and Dingwall. I would be delighted if Maryburgh Men's Shed Application is similarly valued and is successful in its application.

Kind regards,

Sandy Fowler

HTSI Governance Development Officer

# WOOD BlocX

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VAT Number – GB 139 0853 03

25/11/2020

Andy Barnett  
Treasurer  
Maryburgh Men's Shed  
Maryburgh

Dear Andy

As a business owner and long term resident of the local area I would like to write offering my full support for the Maryburgh men's shed project. I think that facilities like this are vital to the ongoing mental and physical wellbeing of people in the area.

We would be delighted to help build on local ties and would also endorse any facility which helped support isolated individuals in the area.

Wish you all the best with the project and please don't hesitate to get in touch if there is anything you think we may be able to help with.

Yours sincerely,

A solid black rectangular box used to redact the signature of Henry Blake.

Henry Blake

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## MARYBURGH MATTERS

I hereby speak on behalf of the constituted group Maryburgh Matters, Seaforth Place, Maryburgh, and can confirm the overwhelming support from our group along with that of the community in securing the old school building for community use.

We, as a community, feel the enormous need for a social hub in Maryburgh. As a growing community, there is little opportunity left for such a thing.

We intend to use the building for social and educational purposes, whilst further lifting the spirits of our community members by involving all ages, from children to adults.

We have brought the possibility of what could be, to the attention of the public and generated a very successful response via Facebook, leaflets with ideas and suggestions handed into the local store and also email replies showing great support and suggestions.

Our group are very happy to be involved with the Maryburgh Men's Shed Project, we will of course be contributing to the success of the project by the leasing of available space within the School Building.

We look forward to hearing of a successful CAT outcome and a brighter future for our village.

Many thanks

Fiona Ross

On behalf of Maryburgh Matters





**Ross County Football Club Ltd**  
The Global Energy Stadium  
Victoria Park Dingwall Ross-shire IV15 9QZ  
tel. 01349 860860 [www.rosscountyfootballclub.co.uk](http://www.rosscountyfootballclub.co.uk)

26 November 2020

Dear Andy,

I write to offer our strong support for the Maryburgh Men's Shed Project in our neighbouring village of Maryburgh.

Men's Sheds offer a forum to meet, become involved in their Community, reducing loneliness, improving self-esteem within its members and generating more social activity within the Community.

Health and wellbeing is improved, encouraging members to stay active for longer, living healthier and happier lives, engaging in activities which benefit the Community. Often using skills which were widely used in their working lives but now lying dormant in retirement but still there.

It provides a safe place to learn new skills, practice old ones, meet with new friends and some old ones and have fun, overcoming isolation and boredom by being involved in projects which will improve the Community.

This will offer a huge benefit to the Community of Maryburgh and particularly so in current times, as we evolve out of a year which has hugely increased pressures on social isolation and mental health.

We wish all the very best for Maryburgh Men's Shed and their long and positive future and of course we look forwards to welcoming all Maryburgh Men's Shed members to all our home games, as soon as this is possible.

Please keep us updated on the progress of your initiative.

Yours

CEO





Please ask for: Cllr Ian Cockburn  
Direct Dial: 07557 566544  
E-mail: [ian.cockburn.cllr@highland.gov.uk](mailto:ian.cockburn.cllr@highland.gov.uk)  
Date:  
December  
2020

To whom it may concern

The old primary school at Maryburgh

Community purchase for Men's Shed.

I would like to show my support for the 'Men's shed organisation' to enable them to take over the old primary school in Maryburgh through a community asset transfer.

The Men's shed organisation in Maryburgh has now received charity status and has attracted 70 members with some of these coming from areas such as my own with people involved from Contin and Marybank.

'Men's Sheds' have been proven to provide and reflect the interests of those that use them. Some will have lots of equipment for woodworking and joinery, others will have workbenches where upholstery or repairs are taking place; some will have bicycle, tool or furniture repair, others might have a pool table, chess sets or even cookery lessons! Some have eco themes and others may be an extension of an allotment; some may have a purpose built shed and others use a local hall or vacant shop. One big thing that happens in a men's shed is that friendships form and people can have a chat. They are open to everyone all ages and are very welcoming.

Men tend not to talk a lot about their feelings or seek help if anything is wrong and a men's shed can provide information along with a safe and secure place where members can work out their problems together and have a laugh!

In this day and age this is important to such area as mental health and a person's health in general, people need an aim in life no matter what age or who they are, 'Men's Sheds give people a place to talk and have a purpose.



I would therefore give my wholehearted support to the Maryburgh Men's Shed organisation in their quest for a Community Asset Transfer

Yours sincerely,

*Ian Cockburn*

Dr Ian Cockburn SNP

Councillor for Wester Ross, Strathpeffer & Lochalsh





Contin  
Strathpeffer  
Ross-shire



contincommunitycouncil@gmail.com

26/11/2020

Dear Alex

Congratulations on achieving charity status since we last communicated. This, as we both know, will enable you to apply for a Community Asset Transfer for your desired location of the Old School at Maryburgh. It is in such a good location for you too which I feel is very important for community use.

Contin Community Council fully supports your application for this asset transfer and would be delighted to see that an old school, always the heart of a community, will continue to be a place of learning, fun and laughter.

As well as Highland Woodturners, I am aware that you have also a Men's Shed in Maryburgh and Maryburgh Matters that you are working in partnership with. A move to the Old School at Maryburgh would be such a good place to have everything under one roof.

I am aware that some Contin residents have already signed up to the Men's Shed and some were already members of the Highland Woodturners.

I feel such a facility is needed even more than ever following this pandemic due to the mental stress and strain it has put on people, particularly those who live alone or have gone through months of shielding. When such spaces are safe to open fully again, folks who are currently unable to access social networks will be keen to become participants in your clubs.

Communities have shown during this pandemic just how much they can provide in the way of support and much needed services and facilities for local people.

I wish you every success with this exciting venture.

Yours sincerely



Norma Ross  
Chair, Contin Community Council.



OFFICIAL



Date: 01/12/2020

Your Ref: [REDACTED]

Our Ref: [REDACTED]

Mr Sandy Law  
34 Seaforth Place  
Maryburgh  
IV7 8DR



**POLICE  
SCOTLAND**

Keeping people safe

**POILEAS ALBA**

Kevin Macleod

Area Inspector  
Dingwall Police Station  
Bridaig Avenue  
Dingwall  
IV15 9QH

Telephone : 101

Dear Mr Law



**Maryburgh Menshed**

Thank you for your email last week to update me on your ongoing work trying to form a "Menshed" in Maryburgh. This is excellent news for the area and I am sure will be of huge benefit to the future members and local community.

I am aware of the valuable work carried out by other "Sheds" across the country and also the positive impact this has on the wellbeing of members. I understand you are looking to obtain property at the Maryburgh Primary school which I think would be an ideal location and would be a great use of the premises.

I am a member of the Mid Ross Community Partnership and this group along with the Police would be supportive of this venture.

If I can be of any assistance then please get in touch

Yours sincerely

Kevin

Kevin Macleod  
Inspector

 [scotland.police.uk](http://scotland.police.uk)  [@PoliceScotland](https://twitter.com/PoliceScotland)  [PoliceScotland](https://www.facebook.com/PoliceScotland)

OFFICIAL



September 2020.

We are the Highland Woodturners Club currently based in Munlochty some 10 miles from Maryburgh, we have a vibrant club of some 65 members of whom over half attend regularly, with the others making appearances from time to time. We have people from all round the area including Maryburgh and a move to Maryburgh would not inconvenience us in the slightest. It has been our ambition to get into bigger premises for some time as we have a waiting list that never seems to diminish and bigger premises would allow us to enrol more members.

The situation with Covid-19 only spurred on the need for larger premises, we are currently closed, our present premises with social distancing would mean a reduction on the membership, something we did not wish to happen.

The remedy was to find bigger premises and Maryburgh fits that requirement. Our HWC committee agreed we were to look for new premises, that's when we came across The old School in Maryburgh.

We teamed up with the then forming Maryburgh Men's Shed to see if we could collectively get the old School, they would get the building and we would rent one of the large rooms for our club, the Highland Woodturner Club.

We currently pay rent for the premises we currently have of £140 a month, this amount would be guaranteed monthly to the Maryburgh Men's Shed should they be successful in securing the building. The rent amount has not been formally agreed yet but I can say that it would not be less than we are paying now.

I am Alec Mutch Chairman of HWC and also on the committee of the Maryburgh Men's Shed, we have another member of our committee on the Men's Shed committee, Cliff Sim a former Bank Manager.

Our whole committee and members are fully behind us in securing new bigger premises, we very much hope this application will be successful.

Alec Mutch, Highland Woodturners Club Chairman. 

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