

**“Rose hip ....., autumn I'll remember”  
Age Scotland November Men’s Shed News**

**ShedFlix**

**BBC, Inside the shed where dreams are made, 29 Jun 2017**

<http://www.bbc.co.uk/news/av/uk-england-birmingham-40444489/build-it-and-they-will-come-inside-the-shed-of-dreams>

**BBC Super shed's health benefits for men, 14 April 2016**

<http://www.bbc.co.uk/news/av/uk-scotland-36044583/super-shed-s-health-benefits-for-men>

**News of the Shed**

**Mens Shed Coming to Elgin Public Meeting**

Thursday 30<sup>th</sup> November 2017

11:00-14:00

Elgin Town Hall

**Carse of Gowrie and District Men’s Shed End of Year Open Day**

Saturday 2nd December 2017

10:00-13:00

Carse of Gowrie Men's Shed, Swan House, The Technology Park, Dundee, DD2 1GB

[http://carseofgowriemensshed.webs.com/Open\\_Day\\_Poster\\_2017.pdf](http://carseofgowriemensshed.webs.com/Open_Day_Poster_2017.pdf)

**Girvan Men’s Shed** offers companionship, Carrick Today, Tuesday 07 November 2017

<http://www.carricktoday.co.uk/lifestyle/girvan-men-s-shed-offers-companionship-1-4606030>

**Dalbeattie Men’s Shed** commissioned to build a trebuchet for Wiston Lodge, Biggar

<http://dalbeattiemensshed.co.uk/wiston-warwolf/>

## Age Scotland's Warm and Well Project



Age Scotland's new Warm and Well project will be delivering information sessions, helping to shine some light on your rights regarding energy. The events will have fun and interactive games to show you how small changes can make big savings on your energy bills.

We will cover:

- Ways to reduce your fuels bills
- Shopping around for the best energy tariff
- Funding and grants to help heat your home
- Eating well and keeping warm
- Having a winter Survival Kit

There are three problems that can lead to people struggling with their fuel bills: high tariffs, inefficient homes and low incomes. This Roadshow will help you how to find out what you are entitled to and help you

tackle these issues.

The sessions will help us find out if you may be eligible for the Warm Homes Discount, Cold Weather Payments and the Winter Fuel Payment. All of which can help reduce large fuel bills during cold winter months.

With rising energy costs and more energy suppliers to choose from than ever, it can be difficult to find the best tariff. These sessions will help you to find out what works best for you.

All of this information will be in the Warm and Well booklet that you will be able to take home and, if you have any questions after this, you will be able to contact the Age Scotland Helpline on 0800 12 44 222 for more information.

The Warm and Well Roadshow will be visiting groups of older people in **Aberdeen, Dundee, Edinburgh and Glasgow** until March 2019. We can be flexible about the length of a roadshow to meet the needs of groups but we normally need a minimum of around 15 attendees and will last an hour to an hour and a half.

Contact us via e-mail at [warmandwell@agescotland.org.uk](mailto:warmandwell@agescotland.org.uk) or call the Age Scotland switchboard on 0333 323 2400 for more information and to book a session.

## Age Scotland Veterans' Project

Would your group or organisation like to **do more to involve** older armed forces veterans?

Does your group or organisation have a **success story to tell** about involving older armed forces veterans?

We've started a three year project to enable Age Scotland, and our member groups, to reach more, and offer more to, armed forces veterans age 65 and older.

The Age Scotland Veterans' Project is part of Unforgotten Forces: a partnership of 15 charities awarded funding from the Aged Veterans Fund. This offers us a fantastic opportunity to strengthen our links with partners including Poppy Scotland, Legion Scotland, Citizens Advice Scotland and the Soldiers, Sailors' and Airmen's Families Association (SSAFA).

The Age Scotland Veterans' Project will promote older veterans' health and well-being by:

- Improving the service that older veterans receive on contacting our helpline: by increasing the veterans' awareness of our helpline advisers, and by referring callers more seamlessly to veterans' organisations and services.
- Informing Age Scotland member groups about issues affecting older veterans, and about their rights and entitlements
- Supporting Age Scotland member groups to include older veterans
- Encouraging older veterans to become involved in Age Scotland member groups
- Taking action to influence public policy and decision-making where we identify opportunities to benefit older veterans.

At this early stage of the project we would like to hear from the following in particular:

- Age Scotland members with a success story to tell about involving older veterans
  - We would like to learn about the ingredients of your success, so we can share them with other member groups
- Age Scotland members that would like to do more to involve older veterans
  - This will help us plan activities to support you to do this, from January 2018 onward.

You can contact the Veterans' Project by phone: 0333 323 2400, and by email: [veteransproject@agescotland.org.uk](mailto:veteransproject@agescotland.org.uk). We look forward to hearing from you.

More about Unforgotten Forces [www.poppyscotland.org.uk/get-help/unforgotten-forces](http://www.poppyscotland.org.uk/get-help/unforgotten-forces)

## Free Dementia Awareness Training

Age Scotland continue to deliver free dementia awareness training to Age Scotland member organisations across Scotland, If you are interested in booking a workshop contact us on [ESDTeam@agescotland.org.uk](mailto:ESDTeam@agescotland.org.uk) or call [0333 32 32 400](tel:0333 32 32 400).

## Sheds Playlist

The idea came from the organisation, Playlist for Life who promote the use of personally meaningful music in dementia care. See <http://www.playlistforlife.org.uk>

Knock on Wood, Eddie Floyd  
Going for Gold, Shed Seven  
My Divine Hammer, The Breeders  
Hammer Horror, Kate Bush  
Everybody Needs a Shed, Stan Cullimore  
Dignity, Deacon Blue  
One for All, The Stone Roses  
  
Sledgehammer, Peter Gabriel  
  
I Talk to the Trees, Clint Eastwood  
Land Down Under, Men at Work  
  
Choppin' Wood, Van Morrison  
I Saw the Light, Todd Rundgren  
Join Together, The Who  
Leaving on a Jet Plane, John Denver  
Paper Plane, Status Quo  
  
Man in a Shed, Nick Drake  
Ragged Wood, Fleet Foxes  
Heart of Oak, Richard Hawley  
Metal Guru, T.Rex  
The Woodcutter's Son Paul Weller

Norwegian Wood, The Beatles  
If I Had a Hammer, The Weavers  
Maxwell's Silver Hammer, The Beatles  
Monkey Wrench, Foo Fighters  
Shipbuilding, Robert Wyatt  
  
Made of Stone, The Stone Roses  
Churchill's Black Dog, Things of Stone and Wood  
Chop, chop, chop went the woodman's axe, The Sweet  
And it Stoned Me, Van Morrison  
Shed Anthem, Men's Shed Steeple Antrim, <https://youtu.be/QgRkVKOyuwE>  
I Saw Her Standing There, The Beatles  
Crocodile Shoes, Jimmy Nail  
Forever Now, Cold Chisel  
Planes, Jefferson Airplane  
I Saw Three Ships (Come Sailing In), Sufjan Stevens  
Let's Work Together, Canned Heat  
Progress, Public Service Broadcasting  
Wouldn't it be Nice, The Beach Boys  
El Condor Pasa, Simon & Garfunkel  
Birdhouse in your Soul, They Might be Giants

This month's selection Hard Hat and A Hammer, Alan Jackson

Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: 153343 Charity Number: SC010100 Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.