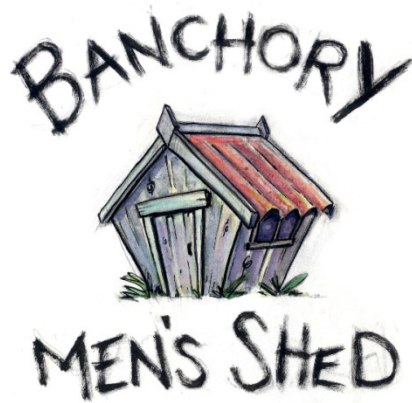


FOR IMMEDIATE RELEASE



PRESS RELEASE

## **Banchory Men's Shed powers ahead with funding from Apache North Sea**

**Fabrication and repair services to good causes, silversmithing classes, and IT "surgeries" could all be provided by the ever-growing Men's Shed movement in Aberdeenshire, as the establishment of a Men's Shed in Banchory takes a big step forward**

The Banchory and District group has received a generous donation of £20,000 from Apache North Sea towards converting the open area of the Legion's undercroft Shed into a multi-purpose workshop and social area.



**Banchory Men's Shed chairman Paul Evans said:** "Men's Sheds provide contact and companionship for men who may otherwise become socially isolated, especially after leaving the world of work. Many men find it hard to make new friends in face-to-face social encounters but can form strong bonds through working shoulder to shoulder in using their skills and energies with like-minded men. We have begun work on the first phase of our Shed, the conversion of a garage bay, but to bring the Shed fully into being we need to convert the undercroft

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open area to provide a thriving, diverse workshop and social area. Apache North Sea's generous contribution puts us well on the way to achieving our fund-raising target of £55,000 to achieve the Phase 2 project."

The Banchory Men's Shed was formed in August 2015 and has around 20 members who meet in the Legion Scotland Banchory every Tuesday morning. Men's Shed members have a diverse range of skills, with a silversmith, model railway enthusiasts and a retired computer expert among those willing to put their skills to good use. Recently a member of the Banchory Men's Shed donated the contents of his personal workshop so the group will have a plentiful supply of equipment from the outset.

The Men's Sheds concept started in Australia and has become a global movement. The first Men's Shed in Scotland was in Westhill, Aberdeenshire, and it has gone from strength to strength. It has a well-equipped wood and metal working workshop for members' projects shed work and other undertakings as requested by local residents, schools, and charities. Furthermore, to cover some of its running costs, the Men's Shed members refurbish unwanted tools and equipment to sell to local residents at reasonable prices.

**Mr Evans added:** "A lot of men lack a sense of purpose or lose social contacts when they leave the armed forces, leave work or retire. The Men's Shed is a good way to provide companionship and occupation. We know that many men will join us when we are fully operational, and we look forward to being able to offer fellowship and purpose to even more men in Banchory and the surrounding district."

**Karen Williamson, Human Resources Manager, Apache North Sea, commented:** "Apache has a strong focus on the health and wellbeing of its people and is delighted to be able to contribute to the local community in supporting the expansion of the Banchory Men's Shed. This in turn will help to prevent isolation, improve wellbeing and bring people in the community together to a welcoming space, to share skills and most importantly, have fun".

-- ENDS --

## CONTACT

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Banchory and District Men's Shed <http://banchorymensshed.org>

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