



Having just celebrated our 1st Anniversary, it is a perfect opportunity to reflect on the events of the past year. Wow! What a year it's been. From humble beginnings to where we are now with over 30 members and growing every week. We have a new Facebook page [@mensshedstandrews](https://www.facebook.com/mensshedstandrews) and a brilliant new logo. The coming months will also likely see us opening on a second day every week, in addition to the usual Tuesdays, 10:00 to 13:00.

Our members have had a busy year with involvement in many varied projects. We love to work with the community and have helped with St Andrews in Bloom, The Botanical Gardens and the building of a 'mud kitchen' for Kilmarnock School in Cupar, to name just a few. Members have also been hard at work making various items to sell as we are constantly needing to fundraise.

The 'shed' itself has been beautifully transformed with the Men's Shed and The Kernel containers having been morphed into a hub of active energy. The mid-

section is now enclosed with welcoming oak and glass front doors whilst a rugged timber cladding adorns the length of the entire frontage. It really is a beautiful sight.

We are now just waiting for the arrival of a refurbished wood burning stove to be installed in the mid-section which should keep us all warm through the winter months.

Men's mental health matters, and here's hoping year two will see us grow from

Kernel Location

Find us at the St Andrews Botanics via entrance at the Viaduct Walk



Kernel's fruitful anniversary celebrations



The Kernel was buzzing on the sunny afternoon of Saturday, 27th of October as we celebrated our first anniversary by holding The Men's Shed open day and a big autumn apple juice off. Lots of local folk turned up to make and sample the fresh apple juice. We managed to breeze through 200kg of the locally harvested apples, saving them from going to waste. Men's Shed members demonstrated their wood-working skills, showed off recent projects and sold beautifully finished bird-feeders and cutting boards. You could also make simple apple bird feeders with Andrea from Transition's Edible Campus, hear about plans for the Kernel Urban Farm from Elliott, the Botanics' horticultural expert, and chat about your climate change concerns with Ali and Kaska from Transition. All with a generous serving of hot dogs and yummy soup. A great day to celebrate a great year!

Among last year's highlights are putting the final touches on the workshop space by the Men's Shed, hosting a multitude of Transition Community SkillShare workshops and the Permaculture



Scotland Gathering, and the establishment of the ToolShare library. We even made a start on a clay pizza oven, a perfect addition to any future social occasions at the site. The Kernel growing space has also started its transformation into an innovative Urban Farm, and a centre of horticultural know-how for everyone, with many exciting developments still to come over the next year. But as Jane Kell, from St Andrews Environmental Network, said, the most impressive thing was how the space brought people together:

"The project came about because we felt that there was a need for somewhere simple where we could pull all the groups together that worked on environmental-type projects, where we could meet in the shared space and therefore share skills and cooperate more to make a bigger difference. Actually seeing it happen, and knowing what we wanted to happen is happening at a wonderful level has been the highlight of this year."

We hope we will see you at the Kernel over the next year!



Keep your home cozy this winter!

Now that the weather has turned colder and even Hamish is wrapping up to stay warm, it is time to thinking about the heating of your home.

St Andrews Environmental Network can visit you in your home and help you find

practical and affordable ways to save energy. They can:

- Help with billing issues and switching suppliers
- Help you understand your heating controls and ow to get the beat from your heating system

- Advise on energy efficiency measures and any funding available
- Advise on renewable systems for your home cutting your carbon footprint
- Check your eligibility and help you apply for Warm Homes Discount
- Help you tackle draughts and condensation
- Help you deal with fuel debt by negotiating with suppliers, arranging repayment plans and applying for grants to get debt reduced
- Refer you for a benefit check to ensure you are receiving all you are entitled to.

Book your free and impartial visit by contacting St Andrews Environmental Network on 01334659315, info@standrewsenvironmental.org or filling in the contact page on their website <https://standrewsenvironmental.org>.

Festive Crafts Skillshare

Saturday 15 December, 11:00 - 14:00
Pittarthie farm



St Andrews Transition and Pittarthie farm are joining forces for this seasonal craft skill share. Lots of different zero waste crafts for the children, plus wreath making,

pyrography and chopping board making for the adults, and more... Hot tea and chestnuts. Loads of Christmas fun for all the family. £5 per person (plus extra for chopping boards). Under 3's are free. Dress warm because we will be on a farm. Pittarthie farm is on the B940 between Higham toll (on the A915) and Crail.

Get into festive spirit with St Andrews Transition

Feast of Visions for Carbon St Andrews

Monday 3 December, 18:00 - 20:00
Saint Andrews Episcopal Church

It's time for our annual Thank You Meal! If you have been a volunteer, a participant in the past or would like to join us in the future, please come along. We will have a fun and interactive visioning session before the meal, exploring "How to move the town towards Zero Carbon". The meal will be plant based and free. Please spread the word and we will look forward to seeing you on the night.

Zero

Breaking ground at the Farm



Volunteers trying out new broad forks at the Urban Farm

Things are progressing nicely at the Kernel growing space. After cultivation in the early autumn, the growing site seems to be draining well but the winter will be the real test. The volunteer team are enjoying the last of late crop of tomatoes and peppers and preparing to overwinter crops in fleece tunnels. This will supply us with fresh produce early next year. Along with the polytunnel

offered by T&N Gilmartins of Cupar this is going to make a real difference to the project, extending the growing season and giving plenty of options for crop selection.

The team enjoyed taking part in the Kernel first anniversary celebrations, where Elliott shared the vision for the Kernel's Urban Farm and showed off some of the new tools which will make lighter work of the gardening. You can now keep track on all the new developments on Elliott and June's blog: <http://bit.ly/KernelFarm>.

The horticultural team has had a fun and exciting time working alongside all the people who have helped the project grow so far. If you would like to get involved please come to the open gardening sessions at the Kernel or get in touch with Elliott on eforsyth@standrewsbotanic.org

Weekly sessions at the Kernel

Tuesday	Wednesday	Thursday	Sunday
10:00 - 13:00 Men's Shed St Andrews	12:00 - 14:00 Toolshare loan and DIY tool demos with Winks	14:00 - 16:00 Gardening with Elliott and June	12:00 - 14:00 ToolShare loan with Winks
10:00 - 12:00 ToolShare loan with Winks	14:00 - 16:00 Gardening with Elliott and June		12:00 - 14:00 Gardening with Elliott and June

Monday and Tuesday, 18:30 - 19:30

Skillshare workshops on smart cooking with seasonal and local ingredients. For bookings contact Tansy on tt39@standrews.ac.uk

A gift that keeps on giving



Did you know that a drill is used for only 13 minutes in its lifetime? The tool library has over 100 items in its catalogue, from simple screwdrivers and hammers, to power tools, cooking and craft equipment. By becoming a member you can borrow instead of having to buy them so you save money, storage space and cut back on waste. The membership fee is £15 (pay what you can) or a donation of a usable tool. Once you have joined, you can borrow as many tools as you wish, for free. The new membership vouchers make for a perfect Christmas gift too!

For the full catalogue and joining instructions see <http://www.transitionsta.org/toolshare/> or get in touch with Winks on wde@standrews.ac.uk