

## Men's Sheds

### Mayfield Community Men Shed

Unit 1 Buckie House, Mc Sense Business Park, 32 Sycamore Rd, Mayfield, Dalkeith EH22 5TA, UK  
Contact: James Lothian - Tel: 07767128780 - Email: [mayfieldcommunitymenshed@gmail.com](mailto:mayfieldcommunitymenshed@gmail.com) -  
Facebook: MidMensShed - Twitter: @MidMensShed - Info: Open-Tuesday 9-12 and Friday 9-12.  
\*please contact us on the above number during these open hours\*

### Dalkeith Men's Shed

Kings Park, Croft Street, Dalkeith, EH22 3BA, UK -  
Contact: Brian Tait Tel: 07801287716 Email: [britait61@gmail.com](mailto:britait61@gmail.com)  
Facebook: Dalkeith Shed Twitter: @dalkeithshed  
Info: We meet Mondays & Fridays from 1-4pm

### Penicuik and District Men's Shed

offers a wide range of services to the local community as well as the weekly activities at their Scout Hall shed. **Location:** Penicuik Scout Hall, 40 Kirkhill Rd, Penicuik EH26 8JB  
**Dates:** Fridays **Time:** 10.00 am – 4.00 pm  
**Email:** [penicuikmensshed@gmail.com](mailto:penicuikmensshed@gmail.com) **Website:** [penicuikmensshed.weebly.com](http://penicuikmensshed.weebly.com)

### Loanhead & Roslin Men Shed

07936883450 [roslinmensshed@gmail.com](mailto:roslinmensshed@gmail.com)  
Evening workshop meetings at 8-1 Borthwick View Loanhead Tuesday and Wed 6-9pm.  
Fortnightly morning meetings 10-12 (second and fourth Fridays) at 7 Main Street Roslin.

## Men's SHARE (Midlothian) Suicide, Harm, Awareness, Recovery and Empathy (SHARE)

With a focus on prevention and early intervention our Men's SHARE group is for men in Midlothian aged 25 to 50 years old. Weekly support groups and monthly events raise awareness, provide information on services, and reduce social isolation and a comfortable space for sharing ideas and discussing issues. We are currently meeting online.

You can self refer or be referred by someone else. Please contact us for further information.  
Contact John Murphy Tel: 077607 53043 email: [midlothian@health-in-mind.org.uk](mailto:midlothian@health-in-mind.org.uk)

## Domestic violence; Respect- Men's Advice Line

The Men's Advice Line is a freephone, confidential helpline for men who have experienced or are experiencing domestic violence from their partners or ex-partners. This includes all men – in heterosexual or same-sex relationships. The Men's Advice Line is open from Monday to Friday 10am to 1pm and 2pm to 5pm.

0808 8010327 <https://mensadviceline.org.uk/>

Or

[AMIS \(Abused Men In Scotland\)](https://www.amis.scot.nhs.uk/) - 0808 800 0024

**Alive & Kicking – new local support group for Men**

“Alive and Kicking is a voluntary organisation that provides support for men who are experiencing stress, anxiety or depression. As men, we often find it hard to talk about our emotions, but evidence now shows that this can lead to poor mental and physical health and when we feel low we are inclined to develop unhealthy habits like alcohol, drugs or other addictive behaviours to cope. Alternatively, we hide away and isolate from others.

Alive and Kicking's aim is to improve both mental and physical wellbeing by, not only inspiring men to recover their interest in football, but also to hear uplifting and inspiring stories.

This is achieved by:

- Attending friendly football training sessions;
- Playing in friendly football competitions;
- Developing new networks of like-minded people;
- Hearing motivational stories.

I also regularly interview well-known footballers, celebrities or men who have endured a variety of issues, including addictions or illnesses. These interviews are aimed at inspiring and motivating you to reach your goal, whether it's to become fitter; meet and connect with like-minded people or; make positive changes to your life. So why not come along and join us in reconnecting to the beautiful game?”

<https://www.facebook.com/AliveandK1cking/> [alive&kickingproject@mail.com](mailto:alive&kickingproject@mail.com)

07957 845969

**Midlothian Sure Start Dad Support Groups– with children under 5**

Contact for information / advice - [graemepritchard@midlothiansurestart.org.uk](mailto:graemepritchard@midlothiansurestart.org.uk)

Tel No. 07873868913

Plus

DADS STAY AND PLAY SESSION

PENICUIK FAMILY LEARNING CENTRE 60 Queensway, Penicuik, EH26 0JJ

Stay, Play & Learn DROP IN SESSION Saturday mornings 10.00am- 11.30am

For infants up to 1 year old & their parents/carers

To book a space – please contact Graeme Pritchard