

## Mental Health Information Station

# Men's Mental Wellbeing Services

### **Mens Matter Scotland**

E: [contact@menmatterscotland.org](mailto:contact@menmatterscotland.org) W: <https://www.menmatterscotland.org/>

**Summary:** They exist to support All Men's mental health, improve men's quality of life, expand and enrich men's connections. They facilitate activities that support positive mental, physical and emotional health and wellbeing for men.

**Dads Rock.** 1 Waterfront Avenue, Edinburgh EH5 1SG

T: 07807 498 709

E: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) W: <http://www.dadsrock.org.uk> FB: <https://www.facebook.com/DadsRockOrg/>

**Summary:** Online parenting support sessions run regularly and are open to all parents/carers across Scotland. Workshops for new parents run regular online using Zoom.

### **Health and Wellbeing: Support Group Men's Group**

#### **Leith Mens Shed**

Heart of Newhaven Community  
EH6 4HY

T: 0751 077 2359 (general enquiries)

T: 0739 552 0280 (repair shed enquires)

Opening Hours: Monday, Wednesday, Friday 10.00am–3.00pm (Work Shed), Monday 1.30pm–4.30pm and last Saturday of month 10.00am–1.00pm (Repair Shed), Wednesday 7pm – 9pm, (Music Shed), Every second Thursday 12.00pm–2.00pm (Lunch Shed).

E: [leithmensshed@gmail.com](mailto:leithmensshed@gmail.com)

W: <https://www.leithmensshed.org/>

**Summary:** Helping men avoid loneliness and isolation by joining in with other men and members of the community. Opportunities for men to work in the workshop, or learn a musical instrument and perform in a concert. Activities currently running: leadership meetings, workshop sessions, music sessions. Click on the links above for more information or to confirm current activities and timings.

### **Health and Wellbeing: Support Group Men's Group**

#### **Men's Group - Bethany**

Bethany - Capital City Church  
EH7 4NW

T: 079 9007 8377

Contact Sophie

Opening Hours: Thursday 10.30am–12.00pm

E: [info@bethanychristiantrust.com](mailto:info@bethanychristiantrust.com)

W: <https://www.bethanychristiantrust.com/>

**Summary:** A place to connect with other men, learn skills and try new things.

## Health and Wellbeing: Support Group Men's Group

### Senior Men's Group

The Open Door  
EH10 5HY  
T: 0131 447 9757

Opening Hours: Friday 1.00pm–4.00pm

E: [care@theopendoor.org.uk](mailto:care@theopendoor.org.uk)

W: <https://www.theopendoor.org.uk/daycare>

FB: <https://www.facebook.com/theopendoormorningside/>

**Summary:** Friday's Club is for men only, and is open to men who are experiencing social isolation and would like to connect with other men in the area. The group comes together for soup and sandwiches and a catch up. This is followed by either a guest speaker, a musical event or a variety of other activities such as Eurhythmy, beer and wine tasting etc.

## Health and Wellbeing: Support Group Men's Group

### Andys Man Club

North Merchiston Community Centre  
EH11 1EP

T: 07944 632831

Opening Hours: Monday 7.00pm

E: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

W: <https://andysmanclub.co.uk/>

FB: <https://www.facebook.com/andysmanclubedinburgh/>

Tw: <https://twitter.com/andysmanclubuk>

**Summary:** Men's Mental Health Support Groups running throughout the UK. We are talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life.

## Health and Wellbeing: Support Group Men's Group

### Men's Green Shed

Health All Round  
EH11 2QH

T: 0131 337 1376

Opening Hours: Wednesday 11.00am–3.00pm

E: [pete@healthallround.org.uk](mailto:pete@healthallround.org.uk)

W: <http://www.healthallround.org.uk/>

**Summary:** The service is for men only over 16 years old. The Shed offers: Walking - with the group and Alpaca's!; Photography; Local History; Green space maintenance, plus lots of tea and lots of chat.

## Health and Wellbeing: Support Group Men's Group

### Men's Shed Workshop

Corstorphine Community Centre  
EH12 7HD

T: 07580 659 676

Opening Hours: Thursday 1.00pm–3.00pm

E: [admin@ccchub.online](mailto:admin@ccchub.online)

W: <https://www.corstorphinecommunitycentre.org.uk/>

FB: <https://www.facebook.com/CorstorphineCommunityCentre/>

Tw: <https://twitter.com/CorstorphineCo1>

**Summary:** Men's Shed Workshop.

## Health and Wellbeing: Support Group Men's Group

### Pentlands Mens Shed

EH14 5QR

Opening Hours: Friday 10.00am–12.30pm

E: <https://pentlandsmensshed.org/contact-us>

E: [pentlandsmensshed@pentlandsmensshed.org](mailto:pentlandsmensshed@pentlandsmensshed.org)

W: <https://pentlandsmensshed.org/>

**Summary:** Pentlands Men's Shed is a friendly and welcoming meeting place for men of any age to come together and join in a variety of activities. It is a place where members can share knowledge, learn new skills and develop new friendships. Our aim is to offer a meeting place for companionship based around making or repairing things, although simply socialising over a cup of tea is also a pleasant way of enjoying the stress-free environment.

## Health and Wellbeing: Support Group Men's Group

### Mens Group

The Bothy  
EH16 4DT

T: 07909 257 414

T: 07909 257 415

Opening Hours: Friday 4.00pm–5.30pm

E: [connectingcraigmillar@gmail.com](mailto:connectingcraigmillar@gmail.com)

FB: [https://www.facebook.com/ConnectingCraigmillar/?locale=en\\_GB](https://www.facebook.com/ConnectingCraigmillar/?locale=en_GB)

**Summary:** Social Group, with weekly discussion, peer support and occasional weekend trips and activities. For more information phone or email.

## Health and Wellbeing: Support Group Men's Group

### Prestonfield Neighbourhood Project - Mens Group

EH16 5EX

T: 0131 620 7222

Opening Hours: Friday

E: [prestonfieldnp@southedinburgh.co.uk](mailto:prestonfieldnp@southedinburgh.co.uk)

W: <https://prestonfieldneighbourhoodproject.co.uk/>

**Summary:** Are you interested in joining us for lunch and a range of Social Activities which are arranged with Men in mind. Costs £10.00 per session. For more information re dates and times, call us if you are interested.

## Health and Wellbeing: Support Group Men's Group

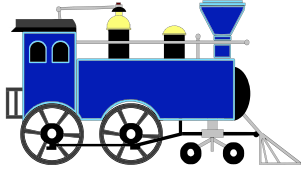
Carr Gomm Men in Sheds

Edinburgh EH16 4NT

E: <https://www.carrgomm.org/forms/contact-us>

W: <https://www.carrgomm.org/men-in-sheds>

**Summary:** Our Men in Sheds project is a dedicated, friendly, and welcoming meeting place where local men experiencing loneliness and isolation come together to share skills, build self-esteem, and forge friendships. The Men in Sheds project runs in Craigmillar. It's a space in which lets participants: Tackle feelings of isolation; Improve confidence and self-worth; Encourage positive lifestyle changes; Develop community initiatives.



## Mental Health Information Station

### Men's Abuse Services

#### Men's Abuse Services

##### **Abused Men in Scotland (AMIS).**

Mayfield Farmhouse, 5 Eskview Road, Mayfield, Dalkeith, EH22 5EA T: 03300 949 395 (Helpline)

Opening Hours: Monday-Friday 9.00am-4.00pm (Helpline)

E: [support@amis.org.uk](mailto:support@amis.org.uk)

W: <https://abusedmeninscotland.org/who-we-are/helpline/>

FB: <https://www.facebook.com/abusedmeninscotland> Tw: <https://twitter.com/amiscotland>

**Summary:** Each year hundreds of men across Scotland reach out for information or support if they have experienced or are experiencing domestic abuse. Practical information, guidance and casework is provided without judgement.

##### **Fear Free.**

29a Albany Street Edinburgh EH1 3QN T: 0131 624 7270

E: [fearfree@sacro.org.uk](mailto:fearfree@sacro.org.uk) W: <https://fearfree.scot/>

Tw: [https://twitter.com/FearFree\\_Scot](https://twitter.com/FearFree_Scot)

**Summary:** This service a supports service for any man, or LGBTI+ person experiencing domestic abuse. Dedicated case workers offer mentoring and tailored support in areas such as: Healthcare. Housing. Emotional support. Assistance to access appropriate benefits. Practical support. Safety planning. Addictions The service also offers practical support for survivors to access a range of services and will support appropriate inclusion within communities.

##### **Respect - Men's Advice Line.**

T: 0808 8010 327 (Helpline)

Opening Hours: Monday and Wednesday 9.00am–8.00pm, Tuesday, Thursday, Friday 9.00am –5.00pm (Helpline)

E: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

W: <https://mensadviceline.org.uk/>

FB: <https://www.facebook.com/UKRespect/> Tw: <https://twitter.com/RespectUK>

**Summary:** Men's Advice Line confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members)

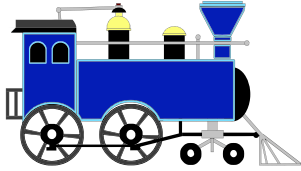
##### **Safer Families Edinburgh City of Edinburgh Council.**

T: 0131 469 5325

E: [saferfamilies@edinburgh.gov.uk](mailto:saferfamilies@edinburgh.gov.uk)

W: [http://www.edinburgh.gov.uk/info/20110/domestic\\_abuse/331/help\\_for\\_men\\_being\\_abusive](http://www.edinburgh.gov.uk/info/20110/domestic_abuse/331/help_for_men_being_abusive)

**Summary:** This service delivers a programme for men who are unhappy about their abusive behaviour towards a woman, or partner and want help to change.



## Mental Health Information Station

### Football Therapy Services

#### **Big Hearts Community Trust - The Changing Room**

Tynecastle Park

T: 0131 603 4929 (Helpline)

Opening Hours: Monday–Friday 10.30am–3.00pm

W: <https://hearts.thechangingroom.org.uk/>

**Summary:** This service has one goal and that is to promote men’s mental health and wellbeing through the power of the beautiful game. The Changing Room uses football to bring men together to tackle mental health.

#### **Extra Time**

Hibernian FC

E: [info@hiberniancommunityfoundation.org.uk](mailto:info@hiberniancommunityfoundation.org.uk)

W: <https://www.hiberniancommunityfoundation.org.uk/extra-time>

**Summary:** The project uses the power of football to engage older people (Sixty Plus) in Edinburgh in structured activity that aims to reduce social isolation, improve physical and mental health, increase confidence and social esteem, increase independence, reduce dependence on medication and reduce the incidence of falls. The project focuses on older people living in Leith. See website for details.

#### **Football Fans in Training**

Hibernian FC

T: 0131 656 7062

E: [info@hibernianinthecommunity.org.uk](mailto:info@hibernianinthecommunity.org.uk)

W: <https://www.hiberniancommunityfoundation.org.uk/football-fans-in-training>

**Summary:** Are you a man or women aged 35-65 years old? Is your waist size at least 38 inches? Do you want to lose weight, have a healthier lifestyle and ultimately be fitter? Our 12 week Football Fans In Training programme can help you do this for free.

#### **Street Soccer Scotland**

The Dugout

Ocean Terminal Shopping Centre

T: 0131 554 9157

T: 07480979919 (Robbie)

Opening Hours: Adult Drop in: Powerleague Portobello, Monday and Wednesday: 1pm-3pm;

Powerleague Sighthill, Thursday: 12 Noon-1pm

E: [info@streetsoccerscotland.org](mailto:info@streetsoccerscotland.org)

W: <http://www.streetsoccerscotland.org>

FB: <https://www.facebook.com/StreetSoccerScotlandOfficial>

YT: <https://www.youtube.com/user/streetsoccerscotland>

**Summary:** Street Soccer Sessions - If aged 16+, keen of football, and are looking for something to fill any spare time, why not join in on a session.



## Mental Health Information Station

### Walking Football

#### **Corstorphine Dynamo Walking Football**

Gyle Park Astro

Contact: Coach Aaron Moffat/David Whelan

E: [corstorphinedynamo@gmail.com/](mailto:corstorphinedynamo@gmail.com)

W: <https://corstorphinedynamo.co.uk>

Tw: <https://twitter.com/CorrieDynamoFC>

**Summary:** Before your first session register your details at: <https://forms.office/pages/responsepage.aspx>

#### **Edinburgh City Football Club - Walking Football**

World of Football

T: 0131 200 7218

Opening Hours: Thursday: 11.00am - 12.30pm

E: [cmackay10@blueyonder.co.uk](mailto:cmackay10@blueyonder.co.uk)

W: <http://walkingfootballedinburgh.weebly.com/>

**Summary:** Edinburgh City Walking Football aims to give older adults the opportunity to get and keep fit by taking part in a gentler form of the sport they love - football!

#### **Hearts Football Club - Walking Football**

Hearts FC World of Football

Tynecastle Stadium (Community Pitch)

Opening Hours: Summer: Tuesday 1-2pm (2-2.30pm tea and biscuits)

E: [greggveitch@homplc.co.uk](mailto:greggveitch@homplc.co.uk)

W: <https://www.heartsfc.co.uk/community/community-coaching-and-football-development/walking-football>

**Summary:** Mixed abilities. 35-50 people attend and are split into groups.

#### **Heriot-Watt University - Walking Football**

Oriam, Edinburgh Campus -

Indoor Astrodome, The Avenue

Contact: Lorraine Boyd

Opening Hours: Monday 12.30pm-1.30pm Wednesdays 12.30-1.30pm; Fridays 12.30-1.30pm

E: [l.boyd@hw.ac.uk](mailto:l.boyd@hw.ac.uk)

W: <https://www.walkingfootballscotland.org/joinin/oriam>

**Summary:** Walking Football - Heriot-Watt University - £3. First session free

#### **Spartans Community Football Academy - Walking Football**

Ainslie Park

T: 0131 552 7854

Opening Hours: Thursday. Session one is from 10.30am-12pm and Session two is from 4.30pm - 6pm.

E: [garrybetts@spartanscfa.com](mailto:garrybetts@spartanscfa.com)

W: <https://www.spartanscfa.com/what-we-do/disability-football>

Tw: [https://twitter.com/Spartans\\_CFA](https://twitter.com/Spartans_CFA)

**Summary:** Walking Football sessions are held every Monday from 12-1pm. Changing rooms open at 11.30pm. Sessions are held on the 3G surface so please wear a pair of training shoes (no studs please). Walking football is open to all adults and is a great low impact way to exercise.