



**Mental Health Information Station  
Services for Men**

**Mens Mental Wellbeing Services  
Mens Abuse Services  
Football Therapy Services  
Walking Football Teams**

**July 2024**

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### Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)

# Men's Mental Wellbeing Services

## Support Group

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### Andys Man Club

North Merchiston Community Centre  
Edinburgh EH11 1EP

### Upstairs Food Quater

Space to be  
Gyle Shopping Centre  
Gyle Avenue  
Edinburgh EH12 9JY

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/>

X: <https://x.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.

## Support Group

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### Dads Rock

338 Gorgie Road  
EH11 2RQ

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.

## Support Group

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### Edinburgh Mens Circle Group

W: <https://www.malejourney.org.uk/11-regional-groups/15-edinburgh>

**Summary:** They are a group of men who meet to support each other and share wisdom for life's journey. They meet every month, in the great outdoors, around a fire... whatever the weather!

### 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.

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## Support 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.

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## Support 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.

### 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.

## Support Group Men's Sheds

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### 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.

## Support Group Men's Sheds

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### 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/>

X: <https://x.com/CorstorphineCo1>

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

## Support Group Men's Sheds

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### 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.

## Support Group Men's Sheds

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### 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.

## Mens Abuse Services

### Mens Abuse Services

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#### **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.

### Mens Abuse Services

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#### **Fear Free**

Thorn House

5 Rose Street

Edinburgh EH2 2PR

T: 0131 624 7270

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

X: [https://x.com/FearFree\\_Scot](https://x.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/>

X: <https://x.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)

## Mens Abuse Services

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### 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.



## Football Therapy Services

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### 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.

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### 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.

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### 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.

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### 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.

# Walking Football

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## 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!

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## 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.

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## 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

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## Hibernian Community Foundation - Walking Football

Leith Academy, 20 Academy Park, EH6 8JQ

E: [samanthaw@hiberniancf.org](mailto:samanthaw@hiberniancf.org)

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

**Opening Hours: Friday 3.45pm-4.45pm**

**Summary:** For over 50's but players of all ages and abilities are welcome. First session is free thereafter its just £4.

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## 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.