

**LASS – Supporting your Lifestyle Change**  
**Signposting Permission forms for website**

Area:-	Berwickshire	Town:-	Coldstream
Activity:-	social	Name of activity:-	Coldstream Men’s Shed
Venue:-	40 High Street, Coldstream	Day/Time:-	Tuesday and Thursdays 10am-4pm
Contact information:-	Juliana Amaral or Jock at johnlaw772@btinternet.com 07917277139		
Cost:-	Donations only	Gender:-	Men

**Additional Information to be included**

**The shed has been formed to create a safe and welcoming place for men of all ages to come together and spend time tinkering, repairing and making things while socialising with others who have similar interests. Sheds provide an opportunity for early interventions to support the mental wellbeing of men, whilst developing the natural supports of friendships of community members to support each other in a non-threatening and informal environment. Although at early stages, Coldstream Men’s shed has already attracted over 50 members and is keen to attract new members from across the Borders. The aim of the Men’s shed is to provide a skills sharing environment, tackle social isolation and improve wellbeing. The shed is located at 40 High Street, Coldstream. Opening days and times: Tuesdays and Thursdays from 10am-4pm. Membership is free but a small contribution towards teas and coffees are required. Contact Juliana at [juliana.amaral@scotborders.gov.uk](mailto:juliana.amaral@scotborders.gov.uk) or Jock at [johnlaw772@btinternet.com](mailto:johnlaw772@btinternet.com)**

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**All information is to be signed as approved before inclusion on the LASS website for copyright purposes**

Name of event organiser:-

Signed:-

Organisation:-

Date:-

Lifestyle Adviser:-

Date:-