

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

Area:-	Berwickshire	Town:-	Duns
Activity:-	social	Name of activity:-	Duns and District Men’s Shed
Venue:-	Volunteer Hall, Duns	Day/Time:-	Wednesdays 2-4pm
Contact information:-	Juliana Amaral or Bill Ferrol 07515384616 07917277139		
Cost:-	Free	Gender:-	Men

**Additional Information to be included**

**The shed is at initial stages of planning. The aim of the shed is to 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. Everyone welcome. Contact Juliana at [juliana.amaral@scotborders.gov](mailto:juliana.amaral@scotborders.gov).**

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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:-	

