



**SCOTTISH  
MEN'S SHEDS  
ASSOCIATION**

**SCOTLAND'S LARGEST**  
MEN'S HEALTH & WELLBEING CHARITY

# SOCIAL PRESCRIBING IN SCOTTISH MEN'S SHEDS

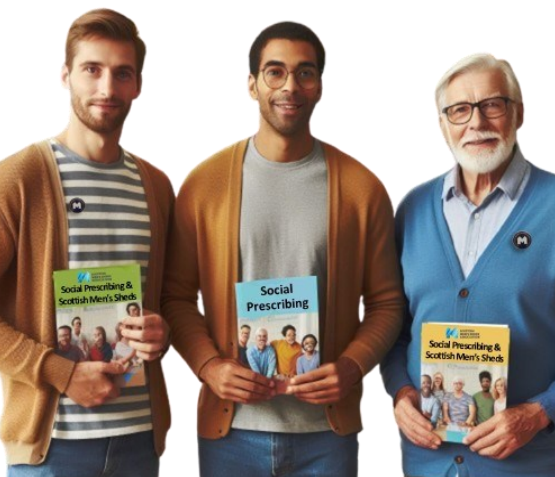
*Social prescribing is a means for social prescribers (trusted individuals in clinical and community settings e.g. social prescribers, local GPs, community link workers etc) to identify that a person has non-medical, health-related social needs and to subsequently connect them to support and services within their community to improve health and wellbeing and to strengthen community connections.*

Recognising that people's health and wellbeing are determined mostly by a range of factors, a social prescriber supports people to achieve their goals by supporting them to identify and access non-medical support and activities in their communities, like their local Men's Shed.

Link workers spend time getting to know local groups and organisations in their area so that they can make successful person-centred onward referrals.

Social prescribing can include helping people to feel motivated and empowered to socialise; try new things; access education, training, employment and volunteering opportunities; connect to local groups; access nature; and improve health, wellbeing, self care and lifestyle.

**Scottish Men's Sheds are open to all men aged 18+, however they are not always the right environment and fit for everyone.**



Scottish Men's Sheds Association  
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# SOCIAL PRESCRIBING IN SCOTTISH MEN'S SHEDS

## A good fit to be a 'Shedder' includes:

- those looking to make new friends, partake in personal and/or community projects and activities and learn and share skills
- those comfortable with loud environments (e.g. workshop space)
- those looking for respite and/or a place away from their caring responsibilities at home
- someone who has motivation and capacity to work under their own steam
- those who can/will be able to take in health and safety information and use the Shed safely

- contribute to increasing the size and diversity of Shed membership
- raise awareness locally of the Shed and what it has to offer
- extend the social value of Shed's activities
- attract additional health and wellbeing focussed funding to the Shed

## Next steps...

Social prescribing can improve relationships between participants, Sheds and health and social care professionals, enabling individuals to connect with local people and activities to support their practical, social and emotional needs.

## Opportunities for Sheds

Social prescribing can:

- enable Men's Sheds to contribute to improving the non-clinical health and wellbeing of people in their community foster stronger relationships between the Shed and local health professionals

For successful mutual introductions to a Men's Shed, social prescribers should, in the first instance, visit their local Men's Shed to understand how that specific Shed works and see first hand what it has to offer and start the conversation.



# HEAD TO THE SHED

COMMUNITY | CONNECTIONS | CAMARADERIE