

# shed-wise

## Shedders' Health Empowerment Drive

for **Wellness, Information, Signposting & Engagement**

### Strong. Silent. No More!

*Being Strong, Doesn't Mean Staying Silent*

Through its Shed-Wise programme, the Scottish Men's Sheds Association (SMSA) is championing a much-needed shift in health and wellbeing for men across Scotland.

Men are statistically more likely to take risks with their health and wellbeing—including higher rates of alcohol and drug misuse, obesity, smoking and other poor lifestyle choices—which can lead to serious long-term consequences. Scotland's men also face considerable health challenges including rising mental health issues and a persistently high suicide rate.

This highlights the urgent need for targeted men's health initiatives and continued focus on both physical and mental wellbeing. And, that's why this all-embracing **Shed-Wise programme** exists and is offered directly in Scottish Men's Sheds to hard-to-reach men. Small changes can make a big difference!

Delivered by our competent Development Officers, the In-Shed presentations encourage men to have voluntary and honest conversations about men's health. The sessions focus in on key men's health matters such as **diabetes, heart health, alcohol and smoking risks, blood pressure, Abdominal Aortic Aneurysm (AAA), dementia, cancer awareness (testicular, bowel, breast, prostate, and skin) and coping skills.**

**The Shed-wise goal?** To help men take charge of their health, make informed choices, and lead longer, healthier lives.

**It's time to break the silence and speak up for men's health.**



### Did you know? In Scotland:

**Working-age men are 50% less likely to visit a GP than women**

**Shockingly, one in five men won't live to reach retirement age**

**Scotland has high rates of smoking, obesity, alcohol and drug-related deaths**

**The male suicide rate remains over three times higher than the female rate**



**SCOTTISH  
MEN'S SHEDS  
ASSOCIATION**

Interested in booking a  
Shed-Wise session  
at your Men's Shed?

Please contact the SMSA at  
[info@scottishmsa.org.uk](mailto:info@scottishmsa.org.uk)