

 **FOR IMMEDIATE RELEASE**

**[Insert Shed Name] opens its doors this International Men’s Day**

**[Insert Shed Name] is inviting the local community to step inside and discover what Men’s Sheds are all about this International Men’s Day (Tuesday 19th November 2025) as part of Scotland’s second *Shed Open Doors Day***.

Run by the Scottish Men’s Sheds Association (SMSA), the leading national men’s health and wellbeing charity, *Shed Open Doors Day* shines a spotlight and celebrates the life-changing impact of Men’s Sheds across Scotland on this global awareness day.

As a proud SMSA member and part of a movement of 212 Sheds across all 32 local authority areas, [Insert Shed Name], will welcome the public, social prescribers, health professionals, and local services to pop in and see first-hand the activities, projects, skills, and camaraderie that make Men’s Sheds so unique.

[Insert Shed Spokesperson’s Name and Role] said: “Men’s Sheds are community spaces where men come together to connect, share skills, and support one another—improving health, wellbeing, and tackling social isolation, loneliness and boredom in the process. With over [Insert number] members locally, our Shed has become an important part of the [Insert community] area.

“[Insert personalised quote here – e.g. why your Shed is taking part, how it helps men’s health and wellbeing, or why you’re excited to welcome visitors].”

Everyone is welcome to drop in, have a cuppa, meet members, and find out more.

**Event details:**
📍 Location: [Insert address and any directions here]
📅 Date: Tuesday 19th November 2025, and every year after that
🕒 Time: [Insert opening hours on the day]
🌐 Find out more: [Insert Shed website/Facebook page]

To learn more about the SMSA, join as an individual member for FREE and view the map of Sheds across Scotland, please visit [www.scottishmsa.org.uk](http://www.scottishmsa.org.uk)

**ENDS**

**About Scottish Men’s Sheds Association**

The Scottish Men’s Sheds Association (SMSA) is the national support hub for Men's Sheds across Scotland. It works to support and inspire men to set up and run their own Sheds in their local communities. The Association provides practical help and advice for Shedders throughout their journey from the initial seed of an idea to the running of a successful and sustainable Men's Shed.

Men’s Sheds originated in Australia over thirty years ago where it was recognised that men with time on their hands, whether due to retirement or unemployment, could find it difficult to socialise together in a healthy way. The Men’s Shed was to be their place to spend time together whether creating something in the workshop, learning a new skill or just having a chat and putting the world to rights in friendly non-competitive surroundings. The Scottish Men’s Sheds model promotes an age 18 or over model to engage all Scottish men in their communities. The Association supports other national associations across the world helping to create a global health movement for men.

**All press enquiries to Michelle Wibrew, SMSA Communications & PR Officer on 07389061498 or email** **comms@scottishmsa.org.uk****.**

**Website:** [**www.scottishmsa.org.uk**](http://www.scottishmsa.org.uk) **Facebook:** [**Scottish Men’s Sheds Association**](https://www.facebook.com/ScottishMensShedsAssociation) **X:** [**ScottishMSA**](https://x.com/scottishmsa) **Instagram:** [**ScottishMSA**](https://www.instagram.com/scottishmsa/) **YouTube:** [**Scottish Men’s Sheds Association**](https://www.youtube.com/c/scottishmensshedsassociation) **Charity No:** [**SC045139**](https://www.oscr.org.uk/about-charities/search-the-register/charity-details?number=45139)