

Sports Shed



Sheds are places for men to get together; they're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

The **Sports Shed** provides a different take on this. It provides the environment to get active, to learn new sports and develop friendships through sport and physical activity.

If you want to

- Get more active in a friendly, learning environment
- Meet people through social, non-competitive activity
- Have a good chat to other people, who might be in a similar situation

Then the **Sports Shed** might be for you. It is open to any men, any age, any experience, who just want to get together and play sport!

It's free and we can help with transport

The **Sports Shed** will be running at the Gorebridge Leisure Centre on Thursday Mornings between 10am and 12noon. Afterwards we will be able to have a Free Healthy Meal at the Gorebridge Parish Church.

It will be starting on the 31st January.

Drop in and have a chat

Or for more information email

Community.SportHubs@midlothian.gov.uk