

SPANNER IN THE WORKS?

THE WEBSITE USER GUIDE

<http://malehealth.org.au>

1. Introduction

The Men's Health website, '**Spanner in the Works?**', was officially launched at the 6th National Men's Shed Conference held in Newcastle NSW in October 2015.

The website is an Australian Men's Shed Association initiative and will act as a marketable gateway to our men's health partnering organisations.

The website is based on the same principles AMSA has used for the 'Spanner in the Works?' Men's Shed male health screening programme – make it:

- ❖ easy to use
- ❖ male relevant
- ❖ men friendly
- ❖ concise
- ❖ with a touch of humour.

The website (using the analogy of vehicle maintenance V self maintenance) attempts to address these factors by providing accurate, research backed health information as quickly as possible and thus encouraging men's health seeking behaviours.

The 'Spanner in the Works?' website provides some key health information for men in a form to which men can relate. Each health subject has one or more direct links to a relevant Australian peak body health service website and the '*Spanner in the Works?*' website has been developed through collaborative partnerships with 40 peak health organizations.

Health is complex- we can tend to become overwhelmed with health information.

The 'Spanner in the Works?' website provides some key health messages in a form that are understandable and achievable.

'Spanner in the Works?' is not about telling you what to do but sets out some things that you can do (or not do) to improve your health and your chances of a longer and happier life.

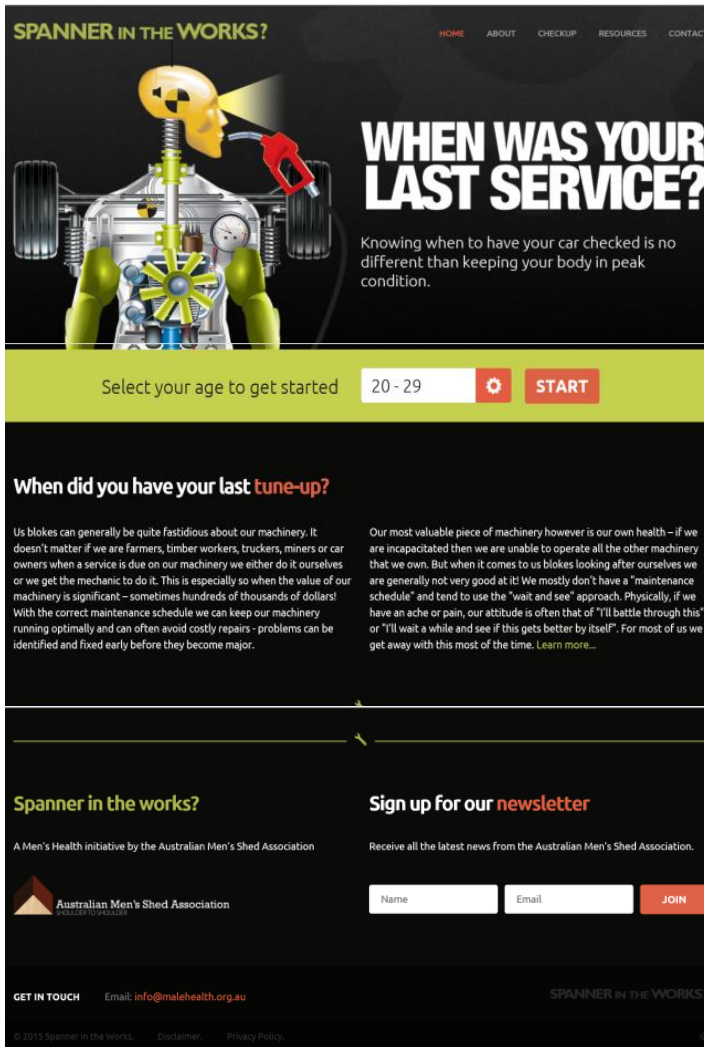
It gives you the opportunity to make adjustments as you see fit. Often minor adjustments can have a major impact on your health, relationships with loved ones and friends and your work

<http://malehealth.org.au>

or

Google '*Male Health*'

2. Website Home Page



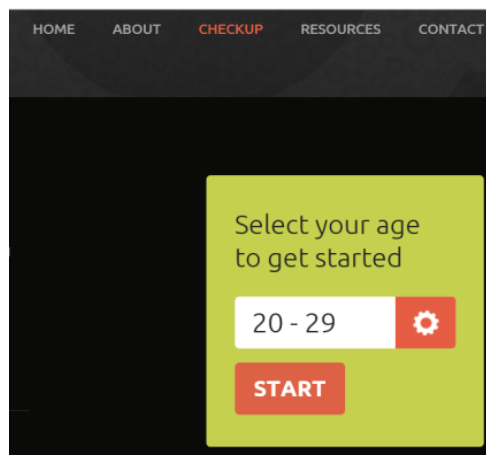
The Home Page provides access to:

- ❖ A website overview
- ❖ Undertaking a check up
- ❖ Running a 'Spanner in the Works?' event
- ❖ Resources
- ❖ Newsletter registration
- ❖ Contacts

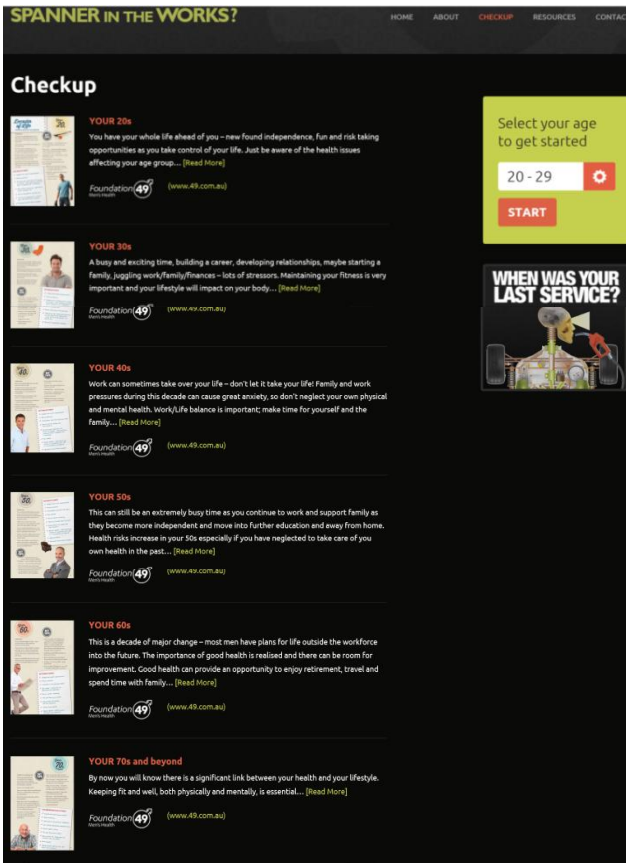
3. Check-ups

You can start your health check by choosing two different facilities:

- the Check-up page or
- 'Select your age to get started' tab



4. Check-up Page



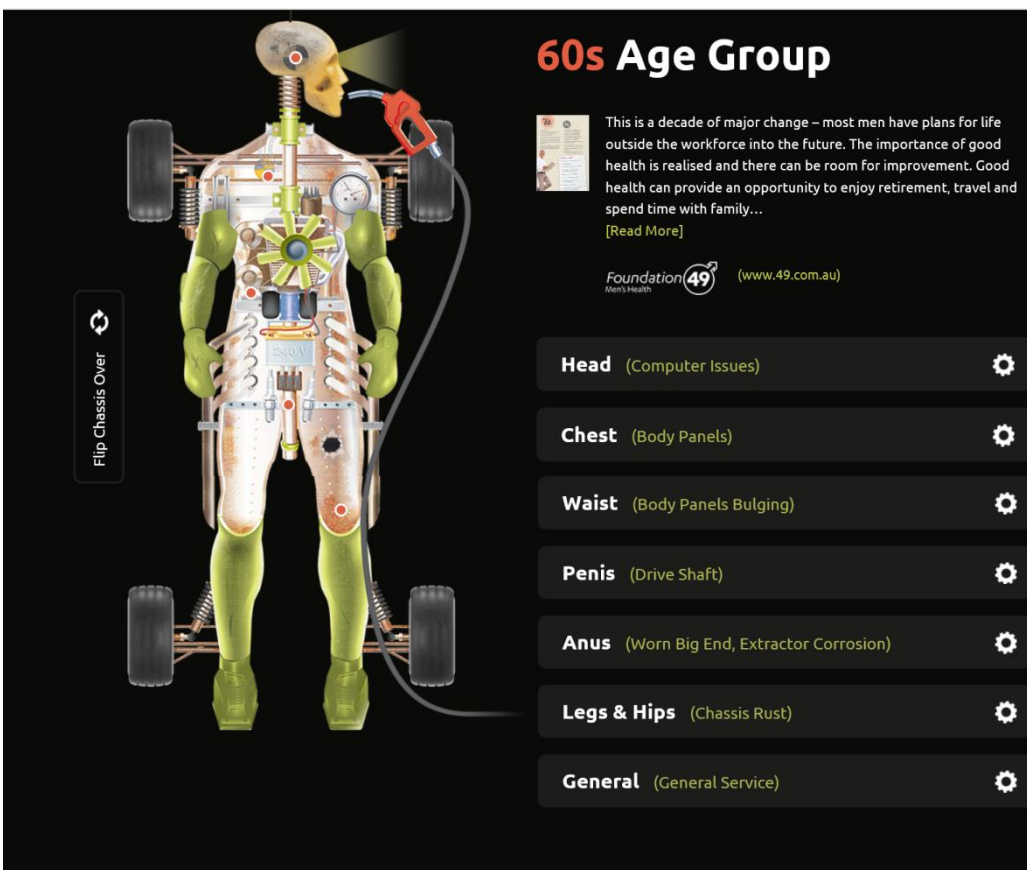
Step 1:

You can start your health check using the ‘*Select your age to get started*’ tab.

A range of age groups are provided:

- Your 20’s
- Your 30’s
- Your 40’s
- Your 50’s
- Your 60’s
- Your 70’s and beyond

EXAMPLE: YOUR 60’s



Step 2:

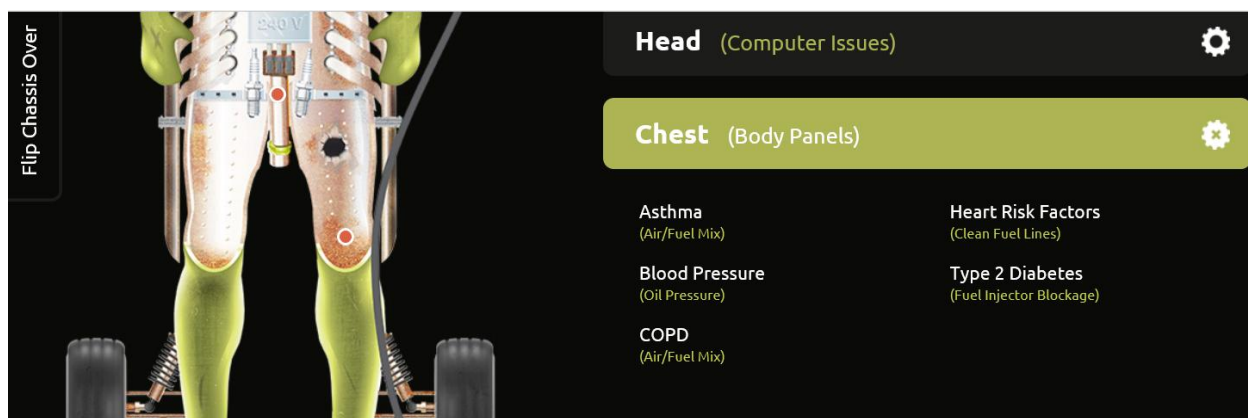
On the 60's Age Group page you can now start your health search by selecting a specific part of the body. i.e.

- Head
- Chest
- Waist
- Penis
- Anus
- Legs and Hips
- General

Step 3:

When you select a specific part of the body you will taken to further specific choices.

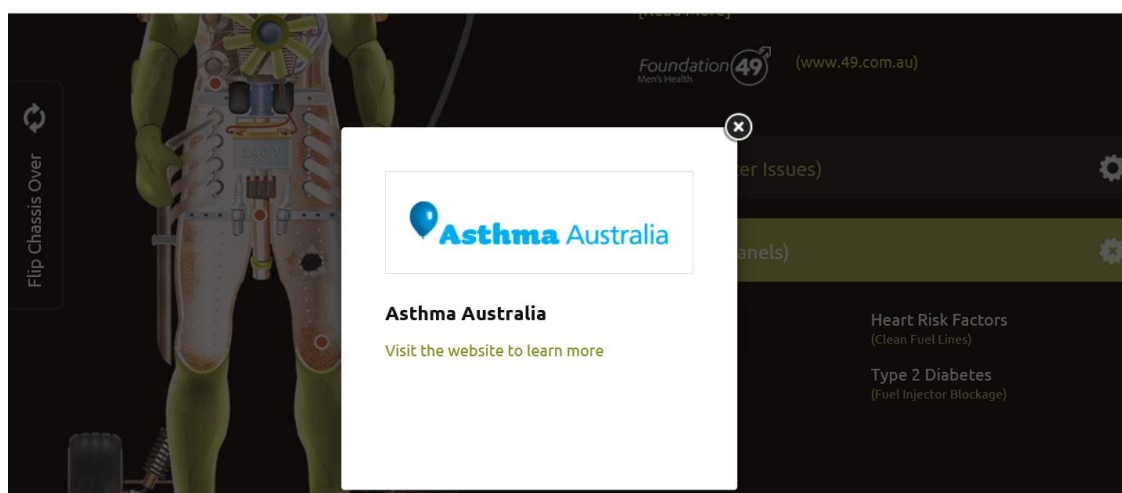
Example: *Chest (Body Panel)*



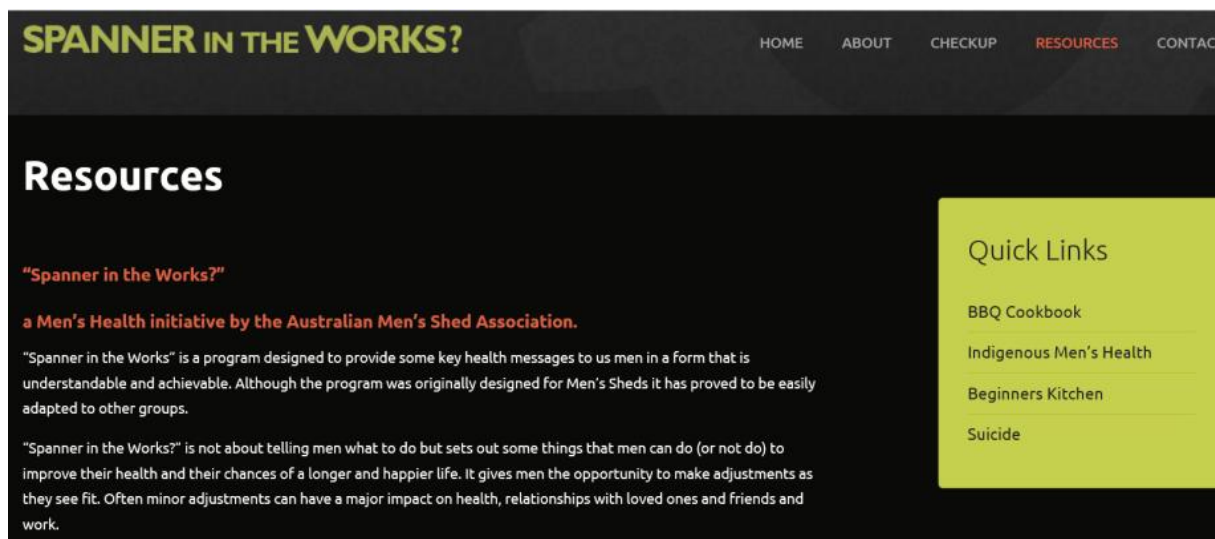
Step 4:

You can now select a specific health issue and you will be taken to a partner website link that will provide comprehensive information, guidance and support.

Example: *Asthma (Air/Fuel Mix)*



5. Resources



You have access to:

- Quick Links resources such as the Beginners Kitchen
- Spanner in the Works? Health screening programme
 - An overview of the programme
 - Information to assist in running a Spanner event
 - Resources to assist in running a Spanner event such as posters, brochures, registrations forms

6. Health Partners

The 'Spanner in the Works?' male health website has been developed in partnership with 40 peak health organisations.

Formal MOU's with peak health organisations include:

- *Andrology Australia*
- *Stroke Foundation*
- *Heart Foundation*
- *Cancer Council Australia*
- *Arthritis Australia*
- *Kidney Health Australia*
- *Melanoma Patients Australia*

7. Contacts

Email: amsa@mensshed.net or gary@mensshed.net

Phone: 1300 550 009 or 0428 133 546 (Gary- Community Engagement Manager)