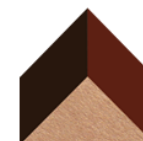




# Australian Men's Shed Association

## Member Shed Survey

## Results 2020



Australian Men's Shed Association  
SHOULDER TO SHOULDER

Document Control

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**Prepared by:**

Alliance Planning  
PO Box 151  
NORTHGATE QLD 4013

ABN: 32 622 424 980

P: 0422 554 201

W: [www.allianceplanning.com.au](http://www.allianceplanning.com.au)E: [info@allianceplanning.com.au](mailto:info@allianceplanning.com.au)**Disclaimer:**

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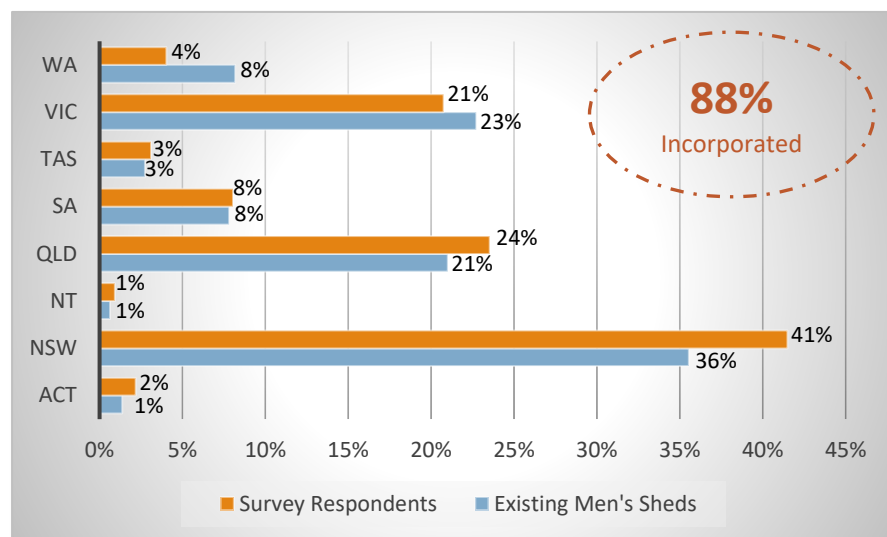
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### *The AMSA survey was sent to 1100 affiliated Men's Sheds across Australia.*

323 Men's Sheds across Australia provided a response to the survey which represents a 29% response rate. One (1) response was received from a Shed that is no longer affiliated with AMSA and these responses were not included in the data analysis.

A breakdown of survey respondents by State compared to the proportion of the total number of Sheds in each State/Territory is provided below.



Similar questions were asked in the member surveys sent out in 2017 and 2014 (to a lesser extent), enabling trend analysis to be undertaken, where relevant or of particular note. The full data set of responses is provided in Appendix A and Appendix B.




### *The following methodology has been used to analyse the survey data.*

- N=number of responses to each question.
- Results have been calculated as a percentage of N, not the total number of respondents. This is in line with results presented in the 2014 and 2017 surveys, for ease of comparison.
- Where open ended responses are provided categorisation has been undertaken and included in the report as well as Appendix A.
- Open-ended responses specifically related to improvements to AMSA services are listed in Appendix B. Responses that were repeated or had a similar intent, were removed for ease of reference.

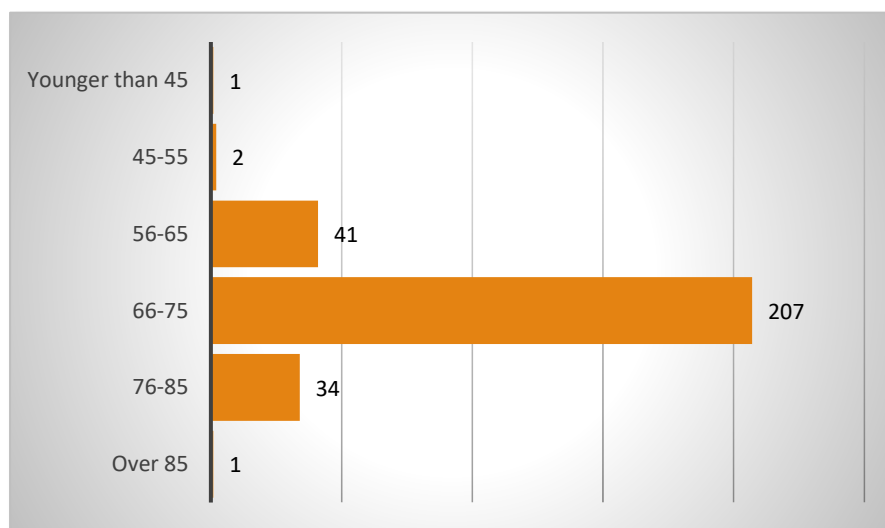
*The AMSA Survey response rate has consistently hovered around 30%. In 2014 the response rate was 29% and 28% in 2017.*

### 64% of members are aged 66 to 75 years old.

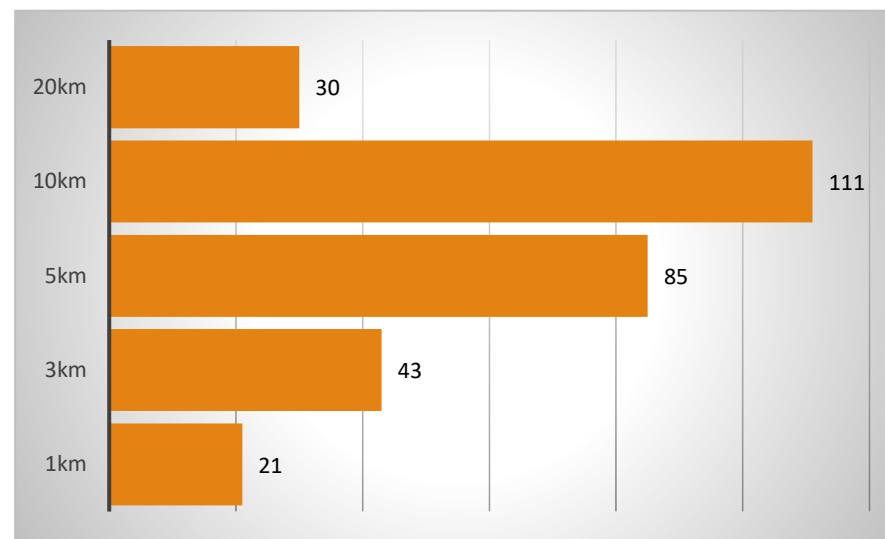
An overview of the membership across the Men's Shed network is provided below.

	2017	2020	
Average No. Members	36	44	27% Membership Growth
Total No. of Reported Members	9,888	12,555	
 Members that are Veterans	9%		

The age breakdown of members provided below indicates that the target member group is men aged over 55 years.

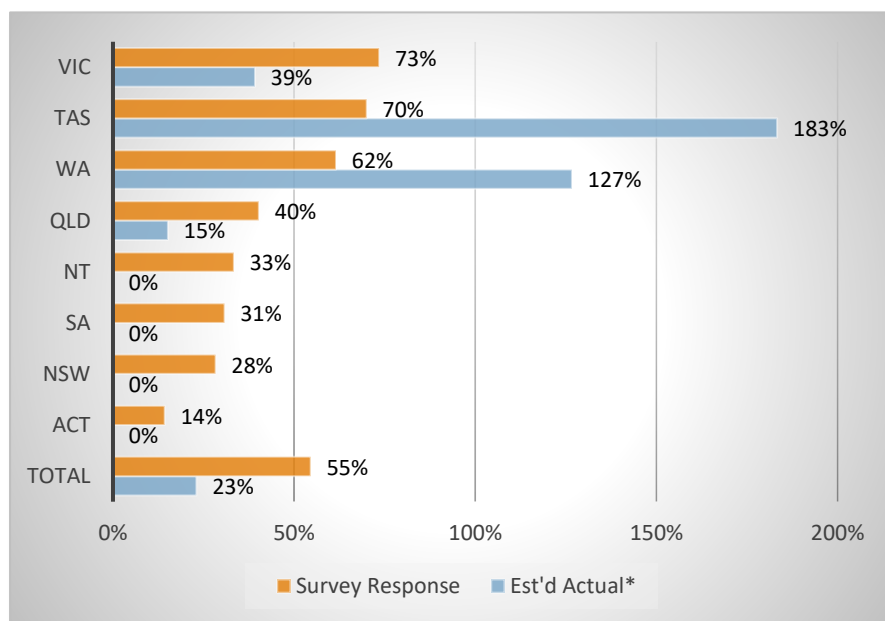


Member catchments for Sheds are varied across the network. The graph below depicts the distance where the majority of members reside in comparison to the location of the Shed.



### *Sheds are unclear if affiliated with a State Men's Shed Association.*

55% of survey respondents indicated that they were a member of their respective State Association, however, four (4) states and territories (Northern Territory, South Australia, New South Wales and Australian Capital Territory) do not have a State Association. The highest proportional State membership recorded in the survey is in Victoria at 73%; however, estimated actual membership is just over half of this rate. Where figures exceed 100%, it is assumed that State bodies include individuals or organisations that are not AMSA-affiliated Sheds; however, an accurate assessment is not possible.



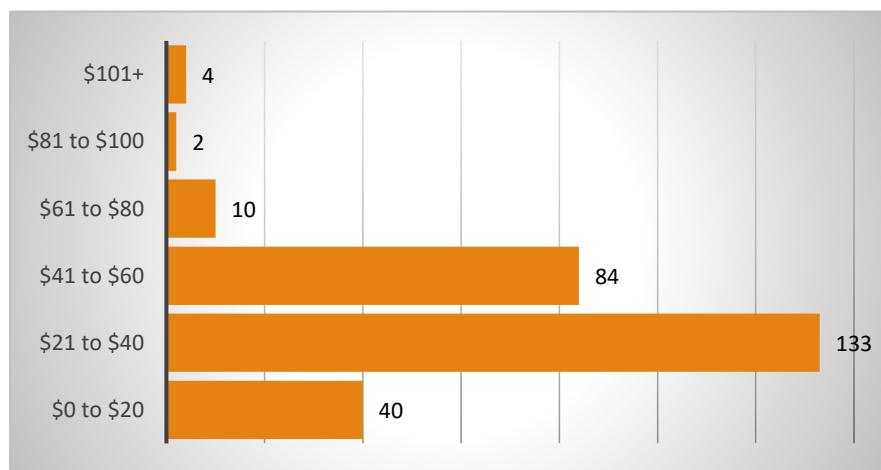
\* Estimated actual membership is shown as a proportion of State Association membership figures compared to the number of Sheds affiliated with AMSA within each State. State Association membership has been obtained from a variety of unqualified sources and are therefore estimated.

*Reported affiliation to State Men's Shed Associations is increasing. In 2014, 31% of Sheds indicated that they were affiliated, growing to 38% in 2017 and 55% in 2020.*

*The actual affiliation rate in 2020 is estimated to be in the order of 20-25%.*



**93% of Sheds charge a membership fee, predominantly between \$21 and \$40.**



A breakdown of the financial information is provided below.

\$	54%	32%	11%
	Charge additional fees	Registered for GST	Registered for DGR Status

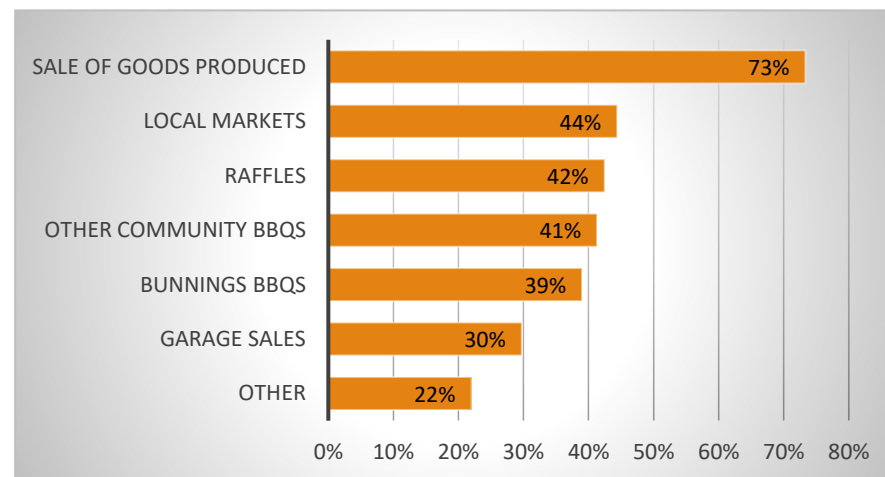
Where additional fees are charged the cost is predominantly less the \$10/week and can include fees for:

- Morning tea and monthly barbeques
- Joining fees, daily and/or weekly fees
- NDIS and CHSP clients contributions
- Materials and equipment usage



**67% of Sheds have a fundraising strategy in place.**

An outline of the types of fundraising activities undertaken is provided below.



**75% of Sheds have applied for grants in the past year.**

Grants have predominantly been sourced from a mix of Federal, State and Local Government initiatives and AMSA grants. A total of 328 grants were successful in the previous year, although some indicated that the grants may have been received previously. The focus for grant applications has been:

- 42% tools and equipment
- 31% infrastructure
- 23% applied for a mixture of grant categories.

***In the past six (6) years majority of membership fees have consistently remained in the range of \$20.00 to \$40.00.***

### **54% of Sheds have applied for a National Shed Development Program (NSDP) grant.**

A further 13% of Sheds indicated that they had applied in previous years, which indicates that some respondents assumed the question to refer to applications within the prior 12 months only.

A total of 80 respondents indicated their reason for not applying to the NSDP, with the top 5 responses being:

- Ineligible due to criteria or perceived low chance of success (18%)
- Unaware of the existence of the program (11%)
- The Shed had no need for the eligible items or had suitable budget (11%)
- The Shed had only recently established (6%)
- Tenure was not secure or the site was unsuitable to seek investment (6%).

Forty-eight suggestions were received on how the NSDP could be improved. Suggestions made by three or more Sheds include:

- Shorten and/or make the application easier (21%) – including multiple suggestions of pre-filling existing information known about the Shed
- Remove target priorities/broaden the criteria (21%) – including several suggestions of removing socio-economic status restrictions and providing for capital works
- Provide more assistance to Sheds to complete the application (8%)
- Faster assessment time to announcement of successful recipients (8%)
- Provide more lead time between program opening and closing dates (8%) – particularly to assist in sourcing multiple quotes.

### **Direct quotes from Sheds regarding suggested improvements to the NSDP are provided below.**

*"By separating different categories from a single application form."*

*"Complications in providing information and verification, make the process a bit more simplified."*

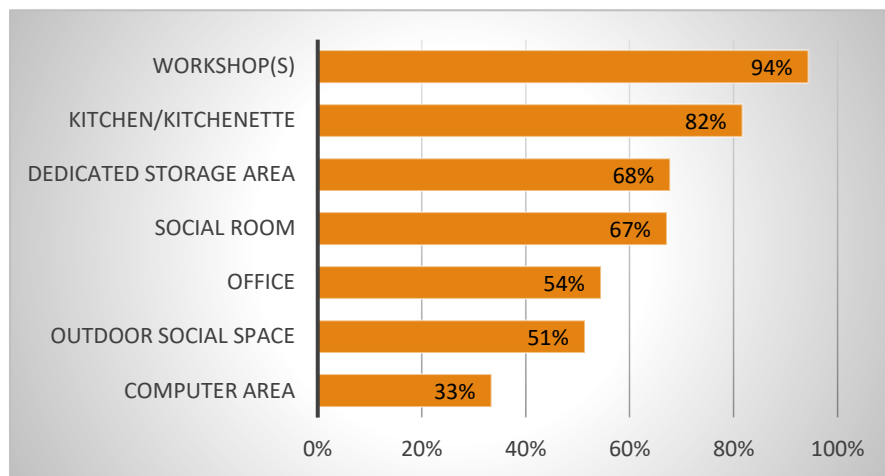
*"Ensure that the selection criteria are clarified and that feedback for unsuccessful applicants is available."*

*"By broadening the eligibility criteria not to exclude those that don't match the target groups favoured."*

*"Quicker response time and more money to build shed infrastructure."*

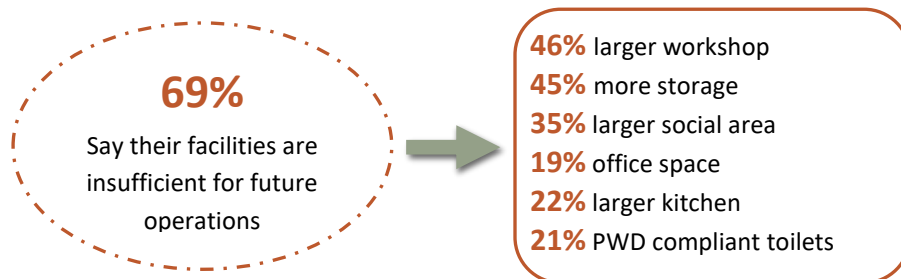
## 94% of Sheds have workshops.

Each Shed is comprised of multiple functional spaces as indicated below.



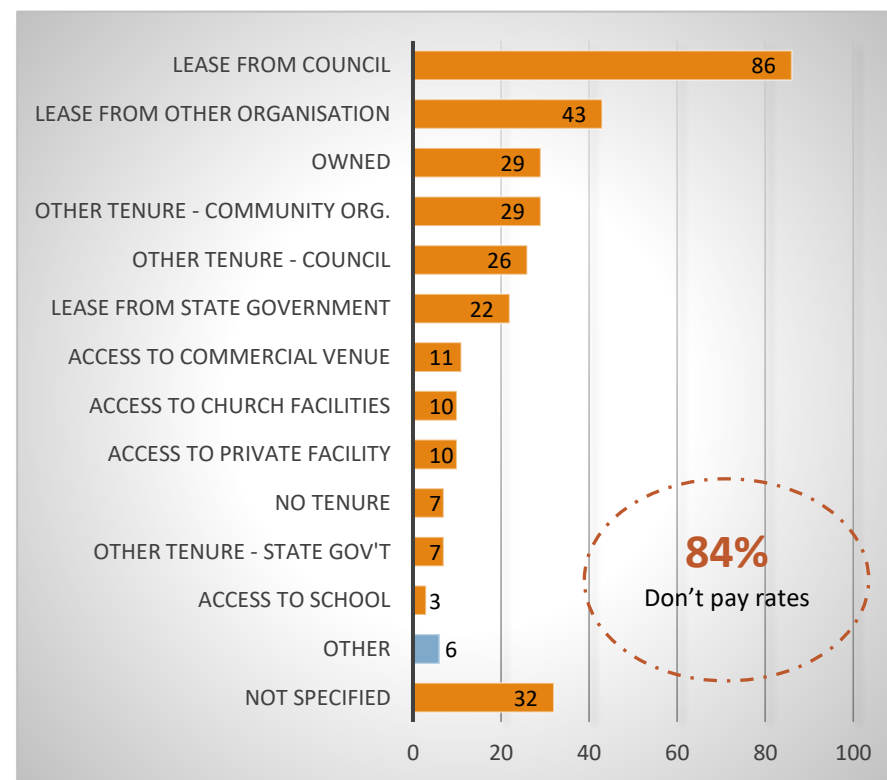
The size of specific functional spaces is provided below.

Functional Space	Range (m <sup>2</sup> )	Median Size (m <sup>2</sup> )	Average (m <sup>2</sup> )
Workshop	85 to 240	150	205
Social room	21 to 72	40	66
Dedicated Storage	18 to 55	30	50



## 27% of Sheds share premises.

Across the network there are a variety of tenure types as indicated below.



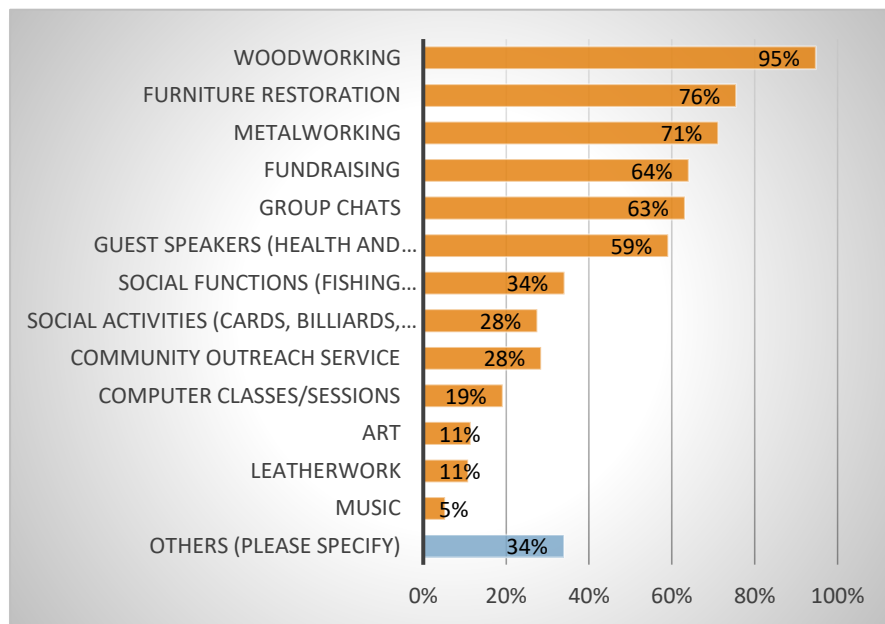
Generally longer tenure is secured through Council or State Government leases. The median term for leases is 5 years. 14% have tenure of 1 year.

The median operating Shed costs, including lease, rates and electricity is \$480 per year, and ranges from \$0 to \$26,000. A large proportion of Sheds have identified that electricity costs have reduced due to installation of solar panels.



### 95% of Sheds provide woodworking activities.

A broad range of activities are available to members of Men's Sheds as indicated below.

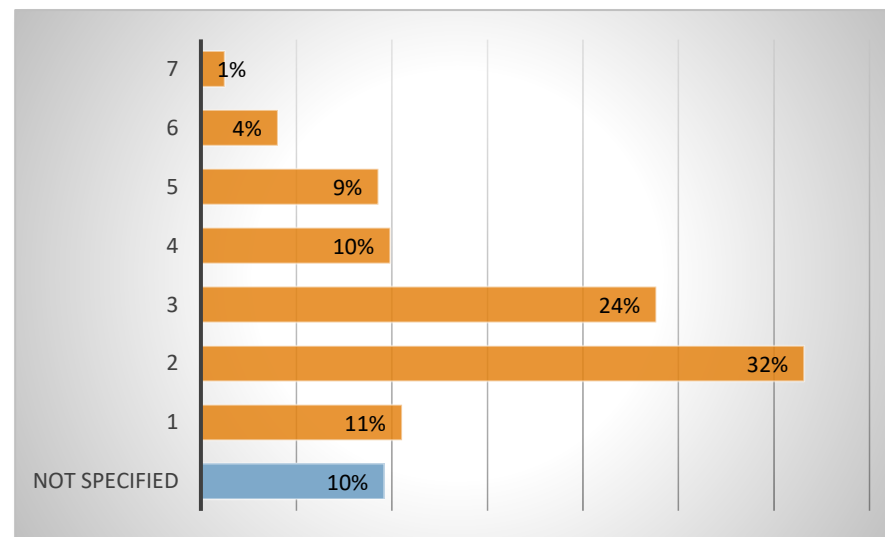


Other activities specified by Sheds included:

- Gardening and ground maintenance
- Aircraft restoration and history preservation
- Beekeeping and wild life boxes
- Jam-making and cooking classes
- Mechanical – bike, trailer, mower and car repairs
- Boat building and restoration and model trains
- Book club, choir, photography and lapidatory
- Walking and cycling groups
- Lead lighting, pottery and ceramics

### 25% of Sheds operate on weekends.

A breakdown of the number of days each club is operational is provided below. Majority of groups operate for 2 to 3 days per week.



### ***68% of Sheds deliver health activities for members.***

578 health events were held by 59% of Sheds in the past 12 months with an average of 23 participants.

- 61% of events were reported to have a mental health focus.
- 77% of Sheds plan to hold a health event in the next 12 months.
- 23% of Sheds identified that in the past 12 months, their members have attended a health event delivered by another Shed.

### ***40% of Sheds actively invite community members and organisations to their health events.***

43% of sheds actively engage with local health services and providers.

In the past year 68% of Sheds provided health resources to members including:

- Guest speakers and presentations on physical and mental health conditions (e.g. prostate)
- Booklets, brochures and pamphlets
- Hearing checks
- Skin clinics
- Defibrillator, CPR and First Aid training

48% of Sheds provide these resources on a weekly or monthly basis and a further 29% indicate that they make them available as the resources are received.

### ***In the past 12 months 8% of Sheds have held a 'Spanner in the Works' health screening.***

Of the Sheds that attended, the feedback was predominantly positive or very positive (74%; 15% no response). 82% of Sheds receive the 'Spanner in the Works' newsletter with 92% making it available for members, however the large majority visit the associated website ([malehealth.org.au](http://malehealth.org.au)) infrequently.

44% of Sheds believe that AMSA's health information and programs make a difference to the Shed with the following types of information and programs being of particular benefit, including:

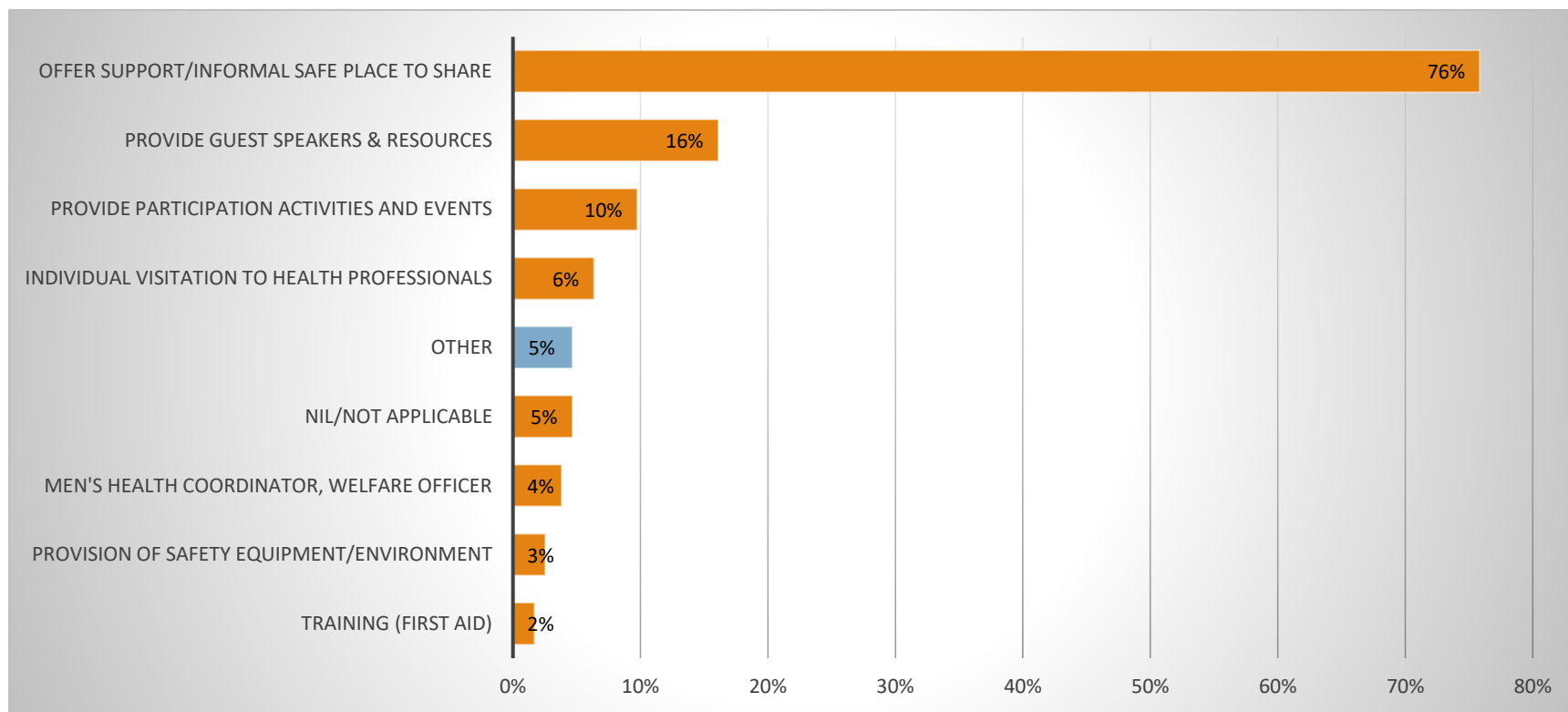
- Spanner in the Works
- Health information and brochures
- Conference
- AMSA officials visiting the Sheds
- Online information
- Zone Shed meetings

Sheds were asked to provide suggestions on what other health information and/or programs that they would like to see provided by AMSA, with the following key initiatives identified:

- Promotion of regional health expos
- Regular First Aid
- Links to specialist services
- Mental health training
- Provide links to suitably qualified guest speakers
- Information about men's health – diabetes, blood pressure, hearing, prostate, bladder difficulties
- Dementia education program
- Promotion of healthy eating, physical activity and healthy bones initiatives
- Targeted programs – too much inundation of information
- Short videos/podcasts on website
- Social conflict resolution skills
- Health trials
- Guide to reducing workshop risks – dust, noise, chemicals
- Resources for social isolation, grief, leadership and life coaching

***The number of Sheds actively undertaking "Spanner in the Works" health screenings is declining. 24% in 2014, 11% in 2017 declining to 8% in 2020.***

*Sheds offer health and wellbeing support to members as indicated below.*



*"By being there for our members, and having an open-door policy to anyone who wants have a chat."*

*"By having regular guest speakers covering health related topics for older men."*

*"By the Shed being there it gives men living in a small community somewhere to come to and chat to relieve their isolation. Members have assisted each other in times of illness, money trouble and family issues."*

## 96% of Sheds share AMSA correspondence with members.

Of these, correspondence is shared by the following means:

- member meetings (62%)
- noticeboards (61%)
- emails (49%)
- other mechanisms including printing and leaving on table (15%)

Sheds regularly undertake member meetings with 43% of Sheds conducting meetings monthly and 24% of Sheds conducting them on a weekly basis.

Sheds were asked to agree or disagree with statements related to Shed operations, governance and administration and culture. Responses are provided in the following tables including a comparison of responses received from the 2017 survey.

<i>Shed Operations</i>	<i>Yes</i>	<i>2017</i>
Shed has written policies and procedures.	91%	86%
Shed uses AMSA policy and procedure templates.	79%	61%
Shed policies and procedures are accessible to all members.	94%	90%
Shed delivers inductions for new members.	90%	88%
Shed delivers health and safety training to new members on induction.	80%	84%
Shed provides ongoing health and safety training to members.	83%	-
Shed has regular member meetings (e.g. Toolbox meetings).	90%	61%
AMSA correspondence is shared with members.	96%	-
Shed has a member welfare officer.	47%	-

<i>Governance and Administration</i>	<i>Yes</i>	<i>2017</i>
Strategic Plan	53%	48%
Budget	59%	62%
Fundraising/sustainability plan	59%	59%
Committee succession plan	48%	45%
Marketing plan	19%	25%
Monthly reports for members	74%	77%
Regular Shed newsletter	37%	36%
Shed website	45%	46%
Shed Facebook page	54%	39%
Health and Safety manual	68%	63%
Complaints and grievance policy and procedures	79%	74%

<i>Shed Culture</i>	<i>Yes</i>	<i>2017</i>
Shed does not discriminate against members or potential members.	89%	98%
Shed is a community-based not for profit group.	98%	98%
Shed provides a safe and friendly environment where men are able to work on their own projects at their own pace in the company of other men.	99%	99%
Shed actions are not disrespectful or harmful to the community.	97%	100%
Shed is committed to the safety of members and visitors.	99%	100%
Shed does not advance and particular political or religious views or practices.	96%	99%
Shed is both a social and health & wellbeing organisation.	99%	-

### ***81% of Sheds participate in community events.***

The types of community events have been categorised below.

- Anzac Day (22%)
- Annual Shows (5%)
- Local Markets (46%)
- Australia Day (7%)
- Local community festivals (32%)
- School fetes (3%)
- Other (38%)

89% of Sheds undertake community projects, with examples including:

- Build mud/outdoor kitchens for local kindergartens
- Upgrade and repairs to the village hall
- Build buddy benches for schools
- Build possums and bird nesting boxes
- Community gardens
- Constructing furniture for public use
- Fence building for community areas

75% of Sheds make/fix items to be donated to groups within the community, including:

- Billie carts
- Toys and play decks
- Wildlife boxes and garden beds
- Furniture
- Christmas decorations

62% hold open days for the community to visit the Shed and interact with members. Engagement with the local community is undertaken in a variety of ways including:

- Fundraising Barbeques
- Social media and local news outlets
- Published newsletters
- Attending community events and markets (wear shed shirts)
- By undertaking community projects and repairs

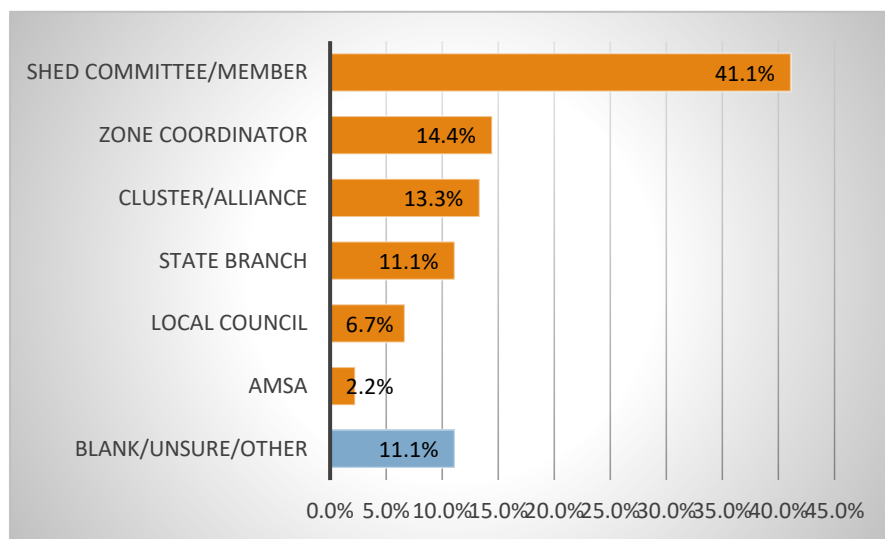
In last 2 years 57% of Sheds have been visited by the local Federal MP.

### ***89% of Sheds promote to the local community, with 73% of these using local media agencies.***

*Since 2017 over 75% of Sheds participate in community events, undertake community projects and fix/make items for community groups. This has increased from around 25% in 2014.*

### 77% of Sheds engage with other Men's Sheds in their area.

34% of Sheds meet on a regular basis. Networking events are organised by a variety of different organisations and/or people as outlined in the graph below.



Of those Sheds that meet regularly the following values/benefits were identified:

- Exchanging and sharing of ideas around Shed operations, technical issues, equipment benchmarking & facility development
- Joint projects
- Ability to support each other through equipment sharing/donations
- Meeting new people and socialisation across Sheds

**Shed participation in youth mentoring is declining - 2014 (29.3%), 2017 (26%) and 2020 (21%). In 2014, 100% of Sheds involved in youth mentoring had Working with Children policies and procedures in place. This declined to 29% in 2017, with an improvement to 59% in 2020.**

### 54% of Sheds accept referrals from third parties.

The common referral agencies include:

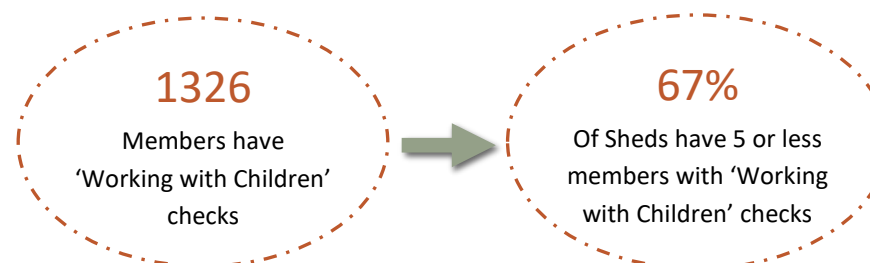
- Centrelink
- Disability Service providers
- Aged Care Services
- Employment Agencies
- Retirement Villages
- Medical services – GPs, hospitals
- Community and Neighbourhood Centres
- Mental health providers – Lifeline, Mental Mates
- Community Service clubs – RSLs and Lions

32% of Sheds have MOUs/partner agreements with these organisations with 53% of Sheds implementing policies and procedures to support these referrals.

### 21% of Sheds participate in youth mentoring (intergenerational) programs and of these

- 63% work with external agencies/organisations to deliver the program
- 59% have 'Working with Children' policies and or procedures in place
- 36% develop MOUs or partner agreements

The figures below represent where numerical responses were provided by Sheds, however there were a large proportion of Sheds that were unsure of the numbers or didn't record this information.





### **86% of Sheds have contacted AMSA in the past year, 62% by email and 38% by phone.**

Sheds were asked to rate the quality of service provided by AMSA, with

- 74% very satisfied
- 23% satisfied
- 3% dissatisfied

The main cause for Shed dissatisfaction was either a slow response from AMSA or no response to requests for call-backs at all.

### **70% of Sheds use resources from the AMSA website ([www.mensshed.org](http://www.mensshed.org)).**

Of these, 58% of Sheds visit the website every one to three (1-3) months, others more or less frequently.

Categorisation of key suggestions from Sheds regarding improving the AMSA website are provided below with the full list of suggestions available in Appendix B.

- Improve website search functionality
- Provide up-to-date, relevant and best-practice information on the website and remove old content
- Develop a buy/swap/sell section
- Provide more templates for Shed operations and projects (e.g. children's toys)

***Shed utilisation of AMSA website resources is declining. In 2014 the utilisation rate was 91% dropping to 59% in 2017. This increased to 70% in 2020.***

### **93% of Sheds receive the AMSA newsletter 'The Shedder'.**

Of these 93% of Sheds make this information available to members. 95% receive the AMSA member bulletin (Nuts & Bolts) with 95% of committees finding it useful.

### **Sheds were asked to provide suggestions on what additional resources would be of assistance.**

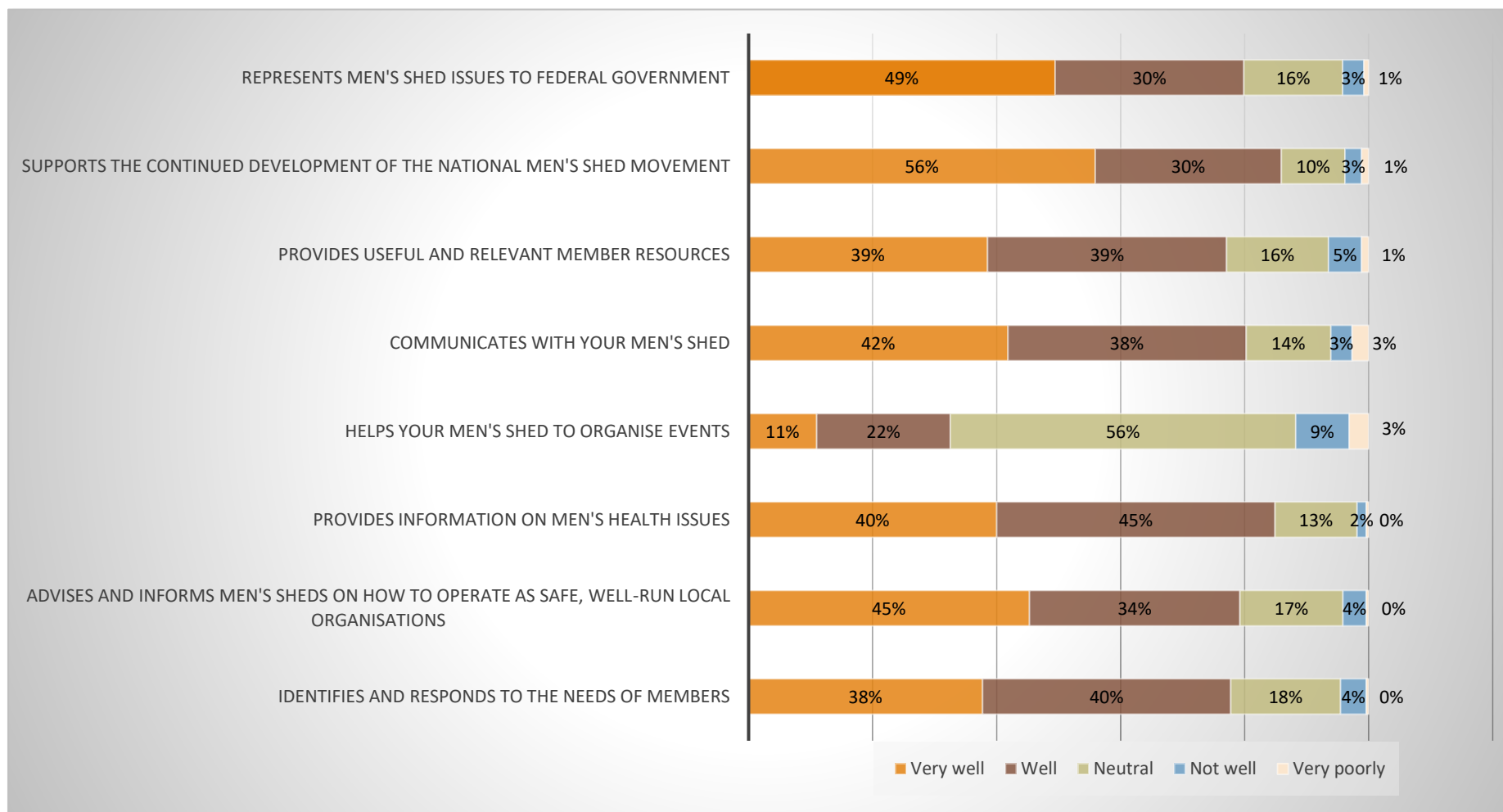
Key suggestions are provided below with the full list available in Appendix B.

- Grant information (5) – provide more details about available grants, grant procedures and assist with grant applications.
- Additional funding (3) – provide more financial support to Sheds
- Financial management (3) – provide financial advice and accounting information for Shed committees
- IT Management (3) – provide IT support and access to standardised software licencing (e.g. user-friendly accounting software for all Sheds)
- Additional AMSA staff (4) – provide additional staff to assist with Shed enquiries and representatives to visit Sheds to provide advice and check compliance
- Information sharing (2) – provide more information on success stories from other Sheds

**97%**

Would like to see more Federal Government funding to AMSA

*Sheds were asked to rate specific services provided by AMSA on a scale of 'Very Well' to 'Very Poorly', with the results depicted in the graph below.*



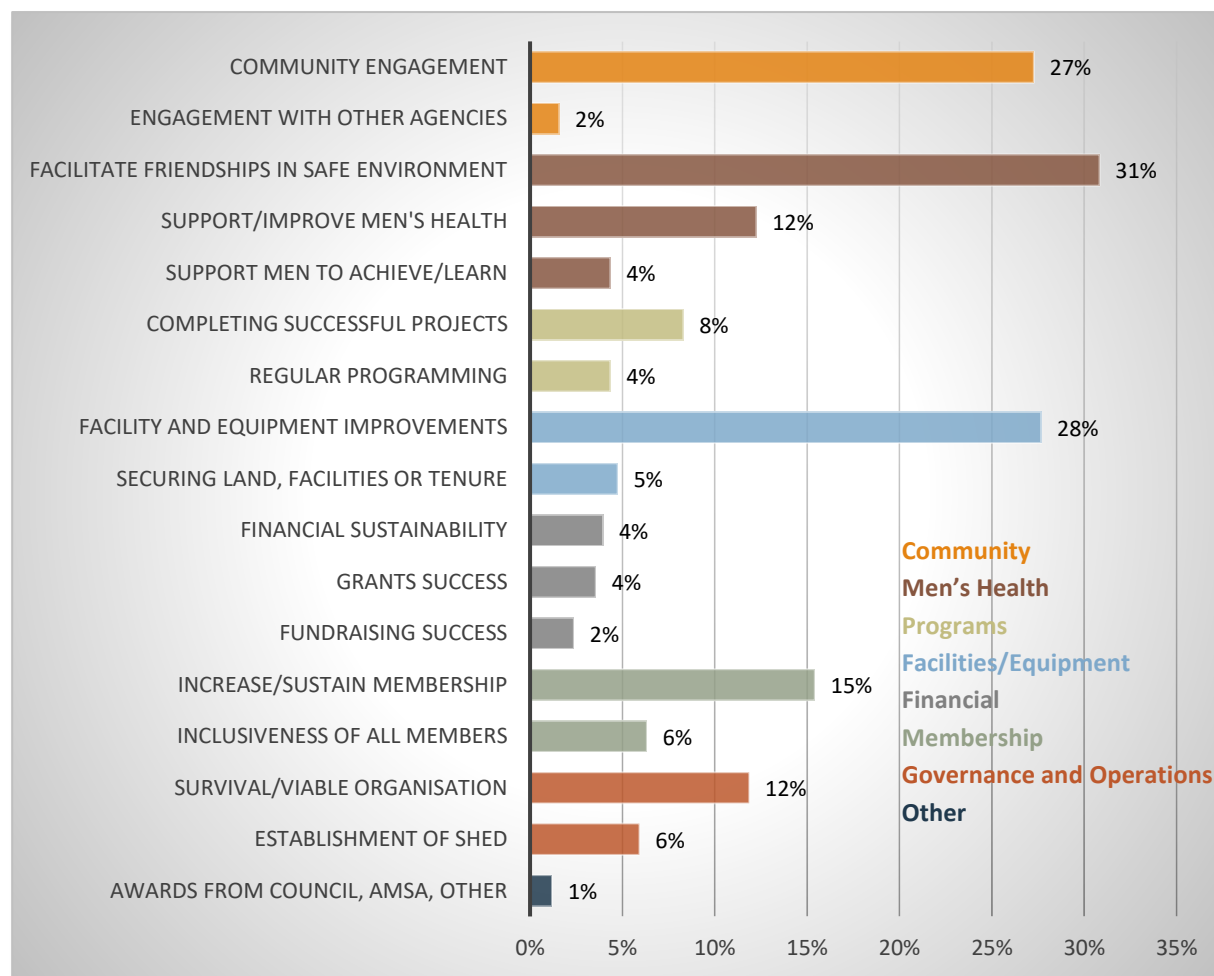
A total of 253 achievements were identified, which have been grouped into seven categories and 16 sub-categories.

**Direct quotes from Sheds relating to their achievements are provided below.**

*"We have [a] wide variety of projects. The community need and thank us for our work."*

*"A place for members to meet, form friendships and address health issues."*

*"Establishment and building of the shed and community garden."*



A total of 334 barriers were identified, which have been grouped into nine categories, each with up to four sub-categories – refer to graph across.

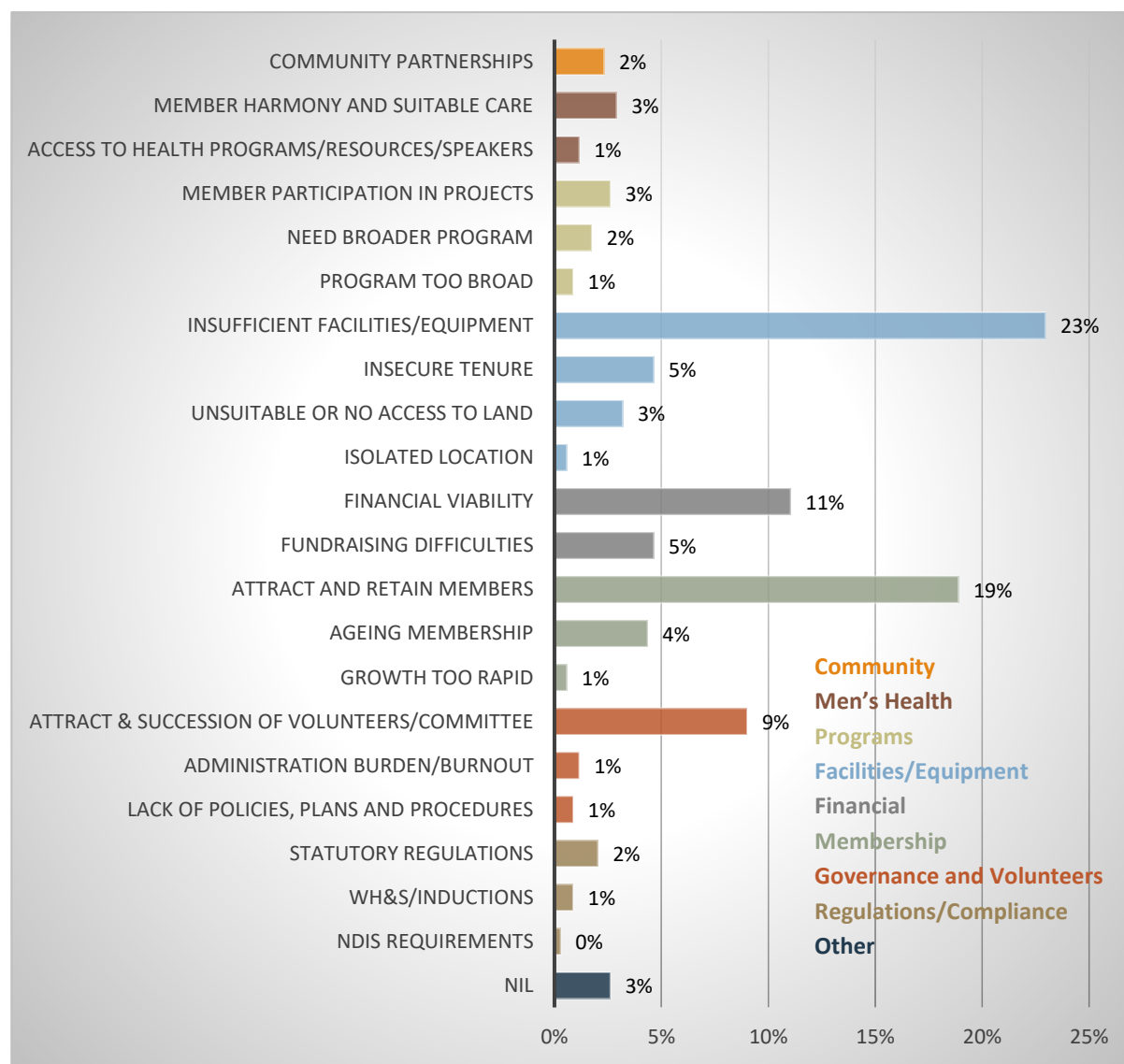
**Direct quotes from Sheds relating to their challenges are provided below.**

*“Supporting ourselves and not having to rely on grants.”*

*“We find most of our members are ageing, some dementia...is it possible to get some basic training in these fields?”*

*“Planning programmes for the next generation of members by keeping up with new technology”*

*“Lack of willingness for members to run for committee positions...”*



Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Overview					
Please indicate the number of registered members at your Shed. N=283 <10 (0.7%), 10-19(17.7%), 20-29(25.4%), 30-39(15.5%), 40-59(19.4%), 60-79(9.9%), 80-99(3.5%), 100-199(7.1%), 200+(0.7%). Total membership=12,555; Mean=44.3 per Shed; Median=32 members					
Please indicate the number of registered members at your Shed 3 years ago. N=272 <10 (16.2%), 10-19(15.4%), 20-29(23.2%), 30-39(14.0%), 40-59(16.2%), 60-79(8.1%), 80-99(1.8%), 100-199(3.3%), 200+(1.8%). Total membership=9,888; Mean=36.4 per Shed; Median=26 members					
Please indicate the number of (Australian Defence Force) veterans at your Shed. N=237; Mean=4.5; Median=3; Total known Veterans=1,071 (8.5% of membership) Several Sheds noted that this information is not collected					
Please indicate the average age of your members.					
45 years or less	283	0.4	99.6	4.0	10.0
46 to 55 years		0.7	99.3		
56 to 65 years		14.5	85.5		
66 to 75 years		72.8	27.2	72.0	40.0
76 to 85 years		12.0	88.0	10.0	1.0
85+ years		0.4	99.6		
Within what distance from your Shed would most members live.					
1km	290	7.6	92.4	-	-
3km		14.8	85.2	-	-
5km		29.3	70.7	-	-
10km		37.9	62.1	-	-
20+km		10.3	89.7	-	-
Is your Men’s Shed incorporated?	313	88.5	11.5	80.1	75.3
Does your Shed have any paid employees?	288	2.8	97.2	3.6	9.9
Does your Shed charge a membership fee?	291	93.5	6.5	90.2	84.0

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
<i>If yes what is the cost?</i>					
\$0 to \$20	272	14.7	85.3	13.0	20.0
\$21 to \$40		48.5	51.5	49.0	49.0
\$41 to \$60		30.9	69.1	35.0	26.0
\$61 to \$80		3.7	96.3	3.0	4.0
\$81 to \$100		0.7	99.3		
\$101+		1.5	98.5	2.0	
Does your Shed charge any other fees?	282	53.9	46.1	54.1	-
Is your Shed registered for GST?	284	32.3	67.7	-	-
Does your Shed share premises?	290	27.6	72.4	22.3	13.0
Does your Shed pay rates?	281	16.4	83.6	-	-
Rates fees: N=43 Minimum (\$0), Median (\$520), Mean (\$965), Maximum (\$5,200)					
Is your Men's Shed a member of a State Men's Shed organisation?	280	54.6	45.4	37.8	30.6
<i>If yes, do you pay any membership fees?</i>	180	53.3	46.7	-	-
Membership to State Men's Shed Associations by State/Territory: N=137; ACT (0.7%), TAS (5.1%), QLD (21.2%), NSW (26.3%), NT (0.7%), VIC (34.3%), WA (5.8%), SA (5.8%)					
Following the announcement of the introduction of DGR status for men's and women's sheds from 1 July 2020, is your Shed intending to apply for DGR status	244	63.9	36.1	-	-
<b>Facilities</b>					
What spaces/facilities does your Shed have?					
Workshop	322	94.4	5.6	-	-
Social room		67.1	32.9	-	-
Dedicated storage		67.7	32.3	-	-
Office		54.3	45.7	-	-
Computer area		33.2	66.8	-	-
Kitchen/kitchenette		81.7	18.3	-	-
Outdoor Social Space		51.2	48.8	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Other		30.1	68.9	-	-
Are your existing facilities sufficient for your future operations?	318	31.4	68.6	-	-
Where facilities were identified as insufficient 45.9% needed additional workshop space, 44.7% required additional storage, 34.9% required more social space, 24.5% required other spaces, 22.3% required a larger kitchen, 21.4% required PWD compliant toilet, 18.6% required a dedicated office.					
What is your lease or tenure term?					
1 year or less	155	14.2	85.8	-	-
2 to 3 years		15.5	84.5	-	-
4 to 5 years		27.1	72.9	-	-
6 to 10 years		18.1	81.9	-	-
11 to 20 years		7.1	92.9	-	-
21 to 50 years		1.9	98.1	-	-
51+ years		1.9	98.1	-	-
Ongoing/perpetual		14.2	85.8	-	-
Lease fees: N=153 Minimum (\$0), Median (\$114), Mean (\$1097), Maximum (\$26,000)					
Electricity fees: N=207 Minimum (\$0), Median (\$600), Mean (\$934), Maximum (\$6,000)					
Activities					
Woodworking	320	95.3	4.7	-	-
Metalworking		71.6	28.4	-	-
Furniture restoration		75.9	24.1	-	-
Leatherwork		10.9	89.1	-	-
Art		11.3	88.7	-	-
Music		5.3	94.7	-	-
Social activities		27.5	72.5	-	-
Social functions		34.1	65.9	-	-
Computer classes		19.1	80.9	-	-
Group chats		63.4	36.6	-	-
Guest speakers		59.4	40.6	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Fundraising		64.7	35.3	-	-
Community outreach service		24.8	75.2	-	-
Others		34.7	65.3	-	-
On which days does your Shed operate?					
One day	291	11.7	88.3	13.0	22.0
Two days		35.1	64.9	34.0	33.0
Three days		26.5	73.5	31.0	24.0
Four days		11.0	89.0	9.0	5.0
Five days		10.3	89.7	-	-
Six days		4.1	95.9	3.0	5.0
Seven days		1.4	98.6		
Operations					
The Men's Shed does not discriminate against members or potential members.	286	88.8	11.2	98.4	-
The Men's Shed is a community-based not for profit group.	289	98.3	1.7	98.4	-
The Men's Shed provides a safe and friendly environment where men are able to work on their own projects at their own pace in the company of other men.	290	98.6	1.4	99.2	-
The actions of the Men's Shed are not disrespectful or harmful to the community.	290	96.6	3.4	100	-
The Men's Shed is committed to the safety of members and visitors.	289	99	1	100	-
The Men's Shed does not advance any particular political or religious views or practices.	291	95.9	4.1	98.8	-
Our Men's Shed is both a social and health & wellbeing organisation.	290	98.6	1.4	-	-
Does your Shed have written policies and procedures?	281	91.1	8.9	85.9	-
Does your Shed use the AMSA Policy and Procedure templates?	274	78.8	21.2	60.9	-



Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Are the Shed’s policies and procedures accessible to all Shed members?	277	93.9	6.1	90.3	-
Does your Shed deliver an Induction for new members?	280	90	10	88.1	-
Does your Shed deliver Health & Safety training to all new members on induction?	278	79.9	20.1	83.8	-
Does your Shed provide ongoing Health & Safety training to members?	277	83.0	17.0	-	-
Does your Shed have regular member meetings (sometimes called a Toolbox Meeting)?	282	90.1	9.9	60.7	-
If the Shed does hold member meetings how often are they held?					
Daily	268	9.0	91.0	-	-
Weekly		23.9	76.1	-	-
Fortnightly		2.2	97.8	-	-
Monthly		42.5	57.5	-	-
Bi-monthly		3.4	96.6	-	-
Quarterly		6.3	93.7	-	-
Half yearly		0.4	99.6	-	-
Annually		1.5	98.5	-	-
As required		9.3	90.7	-	-
Other		1.5	98.5	-	-
How often does your Shed hold Committee meetings?					
Weekly	275	0.7	99.3	3.0	-
Fortnightly		1.8	98.2	7.0	-
Monthly		63.6	36.4	77.0	-
Bi-monthly		7.6	92.4	-	-
Quarterly		7.6	92.4	67.0	-
Half yearly		1.8	98.2	2.0	-
Annually		1.8	98.2	-	-
As required		11.6	88.4	26.0	-
Nil		1.1	98.9	6.0	-
Not separate		2.2	97.8	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Is AMSA correspondence shared with members?	281	95.7	4.3	-	-
<i>If yes, how is it shared?</i>					
<i>Email</i>	269	48.7	51.3	-	-
<i>Noticeboard</i>		61.0	39.0	-	-
<i>Member meetings</i>		62.1	37.9	-	-
<i>Other</i>		14.9	85.1	-	-
Does your Shed have the following in place?					
– Strategic plan	271	52.8	47.2	47.7	-
– Budget	276	59.4	40.6	62.5	-
– Fundraising/Sustainability plan	273	59.7	40.3	58.9	-
– Committee Succession plan to ensure continuity in cases of illness/death/absences	274	47.8	52.2	44.87	-
– Marketing plan	269	18.6	81.4	24.6	-
– Monthly reports for members	277	73.6	26.4	76.7	-
– Regular Shed newsletter	269	37.2	62.8	35.8	-
– Shed website	267	45.3	54.7	46.5	-
– Shed Facebook page	274	54.0	46.0	38.6	--
– Health & Safety manual	274	68.2	31.8	63.3	
– Complaints & Grievance Policy & Procedures	281	79.4	20.6	74.4	-
Health Activities					
Does your Shed have a Member Welfare Officers?	279	47.0	53.0	-	-
Does your Shed deliver health activities for members?	273	68.1	31.9	-	-
In the last 12 months, has your Shed held a health event?	277	58.5	41.5	60.8	-
<i>If yes, did any of these events have a mental health focus?</i>	146	61.0	39.0	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
If yes, how many events have been held?					
One event	161	28.6	71.4	-	-
Two events		33.5	66.5	-	-
Three events		19.9	80.1	-	-
Four events		5.0	95.0	-	-
Five events		3.7	96.3	-	-
Six+ events		9.3	90.7	-	-
Total events held in the past 12 months = 578					
If yes, what was the estimated average number of guests in attendance? N=161 Minimum (1), Median (18), Mean (23.4), Maximum (200)					
Does your Shed plan to hold a health event in the next 12 months?	271	76.8	23.2	-	-
In the last 12 months, have members visited another Shed to participate in a health event?	271	23.2	76.8	20.8	-
Do you invite community members and/or organisations to your health events? (eg. Rotary, Lions, Probus, schools, general public)	256	39.8	60.2	-	-
In the last 12 months, has your Shed provided health resources to members (eg. booklets, guest speakers)?	272	68.0	32.0	72.6	-
How often is health information shared at your Shed?					
Weekly	237	17.7	82.3	-	-
Fortnightly		0	100	-	-
Monthly		30.4	69.6	-	-
Every 2 months		0	100	-	-
Quarterly		0.4	99.6	-	-
Half yearly		12.7	87.3	-	-
Annually		3.8	96.2	-	-
As received/Ad hoc		29.5	70.5	-	-
Constantly available		6.8	93.2	-	-
Other		10.5	89.5	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Does your Shed actively engage with your local health services and/or providers (eg. GP, Health Centre, Community Nurse)?	276	42.8	57.2	56.1	-
In the last 12 months, has your Shed held a 'Spanner in the Works' health screening?	275	9.8	90.2	11.1	-
<i>If yes, how would you rate the feedback from those that attended?</i>					
Very Positive	27	18.5	81.5	-	-
Positive		55.6	44.4	-	-
Neutral		11.1	88.9	-	-
No response		14.8	85.2	-	-
Does your Shed receive the <i>Spanner in the Works</i> ? newsletter?	271	82.3	17.7	75.3	-
<i>If yes, do you make it available to all members?</i>	233	91.8	8.2	78.9	-
How often does your Shed refer to the Spanner in the Works website (malehealth.org.au)					
Weekly	197	1.0	99.0	-	-
Fortnightly		1.0	99.0	-	-
Monthly		3.6	96.4	-	-
Quarterly		0.5	99.5	-	-
Bi-monthly		0.5	99.5	-	-
6-monthly		1.0	99.0	-	-
Annually		3.0	97.0	-	-
Infrequently/Rarely		33.0	67.0	-	-
Never		37.1	62.9	-	-
Not known		10.2	89.8	-	-
Do AMSA's health information and programs make a difference to your Shed?	241	44.0	56.0	-	-
Community Engagement					
Does your Shed participate in community events (e.g. markets, Anzac Day)?	269	80.7	19.3	80.9	-
Has your Shed undertaken any community projects?	270	88.5	11.5	90.5	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Does your Shed make/fix items to be donated to groups within your community (e.g. toys to the local pre-school)?	271	74.9	25.1	72.5	-
Has your Shed held an open day for the community to visit the Shed and interact with members?	269	62.1	37.9	56.7	-
In the last two years, has your Shed had visits from your local Federal MP?	274	57.3	42.7	-	-
Does your Shed engage with local media agencies to promote Shed activities?	271	72.7	27.3	-	-
Do you promote your Shed to the local community?	273	88.6	11.4	-	-
<b>Fundraising and Grants</b>					
Does your Shed have a fundraising strategy in place?	266	66.9	33.1	68.8	70.0
Did your Shed undertake any fundraising in the past 12 months?	296	87.5	12.5		
In the last 12 months has your Shed undertaken any of the following activities?					
Bunnings BBQs	259	39.0	61.0	61.0	-
Other Community BBQs		41.3	58.7	60.0	-
Local markets		44.4	55.6	60.0	-
Sale of goods produced		73.4	26.6	30.0	-
Raffles		42.5	57.5	65.0	-
Garage sales		29.7	70.3	-	-
Other		22.0	78.0	79.0	-
In the last 12 months, did your Shed apply for grants?	269	75.1	24.9	92.8	-
If yes, how many of your applications were successful?					
Zero (0)	186	13.4	86.6	-	-
One (1)		37.1	62.9	-	-
Two (2)		29.0	71.0	-	-
Three (3)		10.2	89.8	-	-
Four (4)		7.5	92.5	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Five or more (5+)		2.7	97.3	-	-
If yes, what was the primary purpose of your application?					
Infrastructure	206	31.1	68.9	-	-
Tools & Equipment		41.7	58.3	-	-
Resources		3.9	96.1	-	-
Other/Mixture of categories		23.3	76.7	-	-
Has your Shed applied for a National Shed Development Program (NSDP) grant?	264	53.8	46.2	56.3	-
If no, outline the main reason why your Men's Shed has chosen not to participate.					
Eligibility criteria/low chance of success	80	17.5	82.5	12.0	-
Have applied more than 12 months ago		12.5	87.5	-	-
No need/other funds or focus/other Sheds have higher need		12.5	87.5	28.0	-
Unaware of the program		11.3	88.7	10.0	-
New Shed – not released since opening		6.3	93.7	-	-
Unsuitable site to invest		6.3	93.7	-	-
Not suited to needs		5.0	95.0	-	-
No time/other priorities		5.0	95.0	-	-
Future application likely		3.8	96.2	41.0	-
Don't know how		3.8	96.2	-	-
Currently applying		2.5	97.5	-	-
Previous poor success		2.5	97.5	-	-
Application too difficult		2.5	97.5	10.0	-
Land owner restrictions		1.3	98.7	-	-
Timing doesn't match need		1.3	98.7	-	-
Other/Unsure or reason		6.3	93.7	-	-
If applicable, please list any ways the NSDP application process could be improved					
Broaden criteria/remove priorities	48	20.8	79.2	-	-
Shorten application/make easier, including prefilled forms		20.8	79.2	-	-
Provide more assistance to complete		8.3	91.7	-	-
Provide a faster assessment turnaround		8.3	91.7	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Provide longer lead-time (particularly to obtain quotes)		6.3	93.7	-	-
Provide better feedback for unsuccessful applicants		4.2	95.8	-	-
Award a higher number of successful projects		4.2	95.8	-	-
The following responses all had one (1) suggestion each: Different application forms to suit the category; Clarify selection criteria; Ensure equality to all states and sheds; Provide hard copy option; Don't ask for information that ASMA already has; Provide more flexibility in categories; Provide grants for existing sheds; Favour establishing sheds over established sheds; Favour accessibility; Offer grants more frequently; Lessen evidence for small grants; Lessen number of quotes required; Improve awareness		2.1 (ea)	97.9	-	-
<b>Networking</b>					
Does your Shed engage with other Men's Sheds in your area?	273	76.9	23.1	82.0	81.4
Do Sheds in your area meet on a regular basis?	266	33.8	66.2	33.6	-
<i>If yes, who organises these meetings?</i>					
<i>Committee or members within one or more Sheds</i>	90	41.1	58.9	-	-
<i>Zone/Cluster Coordinator or Committee</i>		27.7	72.3	-	-
<i>State branch</i>		11.1	88.9	-	-
<i>Local Council</i>		6.7	93.3	-	-
<i>ASMA</i>		2.2	97.8	-	-
<i>Unsure</i>		11.1	88.9	-	-
<b>Working with External Agencies/Services</b>					

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Does your Shed accept referrals from any third parties?	264	54.2	45.8	58.9	81.0
<i>If yes, does your Shed develop a Memorandum of Understanding (MOU) or Partnership Agreement?</i>	160	31.9	68.1	29.0	-
<i>If yes, does your Shed have policies or procedures in place to support these referrals?</i>	162	52.5	47.5	37.9	-
Does your Shed participate in youth mentoring (intergenerational) programs?	258	20.9	79.1	25.8	29.3
<i>If yes, do you work with an external agency/organisation to deliver the program?</i>	67	62.7	37.3	-	-
<i>If yes, does your Shed have 'Working with Children' policies and/or procedures in place?</i>	69	58.0	42.0	28.6	100
<i>If yes, do you develop a MOU or Partner Agreement?</i>	65	36.9	63.1	15.9	-
How many members have a current volunteer Working with Children Check ?					
Zero (0)	217	23.0	77.0	-	-
One (1)		13.4	86.6	-	-
Two (2)		10.1	89.9	-	-
Three (3)		5.5	94.5	-	-
Four (4)		8.3	91.7	-	-
Five or more (5+)		28.6	71.4	-	-
Unsure/not quantified		11.1	88.9	-	-
AMSA Services					
In the past 12 months, has your Shed contacted AMSA?	266	86.5	13.5	66.7	67.8
<i>If yes, what type of contact was used most frequently?</i>					
Email	230	62.2	-	-	-
Phone		37.8	-	-	-
<i>If yes, how satisfied were you with the service/assistance provided?</i>					

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
<i>Very satisfied</i>	230	73.9	26.1	-	-
<i>Satisfied</i>		23.5	76.5	-	-
<i>Dissatisfied</i>		2.6	97.4	-	-
<b>In general terms, please rate how well you think AMSA does the following.</b>					
Identifies and responds to the needs of members.					
Very well	265	37.7	62.3	-	-
Well		40.0	60.0	-	-
Neutral		17.7	82.3	-	-
Not well		4.2	95.8	-	-
Very poorly		0.4	99.6	-	-
Advises and informs Men’s Sheds on how to operate as safe, well-run local organisations.					
Very well	265	45.3	54.7	-	-
Well		34.0	66.0	-	-
Neutral		16.6	83.4	-	-
Not well		3.8	96.2	-	-
Very poorly		0.4	99.6	-	-
Provides information on men's health issues.					
Very well	265	40.0	60.0	-	-
Well		44.9	55.1	-	-
Neutral		13.2	86.8	-	-
Not well		1.5	98.5	-	-
Very poorly		0.4	99.6	-	-
Helps your Men's Shed to organise events.					
Very well	255	11.0	89.0	-	-
Well		21.6	78.4	-	-
Neutral		55.7	44.3	-	-
Not well		8.6	91.4	-	-
Very poorly		3.1	96.9	-	-
Communicates with your Men's Shed.					
Very well	263	41.8	58.2	-	-
Well		38.4	61.6	-	-
Neutral		13.7	86.3	-	-

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Not well		3.4	96.6	-	-
Very poorly		2.7	97.3	-	-
Provides useful and relevant member resources.					
Very well	262	38.5	61.5	-	-
Well		38.5	61.5	-	-
Neutral		16.4	83.6	-	-
Not well		5.3	94.7	-	-
Very poorly		1.1	98.9	-	-
Supports the continued development of the national Men's Shed movement.					
Very well	263	55.9	44.1	-	-
Well		30.0	70.0	-	-
Neutral		10.3	89.7	-	-
Not well		2.7	97.3	-	-
Very poorly		1.1	98.9	-	-
Represents Men's Shed issues to Federal Government.					
Very well	263	49.4	50.6	-	-
Well		30.4	69.6	-	-
Neutral		16.0	84.0	-	-
Not well		3.4	96.6	-	-
Very poorly		0.8	99.2	-	-
Does your Shed use resources from the AMSA website?	258	70.2	29.8	59.2	90.8
On average, how often does your Shed refer to the AMSA website (mensshed.org)?					
Annually	264	0.4	99.6	-	-
Half-yearly		7.6	92.4	-	-
Quarterly		23.5	76.5	-	-
Monthly		35.2	64.8	-	-
Weekly		10.6	89.4	-	-
Rarely		22.7	77.3	-	-
Does your Shed receive the AMSA newsletter “The Shedder”?	266	93.2	6.8	80.9	93.8

Questions	2020			2017	2014
	N	Yes %	No %	Yes %	Yes %
Does your Shed receive the AMSA member bulletin “Nuts & Bolts”?	264	95.5	4.5	-	-
<i>If received, does your committee find this publication useful?</i>	83	95.2	4.8	-	-
Do you make AMSA publications available to all members?	263	93.2	6.8	89.5	-
Would you like to see the Australian Government provide increased funding to AMSA to allow the organisation to further support Men’s Sheds?	266	96.6	3.4	-	-



### *What else would you like to see on the AMSA website? (N=35)*

The suggestions as entered by Sheds is provided below:

- A deal we can do with Origin Energy as it's one of our biggest costs
- A men's shed swap, sell and wanted forum to allow sheds to help others build equipment
- A promotion of State activities
- A strong search engine so the reader can find the fact sheet they are after. There are so many documents and so many links to click on, it is a bit daunting. Could you put the year in the title of the document so the reader can find the latest version?
- Asset recording templates
- Bulk buying opportunities - national build project e.g. Xmas Toys (built local for local) but linked to a national target
- Clarification of AMSA policy
- Different shed photos rather than the same old faces
- Encourage sheds to use the pre made AMSA forms available like Asset registers, roles of committee members etc. They are there for our use but I feel that they should be encouraged to use them when needed rather than re-inventing the wheel to make your own shed work more efficiently
- Equipment maintenance schedule templates
- Help with grant applications
- I look at site for grant updates
- Increased information about the location and contact information about national sheds
- Show opening times
- Information for rural and isolated areas
- It is designed for Shed executive interaction not aimed at individual members
- Link page to all Men's health resources by type e.g. prostate cancer, beyond blue, support advice for men with health issues etc
- Link to Australian and international men's shed videos
- Member shed submissions of news items, possible projects for men's sheds, supplier offers for member sheds
- More resources in easy English
- More up to date information and removal of surpassed events and notices
- NCC survey - interaction with government to resolve confusion.
- Project resources
- Project templates i.e. children's toys
- Recognition of QMSA
- Reports from Sheds on projects they do to raise funds
- Resource downloads need to be better organized so items are easier to find
- Simplified book keeping for treasurers
- Success rate for application of grants. and useful tips
- Tool of the month
- Travel stories from Stuart and Marty! Reports on Sheds they have visited!
- Up to date policies and procedures. Marketing information Risk Management It's easy to want more, but more takes more resources.
- Waiting for the new support documents
- Ways of attracting younger members
- We would like to see the AMSA to get larger companies on board to supply a range of tools, that the AMSA have research for us e.g. Dust extraction system and make it best practices e.g. Ryobi tools that sheds can access at a cheaper price or get then to brand a range of branded men's shed tools
- Web hosting for member sheds

### *What additional resources would be of assistance to your Shed? (N=42)*

Suggestions from of Sheds (as entered) is provided below:

- AMSA should be trying to arrange deals with telephone and internet providers - we have to pay full business rates
- Asset register templates
- Aware resources are there and available. Also aware some are out of date and are being removed/replaced.
- Better advice of AMSA activities in our area. Visitation to one of the larger sheds in Australia. Interaction with decisions on women in men's sheds, conference agenda
- Closed group communication like a bulletin board (old tech)
- Deals with energy companies, discount deals with Bunnings, Hare & Forbes & other major suppliers
- Depends what issues arise.
- Financial advice for members.
- Financial management information for small sheds
- For AMSA to act as a National body and truly represent shed interests, on common issues like NDIS. Provide some actual outcomes from the annual conference to all members, instead of the usual one pager publicity that says people went and had a good time
- Grant procedures
- Grants available.
- GST accounting
- How to get up and running
- How to obtain big ticket items e.g. the land for a shed. We are struggling to find a new home, but I think the AMSA, the local federal member etc could support possible approaches (open doors) at least to discuss the options
- I would like a Word document with a list of all the AMSA's resources with a describing sentence, so I can search easily for what I'm after, then go to the website and find that document.
- IT support. Used computers sourcing, software support/licencing.
- Link page to all Men's health resources by type, e.g. prostate cancer, mental health, PTSD, ...
- Member surveys done on paper.
- Mental Health Resources
- More accessibility by phone
- More grants of a wider nature
- More money
- Most shed have to pay to get grant details and when they are available. Can the AMSA supply this type of information to member sheds
- Not resources - but a widening of funding available to sheds such as ours that have to set up from scratch i.e. no shed building available for lease or rent. You provide grants for improving facilities but not for all the costs that go with getting a lease of land and doing a building application to the council.
- Notice of when Grants are on offer, currently ok but maybe little more info
- Possibly (How to do ...) stories from other sheds where they were successful in producing / repairing / doing something of value for their community. Stories of particularly small-scale projects would be most valuable.
- Project ideas
- Selection of grants that our shed would be suitable for.
- Standard user-friendly accounting system for the treasurer
- The correct way to set up a dust extraction system Video setting up a workshop tips etc lots of how-to video on men's shed ideas tips
- The member application that was on the website doesn't work very well. The idea of having a member's database, tools database, procedures database is all very important. Seeing these in an easy to access phone and web app would be a tremendous boost to organizing. We don't have the skills to hold health classes...how about the AMSA develop these and share via Skype or Facebook? This would allow all sheds to join and provide these much-needed services.

- To have an area representative who would visit maybe twice a year and generally liaise and pass on observations and suggestions about things other sheds are doing - from practical to administrative.
- Update Computer programs for Shed management. Current program is useless.
- Very hard to get the girls on the phone at any given time, although they are very good at ringing back. Employ another Liz.
- We are drowning in the admin, governance, reporting and marketing of the shed as well as shed day duties, having a dedicated resource even part time who helps ensure we are compliant and moving forward would help.
- We are still reviewing our own processes to fit in with AMSA's processes.
- We use the resources of AMSA if we require them but they are not that state relevant and do not give shed contact details needed for visits etc
- Work closer with the VMSA.
- Workshop safety, food hygiene.

### *Examples of health information provided by Sheds to members. (N=133)*

- Brochures/pamphlets of various health-related matters, including Cancer Council, BeyondBlue, AMSA health booklets, Spanner in the Works, Working Safely with Asbestos, RFDS, Drug and Alcohol, Department of Veteran's Affairs, Responsible Gambling, incontinence, walkers and wheelchairs, domestic violence, skin health, Lifeline, RUOK
- Guest speakers from health-related fields, including dietitians, local GP, urologist, pharmacist, dentist, podiatrist, rural mental health, prostate specialist, Drug Arm, dementia, Lifeline, Drought Relief, and Men and Separation
- Hearing checks
- CPR/First Aid/defibrillator demonstrations and courses

### *What “other” activities are undertaken at your Men’s Shed? (N=110)*

- 3D printing
- Aged care visitations/activities
- Aircraft restoration and history preservation
- Astronomy
- Bee keeping
- Bike repairs
- Billie cart racing
- Bird and possum boxes
- Blacksmithing
- Boat building and restoration
- Book club
- Camping trips
- Charity work
- Choir
- CNC milling
- Collecting entry fees on behalf of the local sports clubs
- Collecting/recycling cans
- Community BBQ's for local council and other community groups
- Computer classes/IT group
- Community projects for Council, schools, kindergartens, other community organisations, etc
- Cooking classes, jam making, salami making
- Depression Recovery Program
- Electronics
- Excursions
- Exercise classes/tai chi/yoga/walking group/bike rides
- Farming equipment restoration
- Furniture repair/restoration
- Gardening / community garden / veggie garden
- Handyman jobs for low income earners
- Hearing tests (annual), mental health sessions
- Knife sharpening
- Jewellery
- Ladies Craft Group
- Lapidary
- Lawn mower servicing
- Leadlighting
- Maintenance to residents’ homes. Erecting of access and wheel chair ramps
- Markets
- Mechanical/car repairs, engine overhaul
- Mentoring youth
- Model making (model railways)
- Monthly Bunnings BBQ's fundraising
- Old radio/ telephone repairs
- Photography classes
- Picture framing
- Plastic bending
- Poetry, Photography, Automotive, , Science and Technology and
- Pottery and ceramics
- Provide meals for aged men from Rutherglen once a week.
- School classes (woodworking, etc)
- Scrap metals and recycling
- Toy making
- Trailer repairs
- Visiting local stations for drought relief chats
- Visits to aged care facilities
- Weekly luncheons for all members and friends
- Welding lessons to community members
- Women's Shed
- Wood turning, tool sharpening, basic wood work classes, pyrography
- Writer’s group

### *How does your Shed make a difference to the health and wellbeing of members? (N=236)*

- Provides a safe place to share when members are doing it tough
- Provides a place where isolated members feel a sense of belonging
- Look out for one another during the week when not at the shed
- Assist with the mental and physical wellbeing of members
- A place to talk and relax
- Active participation in activities
- All required safety items are supplied and fully available to all members
- Appointment of welfare officer
- Availability of guest speakers, brochures, posters etc
- By contact on a regular basis and participating in community activities
- By ensuring work areas are kept clean and installation of dust collection system, regular training in use of AED
- By having Allied health Professionals present information and also at Events e.g. BBQs, morning tea, and such like
- By informal consultation and by initiating 'rules' like 'no outdoor work on hot days after midday
- By keeping them active and interested in all our projects
- By providing non-judgemental support
- By simply being a Shed. A number of examples can be given of individuals who have joined our Shed and their life has changed for the better
- Care & concern by all members
- Community health nurse visits bi/monthly
- Constant observation of members, by members and if important member is talked with by the appropriate members
- Dedicated men's health coordinator
- Display information in the Shed
- Just being here to support our community
- Members are followed up each week if they do not attend
- More aware of members and their partners wellbeing.
- Most of our well-being focus is around bringing together men who are isolated, remote, suffering from age, mental or physical issues and generally providing an inclusive and supporting environment where men can work together on a wide range of interesting projects
- Occupational therapy & social inclusion
- Personal visitation
- Prostate support and social activities
- Provides a healthy outlet
- Regular attendance of local Community Health staff and Allied Health staff
- regular communication with members on-site or elsewhere (at their residence) with a view to assist where possible
- Through positive attitude and toolbox type discussions with occasional formal activity and co-operation with Council health strategies
- We have an active "almoner" who monitors members and reports back to the committee
- We listen, we say we can't fix you. But we give hand up not hand out, we also have big blue tree site
- We have a doctor in the group, and the coordinator is a trained psychological counsellor
- Weekly opportunities to promote the health message to Shedders is carried out

### *What types of AMSA's health services and support have made a difference? (N=98)*

- AMSA website
- Access to Zone Shed Meetings to discuss general shed operating issues plus in recent times the issue of dementia has been raised
- All health services and support from everywhere made an education and informed difference
- AMSA Conference handouts brought back to shed
- "Are you bogged mate?"
- At this stage the support programs are of much greater importance to us than the dissemination of health information. Financial support to obtain a first aid kit and safety glasses and ear muffs has been very significant in helping to change attitudes and support safe working practices. The quality of the meal we share each week has also undergone a significant shift towards being much healthier
- Establishing a formal connection between men's sheds and a local health service and a formal connection with the local Council so that they provide proactive support
- It is absolutely essential to the well-being of our member's and must continue into the future.
- Made funding available to run Health and Well-being training sessions/presentations, provided contacts for new initiatives.
- Members made aware of suicide. Great presentation by AMSA
- "Spanner in the Works" provides information and self-awareness to possible health issues and motivation to get health checks
- The Blue Tree project as advised by AMSA supported mental health awareness; Issues of the "Healthy Male" newsletter distributed; Defib. (AED) provision is eagerly awaited
- the provision of information and materials
- Visits by AMSA officials
- We mainly look to spanner in the works, being a lot of old men, we sometimes get a bit of reluctance to join in, in these cases we generally recommend them seeing a professional, 90 per cent success
- We provide the information to the men which results in discussion which can lead to men seeing their GP about issues on a more regular basis

### *What other health information and/or programs would you like to see AMSA provide? (N=119)*

- A list of contact people from major health groups and suitably qualified guest speakers
- A revisit of the Dementia Education program
- Promote healthy eating/diet/healthy bones initiatives
- Accident prevention
- Ambulance and fire brigade visits
- Chiropractor and Physio visits
- Asset and financial management
- We would like a psychologist to visit the committee and give advice/training on how we can support members with their mental health issues
- Blood pressure and better social conflict resolution
- Extra support during times of hardship.eg droughts and bushfires
- Health trials that could be relevant to retired men
- How to start/run a shed, workshop risks - dust, noise, chemicals - a guide to reducing these risks
- Information on Defibrillators, the importance of have one available in each shed, plus the importance of members being confident in their use.
- Instead of having an annual competitive grants program for events, is it possible to offer each men's shed an amount specifically for men's health programs plus connect with local health service, GP etc to deliver.
- Maybe if other Men's sheds have had successful health events, workshops, projects that might be available in webinar/youtube format
- More resources on loss and grief, leadership programs, life coaching
- Perhaps a rotating medical person to do lectures on men's health on a 6-monthly basis for say 2 hours
- Perhaps AMSA could participate in Veterans Affairs health and wellbeing functions
- Rural and isolated communities find it difficult to access all services. Any assistance in this regard would be a godsend
- Short videos are usually well received
- AMSA support (how to models) towards establishing an ongoing structure that ensures our shed continually actively seeks and promotes health support & information initiatives