



Wellbeing at the Shed

10TH NATIONAL MEN'S SHED GATHERING



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder



Sheds&More



THE *future*
OF SHEDS
Australian Men's Sheds
in 2024 & beyond



Shed Mates *in Action*

A simple guide to enhancing member wellbeing

What is *Wellbeing*?

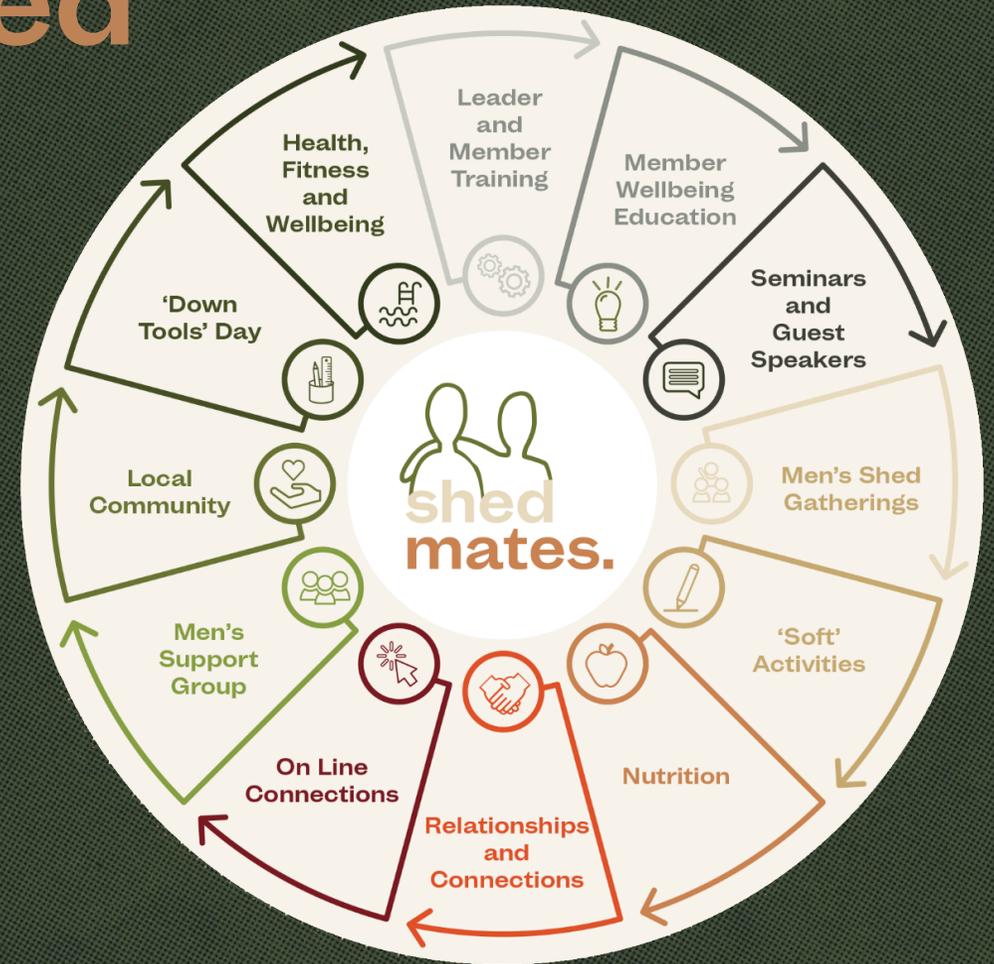
Wellbeing is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life, as well as the ability of people and societies to contribute to the world in accordance with a sense of meaning and purpose.

World Health Organization



Wellbeing at the Shed

Wellbeing encompasses everything your Men's Shed does to meet the personal, emotional and social needs of members.



4 Building Blocks of Shed Mates



Your Member Wellbeing Plan

A simple plan to bring Shed Mates to life at your Shed

Shed Mates Member Wellbeing Plan
 Shed: _____ Year: _____

Your Wellbeing Team

ACTION	3 MONTH CHECK-IN	12 MONTH EVALUATION

Shed Practices

ACTION	3 MONTH CHECK-IN	12 MONTH EVALUATION
<ul style="list-style-type: none"> Run a member survey as baseline measurement Create birthday card list and present members with birthday card on closest shed day 	<ul style="list-style-type: none"> Survey questions being drafted to be sent out for completion in May Commenced - going well so far 	<ul style="list-style-type: none"> Committee reviewed report following collation and some changes made to shed practices Members report this is a good initiative

Shed Relationships

ACTION	3 MONTH CHECK-IN	12 MONTH EVALUATION
<i>Internal</i> <ul style="list-style-type: none"> Introduce an exit interview process for members leaving the shed 	<ul style="list-style-type: none"> Questions drafted - no members have yet left 	<ul style="list-style-type: none"> Have collected some constructive feedback from 5 exit interviews held by Wellbeing Team members
<i>External</i> <ul style="list-style-type: none"> Form relationship with Primary Health Network contact 	<ul style="list-style-type: none"> Contacted AHSA to assist making connection 	<ul style="list-style-type: none"> Held men's health checks in conjunction with AHSA and PHN - 75% of members participated in health check

Shed Activities

ACTION	3 MONTH CHECK-IN	12 MONTH EVALUATION
<ul style="list-style-type: none"> Keep spreadsheet of those members unable to attend due to hospitalisation, career responsibilities and allocate member to keep in touch Invite members who cannot attend on regular basis to monthly BBQ 	<ul style="list-style-type: none"> Trouble keeping up to date SMS invitation sent to 3 members not able to attend shed with invite about monthly BBQ 	<ul style="list-style-type: none"> New system implemented and working well Monthly BBQ run 8/12 months and members report as a valuable addition & past members attended

Wellbeing & Health Officers in action

Rebecca Talbot

Regional Health Coordinator
Men's Sheds of WA



A case study: 'Peter' from WA



\$2.2 million

90% of all the assets
outside his home, from his
Self-Managed Pension Fund
and Bank Accounts

A case study: 'Peter' from WA



The Wellbeing & Health Officer and the Shed President helped Peter to submit his cyber crime report, along with complaint letters to the banks involved.

Then Peter stopped coming to the Shed...

Wellbeing & Health Officer welfare check:

"I was completely 'sucked in' to the scam, as if I was hypnotized"

"Mentally I am at a very low ebb with very poor concentration, poor motivation, don't sleep well and get tired very easily"

"I'm so embarrassed"

"I don't want people to keep asking me how I am"



If you are concerned about your own or another person's mental health.

- Statewide
- Confidential
- Non-judgemental

Here For You will:

- listen to what is going on for you, or the person you are worried about
- provide information about local services.



Here for you
Confidential mental health,
alcohol and drug support line

1800here4u
(1800 437 348)

Phone: [1800here4u](tel:1800437348) (1800 437 348)

Hours: 7am – 10pm, 7 days a week

Email: hereforyou@mhc.wa.gov.au

A case study: 'Peter' from WA

- The WHO can be the first port of call when a referral is needed for some external support
- Once referrals are made, the best way you can support them is to...

... go back to being Shedders



IF IT WASN'T FOR THE



WHO is your WHO?

What do the WHOs do?

- They are the 'Noticers' – who hasn't been attending?
- Advocate for non-workshop activities, eg shed excursions
- Arrange visits to members at home
- Arrange guest speakers
- External referrals via Bec and Richard

“But we all look after each other...”

Yes but without a go-to guy 'if all are responsible, no one is responsible', and people can fall through the cracks.



QUESTIONS ?



0423 235 477



rebecca.talbot@mensshedswa.org.au



mensshedswa.org.au/connect



[mensshedswa](https://www.facebook.com/mensshedswa)

