



WIGWAM-S

Well-beInG in Working-Age Men – Sheds

The impact of community-interventions on the health and wellbeing of
disadvantaged men: a Scoping Review

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Why are we doing this research?



Research has shown that men from disadvantaged areas are more prone to obesity, social isolation, high incidents of drug use, less likely to engage in physical activity, and have significantly lower life expectancy than those living in affluent areas.



Male-targeted interventions is an area lacking in both evidence and practice and men's health remains an underrepresented area of literature and policy.



Previous research has shown that Men's Sheds directly encourage positive health behaviours, support physical and mental health, tackle social isolation, increase self-esteem etc. However, the majority of this research is based on men over 65 years.

Research Objectives

What we wanted to explore:

1. What evidence exists already on the how Men's Sheds impact on health and wellbeing of working age disadvantaged men?
2. How can Sheds support positive behaviour change and health and wellbeing of men who may be involved in unhealthy lifestyle behaviours, socially-isolated and/or unemployed?
3. How best can the Sheds model be tailored to address the needs of all men in disadvantaged communities? Is a one-size-fits-all approach feasible and appropriate?
4. How might this information be used to test a future, larger-scale evaluation study?

Reviewing the evidence: *The impacts of male-only community interventions on the health and wellbeing of working age men in disadvantaged areas: a scoping review*



What did we find?

- 23 articles reporting on 14 different types of interventions
- Most studies were conducted in Australia or the UK

Intervention/ activity	Components
Men's Sheds (indigenous and non-indigenous)	Woodwork, repair projects, community gardening, cooking, playing cards, social support, talking. *yarning circles offered within indigenous Sheds
Football related health programs (It's a Goal, Redcar and Cleveland Boot Room, Premier League Health)	Physical activity (e.g. playing football), health checks, health education sessions, group discussions, problem solving activities
Peer support and networking groups (No Longer an Island, MIND Local Resilience)	Social networking, group activities, community outreach
Indigenous health education programs (Son's of the West, DUDES Club, Tane Takitu Ake)	Health education, health screening, group discussions (yarning circles) around health and wellbeing

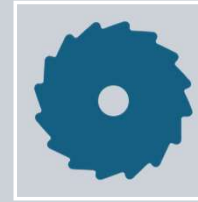
The place or setting to which interventions are delivered...what works?



The things (activities) being implemented...what works?



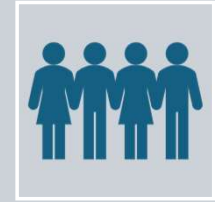
Activities where men work together 'shoulder to shoulder' (e.g. making things, problem solving)



Activities related to 'making things' (e.g. crafting, woodwork, music)



Provision of space for socialising or social activity (e.g. group discussions, coffee)



Provision of formal and informal peer support

Who is involved...what works?

- Only men
- Healthcare workers/ staff
- Approachable and dependable leaders and facilitators (e.g. equal with no hierarchy)



Strategies used...what works?

- Giving men ownership over the intervention as equals
- Using football metaphors, symbols and materials (e.g. football language)



Engaging with men in communities and in Sheds

- 4 Shed events
(2 in Ayrshire, 2 in Forth Valley)
- 9 community events (incl. Bacon roll breakfasts, Breakfast and blether, Curry and Chat night)

Reaching 117 men in total



Café events

Detail	No.	NS AA	S AA	NS FV	S FV	Other area
Auchinleck 1	5	5				
Auchinleck 2	12	12				
TACT Saltcoats	9	7	2			
Garnock Valley Men's Shed	7		7			
Three Towns Men's Shed	13		13			
New Scots Ayrshire	9	9				
SAMH Changing Room	8			8		
Football Fans in Training	5			5		
Wee County Men's Shed	12				12	
Denny Men's Shed	9				9	
Denny Curry and Chat	24			24		
Garnethill Multicultural Centre	4					4 (Glasgow)
Total	117	33	22	37	21	4

Scoping review

(23 articles reporting on 14 interventions)



1. emotional regulation
2. purpose in life
3. healthy behaviours



4. help seeking
5. identity
6. connection

Community engagement

4 Shed cafes
(n= 43 shedders)

9 community cafes
(n= 74 community men)

Online sharing and learning event with
individuals supporting men's health
(n= 27 attendees representing charities, NHS
H&SCPs, voluntary groups)



Initial programme theories around what works best, why, in what circumstances, and for whom

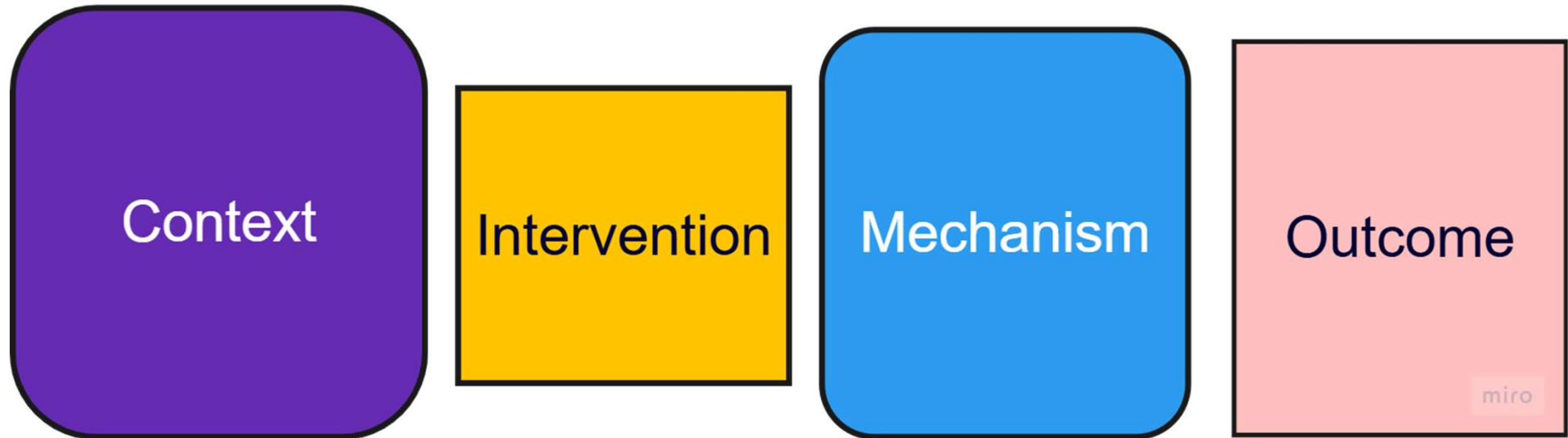
Creating theories about what does/doesn't work

- Based on the literature
- Some papers measure changes in people, but often they do not say how the impact was created.
- Our events centered around discussions about how things were or were not happening

We have discovered the programme theory black box. Now comes the hard part. We have to get into it.



Key



1. Emotional regulation

Men struggling with emotional difficulties in a community where there is pressure on them to be self-reliant, strong emotionally and physically, this can lead to a lack of being able to handle emotions when they come up. They bottle things up.

Performing tasks that allow time and space for chat about emotions with people who have similar experience while also doing activities that are physical. Creative activities included

Realisation that other people have similar thoughts and that they don't have to feel ashamed to speak about emotions. This is facilitated by banter and a feeling of brotherhood in and out of the meetings

Better emotional regulation outside of meetings because they have been able to 'vent' to others that understand them. This may impact positively on relationships with family and friends outside of the group.

2. Purpose in life

When men are without work this can lead to a loss of purpose leading to feelings of loneliness and/or depression. Areas where there is a lack of alternative hobbies or work may be particularly prone to this

Producing items that are useful for the local community that requires skill and technique to be able to create.

Feeling of being useful again and having a sense of purpose in life. Community members will see they are being productive and contributing to the community.

Establishing an identity after losing work and building community connectedness. In turn they will be role models for others in the group.

3. Healthy behaviours

Men are more likely to engage in unhealthy behaviours such as smoking, excessive drinking, and not getting health checks frequently

Physical activities such as walking, football, or working in the workshop. This may also include visits from healthcare professionals and classes to educate about healthy behaviours

Occupying the mind with tasks but also building bonds with members where they hold you accountable for being reliable and pressure you in a positive way. Taking strength from one another in achieving health goals.

Being able to speak about specific men's health issues such as prostate or testicular issues in a safe space.

Healthier behaviour over a long period of time including better diet, lower alcohol and cigarette consumption, and more awareness of personal health issues.

Next steps: To identify any differences in the data between men attending Sheds, and those who do not.

Some snippets from the data...

- Men not attending Sheds sometimes viewed them as “old fashioned” or “for older men”
- Sheds could engage with link workers to let working-age men know about Sheds
- Transport infrastructure and costs can make getting to sheds difficult for some men
- Sheds being open at different times in the day to suit different people could work
- Lots of working age men use social media so this would be a good way to promote Sheds
- Many working age men are not used to meeting other men face to face and are often part of online communities– how might Sheds address this?



Questions

- Has anything surprised you? Or is this what you expected?
- What are your own experiences of engaging working-age men?
- How might you use this information?

What next?

Production of WIGWAM-S Information Booklet

- What we found
- Recommendations

Next piece of work