

# WIGWAM-S: Wellbeing in dsadvantaGed, Working Age Men - Sheds



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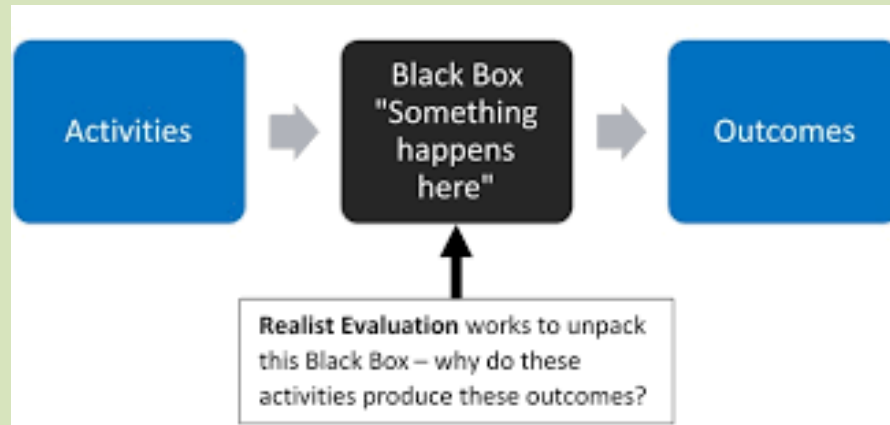
# WIGWAM-S: Overview

- 12-month project led by Glasgow Caledonian University (1<sup>st</sup> October 2024 – 30<sup>th</sup> September 2025)
- Funded by Chief Scientist Office (CSO)
- A co-design community project to explore the impacts of Men's Sheds on the health and wellbeing of socially disadvantaged, working-age men.
- Forth Valley and Ayrshire & Arran.



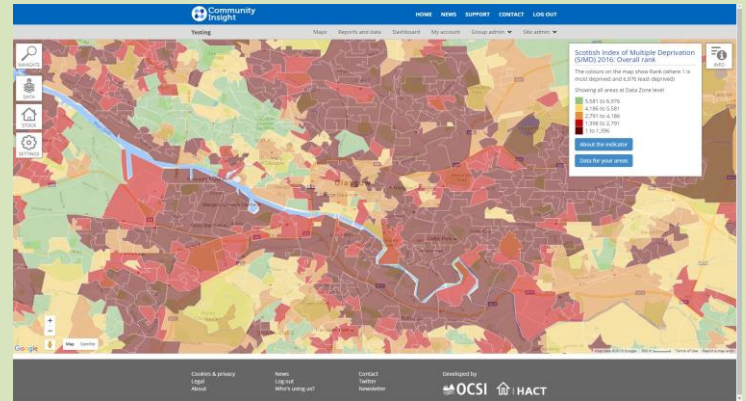
# Aim of the project

Working collaboratively with Men's Sheds and community partners we will determine '*what works, for whom, in what circumstances and how*' in relation to Men's Sheds' impact on health and wellbeing in socially disadvantaged, working-age men.



# What do we mean?

- **Disadvantaged communities:** According to Scottish Index of Multiple Deprivation (income, employment, education, housing, health, crime)
- **Working-age men:** Men aged between 16-65 years old (employed, unemployed, long-term illness, disability etc)



# 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 want 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?

# Methods



- **Scoping review** of existing evidence.
  - Community engagement via **pop-up cafés** in Forth Valley and Ayrshire & Arran with shedders and non-shedders.
1. *What are the needs and wants of working-age men living in these communities?*
  2. *What currently works, why and for whom for Sheds in these communities? (Shedders only)*
  3. *What tools for measuring health and wellbeing are acceptable?*

# Methods

## Two online stakeholder workshops with:

- GPs
- members of health and social care partnerships, and
- local voluntary organisations supporting men's wellbeing

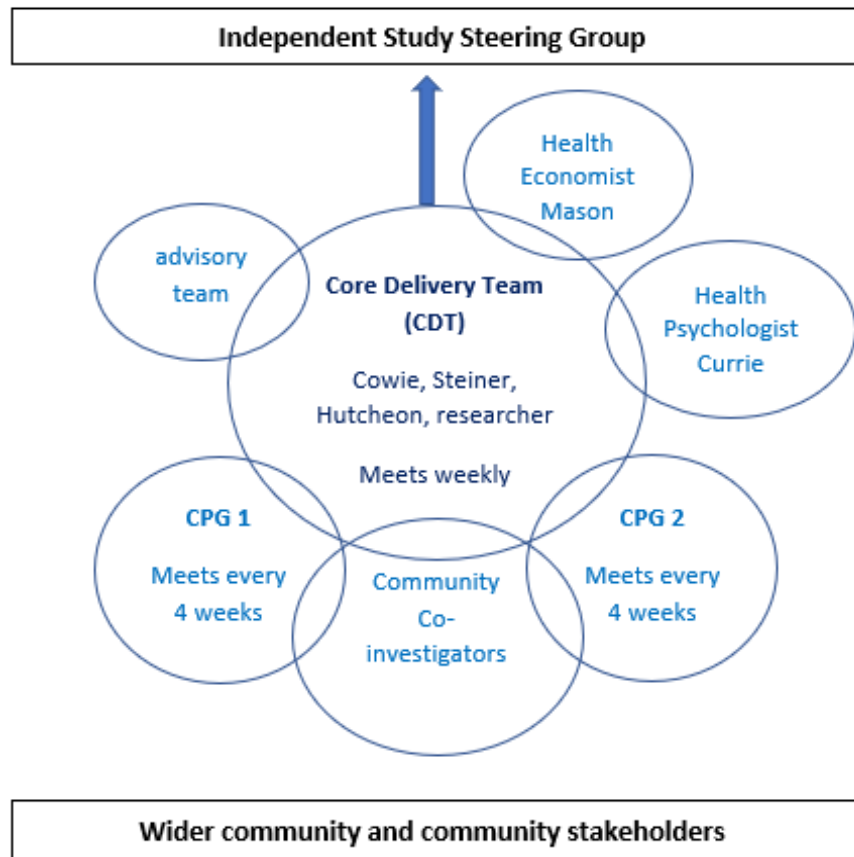


## The role of the workshops will be to:

- discuss emergent findings
- decide on the most appropriate tools for measuring health outcomes among disadvantaged working-age men, and
- understand how community public health interventions, such as Sheds, can be better supported, and more effectively integrated and linked into local care pathways and authorities.



# WIGWAM-S Team structure



- **Community co-investigators** - will promote the study, assist with recruitment, and co-facilitate community engagement events.
- **CPG – Community partnership group** (1 per region) – will be the link between researchers, community members, stakeholders.
- **Advisory team** – from NHS FV, NHS A&A, Arran CVS to advise and signpost to community public health workers and voluntary organisations as appropriate
- **Steering committee** - comment on study progress and advise on protocol and progression criteria for larger, follow-on study



**Thank you for your time**

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# Questions

1. What do you think the needs/wants of working-age men in disadvantaged areas are?
2. Are there working-age men (16-65) in your Shed currently?
3. If so, what things do you think particularly attracts them to attend?
4. If not, what other things do you think Sheds could do/provide for working-age men?

Please chat to us at the break and/or contact us at:

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