

PUBLIC HEALTH

Withernsea Men in Sheds

Men in Sheds

- Many typical community group activities are more suited to women's needs
- Men in Sheds is an international movement which began in Australia
- In the UK 359 Men in Sheds are open with 97 in development and 7199 estimated participants menssheds.org.uk
- alternative opportunity to pursue practical activities of specific interest to men and create social connections, reducing the associated risks to physical health of social isolation.
- Funding a Men's Shed within commissioning arrangements posed specific challenges - ensuring community development principles could be applied to allow the project to evolve in a sustainable manner; transferring ownership ultimately to the beneficiaries by the end of the contract.
- Withernsea Men in Sheds has been commissioned, the service being provided by Humber and Wolds Rural Community Council, from June 2016.



Project aims and objectives

Improve health outcomes for men by:

- Creating opportunities to pursue practical activities of specific interest which create social connections to reduce associated risks to physical health of social isolation.
- Incorporate Making Every Contact Counts, facilitating links with other service providers; brief intervention, advice, signposting and referral.
- Establishing exit pathways into additional learning, volunteering, additional physical/social activities
- Developing a long term sustainable autonomous vision for the project, ideally developing volunteer led activity from the group members and social enterprise opportunities to ensure financial sustainability of the Shed.



Progress, June to December 2016:

- Provider has co-ordinated project worker, permanent venue, volunteers, publicity and local connections, engaging with a varied range of community assets.
- Evaluation methods are established including WEMWBS and Outcomes4Health Software to record outputs; engagement, attendances, volunteer numbers, with targets already being reached.
- Case studies are being developed with positive benefits to participants already demonstrated, participants have reported feeling supported with long term conditions.

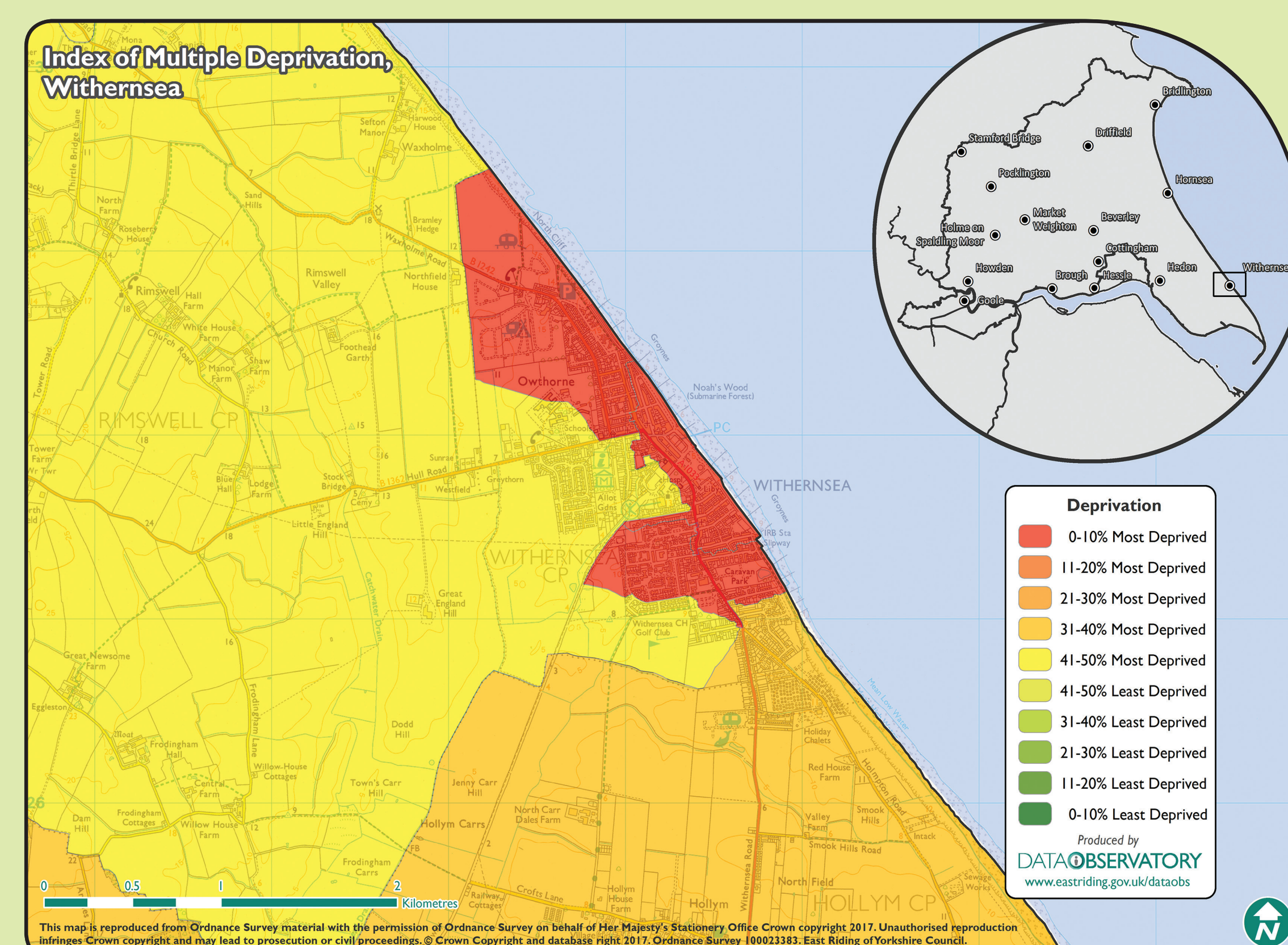
Withernsea

- Seaside town and civil parish located on the South East Holderness coast in the East Riding of Yorkshire (parish population 6,159 in the 2011 census)
- Decline in British Tourism has had an impact on this area
- No rail link since 1964, transport access is by complicated network of country roads
- Isolated town with associated impact on access to services
- Parish profiles show inequalities in health, education and employment

Health and Wellbeing

- South Holderness Medical Practice is the sole GP practice for Withernsea and surrounding rural area
- Reporting High prevalence of patients with multiple long term conditions
- East riding suicide audit data describes a 3:1 male to female suicide ratio
- risk factors for male suicide in the over 50s including living alone, physical illness and depression.
- innovative solutions for self care and self management are being sought through asset based partnership working.

Location of Withernsea and relative deprivation to East Riding



Case Studies (names have been changed)

'Rob' has had 4 strokes and has prostate cancer. His mother-in-law is deaf and blind and occupies a lot of his wife's time leaving him to spend a lot of time alone at home. Since the Shed opened he has attended every session and would go every day of the week if it was open. He says that if he had stayed at home he would be depressed. He has a great sense of humour enjoying 'banter' with other Shedders.

'Marc' is in the early stages of Alzheimers. His wife is really concerned about him, not wanting to leave him alone in case he wanders off and she is constantly worried about him. When he comes to the Shed she is able to leave him and do whatever she wants to do. He is 'supervised' by everyone who attends who engage him in simple activities or he just sits and has a cup of tea and chats.

'Keith' has mental health issues, he is very quiet but meeting up and listening to the chatter amongst other Shedders he is beginning to open up and converse with. He has got ideas about what he wants to gain from being at the Shed.

All of the men just feel it is somewhere for them to go and forget about what their problems are for a while. They are people rather than an 'illness'.

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