

Where could we start with Health & Wellbeing in our Men's Shed?



If you are part of an open Men's Shed, then you are most probably already helping your Shedders with their health and wellbeing!

A report published by BMC Public Health stated: *"Where male friendly health provision has been lacking, this study suggests how Men's Shed activities can provide positive male health outcomes, often in unexpected and non-obvious ways."*

It is important to remember that Men's Sheds do NOT undertake personal care nor perform the role of carer. However, Shedders do care about each other and depend on each other to share problems and to listen.

"We CARE but are not CARERS".

If an individual requires a support worker/carer, ensure that they always accompany them to the Shed and are responsible for them while they are there.

Whilst Shedders are mostly volunteers and beneficiaries of their Shed, they are not health professionals.

If you come across a Shedder seeking medical advice or enquiries for illness and injuries which are not life-threatening, do encourage them to call the NHS helpline 111. If it is a life-threatening emergency, call 999.

Some of the ways that Sheds can help Shedders health and wellbeing are detailed below.

- Identify health requirements of Shedders when they first start at the Shed.
- Install a First Aid kit & get yourself and/or other Shedders trained on First Aid.
- Sign the UKMSA DIY Charter for Wellbeing in Craft & DIY.
- Have a social area in the Shed.
- Undertake Dementia awareness or Dementia Friend training (for yourself and other Shedders)
- Undertake Mental Health First Aid training (for yourself and other Shedders)
- Undertake Suicide Prevention training (for yourself and other Shedders)
- Gather Health & Wellbeing Guides – to be available at the Shed.
- Undertake introductory training or inviting Speakers on health & wellbeing matters.
- Have plans ready for bereaved Shedders.
- Take actions on the heart health of your Shedders.
- Appoint a Shed Welfare Officer or Health Champion.
- Review what reasonable adaptations you could make for disability access at the Shed.
- Arrange Social Activities for Shedders, and/or appoint a Social Secretary.
- Support Healthy Eating.
- Encourage Shedders to be more physically active.

Remember that every Shed is different - the approach you take to health and wellbeing will vary depending on what your members want and what works best for your Shed.

If you are a member of the UK Men's Sheds Association, you can access more details on all these items – [Click here to view](#).