Effective Engagement for Middle-Aged Men in Sheds

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MEN’S SHEDS
EMERGING THEMES

Theme 1: The Essence of Sheds

The Essence of Sheds
Methods of Engagement
Conceptualising SFL
Men Doing Health
“... we really need[ed] to meet with the men, to, kind of, say who we are... and what do they want, as opposed to us implementing a project that we thought was great.” (Service Provider).
Making health men’s business:

“When you scratch the surface........there’s more than just banter” (Men’s Shed member)
Key Learnings – Striking a Balance

**Mission Statement:** Sheds for Life will provide a positive, holistic approach to men’s health that targets aspects of physical, mental, social and spiritual wellbeing by building on the existing health enhancing, supportive environment of a men’s shed.

This will be in line with the ethos of men’s sheds, a grassroots approach is applied, placing the men's needs and views at the core of all associated health promotion activities.