

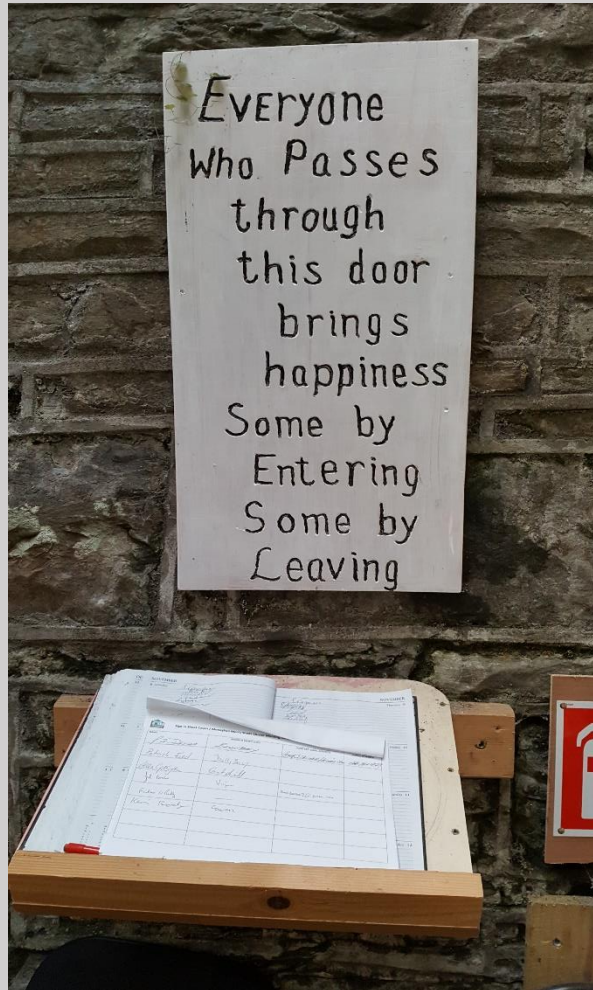


Effective Engagement for Middle-Aged Men in Sheds

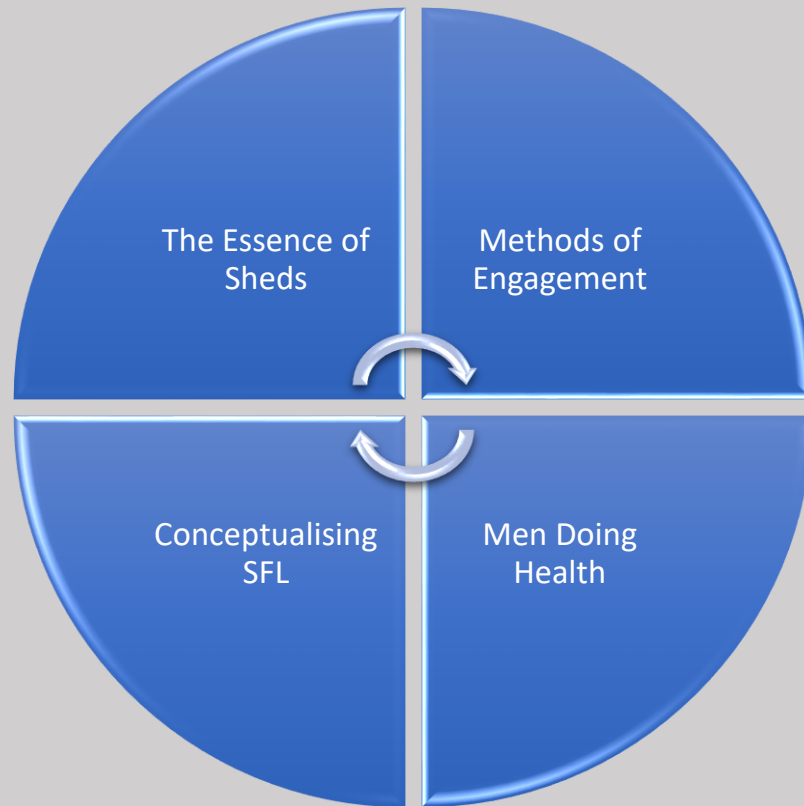
Presented by Edel Byrne, Health & Wellbeing Manager, Irish Men's Sheds Association
on behalf of

Niamh Bergin & Dr. Noel Richardson, IT Carlow

MEN'S SHEDS



EMERGING THEMES



Theme 1: The Essence of Sheds



THEME 2: METHODS OF ENGAGEMENT

“ 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).



THEME 3: MEN DOING HEALTH

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.