Shedders…
doing things together
and for me
Occupational Therapy 24hr Virtual Exchange, 2016
Presenter: Jane Taylor

From Sunny Queensland

Acknowledgement of country

I acknowledge the Gubbi Gubbi people, the
Traditional Custodians of the land on which I work
and live, and recognise their continuing connection
to land, water and community. I pay respect to
Elders past, present and emerging.
Project research team
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Acknowledgements
- Participation and generosity of the Buderim Men’s Shed members “Shedders”

Presentation overview
Share findings of pilot research with local Men’s Shed
Some context
Buderim Men’s Shed
Research process
Findings
Conclusions
Discussion & questions

Some context
Improving health of men
National priority
National Male Health Policy 2010
$ for Men’s Sheds
Buderim Men's Shed

- Located in Buderim, Sunshine Coast
- Established 2011
- 200+ members

‘…advance health, wellbeing and social inclusion of all members through interest-based activities.’\(^{(4)}\)
Current research

- Limited to descriptive surveys & small qualitative studies (5-8)
- Little known about efficacy of MS re participant & community benefits (6,7)
- Built on existing qualitative research

About this project…

Research focus – phase 1

- Impacts on health & wellbeing of members
- Contributions to local community
- Factors that contribute to a successful shed
- Individual survey, group interview
- Research Final Report link here

…survey questionnaire

On-line & hard copy, 58% RR (N=143)

62 questions re members -
- Reasons for joining MS
- Life before joining MS
- Participation in MS
- Current life (social, overall health, QoL etc.)
- Experience of participating MS
- Demographics
Better understand Shedders …
- Experiences of participating in MS
- Perceptions factors that contribute to a successful MS
- Contribution MS activities to local community
- 23 Shedders

Figure 1: Buderim Shedders Demographics
- Average age: 72 years
- 90% retired
- 81% live with partner

Figure 2: Buderim Shedders Demographics
- Participates frequently in Men's Shed activities
- Dog training
- Woodwork
- Computer
- DIY
- Gardening
- Woodwork
- Metalwork
- Maintenance
- Electrical work
Figure 3: Shedders reason for joining Men's Shed

- Meet new friends: 62%
- Learn new skills: 30%
- Share knowledge and expertise: 20%
- Give back to community: 10%
- Other: 8%

Figure 4: Shedders experiences with Buderim Men's Shed

- I enjoy being able to come when I want to: 80%
- I enjoy the social aspect: 75%
- I enjoy being able to make what I want: 70%
- I have made good friends in the shed: 65%
- I get a chance to mentor others: 60%
- I have some say over how the shed is run: 55%
- I enjoy the community projects: 50%
- I feel 'at home' in the shed: 45%
- I enjoy the trips or outings: 40%
- I enjoy being able to make what I want: 35%
- I enjoy being able to make what I want: 30%
- I enjoy the social aspect: 25%
- I enjoy the social aspect: 20%
- I enjoy the social aspect: 15%
- I enjoy the social aspect: 10%
- I enjoy the social aspect: 5%
- I enjoy the social aspect: 0%

Figure 5: Reason(s) for participating in the Buderim Men's Shed

- Give back to the community: 71%
- For health: 60%
- Share my knowledge and expertise: 50%
- Learn new skills: 40%
- Meet new friends: 30%
- Keep busy: 20%
- Other: 10%
To get out of the house
To learn new skills
To help me keep healthy
To meet new friends
To be with other men

Figure 5: Members’ perceptions of Men’s Shed as a place

… self-reported overall health

Figure 6: Shedders’ SF-8 scores at the time of data collection

… social wellbeing of Shedders

Figure 7: Frequency of getting in touch with friends or family

Figure 8: Frequency of getting in touch with friends or family

Non-shedders

Buderim Shedders

Other Shedders
... life satisfaction of *Shedders*

![Graph showing life satisfaction of Shedders.](image)

Figure 9: Level of satisfaction with life as a whole

Figure 10: Satisfaction level with feeling part of the community

... interview findings

- Feeling comfortable to be yourself
- Fellowship
- Shed facilities and advise
- Doing your own thing

"...you don’t feel obliged to put in any more time then you feel like putting in. You’re not committing yourself to anything in particular."  
"It’s a matter of choice."  
"...doing your own thing..."

... what keeps *Shedders* engaged

- Shed facilities and activities
- Continue work interests
- Lack of hierarchy and commitment
- Feeling of belonging and comfort
- Benefits to *Shedders*
…MS success factors

- Organisation running smoothly
- Leadership as an asset
- Lack of a hierarchy
- Flexibility for member needs
- Donation of tools and materials
- Inclusiveness of everyone
- Wealth of experience among participating shedders
- Doing stuff together
- Communication between shedders

Conclusions

- Similar to other MS
- No change in self-reported health status
- Expanded circle of friends
- Sense of ownership and belonging
- Socially connected and included
- Learn new skills & access equipment
- **Place to do something for themselves**

Discussion & questions

**Shedders... doing things together and for me**
Key references


