**Men’s Shed Program**

Men’s Shed is an initiative of the Australian Men’s Shed Association. It has been developed in many local communities across Australia, and it offers men an opportunity to socialise with other men in their community and learn new skills, such as woodworking and the restoration of old furniture.

Not all Men’s Sheds are the same – if you looked inside you might see a number of men making furniture, perhaps restoring bicycles for a local school, making Mynah bird traps, fixing lawn mowers or making a cubby house for Camp Quality to raffle. You might also see a few young men working with the older men obtaining new skills and learning something about life from the men with whom they work. You might see local elders making traditional weapons or designing arts and crafts. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men’s Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship.

The Australian Men’s Shed Association is a not-for-profit organisation that is funded by the Federal Government. It is now the largest association in Australia focused on men’s health and wellbeing.

Source: adapted from http://www.mensshed.org

**Identify and explain 2 action areas of the Ottawa Charter evident in the case study. (4 Marks)**

The first action area of the Ottawa Charter that is evident in this case study is developing personal skills as the program gives men the opportunity to learn to cook for themselves or their families which would give them the skills that can enable them to eat healthier, thus improving their health and wellbeing.

The other action area that is evident in this case study is creating a supportive environment as Men’s Shed provides a safe environment for men to visit and socialize in, thus improving their health and wellbeing.

**Explain how Men’s Shed may impact on the health and wellbeing of participants. (4 marks)**

Men’s Shed may impact men’s spiritual health and wellbeing as men are able to form a positive meaning and purpose in life as they are able to contribute to their community in completing activities such as repairing bicycles for local schools or even building cubby houses for Camp Quality.

Men’s Shed may also impact men’s social health and wellbeing as the program offers an opportunity to socialize with other participants in their community. The shed allows for a comfortable space in which men can sit and talk with eachother, thus allowing men to form a supportive network of friends and productive relationships with other people.