

The Darebin Men's Shed Program

Getting in touch with the
'bloke' within

Darebin Demographics for elderly men

- There are approx 10,000 Men over 65 years in Darebin
- One third of Darebin residents are born outside Australia
- In Metropolitan Victoria, Darebin has the largest population of ATSI residents
- The Darebin community is one of the most socio-economically disadvantaged in all of Melbourne
- Average life expectancy for Darebin Men is 74 years
- Male unemployment is at 10.1% compared to Melbourne 6.9%

Attendance

It started with 8 men,
8 weeks, 800 biscuits,
800 beverages and Rick
Hayes.

Since the opening in
2002, participant
attendance had grown.
On average through
2005, numbers have
consistently grown to
20+ on Monday and
Tuesday.



Men running their Shed

- Community involvement has been a key to its success
- Its about encouraging those with skills not only to use them but also to teach them
- The shed gives the men a sense of belonging, acceptance and ownership of its many achievements
- All participants have a unique role within the daily running of the shed
- The Men make a point of making new comers feel welcome and included

Belonging and acceptance

- The success of the program is based on providing a space of belonging and acceptance. The rest takes care of itself. Men need and work better in company, and for isolated elderly men, the shed meets their social and work needs for those who may lack both.



New comers

- **Three techniques are in place to make a new comer feel at home**
 1. **Staff face to face contact**
 2. **A linking up with key personalities,**
 3. **To get the new comer actively doing, fixing, making something if the need has arisen.**



Woodwork projects



Men's shed evaluation

An evaluation of 15 regular participants was recently summarized in 4 sub categories

1. **Improving Men's health**
2. **Confidence levels in the group**
3. **Facing Depression**
4. **Program evaluation**

1: Improving Men's health

Since coming to the shed, do you feel you have learned more about health or mental health?

If yes, in what areas/subjects?

- **Healthy food**
- **Improving my mental health**
- **Losing weight**
- **Being aware of others problems**
- **More tolerant of others hardships**
- **Higher use of DCH services such as
Dietician / Doctor / Physio / Podiatry /
Dentist / eye specialist**

2: Confidence levels in the group

- **Thinking back six months ago, how confident did you feel about speaking up in a group?**

<i>Very confident</i>	<i>not very confident</i>	<i>not at all confident</i>
7	8	

- **Compared to now?**

<i>Very confident</i>	<i>not very confident</i>	<i>not at all confident</i>
12	3	

- **Thinking back six months ago, how confident did you feel about being with people you didn't know?**

<i>Very confident</i>	<i>not very confident</i>	<i>not at all confident</i>
7	8	

- **Compared to now?**

<i>Very confident</i>	<i>not very confident</i>	<i>not at all confident</i>
10	5	

3: Facing Depression

- Thinking back six months ago, did you feel lonely

<i>Often</i>	<i>sometimes</i>	<i>rarely</i>	<i>never</i>
6	6	3	

- These days do you feel lonely?

<i>Often</i>	<i>sometimes</i>	<i>rarely</i>	<i>never</i>
	8	5	2

- Are there any men in the group that you didn't know before joining that you now see socially?

<i>Yes</i>	<i>No</i>
5	10

4: Program evaluation

- What have been the best things for you about coming to the shed?
 - Relief from boredom
 - Mateship / Friendship X 5
 - Eating good fruit and vegies
 - More self confidence
 - Mixing with a group
 - Talking
 - Playing chess
 - Makes me happier
 - Improves my skills
 - Gardening
 - Cooking
 - handyman work

- How would you rate the activities in the shed?

Excellent *very good* *good* *fair* *poor*
7 4 3 1

- How could the shed program be improved?
 - **More than 4 outings through the year**
 - **By having it open more days**
 - **Bringing others into activities**
 - **More help from more able men**
 - **More things to repair**

