

A Diverse Bunch

Presented on behalf of the men of the Brimbank Men's Shed (BMS), who have made this presentation possible.



Partnerships - Chin Men's Shed

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Sunshine Mission

Health and Wellbeing Survey

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Dietitian



Presentation Overview

About Brimbank Men's Shed

- Brief overview of the shed & local context
- Three shed programs

Health and Wellbeing Survey

- Survey questions
- Survey finding
- Outcomes and implemented strategies

New Partnerships - Chin Project (From Burma)

- Getting to know your cultural communities
- Agencies coming together for a common purpose
- What they have achieved

About Brimbank Men's Shed



Blokes connecting, naming, claiming and celebrating in their shed.

“..A meeting place where men can talk, yarn, laugh, and learn new skills and where mutual respect is understood...”

Community Forum 2006, Sunshine



BMS - Local Context

The Big Picture

- Globalisation – decimation of local manufacturing industry.
- Intergenerational Unemployment.
- Brimbank is the second most disadvantaged Local Government Area out of all 31 Melbourne metropolitan areas. (ABS SEIFA Index 2006)

The Small Picture

- A Social Shed, non duplication of existing services and sheds.
- Need for men to have a meeting place where they are “welcomed to gather”.
- Identity and personal capacity – confidence and motivation to do what they need for their health and wellbeing.

Monday Night – Chin Shed

Access to information and services



Solidarity



Understanding Australian Culture

Tuesday Night - African Shed

- Improving our English, job opportunities and access to services



- Health and Nutrition



Wednesdays - General Gathering

Mateship



Celebrating



Health and wellbeing



HEALTH SURVEY





HEALTH SURVEY

AIMS

1. To assess the effectiveness of previous Dietitian presentations.
 2. To assess the men's current health status.
- Put together using other local and national Health Survey Tools



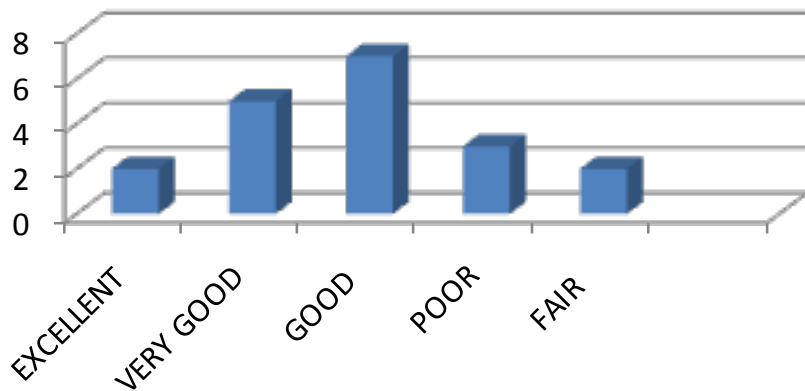
HEALTH SURVEY

- The survey was completed throughout April & May 2010 over several sessions at the shed.
- 19 men sat down individually with Lauren, ISIS Dietitian, informally within the shed.



SURVEY RESULTS

GENERAL HEALTH



Most men (63%) have a fairly good outlook on their health.

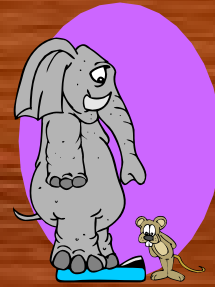
GENERAL HEALTH

- Most men (89%) see their GP.
- Only half the men (52.6%) access Community Health Services e.g. ISIS Primary Care and Western Region Health Centre.

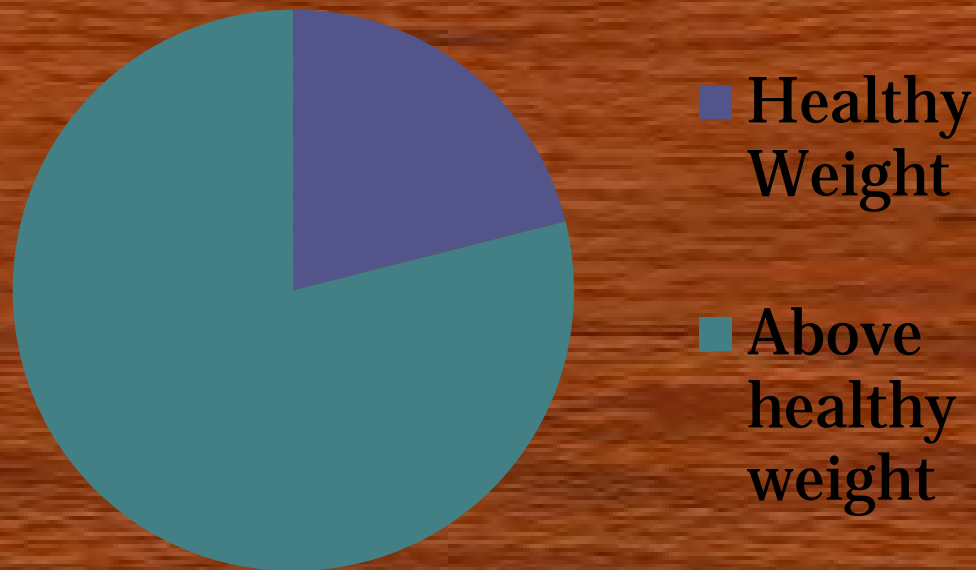




WEIGHT



- Most men (79%) at the shed are above their most healthy weight.

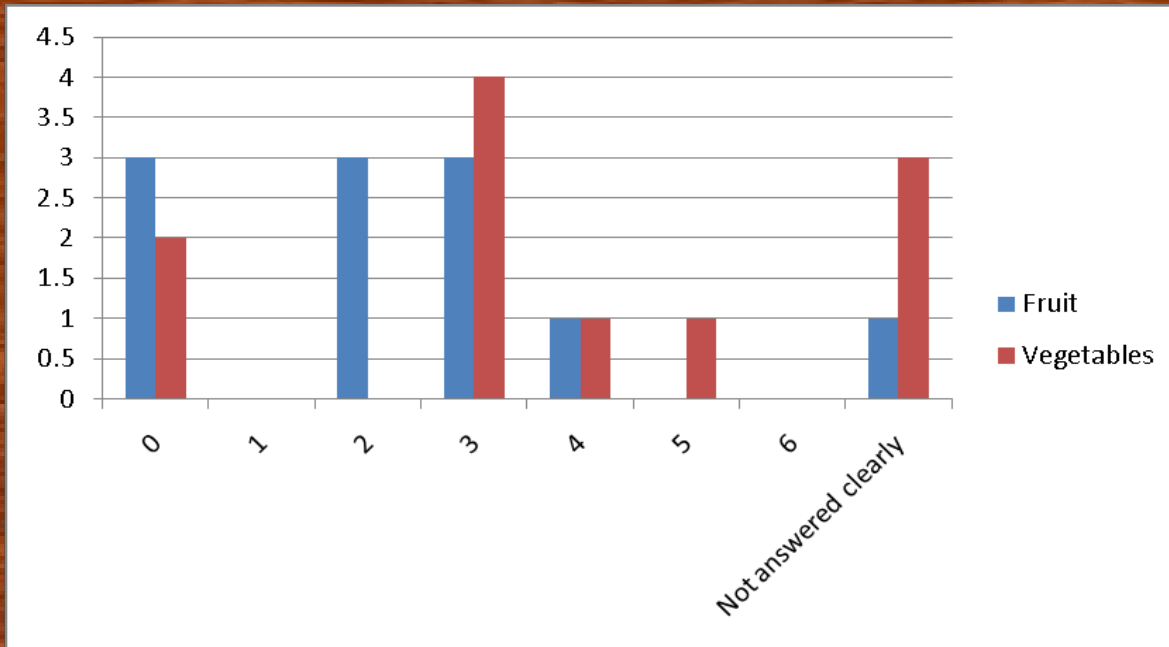




NUTRITION



- Fruit – most men ate recommended amounts
- Vegetables – most men didn't eat enough



NUTRITIONAL INFORMATION		
Servings per package: 5		
Serving size: 150 g		
	Quantity per serving	Quantity (% per 150 g)
Energy	608 kJ	14%*
Protein	4.2 g	8.4%
Fat, total	7.4 g	14.8%
— saturated	4.3 g	8.6%
Carbohydrate, total	18.8 g	37.6%
— sugars	15.6 g	31.2%
Fiber	36 mg	0.72%
Calcium	300 mg (20%)*	200%

* Percentage of recommended dietary intake

Ingredients: Whole milk, concentrated skim milk, sugar, stabilizers (pH), gelatine, culture, thickener (1442).

NUTRITION



- 2/3 of the men would like health talks to continue e.g. label reading, healthy meal ideas.
- Food & heart disease
 - Some men were unsure of what causes high blood pressure and cholesterol
- Supermarket Tour
 - most men (74%) would attend a once off tour.
- Cooking:
 - Most men (73%) are confident in cooking a healthy meal
 - But most men (95%) would like a cooking class once per month at the Shed.



EXERCISE

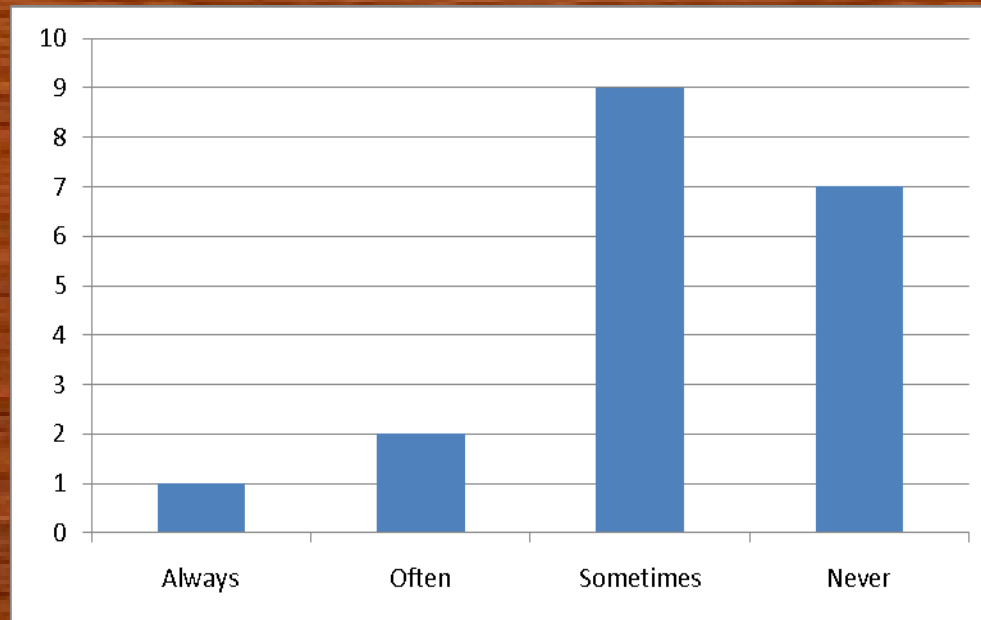
- Most men (84%) walk for exercise.
- Physical problems such as back/feet/knee pain interfere with two thirds of the men's physical activity levels.





SOCIAL HEALTH

Do emotional problems interfere with your normal social activities?





SOCIAL HEALTH

More than half the men experience negative emotions more often than they think they should
which interferes with seeing friends & family.

The emotional problems include:

- Feeling low
- Depressed
- Can't be bothered.



SOCIAL HEALTH

- One third of the men have no-one to speak to if they have a problem or a worry.
- One third of the men are very socially isolated reporting only visiting friends/family only a couple of times per year.





CHANGES MADE AT THE SHED



NUTRITION

- **COOKING CLASS**
 - Once per month
- **SUPERMARKET TOUR**
 - Label Reading
 - Practical look at foods
- **AGesture**
 - Delivery of fresh fruit & vegetables to the shed



EXERCISE



- Monthly Men's Shed Heart foundation walking group
- Monthly exercises with instructor from local Leisure Centre



- More men exercising out of the shed
 - Some walking 2-3kms a couple of times a week

SOCIAL HEALTH

- Attended Community Festival
- “All Shed’s” Day
- Day visits to other Men’s Shed in Victoria



FUTURE CHANGES TO OCCUR AT THE SHED

- Talk from Physiotherapist to show exercises that can be done with back or knee pain
- Tour to or talk from local Health Centres



Importance of Partnerships

The Chin Shed Project

About the Chin Community

- Recent arrivals, community settlement, growing population in local area.
- Experienced significant persecution in Burma. Some spent many years in refugee camps.
- Speak very little English.
- Many Clans across Melbourne, need to build solidarity & resilience.

What the Chin Community said were concerns / needs for them:

- Access to accurate information about housing, consumer rights, fines and contracts.
- Being accepted in Australian society.
- Drink driving and other legal issues.
- Access to health and other support services.
- Understanding Australian culture. ie parenting styles, role of police.



Understanding Australian Society



Building Solidarity



Access to information
and services

Engaging the Chin Community

- The men say they need face to face communication, earning trust and understanding.
- Forget about written invitations. Word of mouth is much more important.
- Must have community leaders support. Individual meetings with Clan leaders to discuss the needs of their community.
- Yes, doesn't mean yes! Voting with their feet.
- They have been researched, surveyed, consulted – just do something!
- Creating an environment of belonging, knowing that not all Chin communities will mix with each other.
- Mix of fun and information. Playing games, table tennis, darts and foosball; and, guest speakers.
- Never heard of a Men's Shed before.
- A Chin Shed for Chin community needs and purpose.
- Continue to get feedback for the evaluation and planning of the shed.

About Partnerships

- Brimbank Men's Shed began as a 9 agency partnership.
- Agreed not to duplicate existing services.
- Partnerships are formed at the early planning stage, before the program starts.
- All Shed programs run in partnership with other agencies and government departments.

Key Partnership Agencies

New Hope Foundation

- Work closely with Chin community
- Contact with Clan Leaders
- Understood internal political & cultural issues
- Guest speakers, information, interpreter and staff

ISIS Primary Care

- Worked with Chin community, but had nowhere to refer men.
- Access and referrals to health services.
- Provide guest Speaker and information

Brimbank Men's Shed

- Space specially for Men
- Promotion of Men's Shed movement
- Information, advocacy, support and referral.
- Naming, claiming and celebrating achievements.

Links With Other Agencies

- Department of Consumer Affairs
- AMES
- Victorian Police – Community Liaison
- Footscray Community Legal Centre
- Relationships Australia
- Centrelink
- VicRoads
- Brotherhood Green
- Sheriff's Department
- Victorian Foundation for Survivors of Torture.

What they have achieved

- Getting out of the home and meeting other non Chin people.
- Practice and improving our English.
- “devour” information provided and take back to use in their community.
- Able to solve “problems” themselves.
- Solidarity. i.e. “..I’ll go with you to the legal centre...”
- Understanding and participating in Australian Society, and giving something back to their local community.



Thanks

Any Questions?

Special thanks to all the men from the Brimbank Men's Shed. Without their help and support, this presentation would not be possible.

