



Koowee Shed

Supporting Rural Men's Health

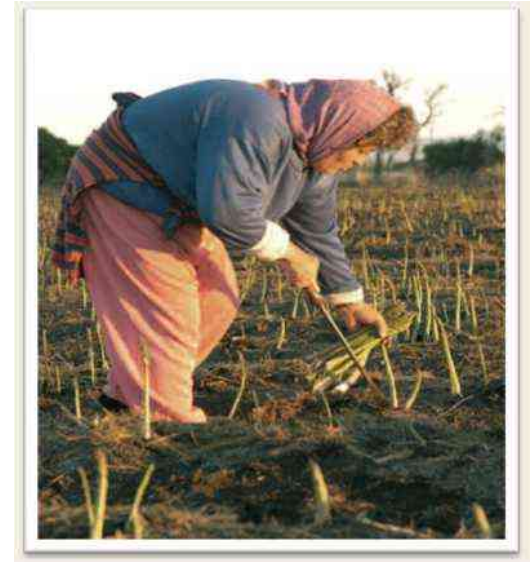
NO BULL



Presentation
August 2009
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Koo-wee-rup, Victoria Australia

- Located 75Kms SE Melbourne
- Reclaimed Marshland
- Recognized as major farm area in shire
- Mainly Asparagus, Potato, Dairy, Cattle



Kooweerup Regional Health Service



- Multi service agency – acute ,extended care, community
- Vision statement. “Towards a Healthier Community”
- Reorientate the health service to be more Health promoting and community focused
- Paradigm shift from Medical Model to Social model

Why build a shed?

- Second highest level of social disadvantaged in Victoria
 - Older population 11.7% over 70, 22% 50-59yrs
 - Large % no educational quals 65.5%
 - 5.8% with no vehicle
 - Lack of public transport
 - Led to increase in Isolation & Boredom
 - Drought affected area
- (Source: Jesuit Social Services "Unequal in Life" report 2004)

SAVE THE ~~M~~ WHALES



Photography: Belinda Mason-Lovering

While you read this and view this image, a man somewhere is about to throw a rope around the beam in his shed, another is attaching a hosepipe from his exhaust to the window of his car and yet another is about to turn his wheel into the path of an oncoming semi-trailer.

5 males suicide in this country every day.

Whatever the reason, it's too many. If 5 whales beached themselves on Bondi Beach it would be front page news, broadcast all over the world, enormous money, effort and resources would be utilized in trying to save them.

Yet we lose 5 males a day in this country and we seem to accept that.

- Being sociable can add years to your life

**“a faithful friend is the
medicine of life”**

King Solomon

Shed Journey

- Land identified within Kooweerup Health
- Public meetings held – community interest
- December 2008 – slab down
- January 2009 – shed erected
- February 2009 – electrical work
- March 2009 – public launch
- April 2009 – first program run
- Programs ongoing

Men's Shed



Pit Stop



For men who like to see their family firing on all cylinders;

- Local Health and mediator networks
- EPU
- Open to all men (Dads, Gran-dads, New dads, Step dads etc)
- Assist men to engage with family especially children better



Community Garden Project

- Community garden
- Workshops
- Students, Men, Community work together
- Remembrance Garden



Community Art



Other Projects;

- Active Environments
- Walk & Talk
- Shed Therapy
- Farmers Forums
- Money Minded Workshops
- Beating Burnout sessions
- Other Men's issues

So Where to from here?

- Which direction? D.mpeg
- **How do we continue to fund our shed?**
 - Self Funded by members – Fees
 - Projects that create revenue
 - Grants – (when available)

New Challenges

- **Is our shed Sustainable?**
 - We believe it is Sustainability will come if we continue to;
 - we build stronger community partnerships
 - Consolidate our existing relationships
 - Create a greater awareness of the importance of sheds and the benefits to men's health & wellbeing
 - Look at creative ways to engage with our community men better
 - Continuous evaluation (pre & post)

Ponder this?

- How many sheds is too many?
- Do we need a shed in every community?
- How best do we utilise our resources?
- How do we provide evidence to Governments for future funding or support?

Take home message

- We are not alone – we are all in this together
 - Suggest continuous evaluation
 - The goal is for a space where men can continue to come and be men
 - Not every one likes wood work!
- So maybe change needs to be considered!
- Resisting change is like holding your breath – your succeed you die”.



Life is too short with No shed!

**Live
Long
Live
Well**

**Now, that's a manifesto a man can live
by!**

Questions?