

CATALYSTS FOR CHANGE

FINAL REPORT



Men's Shed Govan

Keywords: **Friendship. Connecting. Optimism.**

Duration of project: **1 year**

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Summary

The project was set up by a practice nurse working in the deprived area of Govan, Glasgow, one of the most deprived in the UK, for men's health and wellbeing. It has transformed the lives of the “set-up” team, a peer-led group of men who have set up “Men’s Shed Govan” which is now a charity that empowers men who are retired, unemployed or unfit for work, to take control of their mental and physical health needs.

There is considerable evidence of need for provision of something to address men’s health in this disadvantaged locality. A glaring gap in third sector services for this group of men exists, compared to the amount of well-established women’s groups. The project addresses this gender inequality and the benefits to men’s wellbeing has already been demonstrated by feedback from mental health services and the men themselves. This feedback also demonstrates how having a facility like this can potentially reduce unacceptably-long waiting times for these services and provide an alternative which is evidence-based. Setting up such a facility has been challenging, worthwhile and very satisfying.

The men have shared, discovered or reawakened skills, found a suitable property to refurbish and created a facility that will offer a number of activities to provide men who are no longer working, with somewhere to go where they can take part in meaningful activity, such as woodwork, gardening, model-making, arts, cooking, playing games, making friends and building relationships. It has provided a sense of purpose, usefulness and optimism in the community, and will continue to do so for others that join.

The practice nurse offers support around health issues in an informal accessible way, reaching a group in the community who are often isolated and struggle to engage with health services. She aims to provide a “health by stealth” ethos in the Shed, promoting healthy eating and healthy lifestyle choices, alongside improved management of long- term conditions by providing monthly checks of blood pressure, pulse, weight, BMI, and blood glucose where appropriate. She will offer further education on long-term conditions, and plans for healthy snacks to be made available as alternatives to the usual poorer choices.

The men will make items, such as planters, bird boxes and bird feeders, wooden toys and Christmas decorations, to be sold to contribute to running costs. They hope to get funding for a poly-tunnel and grow plants to sell for income generation. They also hope to help in the community with ideas of running DIY classes or care and repair services for the local area.

The transformation of the derelict building and land has had a positive effect on the wider community. It is situated on a thoroughfare to the local primary school, and families passing by actually smile and pass comment as to how nice the space looks now that there is a pleasant garden to look at. It makes a statement that good things are happening within their deprived locality, providing a positive sense of neighbourhood.

The practice nurse has support from the GPs she works for, as they see the value of the project and have seen the results for themselves first hand. They have allowed her some time every week to spend on setting up the Men’s Shed in collaboration with their own committee and volunteers. She has found it to be one of the most rewarding ventures she has ever been involved with. She has

broadened her organisational skills, learned about creating an organisation/charity, and how to continue its sustainability by applying for funding and liaising with companies regarding sponsorship.

Background

Older men, mostly over 50, often with a long-term condition such as Diabetes, Heart Disease, COPD or Hypertension, can feel isolated, bored and have feelings of apathy, depression and uselessness. Practice nurse Sarah Everett, on consulting with this group of men, felt that there was nowhere to sign-post them to when they said to her "There's nowhere else to go other than the pub or the bookies" when she assessed their lifestyle. This was affecting both their mental and physical health because with low esteem they were not motivated to make good lifestyle choices. She identified a need for somewhere for this person-centred group to go to during the day, to feel that their lives had a purpose.

There are at least six successful third sector women's groups in the Govan area which have been described as "life-changing" by those who attend, but there was nothing equivalent for men. Consultations were held with other GP practices, the GPs, practice nurses and links workers. All identified a glaring gap in third sector services in this area and it became very clear that there was a large evidence of need, and a gender inequality in service provision.

The practice nurse had read about "Men's Sheds" and how the movement started in Australia in the late 1990s. Research acknowledged the positive role that sheds can have in "addressing the gendered health disparity that males face".^[1] According to the *Men's Health Plan 2009-2012, New South Wales NSW Ministry of Health*, men have lower awareness of depression and anxiety symptoms and are less likely to link issues such as insomnia, anger and irritability to emotional distress, or only after these reach crisis point. Maladaptive behaviours such as 'avoiding' or 'numbing', sometimes escalating to risk-taking, violence and self-harm, are more common among men. Coping mechanisms commonly adopted by men such as emotional repression and alcohol and substance abuse increase the risk of cardiovascular and other diseases. Men are also less likely to seek professional help and more likely to endorse alcohol as a coping mechanism ^[2]

By chance, just at that time, an e-mail came through from the Queen's Nursing Institute Scotland (QNIS) offering a grant to be a "catalyst for change" and she, the practice nurse decided to take on the challenge to be that catalyst.

Several of the men who were patients in her practice were asked if they wanted to set up a Men's Shed in the locality, and a core group of initially five men, agreed to do so. They expressed what a great idea it was, that it was a resource sadly lacking within the community, and they were very enthusiastic to be involved in something that would involve planning, organising and some physical work. They missed their working lives and feeling useful. One of the gentlemen also pointed out that this would also be of benefit for his wife. The phrase he used was "a bit of breathing space for her" as she was in practical terms his carer due to health issues. This also shows that targeting men's health can impact not just on men's lives, but can also have positive benefits for their families and those who care for them, including women and children. ^[3]

With the support of the GPs in the practice, the practice nurse applied for the grant to QNIS and involved a community development officer. With the men at the forefront of decision making, they embarked upon the process of creating a third sector facility that did not previously exist in their area, giving priority to the needs of the people it serves.

The Project

We wanted to provide a dedicated, friendly and welcoming place to go where those who are unable to work due to ill health because of long-term conditions, or those who are retired or unemployed, depressed or lonely, could improve their mental wellbeing by taking part in activities, community projects, learning or sharing skills to promote self-worth, and a feeling of being productive and valuable to the community. The project also set out to provide a sense of optimism for those men who had lost this feeling.

By taking part in all sorts of activities such as gardening, woodwork, arts and crafts, playing games and interacting with peers, the idea was that both mental and physical health would be improved. It would also focus on anticipatory and preventative care by providing a place to learn how to make healthy meals, participate in health checks and receive information to promote a healthier lifestyle and improved self-management of any long-term conditions. Literature reviews show that Men's Sheds have been described as a male-friendly service, providing a 'health by stealth' approach^[4]. Increased activity and planned spin-off groups such as walking football, walking groups, and fishing groups would also improve overall fitness for a target group known to have in general poor health. The monthly meetings to set up "Men's Shed Govan" started in April 2017, when the men started to form ideas of what they wanted to do. They searched for premises and started talks with City Properties about leasing a property. A few of the men attended, with the practice nurse, the first QNIS workshop where they received guidance and support from QNIS and other project groups. They went on to set up a committee, obtain a bank account and create a constitution, and apply for charity status, processes required to set up the organisation.

After help from the local councillor the lease was finally signed in December 2017 for premises identified as ideal for the project, a former nursery which had been empty for around four years. The property is perfect for the project's purpose. It is very near Govan Health Centre so that input from the practice nurse is easily accessible, which is vital to its success. It has the right amount of rooms and indoor space, as well as a fabulous outdoor space which can accommodate lots of outdoor activities.

The men gained access in January 2018 (the group had grown by that time to a team of 15) and they proceeded to work very hard to clean, paint and refurbish the building to make it suitable for use. They have discussed their ideas of what they want the Men's Shed to be and attended a further workshop held by QNIS which helped them on their way. By this time they had achieved charity status and set up everything required for their organisation.

At the moment the space provides a woodwork room now kitted out with purpose-made benches (made by the men themselves), a library room where they can swap books, DVDs, CDs and have a quiet space to read, a meeting room, a computer room for admin and sharing basic computer skills, an arts and crafts room to make models and do some painting, a kitchen where there will be learn to cook sessions and a large garden with borders of plants flowers and vegetables and plans for raised beds and designated vegetable plots. There is a health information board with information and leaflets on different long term conditions, raising awareness on their management, so that those who do not always attend their GP surgery have another source of information. We plan to invite speakers on a variety of interesting topics to keep the men interested and engaged. Speakers such as an ex-famous footballer (we have someone in mind), those connected with the local area talking about Govan in days gone by, as well as talks on more health related topics. The men are particularly keen for topics in relation to long-term conditions management and also in prevention of

developing certain long term conditions, and “keeping healthy”. We have had interest from Drink Wise Age Well and Stop Smoking Services to do some talks and we plan to involve “Get Cooking, Get Shopping” for cooking sessions. One of the main focuses is on healthy lifestyles, especially learning about healthy eating and how to make healthy meals. We have applied for funding for a new kitchen so that attention is placed on learning to make healthy meals. The men can try out foods they have never tried before and make easy, healthy meals that they can then make at home. Funding for a steady availability of fruit and healthy snacks will change poor habits and raise awareness of alternatives to their current choices.

The other priority is activity. Providing a gardening area for the men to grow vegetables and plants can achieve this. The vegetables are to be used for cooking demonstrations and for the men to take home and eat. The plants are to be grown as part of taking part in activity and having an interest, and to sell to help with a small contribution to running costs. For this we have applied for funding for a polytunnel, compost and equipment to run the polytunnel, such as heaters and shelving.

The practice nurse will run sessions to check blood pressure and weight as well as provide health education chats to help the men to identify good lifestyle choices and make better choices to aid their long-term conditions. At present the group includes men with diabetes, coronary heart disease, COPD, hypertension and cancer, so all these conditions will be covered. It will provide education on good self-management skills and peer-group positivity will also help the gradual change to improved lifestyles, as well as more structured suggestions for how to choose more wisely.

The men themselves decide what activities to have, what spin off groups they want to take part in at monthly meetings, and there is a suggestion board for new ideas and projects. The committee will be in charge of the overall running of the Men’s Shed and once shown what to do, will also take over the funding applications as well. There are plans in place for fund raising with dates set for when these events will take place.

Although the group was created predominantly for men because of the lack of resources in the area for men, the group would not exclude women if they wished to take part. The men have mentioned running some basic DIY talks for groups including women to share their skills and help in the community by providing a service. This has been the only ethical issue we have encountered, not wanting to be exclusive to one gender. We also have a Holistic Therapist who is keen to use the Men’s Shed space on days or evenings when they are not there. She has attended some of the meetings and the men are very pleased at her involvement.

Impact

Successes

The response from the men has been the most rewarding thing about this project. The statements they have made and the things they have said to let me know how much they appreciate the project being set up and how much it means to them, have been fantastic. The smiles on their faces, says it all. The following quotes are from interviews and thank you cards from the men;

- “A year ago we were a bunch of guys that got together and now we’re a bunch of friends that work together”
- “Thank you for getting me involved with the Men’s Shed, I almost don’t recognise the person I was”
- “It keeps me occupied, gives me something to do and gets me out of the house”

- “Gets me ‘oot the hoose’ in the morning instead of watching “nonsense TV ”
- “It gives me a purpose to get up in the morning. This has helped me no end, as all I was doing was sitting in the house for months not talking to anyone”
- “Somewhere to go in the mornings, rather than staring at the four walls. Sharing experiences and learning new things”
- One gentleman who has suffered a stroke and been very depressed as a result, has been helping to paint and has enjoyed thoroughly being “useful” again,
- Another gentleman who has had a stroke affecting his speech and morale joined in with the gardeners straight away and was smiling for the first time in a long time, according to the speech therapist that brought him.

The effect attending the Men’s Shed has on attendees is clear to see by the reaction on faces, and the fact that they keep coming back.

We can demonstrate an improvement in mental health by showing an example of an anonymised letter from local mental health services - see attachment - stating that mental health service input was no longer required since the gentleman had engaged with Men's Shed Govan, as he felt so much better and was too busy to attend cognitive behavioural therapy and counselling. This clearly demonstrates improvement in mental health, and reduces burden as a position for counselling becomes available for someone else on the very lengthy waiting list. Feedback like this is very positive and displays the value of the shed in improving mental health in this vulnerable group.

Evaluation overall has shown that the core group who are involved in the project have benefited greatly from being a part of Men's Shed Govan, in all cases, a life-changing experience. All of the men involved have found it to be a positive experience.

The resourcefulness of the men in getting on with this project is fantastic. They have “known someone who can...” do this or provide that, to help keep costs low. We have had many very generous donations of furniture and equipment and that again has protected funds to be used elsewhere. All involved are volunteers, with no-one doing this for payment. They have demonstrated a continued commitment and determination to see it through and keep the group running. They have learned new skills, given presentations for the first time, learned how to get quotes for work to be done, networked with so many different contacts and even have a student from Cornell University, New York doing a dissertation on Men’s Sheds and this project.

So although not officially launched until the first of September, already the men attending to set it up and those that have come along through word of mouth are expressing how great it is to have something like that set up on their doorstep, which is exactly what they needed. All evaluation forms and feedback has been hugely positive and we will continue to evaluate the project by using feedback from those who join as well as expansion of membership.

Consultations with local police have been favourable, having a place like this in the neighbourhood is very good for local morale and improved mental health and is associated with a reduction in crime rate and/or being a victim of crime. Feedback from consultations with neighbours of the Men's Shed, have also been very positive. They are very pleased to see an unused property transformed from an eyesore to a pleasant site and are delighted that such a venture has been set up on their doorstep. The project has provided very positive reaffirmation of the generosity of people. Never having done anything like this before, the practice nurse has been pleasantly surprised at how generous people can be when asked to help a charity. Whenever we have asked someone to help with the set up of the Men’s Shed, we rarely have come away empty-handed. People offering to store furniture for

free, provide use of their van for transport purposes for free, donations of crockery, curtains, a barbecue, books, CDs, DVDs, the list goes on. The determination of the men to really make this project happen has been amazing and I think it has been done in record time, considering access to the property was only granted in January.

Professional development for the practice nurse has been in a surprising and interesting direction. She has developed new skills never required before in her career, in establishing a charity. This has been a steep learning-curve requiring proficiency in negotiation and persuasion when requesting quotes for work to be carried out, requesting charitable donations and sponsorship, as well as filling in funding applications and making presentations to groups of GPs, practice nurses and links workers who will be able to sign-post appropriately to the Men's Shed. Co-ordinating official meetings, organising agendas and the structure of minutes in collaboration with the secretary, have also been new skills learned, and most enjoyable of all, organising the opening/fund-raising day. The reach of contacts has been considerable and a pleasant change from usual duties, liaising with a wide range of people from police officers, bookmaker staff, and barmaids to members of Health Alliance Scotland, local councillors and members of Scottish Parliament. The whole experience could probably be compared to setting up a small business, a vast contrast to the usual practice nurse role.

Challenges

Initially the biggest challenge was gaining access to premises and dealing with City Properties which seemed to take much longer than expected. Apparently the practice nurse's expectations of how quickly things could progress were unrealistic, and that is why the timetable of the project set out in the initial application form to QNIS was behind schedule. Once the local Councillor was invited to get involved, then things started to happen, and City Properties suddenly became more co-operative.

Encouraging additional members to join the core group of initially twelve at the "Set up" phase has been a challenge. Many have gone along to see the Shed but decided to come back once all the work has been done, which was disappointing for the set up team as they obviously want as many people on hand as possible to make the job easier for them. However, they understood that different people want to get different things out of the Shed and were happy to carry on themselves. We have a list of those eager to come after the launch.

Being unaware of funding applications and how long they take to complete and be processed has also been a challenge. If the practice nurse and the men had known more about this she would have started a lot sooner with many more applications. The nurse plans to teach the men how to do their own funding applications in future, but this being a new process for her, she wanted to find out herself, before passing the role over. Some more guidance regarding funding applications would be very helpful for QNIS projects in the future, such as what to do if you apply for the same things to different sources of funding and are successful in both.

It has been an interesting experience and most certainly a new aspect of professional development, as has "juggling" the equivalent of two jobs which has been a struggle at times, but probably one of the most rewarding things the practice nurse has ever done, which makes it all worthwhile. A card she received from one of them men said Thank you for getting me involved with the Men's Shed I almost don't recognise the person I was!".

Other challenges have been understandably differences of opinion when planning what activities to have at the shed, or what to have at the opening day etc. Obviously fifteen people are always going

to have different ideas about things, but the meetings have gone well and decisions are carried on the majority which has worked effectively so far.

Slight changes were made to the use of funds applied for. Staff costs were not required because the practice nurse is employed full-time for the Yellow Practice, and the GPs she is employed by were very supportive and agreed to her using a few hours per week to dedicate to the shed. The rent turned out to be considerably less than budgeted for, with a reduced first year rate, which was an unexpected bonus. There was also a delayed requirement for Council tax until next year and this allowed the funds to be used for other necessary "start up" costs as listed below.

Sharing the experience

On the 13.06.18 the project was shared at the quarterly Practice Nurse Meeting for South West Glasgow. Lynn McLaughlin -General Practice Support & Development Nurse - Practice Nurse Support & Development Team - Primary Care Support - NHSGGC, added it to her newsletter and put it on their website.

We plan to share the project at the next Cluster Meeting and are awaiting an invite.

Meetings have been carried out with GP practices in the south west Glasgow locality prior to launch date on the first of September, and will continue afterwards.

There is a Facebook Page: "Men's Shed Govan", which shares latest events and updates on progress. There are plans for website construction to make contact and promotion as easy as possible, and at the moment there are pages within the Yellow Practice Website giving an over view of the Men's Shed.

Plans are in place to write an article for "Practice Nursing" on how the project was set up, how rewarding it has been and how to go about it.

Next steps

The members so far are also the "set-up team" for the project and once refurbishment is complete we have a list of those waiting to attend. These men did not wish to participate in the refurbishment and set up, but are keen to join once the set up is completed. We anticipate 50 users in the first year and expansion thereafter. We expect people to come and go as they need to, and so the facility could reach many more. Also the benefit to the local community as a whole in making the neighbourhood look a more positive place to live benefits a wider group of local residents.

The opening day is the 1st September 2018 and we will invite possible service users' via media, and those that will sign-post users such as GPs, practice nurses, links workers, and occupational therapists. We have arranged to advertise on "Sunny Govan" Radio, use flyers and posters and have invited Counsellor Ricky Bell (who helped us liaise with City Properties to agree to rent the premises), to open it. We want to use it as a fund-raising as well as a raising awareness event, and have arranged for "Carlton Jug Band" to play, a Tombola stall, a stall selling plants the men have grown, a drinks and snacks stall, a home-baking stall, and a "guess the weight of the very large courgette competition", in order to raise some funds to contribute to running costs. The men are really looking forward to the opening day.

After that, we plan to have a timetable of weekly talks on all sorts of interesting topics which will be displayed in the main communal area and those that want to attend will be welcomed. Speakers from "Drink Wise Age Well", "Stop Smoking Service", MacMillan Services, Govan History Group, Thales Optronics, Fairfield Shipbuilding Museum and a famous footballer are in the pipeline. Tutors

will be asked via the community development worker, to address committee skills and developing personal confidence, and there would be access to a further range of tutors through Health Improvement links e.g. healthy eating through the “Get Cooking”, “Get shopping” and wider community projects such as arts and crafts groups/projects and gardening and environmental groups such as Roots in the community.

The practice nurse will provide a monthly health check comprising of blood pressure, weight and BMI, pulse and blood glucose if appropriate. She will timetable “health talks” on various aspects of chronic disease management and provide written material for the men to talk home. Fund-raising ideas will be arranged such as a quiz night, a race-night and a sponsored walk. Day outings will be arranged for example to Fairfield Heritage Centre (shipbuilding) and we are hoping to liaise with some of the other projects from QNIS such as the walking group in Park Head and the Falkirk wheel walking group. We have had talks with the learning and engagement co-ordinator – House of an Art Lover about them providing art classes and outings to visit the house and gardens. A walking group, fishing group and walking football are to be planned and arranged for those who are interested. A suggestions board will be mounted in the communal area for new ideas to be discussed at the monthly meetings. So we have lots of things planned and in the pipeline.

Building on this work and taking it forward

We have been in talks with EMR (European Metal Recycling Ltd), a local company, regarding sponsorship and a sizeable donation of equipment, as well as provision of some volunteers to clear a space for a parking area and clear away some unattractive mounds of earth, prior to the opening day. Most of the men have long- term conditions so it is not suitable for them to take part in hard physical work, so this offer of man-power was greatly welcomed. They have also given us a large donation to cover our predicted running costs for a year which is a positive boost to the viability of the project and to the moral of the men.

The secretary recently gave a presentation to Thales Optronics (aerospace, defence, transportation and security), a local business, about the Men’s Shed and is also hopeful for some kind of sponsorship or contribution to running costs to come from that.

A number of applications have been submitted for grants to upgrade the property. For a safe building we require an alarm and a fire alarm both of which existed when the building was a nursery but no longer function. Govan has a high crime rate and so we feel the alarm is high on our list of priorities.

To reduce energy running costs we have been advised to install under-floor insulation by an energy efficiency specialist. The heating system is inefficient and ineffective, with small electric heaters providing the only source of heat, so in order to provide comfortable surroundings in the winter, we require central heating to be installed, and have just received acceptance of a funding award by the Area Budget Scheme for Glasgow Council to contribute to this installation.

We have a computer room for the men to deal with the administration side of running the Shed, but also to share skills in basic computer literacy; for this we require an internet connection and broadband.

We have applied for grants for all of the things above - low cost energy and running costs, (solar panels, Gas central heating and under floor insulation), a poly tunnel, fire alarm, intruder alarm and a kitchen. We await to hear if our other applications have been successful, and will continue to

apply for as many grants as possible to reinforce long-term sustainability. We have fundraising events planned – a quiz night, a sponsored walk and a race night, to keep the running costs covered.

Conclusion

The impact of the funding received from the Queen’s Nurse Institute Scotland has been life-changing for the men involved. The e-mail appearing in the practice nurse’s inbox just when she was considering how much there was a desperate need for a facility such as a Men’s Shed in the Govan area, was amazingly well-timed. Having the backing to embark upon such a project knowing that support was available made it a much easier decision to make, and it gave her the courage to proceed when she never would have dared without that support and backing. She already had a number of men in mind who she thought would be keen to get involved and she was not wrong. The dedication of the set-up team, who have volunteered to help set up and run this project, has been astounding. They have worked extremely hard to refurbish the disused and filthy property which lay empty for 4-5 years, to make it a pleasant place to come to and enjoy. The energy, enthusiasm and ideas just keep coming; it is amazing to see the transformation. The optimism is abundant. Taking an interest in a group and giving them the means to do something meaningful with their day can make a massive difference to mental and physical health, this project has proved this beyond doubt.

Australia has seen the value in projects like this and now provides Government funding in some states [\[2\]](#). Perhaps if there were more facilities like this available, the budget for anti-depressants would be reduced, the crime rate and number of victims of crime would be reduced and community spirit would be raised at a time when it is at an all-time low.

The multitude of plans and ideas the men have, and commitment they have shown to making this project work, means that the sustainability of the Shed should be very long-term. They want to do so many things including things to help the community. They know that they have to put a lot of effort into continuing to fund the Men’s Shed and are well-prepared for that. They are confident that the Shed will be a long-term success. As stated above, setting this project in motion has been the most rewarding achievement in her nursing career.

Financial report

A summary of how the money was spent.

Item	Detail	Budget	Actual
Staff Costs (<i>detail number of staff and number of hours allocated to project</i>)	<i>Practice Nurse at 1 hour per week (40 weeks) 46 x £21.64 per hour</i>	£865.50	0
Travel Costs (<i>detail travel for staff and for participants, including travel to two QNIS workshops</i>)	28.2 X 2 = 56.4 x 40p = £22.56 55 x 2 = 110 x 40p = £44	£88	£66.56
City Properties – Rent		£2026.50	£600
Electricity		£800	£750
Council Tax		£1220	0
Water			£210.45
Insurance of (Building,			£282.20

Contents, Indemnity)			
Men's Shed Association fee			£20.00
Padlock, Spare Keys, Football Table			£145.94
Carpet Tiles			£452.02
Carpet Glue			£67.83
Cleaning Products, More Keys			£63.78
Paint, Brushes, Rollers			£468.05
I.D Badges			£16.59
Gardening supplies and plants			£568.10
Replacement of missing doors x 2			£189.00
Floor repairs			£85
Flooring			£478.00
Woodwork Benches and Equipment			£284.58
Contribution to Opening Day expenses			£251.90
Total		£5000	£5000

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Renfrewshire
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DS

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Dr McGuire
Govan Health Centre
5 Drumoyne Road
GLASGOW G51 4BJ

Date: 14 November 2017
Dictated: 27 October 2017
CHI: 0408583673
Ref: KC/MW
Tel: 0141 849 2208

Dear Dr McGuire

Re: [REDACTED]

I telephoned Mr [REDACTED] today (27/10/17) to inform Mr [REDACTED] that he is now top of our waiting list for treatment and that he will be offered an appointment on the 09/11/17. I enquired if he still requires our service. Mr [REDACTED] advised me that he is engaged with the Men's Shed Project in Govan and has been working with them to set up the project. He reported that he is very involved and has little time to attend therapy. I asked if he feels that he still needs therapy - he stated that his life is much improved since engaging with this service and he feels that this is all he needs at the moment. He stated that he will re-refer in the future if he feels that his mental health deteriorates, however, in the meantime Mr [REDACTED] will now be discharged.

If you have any queries regarding the above, please do not hesitate to contact our service.

Yours sincerely

[REDACTED] - Primary Care Liaison Worker
Renfrewshire Primary Care Mental Health Service
(Doing Well)



doing well

Abbey Mill Business Centre, Studio 1001-1011
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