

Men's Sheds for Health

Submitted by

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Title of submission

Men's Sheds for Health

Purpose

Following the model of the concept of a Men's Shed around the world; To develop one or more Men's Sheds in Spruce Grove over time.

There are close to 3000 Men's Shed around the world (founded in Australia), very active in New Zealand, the British Isles, upwards of 10 in British Columbia, 5 in Edmonton, 5 in Calgary, and none in Spruce Grove or Stony Plain. This is a recent phenomenon. <http://menssheds.ca/>

Description of project

The vision is a future where men in the Capital Region have the opportunity to improve and maintain their physical and mental health and well being by participating in a community/neighbourhood Men's Shed.

The older adult men cohort is vulnerable to health decline due to isolation, depression and evolving patterns of personal and community participation as we age in place. The COVID-19 pandemic has exacerbated the isolation and loneliness of aging in place and this Men's Shed movement is a tool for support and wellness.

The project goals are to:

- Contribute to raising awareness and understanding of Men's Sheds in Spruce Grove as a part of the Alberta Capital Region Men's Shed movement
- Support the growth of Men's Sheds in Spruce Grove and area such as Stony Plain, and rural subdivisions, etc.
- Positively impact men's health and wellbeing through the development of Men's Sheds

An inherent focus on this wellness strategy is the intention for community service projects, such as home care ramps, park picnic benches, park benches, and any myriad of opportunities for community service that can arise from working men. Please review <http://menssheds.ca/>

Depending on the City's interest in supporting this support service for mainly older adults, a 5 year time frame would be productive to commence and develop the capacity for Men's Shed to meet the needs of the aging population.

The Men's Shed will start modestly and build over the next two or three years to be sustainable.

Financial impact

The Ask is:

Assistance to locate a workshop/gathering place to set up a Shed. A Shed can be a variety of configurations but normally is a utilities serviced bay to establish some woodworking tool operating space, some seating and indoors. A multi-year commitment of space availability is most desirable due to the need for a sustained pattern of availability and continuity of location.

A budget to sustain the occupancy of a Men's Shed meeting place if space is rented or cost required.

A budget to provide some support communication tools such as advertising, website presence, communication linkage and modest office supplies. A start-up operational grant of \$20,000 is anticipated to be supportive and overseen by FCSS officers.

Resources for the movement are available to be shared with the regional Board as well at the national level. Currently there is a grant of \$1000 available from Men's Shed Canada, as a catalyst for a Shed start up. A partnership with The Cooperators Insurance Company has been established to provide for liability insurance for this kind of operation in Western Canada.

A local chapter per Shed would be responsible for physical operations, administrative matters, liaison with other community groups that may be recipients of Men's Sheds projects. The Alberta Capital Region Men's Shed Society with its experience would provide ongoing operational and technical support in the formative stage

Community benefit

The older adult men cohort in our aging population demographics, is vulnerable to health decline due to isolation, depression and evolving patterns of personal and community participation as we age in place. The COVID-19 pandemic has exacerbated the isolation and loneliness of aging in place and this Men's Shed movement is a tool for support and wellness.

The inherent FCSS community development and wellness focus is a good fit for city support for this kind of initiative. Many communities including Spruce Grove have resources in this framework.

The nature of Men's Shed is organized and made available at no or modest cost to participants. History has proven that appropriate quality operations, sponsorships and resource donations from individuals and private business, often follow the presence of a Men's Shed in the community and its opportunity for community service to local organizations in a caring and helpful way.