

Report on the Henley Men's Shed



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in collaboration with
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commissioned by and layout by

Wairarapa REAP

working to develop our people and our communities

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Context of Review

This evaluation of the Henley Men's Shed was commissioned by Peter McNeur, Director of the Wairarapa REAP (Rural Education Activities Programme). The evaluation was a condition of the funding for the running of the Henley Men's Shed. Funding for three years to administer the Henley Men's Shed came from the Tertiary Education Commission, as part of the ACE (Adult and Community Education) funding.

*Learning and sharing
new skills at the
Henley Men's Shed.
Since opening in June
2009, membership has
grown to over 90.*



Executive Summary

- The Henley Men's Shed is providing a valuable service to the Wairarapa community that is not being met by any other service.
- While the initial attraction to the Men's Shed may have been the access to tools, it is clear that the main value to the members is the friendship and company.
- It is clear that the Henley Men's Shed offers a social service that is not mirrored by any other facility or organisation in this community. It is markedly different to pubs, to the RSA, to sports clubs and it is not a church.
- While future funding will be an ongoing issue, the Henley Men's Shed is a strong viable entity with a strong foundation for future development.
- A vital component of the success of the Henley Men's Shed has been the excellent governance model set up before the shed physically got underway. Matters such as secure funding, insurance, health and safety, First Aid and a set of operating rules and procedures were established as a foundation of the shed proper.
- Crucial to the success of the Henley Men's Shed has been the involvement of key people. John Bush's name has been mentioned countless times as pivotal to the success of the venture. Peter McNeur's vision to establish this venture should also be applauded. A number mentioned the part played by Merv Brown as well.
- The Henley Men's Shed facility appears to be far superior and more advanced than any other Men's Shed in New Zealand. Most other towns and cities are struggling to establish a sustainable Men's Shed for their community. Even cities with far greater resources have not been able to create the framework and foundation for a viable Men's Shed.
- While the idea for Men's Sheds came from Australia, the New Zealand model appears to be significantly different to the Australian version. The clientele for the Henley Men's Shed is definitely retired men with a strong focus on wood working and metal working. In Australia there is a stronger emphasis on younger men and ex-service men.
- Each Men's Shed appears to have its own identity – reflecting the men using it and the people setting it up. Some have church origins, others a mental health focus. There is a strong emphasis on wood working and metal working at the Henley Men's Shed.
- While there may appear to be a considerable number of places for retired men to socialise – there are no other facilities that met the needs of this group of men. There are Bowls Clubs, Golf Clubs, Hotels, RSAs, Cosmopolitan Clubs and Working Men's

Clubs – Men's Sheds offer a service to men who are not primarily interested in sports or drinking.

- The Men's Shed members have identified themselves to be a positive, active, highly skilled group of community minded people that are a strong community resource. Without a Men's Shed, these men (mainly – but women as well) would be largely invisible.
- There was a strongly expressed willingness on the part of Men's Shed members to contribute actively to the community. Many respondents identified community participation and volunteering as the main reason they were members of the Henley Men's Shed.
- A significant number of respondents in the survey indicated that they valued the Health and Mental Health support and discussions that took place at the Shed.
- The Henley Men's Shed is an important community resource for supporting men's health. It provides a non-threatening venue for providing services to men and the opportunities it provides for men serve to give men a level of well-being that is of immense benefit to Public Health.
- At this point the Health sector is aware of the Men's Sheds, but has no stated intention to fund Men's Sheds. Furthermore, the Health sector does not have the policy framework or resources to fund ventures like the Men's Sheds.
- There is a strong case to be made for more than one Men's Shed for a community. The Henley Men's Shed has an obvious focus on wood working and metal working. Other possible needs could be gardening/ horticulture/beekeeping, or Information and Computer Technology type activities. No single Shed will be able to satisfy the whole community's needs.
- Many men reported the satisfaction associated with learning new skills and in sharing their skills with others. There is much international research that notes the link between learning and teaching and ongoing well-being.
- There was much evidence that indicated that the style of participation and learning at the Men's Shed suited men's preferred learning styles. Traditional Adult and Community Education programmes do not suit men's preferred learning styles and men often don't attend.
- The evaluation also involved interviews with the wives of Henley Men's Shed members. Without exception, their comments indicated strong support for their husbands being involved at the Henley Shed.
- The Henley Men's Shed attracts a wide range of members. Many members are the typical "joiners" – who join all sorts of clubs and activities. Many other members are

the typical “non joiners” – who would not normally join clubs or activities – but who participate at the Henley Men's Shed.

- At the Henley Men's Shed most participants identify as “European” or “Pakeha”. It is clear that effort is being made to encourage a diverse range of people to become involved.
- As shown in the demographic information, there will be a rapid expansion in the number of healthy retired people in the community as the baby boomers retire over the next ten to fifteen years. The Henley Men's Shed represents a small advanced sample of baby boomers – what happens at the Henley Men's Shed will be an indication of future issues for an important group in society.
- Notwithstanding the local media coverage, the Men's Shed movement is largely below the media and political radar at present.
- The issue that attracted the most debate was the matter of more women members of the Henley Shed. There was a significant element of opinion that was strongly opposed to more women members. No anti-women sentiment was detected but members were adamant that the Henley Men's Shed was a men's space. There was a smaller and less passionately put view that it was fine for women to be involved. A possible compromise might be that women are welcome – so long as they are doing the “shed things”, that is, using the tools.

Methodology

Mike Styles from Paraparaumu, experienced in government service and at an age able to understand the generation of users of the Henley Men's Shed, was engaged to carry out the research on the Henley Men's Shed. The research questions were based on the following two questions:

- How is the Henley Men's Shed addressing the needs of the men involved and what difference is it making to the participants?
- What is the potential of the Henley Men's Shed? How can it maximise its potential to make the biggest difference to men?

A survey instrument was devised (Appendix 1) and given to all shed users (65 at the time of the survey), in such a manner as they were anonymous to the researcher.

38 surveys (60%) were completed and returned. From those returned, a group were selected by the researcher to have face to face interviews to gain further information.

The Henley Men's Shed coordinator was also interviewed as a participant.

From this information a draft report was prepared by the researcher, which was presented to the users of the Men's Shed to check that it was what they had said.

The draft was then passed to Wairarapa REAP for publishing.

1. Historical Perspective

The Henley Men's Shed opened on 22 June 2009. It is sited on Council land and is administered by a Men's Shed governance group made up of three members from Wairarapa REAP, three representatives from the Henley Trust and three members from the Henley Men's Shed. Funding to set up the Henley Men's Shed came from the Henley Trust, and from various trusts and community funding agencies with additional funding from the Multi Sports Clubs.

The origins of the Henley Men's Shed owe a lot to the special community spirit that exists in the Wairarapa. This spirit is almost certainly not obvious to local people but is visible to observers from beyond the Wairarapa. The isolation caused by the Rimutaka's and the Manawatu Gorge has imposed some real challenges for Wairarapa, but has forged a "do it yourself" resilience that has manifested itself in institutions like the Henley Men's Shed.

Understanding the intricacies of wood turning. The Shed offers a bridge between the workplace and retirement and an opportunity for learning and sharing skills in an effective environment.



OECD information. Information from the rest of the world is sparse as well. In general, provision for the 65+ demographic centres around social activities, sporting activities such as bowls, golf, gardening and eating, and drinking at pubs, Working Men's Clubs, Cosmopolitan Clubs and RSAs, or their equivalents in their countries.

New Zealand and Australia appear to be unique in the link between retired men and sheds with tools in.

While Mens Sheds are not part of the United Kingdom landscape, there is evidence from the United Kingdom that strongly supports the activities carried out by the Henley Men's Shed. Dr Alan Tuckett from the United Kingdom National Institute of Adult and Community Education (NIACE) reports research from the United Kingdom that demonstrates the following benefits of Adult Education programmes:

- prolongs active citizenship
- delays the impact of Alzheimer's Disease
- reduces smoking
- increases racial tolerance
- makes people less politically cynical
- and makes people more satisfied with their lives.

All of the above are benefits that the Henley Men's Shed can rightfully claim are delivered at the Henley Shed.

Celebrations are always important. Here a sheddie and master cake maker cuts the Birthday Cake, on the first anniversary of the opening of The Henley Men's Shed.



3. New Zealand Overview

a. Workforce participation

From an international perspective, New Zealand has one of the highest rates of participation in the workforce by older workers – far higher than Australia. The impact of this is to mask a demographic phenomenon that will hit New Zealand very soon. That is, a large number of the workforce will retire from full time work and many will retire completely. This imminent swelling in the ranks of the retired population renders the study into the Henley Men's Shed even more important. Both at a regional and national level, policy makers will be interested in the progress of Men's Sheds, as a tool for gathering men's opinions, for surveying men's needs and for delivering services to men.

b. National demographics.

Over the next 20 years, there will be a dramatic increase in the number of New Zealand citizens aged 65 and older. As the baby boomer generation reaches retirement age, the proportion of New Zealanders over 65 will grow from 12% in the 2006 census to 20% in 2026. It is projected to increase further beyond that.

c. The Wairarapa demographics.

In 2006, the Wairarapa population stood at 38,616. This was made up as follows:

Masterton	22,626
Carterton	7,098
South Wairarapa	8,892

Department of Labour and Statistics Department projections indicate that there will be rapid growth in the proportions of citizens aged 65+ in the period up to 2026 in the Wairarapa. Proportions of people aged 65+ in Wairarapa will almost double from 2006 to 2026, as shown below:

population 65 years and older	2006	2026
Masterton	17%	30%
Carterton	15%	29%
South Wairarapa	16%	31%

This rapid change to an older demographic is mirrored in the Kapiti Coast as well. The Wairarapa will have one of the oldest demographic spreads in the country. This

means that community facilities like the Henley Men's Shed will assume even greater importance.

At a national level, the proportion of citizens over 65 is projected to increase from 12% at the 2006 census, to 20% by 2026. Policies and strategies for providing services to the 65+ sector of the population will assume a much greater significance. Political parties will ignore the 65+ sector of the population at their peril.

The Henley Men's Shed and what happens in it, and to it, represents a torch bearer for what will happen around the rest of the country.



New Zealand has one of the highest rates of participation in the workforce by older workers, and faces a dramatic increase in the number of New Zealand citizens aged 65 and older. In the Wairarapa, the proportions of people aged 65+ will almost double from 2006 to 2026.

4. Interaction with Government Policies and Strategies

The activities at the Henley Men's Shed will intersect with government policies in a number of Government agencies.

a. The Tertiary Education Commission

The Tertiary Education Strategy (2010 – 2015) is unequivocal. It states:

“The Government expects adult and community education to: contribute to the overall cohesiveness of the community.”

There is no doubt that the Henley Men's Shed does that.

b. The Ministry of Health

The NZ Health Strategy includes under Goal 5: “Healthy Communities”

Objective 26: “Support policies and programmes that promote positive aging.”

The Ministry of Health Mental Health and Addiction Strategy – Te Kokiri - includes the following specific actions:

“2.15. Build the capacity of the Mental Health sector to support “aging in place” and;

8.6. Funding: Provides for “plans to pilot two to three alternative funding models to encapsulate an outcomes approach – with the following stakeholders – DHBs, MOH and NGOs”.

c. Other agencies

A number of Government agencies have carried out research and developed policies that address some issues affecting older citizens but their work has focused on:

- keeping older workers in the workforce
- aged care issues
- retirement income issues via the Retirement Commission.

The needs of fit and healthy recently retired workers have largely been ignored by researchers.

It seems that the people that would or could use the Henley Men's Shed or its equivalent elsewhere in the country have largely been left to their own devices. It is most likely that this new group in the community falls between Government agencies. It is not health. It is

not currently education (or not as the government sees education). It doesn't fall under the traditional parts of the Ministry of Social Development. The Retirement Commission is preoccupied with issues of preparing people for retirement, as opposed to people in retirement. There is a Minister and an Office for Senior Citizens, but it is very small and not a funding agency.



Australian research highlights the value of men being 'co participants' in shared activities, learning new skills and being able to teach their skills to others.

5. Literature Review

- The literature about Men's Sheds is very sparse. The literature about recently retired men and their circumstances is equally sparse. As indicated elsewhere in this report, it seems that retired men have somehow slipped between the different government agencies, research bodies and universities as a topic of interest and concern.
- Much of the available research comes from Australia, where the circumstances are similar to New Zealand, though not identical.
- Many of the findings of Australian research mirror my observations of the situation at the Henley Men's Shed. However, the Australian writing is academic by nature, carried out by groups of scholars. This report on the Henley Men's Shed is a more practical, localised document – with a much more immediate strategic and tactical intent.
- The Australian research emphasizes the benefits to men of learning in environments other than vocational or traditional education settings.
- The literature highlights the link between ongoing learning and wellbeing.
- The Australian research highlighted the value of men being 'co participants' in shared activities. The emphasis here is on men gaining a lot of self esteem by learning new skills and being able to teach their skills to others. This feeling was strongly echoed at the Henley Men's Shed.

A quote from the document, Senior Men's Learning and Wellbeing Through Community Participation in Australia:

“The most effective learning is associated with contexts which cast older men as co-participants in hands-on shared activities.”

- The research refers to a need for a bridge from the workplace to later retirement where men (and their wives, partners and others) need support. The Australian experience stresses the value to society in investing in retired men (and women) as a form of preventative healthcare.
- There are many references in the literature to the fact that traditional ACE programmes do not meet men's preferred and sometimes different ways of learning.
- There are many references in the literature to the strong and direct link between men's work and their identity.
- There was a reference in the Australian literature that resonated particularly strongly in a New Zealand and Henley Men's Shed context. Vis-à-vis:

“In broad terms, adult and community education (ACE), vocational education and training (industry training in a NZ context) and schools tend respectively to target and address the needs of women as community members, men as workers, and young people as prospective workers – on the assumption that everybody is in paid work – or should be.”

This leaves recently retired men without any services.

- The literature referred to men's preferred learning mode – in descending rank order of agreement:
 - by doing (97%)
 - in practical situations ((95%)
 - in a mixed group including women (87%)
 - in outdoor settings (76%)
 - while two thirds of men agreed they also preferred to learn in a group with men, 36% of men disagreed.
- Finally, a comment from the literature that also echoed the New Zealand experience:

“Health related organisations are sometimes unaware of the well being benefits of active community involvement – including through learning.”



Many men prefer learning by doing, working in practical situations, often outdoors. Here, work progresses on a pizza oven at the Men's Shed.

6. Summary of Survey Findings

A total of 38 members of the Henley Men's Shed responded to the general survey. The responses provided a rich reservoir of commentary about the men (and women) themselves and their thoughts on the value of the Henley Men's Shed. Given that in-depth local research on such a significant sized group of the population is rarely undertaken these results provide a unique insight into the Wairarapa population.

- Survey size = 38.
- Gender split. = 37 men, 1 woman
- Age range = 53 to 85 years.
- Average age of respondents =72 years.
- Marital status =29 respondents were married, 6 were living alone.

Work backgrounds

- 15 came from a trades background
- 13 from a professional background
- 12 from a horticultural/agricultural background
- 9 from a manual worker background
- Only 2 came from a sales background and 9 from clerical/administration.
- The category "others" threw up careers such as Police, teachers, drivers, fire fighters and computer programmers.

Noticeably, there were a considerable proportion of respondents who listed two to three different backgrounds.

Regarding their attendance

- 64% attended at least once a week (some more than once)
- 56% attended the Shed once a week.
- 25% attend once each fortnight on average.
- The attendance of the rest ranged between twice per week to once per month.

Significantly, a number of men indicated that:

"they valued the shed being there – as and when they needed it. Just because they did not come regularly it didn't mean they were not interested."

Ethnic mix

An overwhelming majority identified as European, with only one respondent identifying as a "New Zealander". No members identified as Maori, Pacifica or Asian.

The open ended questions revealed a considerable amount of valuable information. The member's replies provided valuable social commentary that will be of value to the Men's Shed governance group, but has wider implications as well, for social services, men's health, and community connectedness.

Issues raised in the survey

There was a wide range of comments made, covering a gamut of issues, but a number of common themes emerged.

a. "What attracts you to the Men's Shed?"

The themes of fellowship, comradeship, atmosphere, informality, like-minded people, chatting, yarning over a cup of tea, all came up a number of times.

Access to tools was a constant theme as well, as was the opportunity to learn new skills and pass on their own skills. When the men were interviewed as part of the Intensive Interviews, they indicated the following ranking of reasons that they attended the Henley Men's Shed.

1. friendship and company.
2. access to tools and space to use them.
3. a place to come.
4. "others".

Some of the comments mentioned under this heading were:

- self worth
- learning new skills
- access to rational discussion
- baking
- spirit of fraternal cooperation
- volunteer projects.

b. The personnel factor.

There was a strong theme coming through that the personnel managing the Shed were central to the success of the Shed. There was a strong "John Bush" factor in many members' replies. Clearly having the right people overseeing the venture has been crucial.

c. New directions for the Henley Men's Shed.

Generally there was a high level of satisfaction with what was already provided.

Some of the ideas expressed were: spray painting (several), french polishing, more metal working facilities, including welding (several), spindle moulder fixed, hobbies stamps coins, landscaping and interior decorating ideas, more opportunities to help with Henley Trust projects, purchase of more hand tools, wood carving, engine tuning and auto-electrics. One member came up with the idea of friendly competition with other Men's Sheds. The overriding comment was "steady as she goes" however – with a very high level of gratitude for the opportunity to be part of the Henley Men's Shed.

d. How did you find out about the Henley Men's Shed?

There was a wide range of responses here. One man said that "his wife made him come to get him out from under her feet".

The most common responses were:

- word of mouth.
- read articles in newspaper
- saw the Shed while out walking
- read about Australian Men's Sheds
- attended a meeting addressed by John Bush
- links to Henley Trust.

e. Potential for the Men's Shed – a new kind of service club.

- Most respondents were happy for the Henley Men's Shed to grow bigger, but not much bigger. They were conscious of space issues.
- A large number of members were keen to be of service to the community. There was a strong wish to "give something back". This showed itself in many different ways. Some members were keen to work with Rotary and other existing groups. Others were keen to help with the Golden Shears competition. Many expressed interest in helping "not for profit" organisations – or churches and schools.
- There is much international research that indicates that men are happiest when they have a project to be involved in. The member's responses reinforced those international findings.
- This was seen as a significant finding from the survey. Traditional service clubs such as Lions and Rotary have struggled for members in recent years, and the age of members has increased dramatically. As the baby boomers and pre-baby boomers enjoy good health for many more years there is potentially a community resource that can be harnessed for the well-being of the members and the community at large.

- Clearly, the Henley Men's Shed members were physically able still to make a real contribution to the community and were keen to do so.

f. The place of women.

Feelings about the place of women were strongly felt and were mixed. Of those who expressed an opinion about gender issues, a majority were against the inclusion of more women. Some had definite views that the Henley Men's Shed was a place when men could be themselves. The proportions of opinions were approximately 60% against and 40% in favour.

g. Mental health and emotional well-being

30% of respondents mentioned the role of the Men's Shed in addressing issues of emotional well-being and mental health. Many others made comments that implied that the Henley Men's Shed had contributed to their mental, emotional and social well-being such as comments about the Henley Men's Shed providing a structure to life and filling a vacuum. Some mentioned recent personal bereavements and how the Henley Men's Shed had helped them to cope.

h. Ongoing funding

Members were realistic about the ongoing funding issues. Many respondents mentioned activities that could raise funds. While many of the suggestions would raise only insignificant amounts of money, there was a realization that ongoing funding is an issue. Men's Shed members were on the whole ready to get involved in fund raising activities.

The place of women at the Men's Shed evoked mixed and passionate responses from Shed members, many expressing a desire to for the Shed to be a 'men only space' for a variety of reasons.



7. In-depth Findings from Interviews

“Henley Men's Shed provides me with the freedom to come or not to come – to do stuff or not do stuff.”

The informality of the Henley Men's Shed was noted by many respondents. They enjoyed the fact that there were no clocks or phones at the Shed. Many members commented that they often just go for a cup of coffee and a chat, rather than to work with the tools and equipment. One man told me that he has all the tools at home, but that he goes because “it is a good place to go”. In the words of another Shed member, “a man has got to have somewhere to go for lunch”.

One other member told me that “before I was just at home all day – now I can come and have a yak at the Men's Shed”.

“The Henley Men's Shed is men my age working together on a project – telling lies that nobody believes – in a manner that can't be shared with women – or younger men.”

There was a strong feeling that the Henley Men's Shed members were mainly men of a particular age that were united by their circumstances and that the Henley Men's Shed met their needs. They are men without egos. They are at a stage in their lives where they do not have a lot in common with people in the workforce, but they are still completely independent and not in need of specialised care.

“Men living by themselves are not aware of changes going on.”

In general there was strong support for the Henley Men's Shed being a centre for general health and mental health matters to be addressed. There was a strong feeling that issues can be addressed in a non-threatening manner at the Henley Men's Shed. A significant number of members ranked the health meetings and discussions highly on their ranking of reasons they attend the shed.

“We should stick to our core business.”

The members were asked their opinion about opening the Henley Men's Shed up to other groups. Specifically the groups mentioned were:

- women
- younger men
- troubled youth
- the unemployed
- men with special needs.

There was only a lukewarm response to this idea. Members had concerns about Health and Safety issues, supervision, theft and damage, and – most of all – a dilution of the culture of the Men's Shed. There was a strong voice that could best be summed up by the comment “let's just get ourselves established first”.

“I am interested because it is a ‘men's shed’. If more women go I am no longer interested. The Henley Men's Shed is a men's space.”

The issue that attracted the most passionate discussion and comment was the presence of women at the Men's Shed. There was a range of opinions expressed – right across the spectrum from strongly supportive of women members to rigorous insistence that the Henley Men's Shed is a men's space. The arguments raised on both sides were reasoned and none were in any way misogynistic. The views held could be best summarised by the following comments:

“If there are women present I can't share personal health issues – such as how long it takes me to pee now.”

“There are lots of women only spaces and this is a men only space.”

“It's ok for women to come – if they come for a purpose – a DIY purpose.”

“There are ‘women’ and ‘women’.”

“Doesn't worry me either way – but women can be an inhibiting factor”

“If women come to do men's stuff, that is fine.”

Health benefits

Many members reported positively about their health status as a result of attending the Men's Shed. Some men mentioned specific health benefits.

“Since I have been coming I can stand up for a much longer period of time. It is helping me to keep in good health.”

“I think I am healthier. I don't feel alone. I know that this group exists and that I am part of it.”

For many members the benefit is the structure the Shed provides in their life.

8. Barriers to Future Development of Henley Men's Shed

- When quizzed the Henley Men's Shed members identified few barriers to future development.
- A minority of members identified that they needed transport to get to the Shed because they did not drive.
- Some indicated that they suffered from Asthma that was aggravated by the dust and one member indicated that the noise at the Shed limited his attendance.
- There was a ready acceptance that the size of the Shed determined the activities that could be carried out.

Shed members identified few barriers to future development, limited perhaps only by the size of the Shed, but not by their commitment and enthusiasm.



9. Future Funding Options

Ongoing funding from the Tertiary Education Commission

The activities of the Henley Men's Shed are closely aligned to the Government's ACE funding priorities. Furthermore, as men are dramatically under-represented in participation in standard ACE courses there is a strong equity case for funding ACE programmes that address men's learning needs and learning styles. The Henley Men's Shed activities specifically target men and directly address social cohesion and ongoing learning goals.

Funding from the Wairarapa District Health Board

The Wairarapa DHB has a responsibility for health delivery in Wairarapa. The Henley Men's Shed makes an obvious and significant contribution to men's health, and ought to be considered an active partner in health services provision in the wider Masterton area. There is a strong case for local funding support from the health budget.

Funding from the Ministry of Health

The Henley Men's Shed makes a significant contribution to men's health – both general health and mental health. There is a strong case for Ministry of Health funding support, in that the Henley Men's Shed plays a strong disease prevention and health preservation role. The Shed provides activities that could best be described as Health Therapy for the participants.

Secondly, by bringing men together to a common venue at relatively defined times, the Shed provides a networking role to communicate with men, in a way that is not happening in any other format.

Funding from the Ministry of Social Development

The Family and Community Services (FACS) division of MSD is charged with funding and supporting initiatives that foster community services. This division of MSD is completely different to Work and Income, with different boundaries and a completely different culture. The Henley Men's Shed makes a significant contribution to community cohesion and would be a worthy recipient of FACS funding support.

Project and/or Innovation funding

Within each government agency and other organisations that distribute government funds there are special funds that have been set up to explore new initiatives, and foster innovation. The Henley Men's Shed will make an excellent recipient of innovation funding.

Local Trust Funding

a. Trust House.

The Henley Men's Shed is a local initiative and is best funded by a local trust, with strong commitment to the local community. There is a strong and direct historical link between Trust House and the Henley Men's Shed.

b. Masterton Trust Lands Trust.

This trust primarily addresses educational needs. The Henley Men's Shed is primarily an educational initiative. It addresses the needs of a group of the community whose educational needs have not been well met by other funders. Men do not traditionally access conventional Adult and Community Education courses, and some of the Shed members were not well served in their first learning experiences. The Men's Shed provides an opportunity for earlier educational shortfalls to be addressed.

c. Lotteries Grants and other Trust funds.

The Masterton District Council

The Masterton District benefits considerably from the services of the Henley Men's Shed. The local authority does not have a history of support for local social and community initiatives. Unlike other local authorities in the region the Masterton local authority generally limits its actions to the traditional services.

Bequests and donations

There is an increasing occurrence of significant bequests and donations from local wealthy benefactors. This requires some infrastructure establishment. Other similar organisations have set up networks such as "The Friends of the Henley Men's Shed.". Payroll giving is a related mechanism.

User pays

It is inevitable that Shed members will be called on to contribute a greater component of the running costs of the Henley Men's Shed.

Goods as a revenue stream

The sale of goods produced at the Shed will continue to be an income stream. There is vast potential for the profits to be increased with commercial sponsorship of materials.

Use of Men's Shed members as a focus group/research group

The Shed members were happy to be used as a cohort of subjects for research. This could be for government agencies with a research focus such as Department of Labour or Statistics, or it could be private sector research firms such as Nielsons, UMR and Colmar Bruntons. This could be a source of funding.

Collaborations

Government agencies are excited by collaborative initiatives, with joint participation by public and private sector parties. The nature of such collaborations varies considerably, and no two are the same. A possible collaboration between the Department of Conservation, a local business and the Henley Men's Shed would be an example.

Sponsorship by commercial entities

There are commercial advantages to be associated with a community project like the Men's Shed. With the burgeoning numbers of baby boomers about to enter the Men's Shed demographic there will be a number of corporates who are keen to sponsor the Henley Men's Shed. Some possibilities include large DIY Retailers, Kiwi Lumber and Juken New Zealand. Other businesses that sell goods and services to older citizens are a strong possibility as well. Included here could be companies serving the vision and hearing sectors.

A cocktail of the above

It is most likely that the final funding solution will be a cocktail of many of the possible solutions listed above.



The Shed makes a significant contribution to men's health and provides an opportunity to network and communicate with men on health issues in a way that does not occur elsewhere.

10. Feedback from Stakeholders

The Wairarapa PHO

Jenny Fleury – Mental Health Co-ordinator for Wairarapa PHO.

Jenny advised the following.

- Her role is to see people with Mental Health issues.
- She has seen some men from the Henley Men's Shed.
- The PHO is interested in running clinics for men in the Henley Men's Shed demographic and that the Henley Men's Shed would be an ideal venue.
- Kath Thompson, the Health Promoter would also be interested.
- She sees many more women than men – although men presenting has increased since the John Kirwan adverts have been on television.
- The PHO is not a funder as such and funding from the PHO for the Henley Men's Shed would be unlikely.
- There is communication between the PHO and the Henley Men's Shed – but no formal arrangements.

Wairarapa DHB

Eric Sinclair – Chief Financial Officer

Eric advised that the Wairarapa District Health Board was currently in discussions with the National Health Board regarding appropriate levels of funding for Mental Health into the future. These discussions were ongoing.

Eric indicated that an approach from the Henley Men's Shed would be considered by the District Health Board.

Barry Taylor - Suicide Prevention Co-ordinator

- Barry is familiar with the work going on the Henley Men's Shed. He readily acknowledged the contribution it makes to the general and mental health of retired men in the Masterton community.
- Barry stressed the funding shortfalls across DHBs generally, but acknowledged that investment in the Henley Men's Shed as a strategy to prevent health deterioration made good sense.
- He indicated that an independent statement about the contribution that the Henley Men's Shed makes to the Wairarapa community would be a powerful tool to support funding applications in the future.

Wellington City Council

Roger Tweedy - Community Development Advisor and Chair of the Work and Age Trust

Quoted in an email:

"As mentioned, I feel that the 'health benefit' (whilst an important outcome) is not the best to attract older men and far better to highlight the 'productive aspects' = education, employment, social capital."

Possible future partners/associated bodies

- It is considered advisable that the Henley Men's Shed considers collaboration with other partners as a way forward.
- The possible partners to collaborate with include local commercial players such as large DIY retailers and Trusts and large employers such as Juken New Zealand.
- An ongoing relationship with NGOs such as the local PHO and government agencies such as Ministry of Social Development/Work and Income, Department of Labour and the Ministry of Health is recommended.
- Government agencies look favourably on collaborative ventures that involve multiple partners.

Baking has proved a very popular activity with sheddies learning a new range of cooking skills



11. Possible new areas of activity supported by members

- There was an overwhelming belief by members that the Henley Men's Shed should move only slowly to any new kinds of activity. Some the new activities mentioned by members included:
 - spray painting
 - welding
 - more metal work activities
 - spindle moulding.
 - wood carving
 - motor tuning
 - auto electrics
 - landscaping and horticultural activities.
- There was very strong support for Henley Men's Shed members getting involved in a range of community projects.

12. The place and role of the Shed itself: is a shed necessary?

- There was almost unanimous feedback that the Shed itself was central to the Henley Men's Shed. The building and what it offered was the unifying entity for the membership. The men were happy to be involved in activities off site, and to contribute to projects in the wider community, but the Shed and its facilities was crucial.
- Many members expressed interest in getting involved in activities out in the community – some expressed the interest in combining with other community groups.

13. How do the men see themselves?

- All the men were in good spirits and very positive about their involvement in the Men's Shed. They were upbeat and seemed to have good self-esteem.
- Without exception they were men (and women) with skills and abilities, and still had the physical and mental abilities to make a contribution to society. They had a desire to give something back to the community.
- They recognised that they could be the subject of research into recently retired men and were positive about that.



Without exception, Shed members see themselves as having skills and abilities to contribute. Sheddies regularly get involved in community projects, including (left) designing and manufacturing tools for a neighbouring school to help clean up a local lake.

14. Recommendations

- That the Henley Men's Shed continues along the same path as it has to date.

With future funding in mind:

- That the Henley Men's Shed considers direct engagement with politicians, both local and national, to heighten its profile.
- That the Henley Men's Shed seeks to get some more good news stories published in the media.
- That the Henley Men's Shed begins an ongoing relationship with local, regional and national funding bodies to secure ongoing revenue streams.
- That the Henley Men's Shed reviews membership fees and daily attendance fees for "sheddies", so that potential funders are convinced that the Henley Men's Shed is doing what it can to pay its own way.
- That Henley Men's Shed approaches The Ministry of Social Development, Family and Community Services and the Ministry of Health to seek long term funding from those agencies. There is a strong Health and Social Development aspect to the services that the Henley Men's Shed provides.
- That the Henley Men's Shed continues to press the Tertiary Education Commission for funding support. Funding for Adult and Community Education has been dramatically reduced, but the Government should be pressured to support its own Tertiary Education Strategy. In particular the Henley Men's Shed: "Contributes to the overall cohesiveness of the community." The Henley Men's Shed delivers education and training to men in a way that is appropriate to their learning styles, and connects to men's needs better than other ACE provision.
- That the Henley Men's Shed continues to make the case for increased services to the recently retired sector. By doing so the Henley Men's Shed will be at the vanguard of change, and this will attract its own rewards, such as pilot funding for projects.
- The Henley Men's Shed explores options for pilot funding, or project funding, with a focus on "services to men" and/or "services to the recently retired".
- There is a cycle of events that follow each other in Government circles, and it is important that the Henley Men's Shed taps into that cycle. That sequence is:

Research – (leads to) – policy (leads to) – government spending.

For the issue of recently retired New Zealanders there appears to be no policy and very little research. Before there is significant money spent, the research and policy work needs to be done. It is therefore very important to encourage research and pilot projects that will lead to policy formation.

15. Conclusions

The final words should be left to the Shed members themselves, and to their wives.

A sheddie:

"The Shed has given me a lot of happiness and uplifting of the spirits. I have done things in the community that has created a phenomenal amount of good will. Once the community gets more used to us they will be able to make more use of us."

A sheddie's wife:

"I like him going – it adds to our relationship. It gives him new things to talk about."

A sheddie:

"We are the civilian soldiers whose fathers came back from the war and got their refuge at the local RSA."

A sheddie's wife:

"It's a brilliant idea. Once men retire they lose the company of men. Their work colleagues are not their true friends and they are lost for a while. The Men's Shed gave him new company. It helped him settle when we retired here."

A sheddie:

"It is good to listen to other guys talk about issues that they don't normally talk about."

A sheddie:

"The Men's Shed opened up a whole new world for me. It made me more independent. A lot of my friends have died. The Shed provided something concrete in my life. Without it there would be no purpose. It gives me direction."

A sheddie's wife:

"When my husband goes to the Shed I can have some "me" time. Women are used to their husbands being at work."

A sheddie:

"Men are very much the product of their generation."

16. References

The Department of Labour Annual In Depth Report 2007

The Department of Labour Annual in Depth Report 2008.

The Tertiary Education Strategy 2010 – 1015.

The NCVER. Men's Sheds in Australia. Learning through Community Contexts – 2007.

Men's Health and Well-being. Hei Hei? Broomfield Men's Research May 2008.

Senior Men's Learning and Wellbeing through Community Participation in Australia. By Golding and Barry School of Education Ballarat Victoria Australia

5 Secrets of the Middle Aged Mind. By Barbara Strauch

17. Thanks

Our thanks to the sheddies from Henley Men's Shed for their willingness to share their thoughts and insights with the researcher, and to John Bush for his support and help with this project.

Appendix One

Henley Men's Shed Research Questionnaire, 2010

Dear Shed members,

You may have already attended a meeting about this research and about how you may be involved.

Wairarapa REAP has engaged Mike Styles (from Paraparaumu) to undertake research about the shed participants and the potential of the shed.

We want to know about why the shed is valuable to you, why you attend, what happens at the shed, what could happen at the shed, how might it evolve over time and anything else that you would like to tell us. We are particularly interested in hearing about your stories.

Phase I

Phase I in the process is the good old written questionnaire. John Bush will distribute these to you and collect them back from you via a box system.

They are unnamed, but John has allocated you a number. This is so the researcher can match Phase II with Phase I. You will remain anonymous to the researcher at the first survey.

Your comments may be used in the final report (you may see them quoted) but they will **not** be attributed by name to any person, and if necessary the comments will be anonymised if there is potential for identification of a person.

Phase II

This will involve the face-to-face discussions with selected members. These discussions will occur in a quiet place yet to be chosen. If you are not chosen for this phase, but have something particular you would like to say, there is a place on this form to indicate that, or contact John.

Phase III

There will be an opportunity for a group discussion where more information can be added.

Phase IV

Members of our community will be contacted to see what long term future and support there may be, and the potential from their perspective to see the shed develop

Phase V

Draft report discussed by shed members. Chance to add to or amend the document

Phase VI

Final document published and launched at The Henley Men's Shed.

Your participation is voluntary, but of immense value to The Shed! Please contact me as below if you have any questions at any time during the duration of the research.

Thanks for your interest, and I hope you will be able make a contribution.

Peter McNeur

Director, Wairarapa REAP (06 377 1379) director@waireap.org.nz

Survey Number	
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Firstly some Statistical Information

Age	

Please select one below.

Married	
Living by self	
Other (please state)	

Work History. Please tick one or more of the following

Manual	
Tradesman	
Sales	
Clerical/Admin	
Professional	
Caregiver/social	
Agriculture/ Horticulture	
Other (please state)	

Your normal attendance at Henley Men's Shed. (Please tick one box)

Once a week	
Twice a week	
Three times week	
Once a fortnight	
Once a month	
Other (please state)	

Your ethnicity Please tick one or more of the following

European	
Maori	
Pasifika	
Asian	
Other (please state)	

1. What attracted you to being a member of the Men's Shed?

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2. What is the best thing for you about the Henley Men's Shed?

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3. If there was a new activity/ facility at the Men's Shed – what would you like it to be?

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4. How did you get involved in attending the Men's Shed and how did you hear about it?

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5. What potential do you see for the development of the Men's Shed in the future?

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6. How could the Men's Shed help others in our community?

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7. Is there any comment you would like to make about the Henley Men's Shed that has not been covered in the questions above?

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8. Would you like to be interviewed in Phase II so that you can add to what has been said here? (Please circle)

YES

NO

Phase II Intensive Interview. Number

1. What first attracted you to the Henley Men's Shed?

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2. How did you hear about the Men's Shed
Friend?

Read about it?

Recommended by health professional

Other?

3. What is different about the Men's Shed that makes you want to come here?

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4. What has changed for you since you started coming here?

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5. What is the biggest appeal for you personally about coming here?

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6. The Men's Shed fills a different role for different men. Which particular things about the Men's Shed are important for you

Access to tools

A place to come

Friendship/ company of other men

A chance to get away from your partner/ your house

Opportunity to address health and other issues in a non-threatening manner

Other things

7. What do you think of opening the Men's Shed up to others?

Women?

Younger men? (Any particular age brackets?)

Troubled youth? (In small numbers, as mentors to them?)

Unemployed? (Work and Income clients?)

Men with particular needs? (What might some of these be?)

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8. What kind of additional activities/ facilities could or should be added to the Men's Shed at Henley?

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9. What would attract more men to the Men's Shed?

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10. What things would make you come more often?

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11. What are the barriers that limit your attendance?

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12. What would you think of Men's Shed activities taking place at venues other than the Men's Shed?

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13. What are your thoughts about other activities being included in the programme here at the Men's Shed such as:-

Health checks

Mental Health sessions

General Education sessions – such as Global Warming/ Climate Change

Local body/ Central Government Political meetings

Others

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14. The Men's Shed members represent an important group of the population.
What are your thoughts about the members being used by researchers and
others as a representative group to find out more about older men?

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15. How have you benefited since you started coming?

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16. What is the best thing about coming here to the Henley Men's Shed

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17. Do you have any final thoughts?

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