



WEBSITE USER GUIDE

SPANNER IN THE WORKS?®

www.malehealth.ie

The screenshot shows the homepage of the website. At the top left is the 'SPANNER IN THE WORKS?®' logo. To its right is a navigation menu with links for HOME, ABOUT, CHECKUP, RESOURCES, and CONTACT. Below the navigation is a large graphic of a robot with a human head, being serviced by a red air hose. The robot's body is metallic and mechanical, with various gears and components visible. The text 'WHEN WAS YOUR LAST SERVICE?' is prominently displayed in large white letters on the right side of the graphic. Below this text is a sub-headline: 'Knowing when to have your car checked is no different than keeping your body in peak condition.' The Irish Men's Sheds Association logo is also visible in the bottom left corner of the graphic area.

Introduction

The 'Spanner in the Works?' website was developed by the Australian Men's Sheds Association (AMSA) in 2015. The Irish Men's Sheds Association with thanks to AMSA has adapted and localised the website to the Irish context for use.

The website will act as a gateway to signposting to our men's health partnering organisations.

The website is based on the principles of:

- make it easy to use
- male relevant
- men friendly
- concise
- with a touch of humour

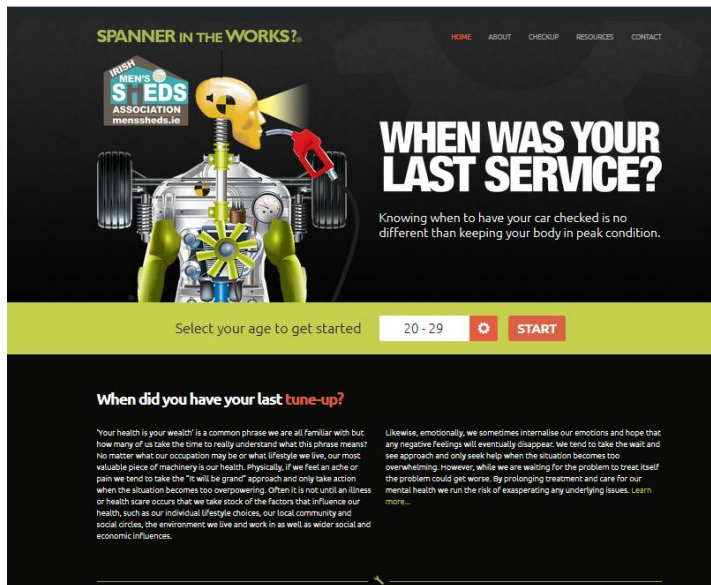
The website (using the analogy of vehicle maintenance V self maintenance) attempts to address these factors by providing accurate, research backed health information as quickly as possible and thus encouraging men's health seeking behaviours.

The 'Spanner in the Works?' website provides some key health information for men in a form to which men can relate. Each health subject has one or more direct links to a relevant Irish key health organisation website and the 'Spanner in the Works?' website has been developed through collaborative partnerships with 40 key health organisations.

Health is complex. Every day we are bombarded with new information about what we should and should not be doing and this can be quite confusing. "Spanner in the Works" is not about telling you what to do but highlights some things that can be done to improve your health and chances of living a longer, happier life. It provides comprehensible and achievable health messages that will help you discover more about your own health and wellbeing.

Spanner in the Works?' is not about telling you what to do but sets out some things that you can do (or not do) to improve your health and your chances of a longer and happier life. It gives you the opportunity to make adjustments as you see fit. Often minor adjustments can have a major impact on your health, relationships with loved ones and friends and your work.

2. Website Home Page



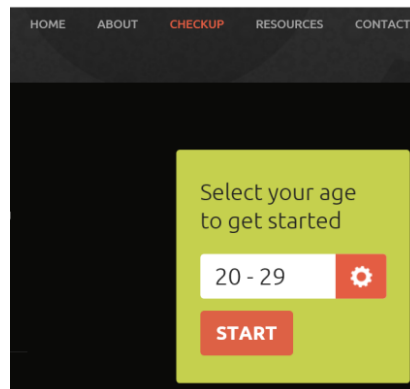
The Home Page provides access to:

- ❖ A website overview
- ❖ Undertaking a check up
- ❖ Resources
- ❖ Feedback
- ❖ Contacts

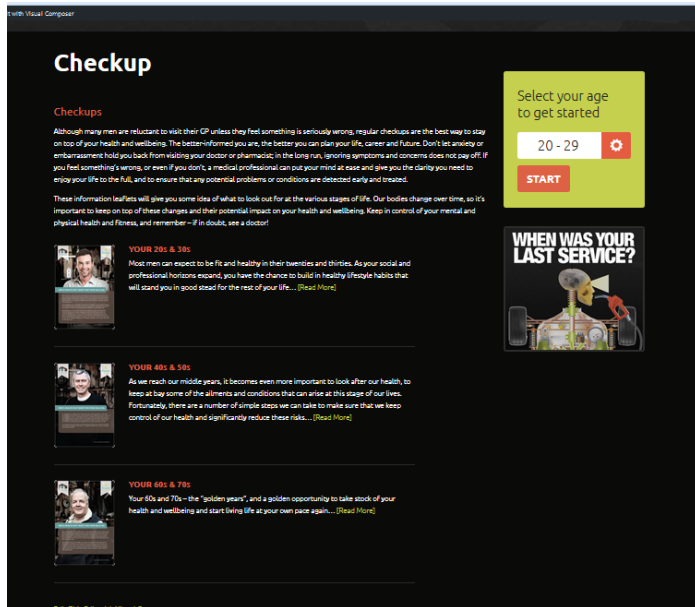
3. Check-ups

You can start your health check by choosing two different facilities:

- the Check-up page or
- 'Select your age to get started' tab



4. Check-up Page



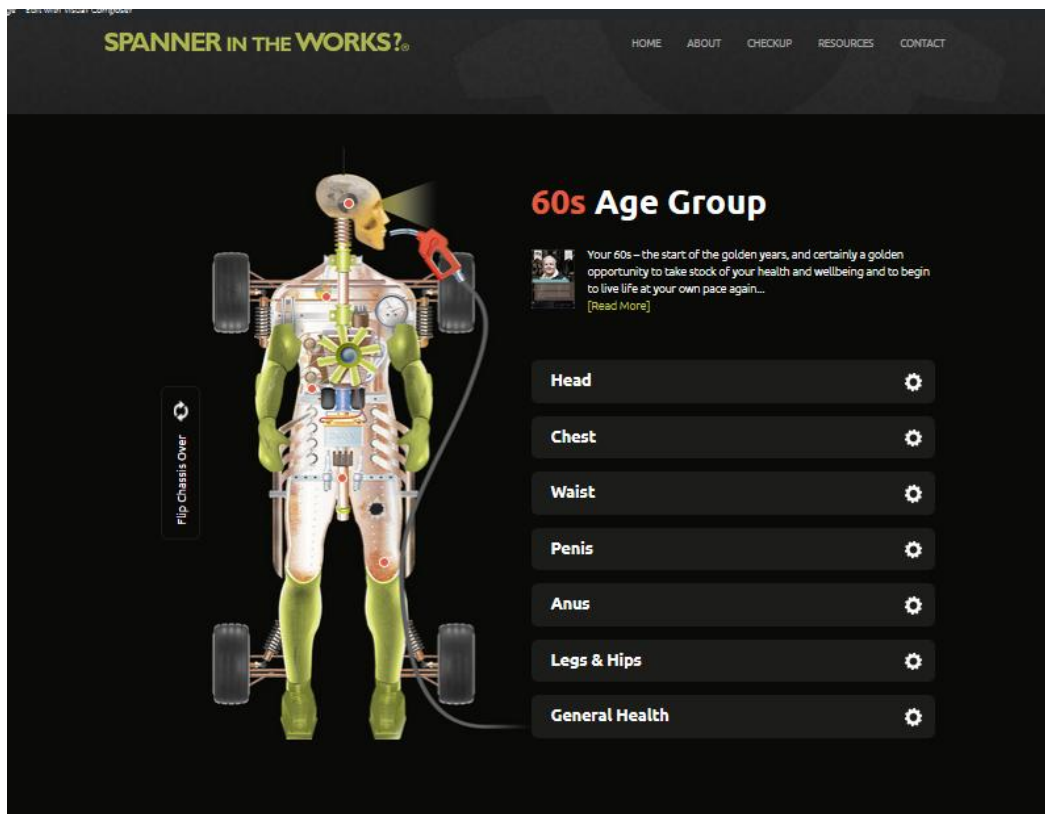
Step 1:

You can start your health check using the 'Select your age to get started' tab.

A range of age groups are provided:

- Your 20's
- Your 30's
- Your 40's
- Your 50's
- Your 60's
- Your 70's and beyond

EXAMPLE: YOUR 60's



Step 2:

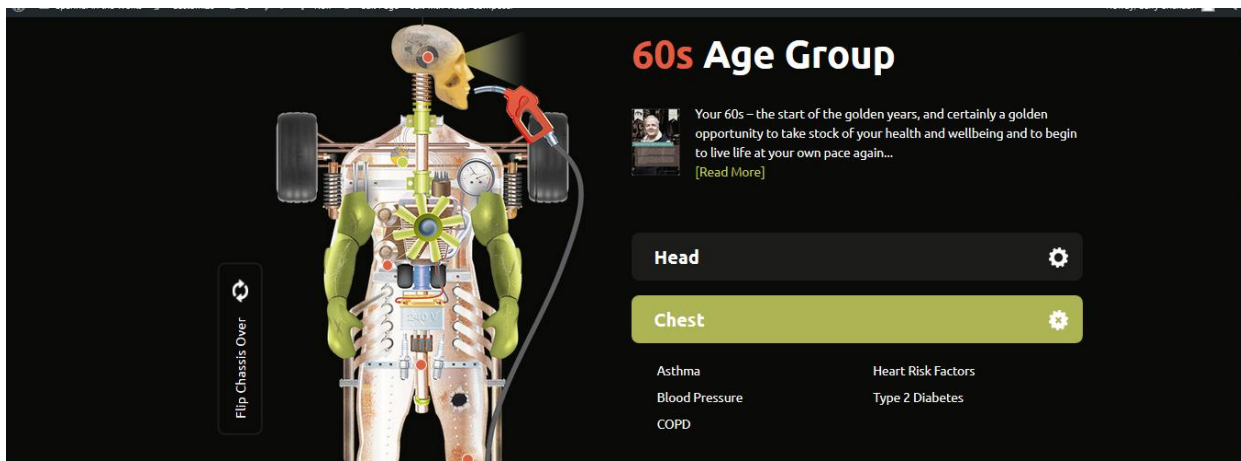
On the 60's Age Group page you can now start your health search by selecting a specific part of the body. i.e.

- Head
- Chest
- Waist
- Penis
- Anus
- Legs and Hips
- General

Step 3:

When you select a specific part of the body you will taken to further specific choices.

Example: Chest



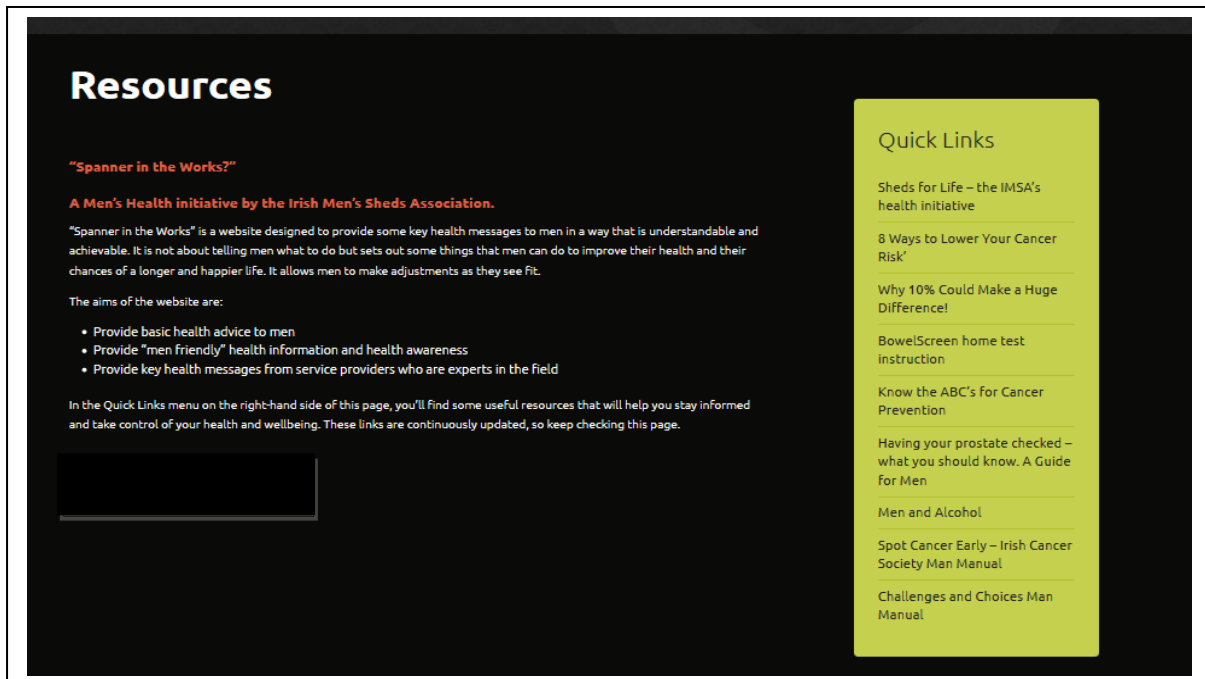
Step 4:

You can now select a specific health issue and you will be taken to a partner website link that will provide comprehensive information, guidance and support.

Example: Asthma



5. Resources



Resources

"Spanner in the Works?"

A Men's Health initiative by the Irish Men's Sheds Association.

"Spanner in the Works" is a website designed to provide some key health messages to men in a way that is understandable and achievable. It is not about telling men what to do but sets out some things that men can do to improve their health and their chances of a longer and happier life. It allows men to make adjustments as they see fit.

The aims of the website are:

- Provide basic health advice to men
- Provide "men friendly" health information and health awareness
- Provide key health messages from service providers who are experts in the field

In the Quick Links menu on the right-hand side of this page, you'll find some useful resources that will help you stay informed and take control of your health and wellbeing. These links are continuously updated, so keep checking this page.

Quick Links

- Sheds for Life – the IMSA's health initiative
- 8 Ways to Lower Your Cancer Risk'
- Why 10% Could Make a Huge Difference!
- BowelScreen home test instruction
- Know the ABC's for Cancer Prevention
- Having your prostate checked – what you should know. A Guide for Men
- Men and Alcohol
- Spot Cancer Early – Irish Cancer Society Man Manual
- Challenges and Choices Man Manual

You have access to:

- Quick Links directs you to useful dedicated men's health resources such as the '*Man Manual – Challenges and Choices*', '*Spot Cancer Early – Irish Cancer Society Man Manual*' and the '*Spanner in the Works Website User Guide*'.

6. Key Health Organisations

The 'Spanner in the Works?' male health website has been developed in partnership with the HSE and over 40 key health organisations such as:

- *Irish Heart*
- *Irish Cancer Society*
- *Diabetes Ireland*
- *Mental Health Ireland*
- *Pieta House*
- *Age and Opportunity*

7. Contacts

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