



## **SPANNER IN THE WORKS?**

### Media Release

# **MEN: Do you know if you have a “Spanner in the Works?”:**

Men's Sheds nationally are conducting a series of free health checks to be rolled out to Men's Sheds across Australia called the 'Spanner in the Works?' program.

Taking place in participating Men's sheds across Australia, the free health checks are designed to remind men that, like their cars, they too need a regular service. The initiative is open to all men, reinforcing the fantastic work that Men's Sheds do for local communities across Australia.

The event was trialled last year by 37 sheds with support from the Australian Men's Shed Association with outstanding results. Many men were identified with serious conditions and advised to seek immediate treatment.

This year the event is to be conducted on a larger scale and all Men's Sheds are encouraged to participate.

'Spanner in the Works?' plays upon the idea that men often pay more attention to the health and wellbeing of their vehicles than their own health and wellbeing. Many men remain reluctant to talk about their health and too often delay or avoid going to see a GP to get any potential problems checked out – an attitude that heavily contributes to the fact that men die on average 5 years earlier than women.

This Men's Health initiative hopes to help influence good habits in men across Australia, making it easy for them to get a quick check up and some general health advice.

However, this check up should not be seen as a replacement for a complete check up by your GP and is more about encouraging men to start thinking more preventatively and acting more proactively about their health.

By reaching out to men locally in their community, and fostering an atmosphere in which they feel comfortable, the project hopes to help bridge the gap between men and women's health.

**'Spanner in the Works?'** will be fully supported by the Federal Department of Health and Ageing and coordinated by the Australian Men's Shed Association's Community Engagement Officer Mr Gary Green . Please contact Gary on 0428 133 546 for information regarding participating sheds.

*[Sheds: feel free to modify and change as needed to meet your local circumstances. Also don't forget to include the day, date, time and venue in your release]*