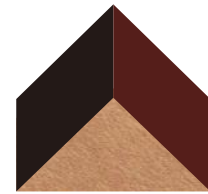




SPANNER IN THE WORKS?



**Australian
Men's Shed
Association**

SHOULDER TO SHOULDER

“Spanner in the Works?” – a Men’s Health initiative by the Australian Men’s Shed Association.

Dear Men’s Sheddors and Health Services

Many of us Aussie men are not very good at looking after ourselves physically or emotionally.

Physically, if we have an ache or pain, our attitude is often that of “I’ll battle through this” or “I’ll wait a while and see if this gets better by itself”. For most of us we get away with this most of the time. Only when the aches or pains or emotions are overpowering us do we make the decision to do something about it and get it checked out by a doctor or other Health Professional.

Health is complex - we can tend to become overwhelmed with information about our health.

“Spanner in the Works” is an attempt to provide some key health messages to us men in a form that is understandable and achievable. “Spanner in the Works?” is not about telling men what to do but sets out some things that men can do (or not do) to improve their health and their chances of a longer and happier life. It gives men the opportunity to make adjustments as they see fit. Often minor adjustments can have a major impact on health, relationships with loved ones and friends and work.

To help to address this situation the Australian Men’s Shed Association has put together a men friendly health screening and information project called “Spanner in the Works?”. The program has the following main aims:

- Provide some basic health screening and advice to men:
 - utilising the staff resources of the local health service.
 - within the “men friendly” environment of the Men’s Shed
 - referral on of men to health professionals (as appropriate)
- Provide “men friendly” health information and health awareness through the “Spanner in the Works?” booklet.
- Have local men and shedders engage with their local health service providers
- Have local men (non ‘shedders’) engage with their local Men’s Shed
- Have local health service providers and local Men’s Shed engage with each other

Promotion of your event

AMSA can provide you with A3 size posters and A5 size brochures as well as a generic media release that you can modify to suit your local conditions.

What happens at the Men’s Shed on the day?

NB – Each Health Worker will need a space out of earshot from others, a small table and 2 chairs in order to carry out the screening

1. Participants turn up at the Men's Shed during the publicised/advertised time. Appointments are discouraged to encourage those men who would normally not engage with a health worker to come.
2. Each participant is given a "Spanner in the Works?" booklet supplied by AMSA.
3. While waiting their turn to see a Health Worker, participants are asked to complete the forms in the booklet. NB - There is no obligation to complete any of these forms.
 - a. "Consent Form" (carbon copy) allowing the Health Workers to share the screening information with the participants GP.
 - b. Diabetes Risk Self Assessment (AUSRISK) form
 - c. "Coping Skills/Shock Absorber" (emotional wellbeing) self assessment form
4. Participants may also wish to have a look around the shed and talk to the shedders there.

Seeing the Health Worker

Please note that Health Workers are under a legal obligation to respect each participant's privacy and confidentiality.

The Health Worker will:

- a. Measure the participant's BP and discuss
 - b. Measure the participant's waist and discuss
 - c. Discuss the results of the AUSRISK self assessment
 - d. Discuss the results of the 'Coping Skills/Shock Absorber' form
 - e. Discuss regular cholesterol testing
 - f. Discuss regular bowel cancer testing
 - g. Discuss current exercise level
 - h. Discuss any prostate enlargement issues
 - i. Discuss testing for prostate cancer
 - j. Discuss any alcohol issues
 - k. Discuss annual skin checks
 - l. Discuss any eyesight and hearing issues
 - m. Discuss any recent falls
 - n. Discuss current immunisation levels (tetanus and flu vaccine)
5. The Health Worker will record information from the above consultation on the 'Screening Results' form (in the booklet – carbon copy) and record results/recommendations as well as 4 Key Recommendations. Recommendations may include referral to another health professional (GP, dietician physio etc).
 6. The Health Worker will tear out and keep the 'original' 'Consent Form' and 'Screening Results' forms leaving the carbon copy in the booklet for future reference by the participant and/or to take to show their GP.

What happens after the event?

- With the participants approval (via the 'Consent Form') the Health Worker may choose to contact the participants GP regarding any health issues of major concern.
- A de identified 'Screening Results' form for each participant will be forwarded on to AMSA who will collate the information to gain an overall health snapshot of all those screened during the project. This information will be used by AMSA to highlight areas where future projects may be useful.
- The Men's Shed and the Health Service separately complete the 'Feedback Form' and return it to AMSA.

What AMSA provides?

- Promotional posters (A3)
- Promotional brochures (A5)
- Sample press release for sheds to promote the event to the local media
- This information to take to the Men's Shed local Health Service
- Booklets for each participant containing:
 - Accurate and research based health information from 17 of Australia's leading health organisations
 - Consent Form and Screening Results form
 - AUSDRISK Type 2 Diabetes self assessment form
 - Coping Skills/Shock Absorber self assessment form
- Phone and email support

What AMSA does not provide?

- Funding for events
- Health Workers to carry out the screening

What happens now?

- Discuss with the shedders from your Men's Shed whether they wish to participate.
- If YES then contact your local Health Service ASAP, provide this information to them and encourage their participation. If they have questions you are unable to answer please get them to contact me.
- Set a date (and times) with the local Health Service.
- Complete and return the Registration form (via email) to me ASAP
- AMSA will mail you the promotional kit containing posters and brochures.
- Promote the event within your local community
- Booklets will be mailed to you prior to your event
- Run the event with the support of the local health service
- (Post event) Return feedback forms to AMSA

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