



Metro North Hospital and Health Service *Putting people first*

Community Indigenous & Subacute Services

Impact of Positive Partnerships

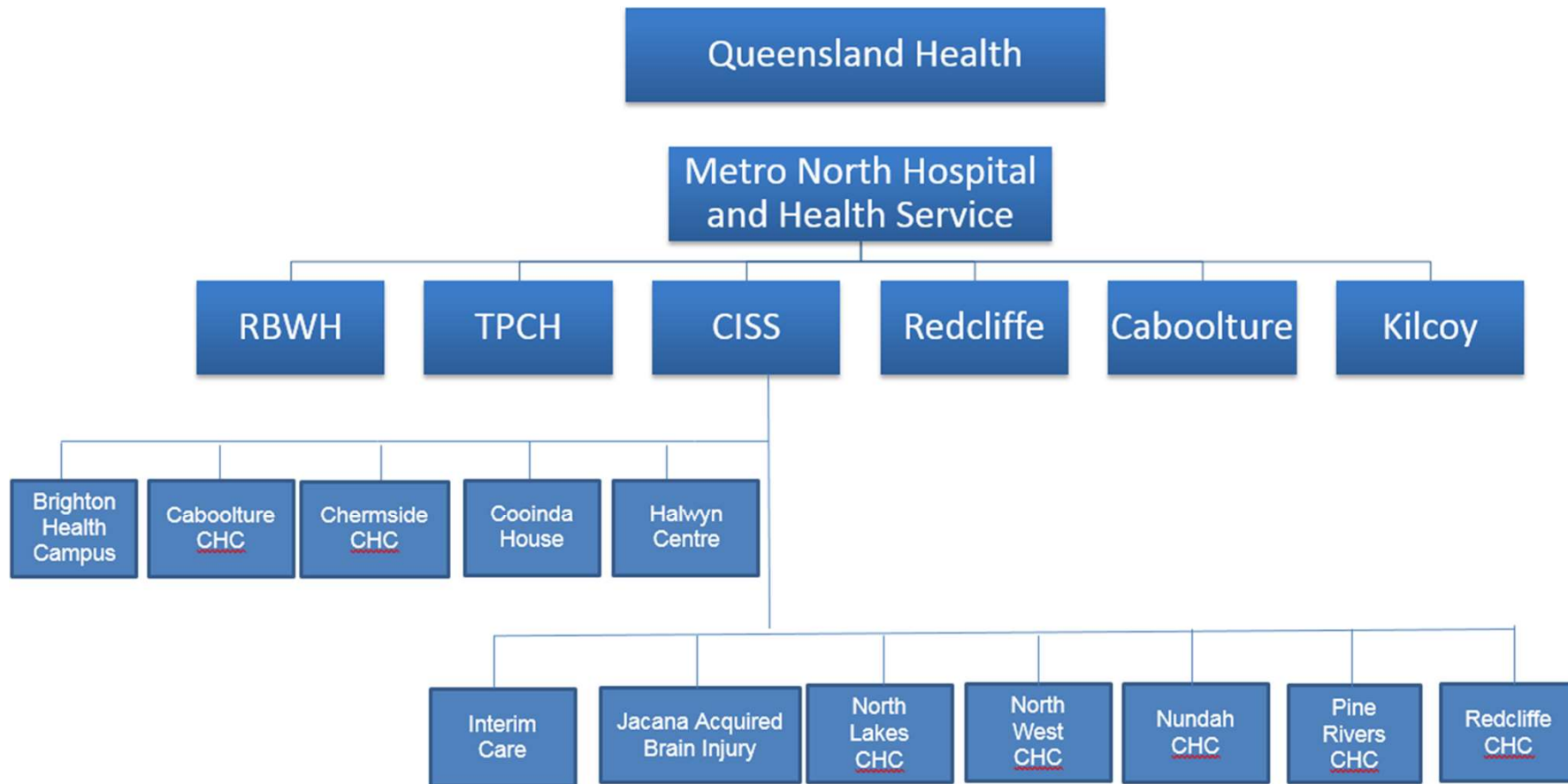
'Men's Shed, Residents, Patients and Staff of Metro North HHS creating wonderful opportunities and experiences'

- So what's this all about!
- Over the next 30 minutes we are going to share how we have created something very unique and special at Brighton
- How Mens shed members, residents, patients and staff have formed an important, successful partnership
- This has given meaning and purpose to many people lives, some who are socially isolated, others looking for connection and those wanting quality of life
- Some of our very vulnerable people who reside in our health service can now access and be included in shed activities
- An added benefit is how the allied health team and shed members have worked together to design and create important everyday living aids to assist rehabilitation and independence

What is the Brighton Health Campus?

- The Brighton Health Campus (BHC) is part of QLD Health and Metro North Health & Hospital Service (MNHHS), part of the Community Indigenous & Subacute Services (CISS) directorate
- CISS is a subacute service that supports people when they leave hospital and before they go home. *A bridge back into the community*
- MNHHS is the largest health service in Australia serving 1 million residents across Brisbane north
- CISS has 15 facilities across MNHHS, Brighton is one of them
- The BHC is home to a number of healthcare services for adults of all ages who need help to recover from an illness or injury or who require specialised residential or aged care services
- The BHC provides 24/7 subacute rehabilitation and complex care services
- Unique to this site is the 'Vision for Brighton' project and aim for the campus to be a world leader in ageing, wellbeing and health
- CISS supports some of our most vulnerable members in our community

Queensland Health Structure



What is the Men's Shed?

- The Australian Men's Shed Association (AMSA) is the peak body representing almost 1000 Men's Sheds
- AMSA was established in 2007 to represent, support and promote the Men's Shed movement. It acts as a central hub for information exchange
- The aim is to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation
- **Sandgate & Districts Mens Shed (SDMS) commenced in 2010 at St Margarete's Church, Sandgate**
- There were 12 active members that caught up to socialise and participate in hobby work
- The facility was the size of a two car garage and all equipment was donated by members of the local public
- Membership grew to 22 along and along with new equipment there was an increase in requests to participate in new activities from across the community
- This rapid growth led to Workplace Health & Safety concerns which could not be addressed in the existing facility
- This initiated the move to the Brighton Health Campus

Sandgate & Districts Mens Shed (old home)



History - Brighton Way Forward Project & Vision For Brighton

- The Brighton Way Forward project was a community led and independent steering committee that established the 'Vision for Brighton' looking at creating a health hub at Brighton for future generations
- The 'Vision for Brighton' was created in 2015 through extensive stakeholder and community consultation and engagement. The focus was on developing a vision for the future for the Brighton site, including long term sustainable health and social initiatives.
- Four themes resulted:
 - **Health Service Delivery**
 - **Social Health and Wellbeing**
 - **Building a Community**
 - **Research, Education and Training**

Why this partnership?

- Local member for Sandgate Stirling Hinchliffe (MP) was approached by the Sandgate & Districts Men's Shed as they had outgrown their current space.
- Minister Hinchliffe was aware of the Vision for Brighton (V4B) and the Brighton Way forward project and felt it could be complimentary
- Approval was given by MNHHS (CISS) to establish a Mens Shed on campus at Brighton
- The Mens Shed were fully self sufficient as per their mandate
- It was important to maximise the use of space and buildings on campus, i.e. sheds
- A Working Together Agreement (WTA) was established based on the V4B themes, specifically social health and wellbeing and building a community, and in line with CISS and SDMS
- In July 2016 the SDMS moved to the BHC

Official Opening – August 2016 - Brighton



Working Together Agreement, forming the partnership and moving forward

- The WTA highlighted the objectives and management arrangements of our working relationship
- The partnership was created and built on the V4B themes, **building a community** and **social health and wellbeing**
- Quarterly meetings are held with SDMS, CISS Engagement Team and BHC Centre Management where we review progress, share feedback, record engagement and discuss opportunities
- We are coming up to our second year anniversary of a five year agreement

The aim of our collective partnership – *Promote aging in place*

- Utilisation of the Men's Shed as a vehicle to connect to our consumers (residents and patients), to assist with social isolation and meaningful activities
- Connection of Carers, Volunteers, Staff and the local community
- Grow membership of the Mens Shed and increase community engagement
- Our aim is to support community, achieve meaning and purpose, and promote mental and physical wellbeing
- We aim to build a wrap around health and support service to assist people aging in place and to enhance quality of life

Mens shed, social connection and human element

- **Pete's story** and family history – why the shed is so important
- The human element – **Col's and Glen's story**
- Col joined the shed for *“companionship and to be active with my hands”*
- He hoped to have *“Mental stimulation, new friendships, learn new skills and techniques from other men in areas that interest me”*



Since the partnership formed

- In the 23 months since moving to BHC the membership has increased 170% to 62 members and there has been over 6,255 shed visits
- CISS staff identified opportunities for the residents to engage, socialise and interact with shed members assisting with social isolation that can impact individuals in our facilities
- Some residents have become shed members themselves
- Connections have grown since the partnership was established between Shed members, staff, residents, patients, local organisations (Eventide Bowls Club on Campus, ZONTA, local schools) and local community
- SDMS have assisted with events like ANZAC Day and the Healthy Ageing Expo (cooking BBQ's)

Feedback from staff and residents of MNHHS

- Leanne Carroll – Acting Assistant Director of Allied Health, Rehabilitation and Transition Care, BHC
 - *“Having the Mens Shed onsite at Brighton has been a wonderful addition to our Allied Health team who support patients and residents to reach their potential. Whether this be the design and creation of rehabilitation aids for use in the gym area, or personal items that people can take home, they are all invaluable to the community we support”*
- Jacana Acquired Brain Injury residents;
 - Kenneth *“The main thing about the Men’s Shed is the interaction with the volunteers, where we sit down have a cup of coffee and gossip about things done in the past or holidays. Also having the opportunity to see what’s on display.”*
 - Richard *“The one thing I like about attending the Mens Shed is the change of environment. Having different conversation and seeing them build things that you don’t normally see. Sometimes I participate in crafting which gives us more stimulus.”*

Challenges along the way

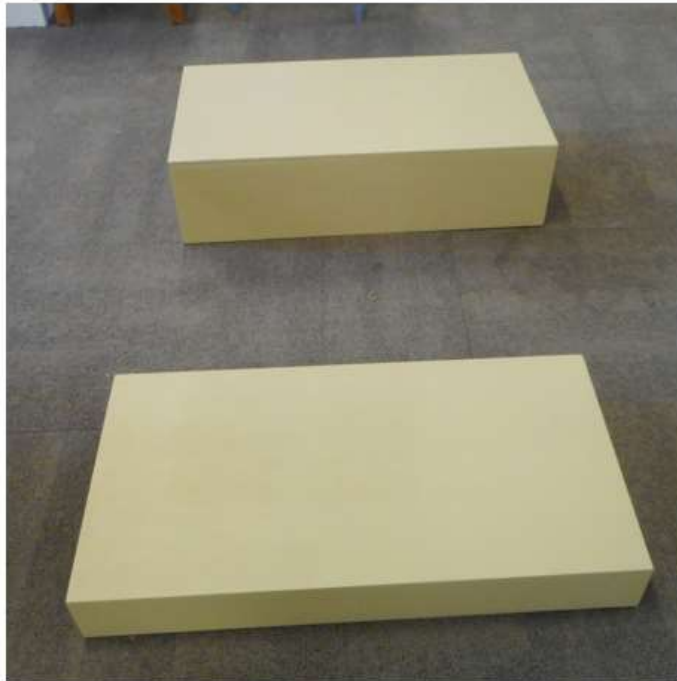
- Challenges in finding the right activities to suit visitors to the shed including our most vulnerable residents and patients. Our allied health staff through planning and support helped shed members find solutions
- Adjustments for SDMS in regards to organisational protocols and procedures needing to be followed under the umbrella of Queensland Health.
- The shed went from the local church to our much larger government run facility. With education on both sides we have achieved a very harmonious and productive working partnership
- Potential burn out of committee members and the need to promote succession planning
- Importance of communication, strong governance and transparency

Successful outcomes

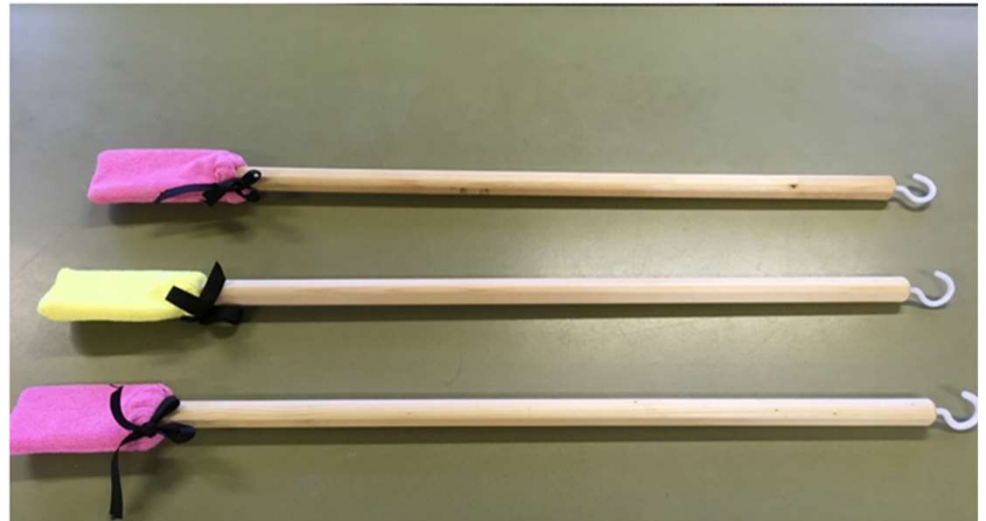
- Creating a physical space for engagement increases opportunity across the community
- Partnership between the shed members and Allied Health Team, supports our patients and residents with individualised adaptive personal aids and rehabilitation equipment helping them remain active in mind and body
- The value the shed provides to our health service is multi-faceted and cannot be underestimated
- The shed could not have grown so significantly if not for the committee who always display professionalism and compassion for their members and all they connect with
- Authentic engagement has provided many benefits on many levels, showcasing people **working together**, openness to welcome and **work with diverse groups**, providing unique items for people to assist them in everyday tasks, **intergenerational opportunities** and a bright future for all on campus

Sample of items created in partnership with SDMS and the Allied Health Team

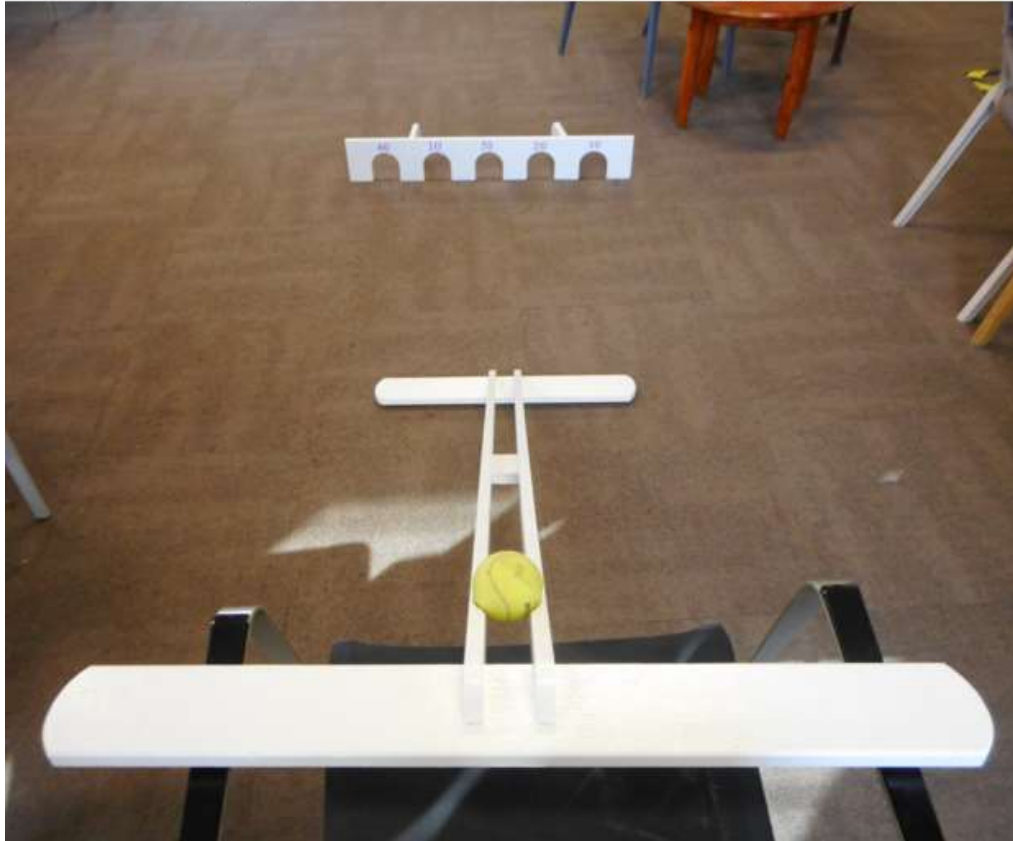
Step Boxes - mobility and balance development *Can be built to any size required* POA



No bending over Dressing Sticks /Toe wipers POA



Bowling Alley Hand Eye coordination POA



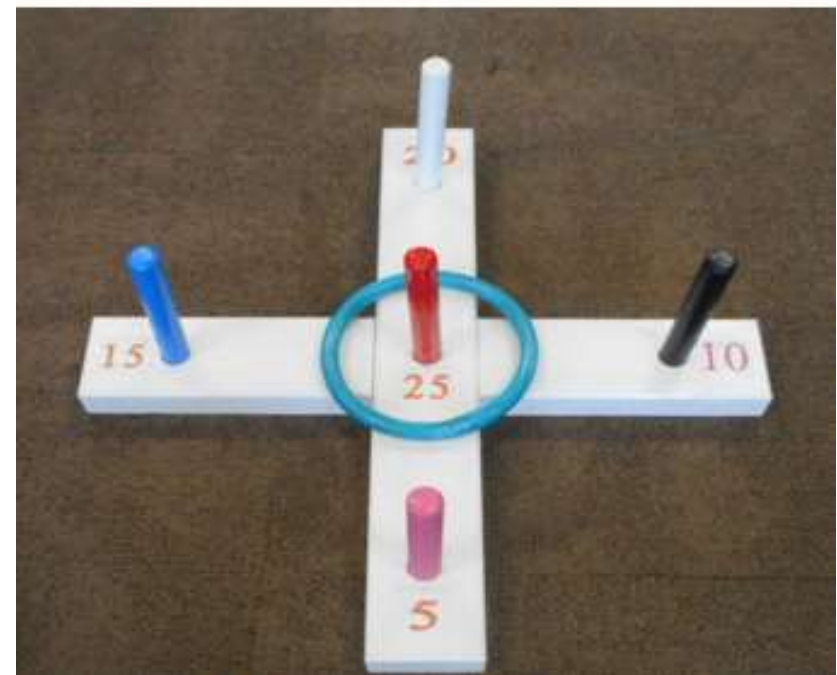
No bending over Door Stop POA



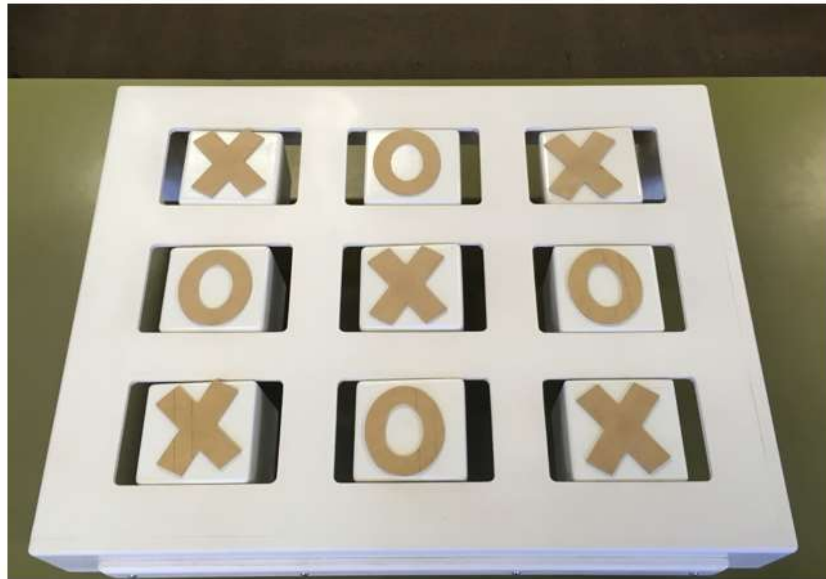
Lock Box with variety of locks. Dexterity and recognition development POA



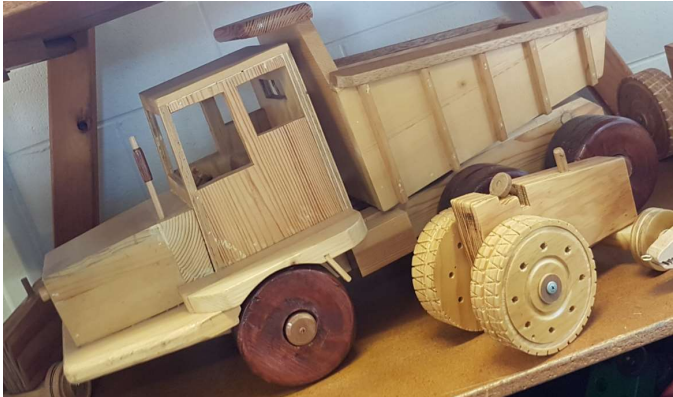
Quoits - Hand Eye coordination POA



O and X game. Symbols rotate. Dexterity and recognition development. POA



Items created by the talented shed members



In Closing

- The true ongoing impact of the partnership is being captured both qualitatively and quantitatively and will be demonstrated over time
- We look forward to working and growing with the SDMS and to a long and fruitful partnership

Thank you

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