

**Men's Shed, residents, patients and staff creating wonderful opportunities and experiences.**

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Breakout Room 3: 15/06, 11.30-12.00

**DANIELLE:** Thanks, everyone. I firstly wanted to say to Christine, who was very nervous but you could not tell. You as Id it. Well done. I would like to thank Health Consumers Queensland for choosing our presentation as -- it's wonderful to showcase our partnership. My name is Danielle Grant-cross.

We really have challenging people in our community. We have an acquired brain injury unit at back ridge. We also have some residential aged care facilities.

It's been wonderful to create this partnership with the men's shed. I will wait for the clicker to come down. I'm going to show you -- thank you --

So this is about the men's shed, the residents and maybes of the health campus as well as our volunteers and carers that come together to create this great partnership. It's given lots of meaning and purpose to people's lives who don't have activities to be able to connect in with. And also it limits social isolation which many of people face in the community. An add benefit, work we didn't recognises when we first started the parliament never ship was the connection with our allied health team. We have a large allied health team, physios, OTs, social workers et cetera. They are joined with the men's shed to create lots of personal aids for people. I thought I would put up on here -- okay. There we are. This is up here. So we are part of Metro north. This is CISS. We have 15 facilities and Brighton is one of them. I should really lit you know that we are so lucky to work in this spot. It's 25-acres right on the water of the Moreton Bay. It's the most amazing workplace. If you are ever around 57BD wanting to have a cup of coffee I will take you on a tour. The history of the campus is fascinating. It's 70 years old. So 1947 -- there are about 1,000 people on North Stradbroke Island in the area called done which. Is that right? so this is where people -- it was an asylum in the day. Anyone who people didn't think were right, which were all sent there. So

essentially what happened is that the ships that used to bring -- boats that used to bring the food and water over to the island went on strike. So the government at the time had to do something with these 1,000 people. They went and transported these 1,000 people and plonked them on the Brighton health campus where we are today. So we very much have a benevolent and vulnerable focus as part of our campus. What is, "Dearful is we still have those themes today. So, I sort of covered this at the beginning. We are a bridge back into the community. We are the subacute arm. Everything outside of hospitals, Metro north, which is one of the largest HHS notice country. We look after nearly a million people. We look after people of all ages and also we have a 24-7 care. Complex care needs. But I suppose one of the most unique things for this partnership is around the vision for Brighton. And you might say what is the vision for Brighton? Essentially it was around the aim to create a campus to be the world leader in ageing -- sorry, ageing, wellbeing and health. So, actually I might -- can I click on to what that is and come back to you?

I just jumped ahead.

So what happened is that in 2015, this integral to this part of the project, there was a Brighton way forward project. We looked at the Brighton health campus and what it could be for future generations. It's a unique piece of land. How could we develop this with connections to the community. So a vision was created from this with four themes that resulted, health service delivery, social health and wellbeing. Building community. Research, education and training. These were the things that came from stakeholder and community engagement. So, basically what has happened is we have been able to create this partnership really because of that original work that we did on the vision for Brighton project. It was remiss of me to not introduce Peter Lumsdale. Les, the family chair has had a family emergency and had to retire very quickly. Pete is the very able assistant and acting President of the district men's shed and secretary. He wears many matters. I will pass over to Pete to talk about the men's shed.

**PETE:** Thank you. The Australian men's shed association is the peak body for the Australian men's shed. There is over 1,000 -- I think we are over 1,000 men's sheds, registered men's sheds around Australia. The movement actually has gone overseas, it's in New Zealand, the U.K., Canada, there is even one in Zambia, which floored me when I saw that. So it was established in 2007, to represent and support and promote the men's shed. Basically get it into gear so that the governments and -- and become aware of the help's shed. So they act

as information exchange. If we have a problem or we need advice we can ring them up.

The aim of the men's shed is to improve the health and wellbeing of members and reduce the number of men at risk. You may have heard some years ago about the high suicide rate in the rural areas.

That is really what kicked off the men's shed, to try to create an environment where men can go and maybe relax, feel safe and start talking about these things.

So that was the primary aim. The Sandgate and district men's shed commenced in 2010 at Margaret's church Sandgate, it was put up as a community thing to attract attention. It was a lady who set it up. Strangely enough.

Not really that strange.

In actual fact one of the biggest supporters of men's sheds are females, in particular daughters, who see dad is retired and sitting around with a loose end, drinking a few more beers, watching TV and they are the ones who are concerned. I get a lot of phone calls from daughters. They take him out for a drive and go Oh, there's a men's shed, let's have a look. There were 12 active members. They were mainly there socialising and doing hobby work. Everything was donated from the public. Black and decker drills, things like that. The facility was the size of a two car garage and all of the equipment was donated by members of the local public. The membership grew to 22. When I say about the size of the shed behind saint Margarets it was a very difficult places to find. I almost never got involved because I couldn't find it. It was only through pressure from my wife that I found it. Not long after I start there had a gentleman with vision impairment and a guide dog rolled up. I said how long did it take you to find us. I always thought blind dogs were good but gee that dog must have been dux of his course!

So the rapid growth led to workplace health and safety which really was a problem. Les and myself were really concerned about that.

The one on the left is what it was when we started. The one on the right is what we actually built on as an extension ourselves. We got grants from the Brisbane City Council sill. I won't tell anybody what we -- that we didn't get building approval for that. Any way ... but the photo on the bottom gives you an idea -- there were 7 blokes there. You can see how crowded it is. You can imagine some of the guys staggering around the place, might -- it became a really safety issue. That's the final shed when it was all built and completed. It's very small. So that's what

moved us towards we had to try and find a greater place, because our membership was growing, we did not want to face a situation of turning men away.

Thanks, so this is where we were able to create this partnership. We had already recognised that this would be a great connection for us. So, essentially what happened is that the men's shed went to the local member, Stirling Hinch live and said we're out growing our current premises. He was aware of the vision for Brighton and the project and felt how complementary a men's shed could be. What is probably really important to say is the men's shed fully is self-sufficient. That's part of their mandate. Of course being a health facility we can't invite everyone in but there was a great synergy and need to connect. Also, we had some empty sheds on campus. So it was a perfect on fit to try to create something. So we established a working together agreement and MOU of sorts. Really based on the themes of the vision of Brighton in particular social health and wellbeing and building the community. In July 20 -- it moved to the campus.

So that's Stirling Hinch live there. Rather than cutting a ribbon he had to cut a piece of wood. We actually did pre-saw it first. The Governor-General came for the opening as well. Himself and his wife. That's actually Les standing next to the Governor-General and his wife Coral.

We haven't lost Les but we won't see him for a while because he is really caught one family and health issues. We are a lot easier to find now. The road runs past it. We have a dirty great big sign. Even a guide dog could read that. That green shed is the shed that the Governor-General and Les were standing in.

So it's a much larger space. There is more activity and a lot more members able to join as well. Essentially what happened is we have a working together agreement. It's really outlining the management arrangements of the working relationship. We already said it was built on the theme. So actually how it works is we have quarterly meetings where it is the committee, certainly members of the committee as well as the CISS engagement team, myself and Leanne down here as well as Brighton health centre management being get together and review the partnership and look at progress, we share feedback and record engagement, which as you know is so important in these types of partnerships to make sure we discuss opportunities. And I'm very proud to say we're coming up to our second year anniversary of a five year agreement. Essentially I know -- am I short on time.

**SPEAKER:** No.

**PETE:** So what is this all about? This is with promoting aging in place. So we do want to be an international hub of wellbeing. There's a new plan for Brighton, a Brighton future services plan which is a Metro north plan which will also lead to a master plan with the campus. We think this type of partnership, improving how this works will be great for the campus going forward. The most important thing is to connect with our own residents and patients who are very vulnerable. Acquired brain injury and so on are able to connect in with the shed. We connect in with our carers. Our aim was to grow the membership of the men's shed and increase community engagement. To support the community to achieve meaning and purpose and promote mental and physical wellbeing. This is the most important point -- how do we create a wrap around service and don't have people bouncing in and out of the system? How can we support people more this their home? So to have that social support can't be underestimated.

I apologise. Why like to read.

I would like to read this. Basically to give you some background of how I got involved. Some 8 years ago I worked for Brisbane City Council in their Health Department. During that time or towards the later part of the time I was involved in the setting up of the Kenmore men's shed. That fitted in well with the department's goals, was to improve community mental health. Actually, when I was involved in it I was quite taken with the concept, it really appealed to me, because there is not a lot of places that men can actually go to be -- take it back 100 years, men's club. That's disappeared. A lot of blokes, especially blokes my age, they feel a bit disfranchised, what is our role in life now? 12 months after that, I actually retired. And retirement -- it's a challenging time. If you love golf and fishing, which I -- but you can't do it all the time and this becomes a problem.

My family come from a history of depression and I saw the value of men's shed providing mental stimulation and an opportunity to keep active and meet people and this would give me other things to think of and not get depressed. With very enthusiastic encouragement from my working wife I joined the newly formed Sandgate men's shed. In the 7 years with the shed I have observed some really heart warming and human situations.

So the men 40 go to the shed are lonely men, no partners, lost their purpose in life and all their friends have passed away. You have depressed men, isolated. At risk of self-harm and he has a really bad effect on the family. Then you have the terminally ill, will I man, frightened, no-one to talk to. I have learnt a lot about these

guys. Learnt about dying gracefully from these men. And unemployed men, who are angry and confused and loss of self-esteem. So these guys are 60 and get retrenched, Centrelink says you have to get out and look for a job to get new start. That just won't happen. That can be very demoralising. We have formed something where these guys can do community service. And men's shed is great for them. Join up, give us 40 bucks, here is your hat and shirt. I sign the form for centre lick and these guys come and have -- Centrelink and they come and have a great time. Then of course you have the loose end men -- these guys, there is no focus in life, not adjusting to retirement, and it's a tense environment at home, "Why don't you get out and do something?" these are the sort of people who come to the shed. I would like to tell you briefly about Ralph, Glenn and Col. Ralph had six months to live when he came to the shed and passed away three years later. In that three years he had a passion for the shed and members and was constantly coming up with new and innovative ideas that he would never live to see come to fruition. He passed away suddenly and his family recounted to me he wanted to know what had been happening in the shed during his hospitalisation. Ralph died gracefully. At his funeral his doctor told me the shed had given Ralph three extra years. I was starting to become very aware of the community value of the shed. That the shed -- we were not aware of it, the shed had another role other than just keeping guys occupied. Then there was Glenn. Glenn appeared at the shed one day, very withdrawn and quiet and mentioned he was being treated for stomach cancer and would probably not be a regular member. Two days later I spoke with him and he told me had been receiving chemo for three years. We also discovered we served in the RAAF at the same time. Glenn started coming to the shed and participated in projects and learnt how to use a router and became expert at it. Bit by bit we could see Glenn deteriorate but he kept coming to the shed. He told me he enjoyed the company of the guys. Glenn kept us all up to date with his treatment but when he passed away it took us by surprise. At his funeral his wife expressed her deep gratitude for the quality of life the shed had given Glenn in the short time he had left. Glenn died gracefully. Col live was cancer. He is a founding member of the shed and one of the first people I struck up a Friendship with. He gets upset because his medical condition stops him participating in fundraising. When he is house bond on often visit him. I thought I was the only one doing that and I was surprised that he got lots of guys coming from the shed to visit him. I asked him why he joined and he said companion ship and to keep active with his hands I asked him what he got out of it, mental stimulation, new friends and skills and techniques from other members in the areas that interested him. There were a heap of other examples of the positive



value of the shed movement for the individual. But more importantly I'm starting to see the flow-on effects in the home environments. That is really what is starting to come to the point. The national body is starting to recognise this too. And of course that flow-on continues into the community. We're talking about not necessarily with domestic violence. But domestic violence can also be abuse ... but what we're hearing from the daughters, the wives, is that the blokes come home, they have got something to talk about, they are happy, and they actually start doing things around the house.

**SPEAKER:** Thank you. Lovely.

**PETE:** As you can see, this is the inside of the shed.

That's the inside of the shed with a couple of guys working. The other two fellas at the top there, the local guy there, he is Morrie, he is very ill but he continues to be involved with the Department of Veterans' Affairs and goes out and visits guys that are in their last period of their life. So even though he is ill himself he -- it's nice to meet all of these guys and learn about their lives.

**SPEAKER:** Thank you, Pete. Since this partnership was formed, so remembering it's about the men's shed members and also about the residents in our health facility, this is their home and it's about our patients, volunteers and carers. Since the partnership there has been an increase to 170 per cent to 62 members and the shed has had 6,255 shifts. Staff have identified opportunities for residents to engage and socialise and interact with shed members. Some residents have also become shed members which has been a great to see and it's a regular part of their week now. Not only is it at this campus but it's also with others in the community, Zonta and the local schools. You have created female cut-outs for domestic violence week for ZONTA and flag poles for the bowls club. And another wonderful benefit, the men's shed has been involved with the Anzac Day ... the campus was a former RAAF base. So we have a memorial on campus and a 700-plus community event each year. The men's shed has been cooking barbecues. We have a healthy ageing expo in senior's week and 40 stall holders and stakeholders there. We also have by monthly forums on campus. The members are active in these forums as well as the local community and have also been involved in the Brighton futures planning and the older -- so it's not just about the men's shed and what they do, it's much broader. I'm not going to read through all of this because we're running out of time. But some of the feedback from our allied health team -- you can read that. So getting staff to connect with the men's shed to design things has been fabulous. An important one

from Jacana, acquired brain injury residents -- the main thing about the men's shed is the interaction with the volunteers, where we sit down and have a cup of coffee and Goss ship about things done in the past or holidays. And Richard says he likes having different conversations and seeing what they build and getting connected and involved." challenges - - we have not had too many.

**SPEAKER:** No.

**SPEAKER:** We haven't had too many. I suppose with having acquired brain injury residents joining -- I was cognisant of how the shed members themselves would feel about that. We worked with the allied health seem to make sure there was meaningful activity for residents. We made sure there was support there. The shared movement to a larger facility, there was one time we nearly cut the gas and electricity off for a whole area but that's okay. It didn't happen. One thing that we are very aware of at this point -- which is no different to lots of community organisations where I feel a lot of people do a lot within community committees and different organisations and I really feel I would like to assist in the succession planning of the committee members because you do have a huge load. The success of the relationship is the great communication. There is strong governance and transparency and we're always on the end of the phone.

So, these are the successful outcomes. Having a physical space on campus, really of course it draws people in. If you have that space people will come.

We have already talked about the allied health team and what the men's shed have been able to create which helps people to be active and independent. I think the relationship is multi faceted and the benefits cannot be underestimated. I think the community have been fabulous. The main point is we have proven that we can work together on many levels and there is an openness to work with diverse groups which is extremely important and providing unique items to assist people and we will jump on to some of those in a minute. And also the intergenerational opportunities. We're really looking at how can we connect the men's shed with other groups on campus. And I will hand over to you, Peter, because you can talk about some of these things. Would you like to thank Paul.

**SPEAKER:** I wonder if you guys -- stacking boxes for people who are recovering from brain injury. The actual -- we make a few things so people don't have to bend over. The dressing stick is really popular. We make heaps of those. The hook -- you can pull them up.

**SPEAKER:** We won't demonstrate it here.



You can put that between your toes. They are very popular. That is an interesting one that we made up ourselves. This was something that people could do sitting down. You try to get the highest number after rolling the ball.

**SPEAKER:** Great to use inside the gym and other areas across campus.

**SPEAKER:** So no bending over to do the shot.

**SPEAKER:** And you don't fall over because you don't have to bend down.

**SPEAKER:** The box on the left again was something that the therapist came to us, said could you make a box with lots of different fittings so people again ... so, there is about 10 or 11 doors on it.

**SPEAKER:** It's also good for dementia and for fidget boxes that we do for people. You will have read this. The possum that helps with arthritis in your hands, et cetera.

**SPEAKER:** This one, the Xs and Os rotate. You can play noughts and crosses. That's just some of the other stuff the guys make. The seat in the lower left is one we make on campus, to celebrate the 70th.

**SPEAKER:** Pride of place in the new community garden. So that's fabulous. And also to mention they also have created these wonderful suggestion boxes which are lockable. We all know we want feedback and Leanne who runs the volunteer program, we want to make sure people can do things independently. So they are important.

But in closing the true impact of the partnership has been captured qualitatively and quantitatively and it will be demonstrated over time. We look forward to working together with the men's shed and for a long and fruitful partnership. I would like to personally thank Pete for working with me in the last week with the presentation and hearing the stories from real life people and what happened is why we do the work we do. I would also like to thank -- everyone. These are our contact details should you want to contact us or have some and you want to connect -- some ideas.

**SPEAKER:** My apology for not introducing all of the team. I'm just reading my notes here. They're not quite up to date. Now, we have half an hour for questions. Do you make a long handle shoe horn for people?

**SPEAKER:** These are the types of things helping people on campus or in their own people. It make as massive difference.