Social innovation

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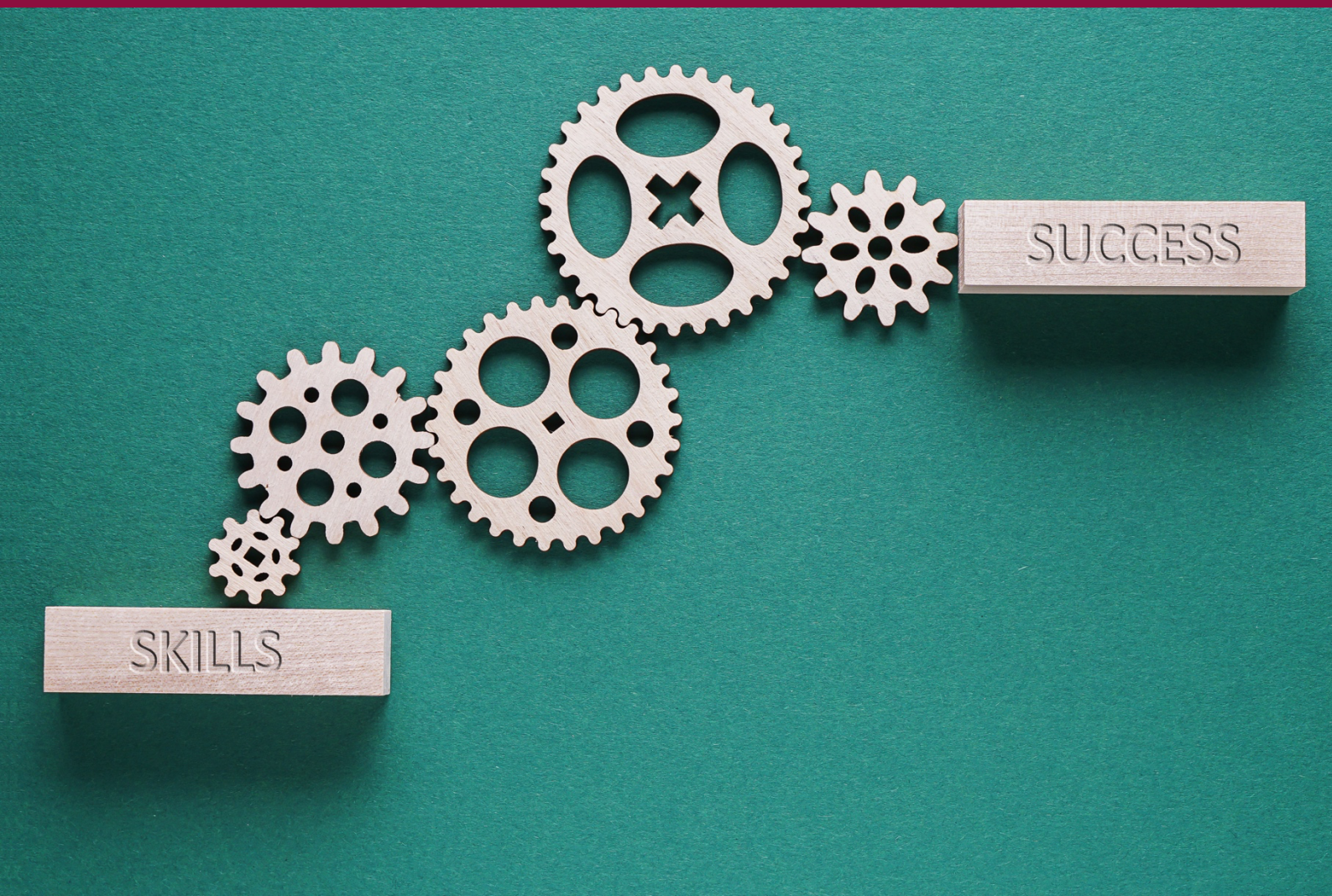
European Regional Development Fund

Step Project By Evaluation Report Step



Step-by-Step (SBS) Partnership

The **Step-by-Step (SBS) Project** is a cross-border partnership involving 10 organisations from the UK, The Netherlands, France and Belgium.

The SBS Project was approved and funded by the EU Interreg 2 Seas Programme (Social Innovation - 2014-2020), co-funded by the European Regional Development Fund which has supported the project over four years from 2017-2021 (extended to 2022).

The Health and Europe Centre, Lead Partner, Kent UK

Kent County Council, Delivery Partner, UK

Hampshire County Council, Delivery Partner, UK

University of Chichester, Evaluation Partner, UK

Bolwerk, Delivery Partner, Kortrijk Belgium

Association of the Social Centres of Wattrelos (ACSW), Delivery Partner, France

Association for the Development of Citizen and European Initiatives (ADICE), Delivery Partner, Roubaix France

Association Community, Delivery Partner, Arques France

De Mussen, Delivery Partner, The Hague Netherlands

Wellbeing People, Health Technology Partner, Kent UK

Report Authors

Dr Ruth Lowry – Evaluation Lead - University of Chichester, University of Essex (from 11/2019)

Mr Andy Wood – Research Assistant - University of Chichester

Dr Simon Mouatt – Economic Analysist - University of Chichester

Dr Melissa Day – Qualitative Analysist - University of Chichester

Dr Henriette Hogh – Quantitative Analysist - University of Chichester

Dr Matthew Sitch – Social Network Analysist - University of Gloucestershire

Dr Carl Bescoby – Social Network Analysist - University of Exeter

Report Contributors

Thank you to the talented team of researchers and translators involved in gathering and collating the variety of data from Shed Leaders and Members.

Acknowledgements

Our thanks and gratitude to the Shed Leaders and Members from all of the SBS Sheds involved in each of the data collection phases of the evaluation, for their time and insights. Our thanks extend also to the Project and Delivery Partners for their support in facilitating access to Shedders and their generous collaboration throughout this project.

Our grateful thanks go to Professor Mike Lauder (project management), and the team at the University of Chichester. Finally, we would like to acknowledge and thank Thomas Molloy from the Health and Europe Centre for his unfailing support in overseeing the project and keeping all partners actively involved.

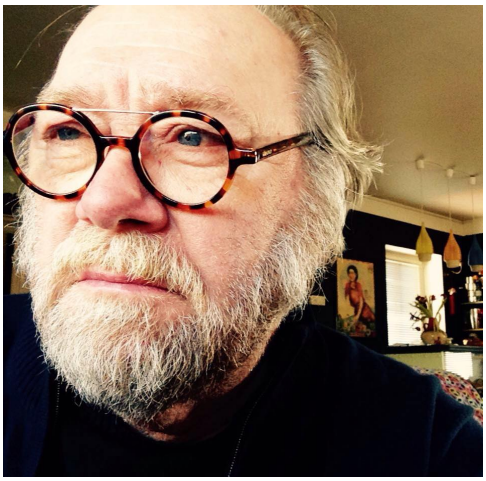
Dedication

This evaluation report is dedicated to the memory of our dear friend and inspirational Shedder, Peter Vermeulen.

Peter was the driving force behind Stal13. He led this unique employment project in Kortrijk which worked with particularly vulnerable people to take discarded furniture and transform them into desirable design pieces. “Our furniture is like our people,” mused Peter, “written off by some while they have so much beauty.” This philosophy was the reason Peter established Stal13. The concept and the ambition of Stal13 was clear from the start. Furniture that is still usable, too often disappears from sight into landfill, and people sometimes get the feeling that they are too easily discarded, cast aside and viewed as unusable. Peter founded Stal13 as a safe and welcoming place where people could learn restoration skills, participate, co-operate and, in time, grow stronger and confident. It was not a hobby club, but a place where neither furniture nor people are written off, in this Shed, 13 is a lucky number.

In 2013, Stal13 and Bolwerk crossed paths. Until the end of 2019, both organisations were closely intertwined. Bolwerk supported Stal13 in the further growth and development of the Shed. As both groups began to co-operate, Peter had his own thoughts, which sometimes challenged the approach of others, but his unique character and creative soul always meant he was listened to. During this period, Bolwerk and Stal13 joined the Step-by-Step Project. At Partner meetings and during our visits to Kortrijk, Stal13 was an inspiring, practical example of how the goals of this European project could be applied.

Peter’s philosophy and practice epitomise the ambitions Partners have for the Project. We all miss you but are grateful to have spent time in your company.



Peter Vermeulen

30.12.1954 – 14.08.2021

Contents

Glossary of terms

- ***Men's Shed***: Male-centred space, providing a place for men to meet, socialise, work and engage in activities as part of a group or individually.
- ***SBS Shed (or 'Shed'):*** A Men's Shed or community group deploying the SBS Model as part of the SBS Project.
- ***SBS Model:*** A new delivery model for men's community health and employability, co-created by the SBS Partnership during the life of this project.
- ***Shed Leader***: Someone who supports the running of the Shed, either on their own or as part of a leadership team. The Leader is the organiser who manages how the Shed operates, and was the direct contact for the evaluation.
- ***Shed Member***: Someone who attends the Shed to engage in activities, and has no managerial hierarchy or status within the Shed.
- ***Champion***: Champions received training from the SBS Partnership to take on the responsibility of a Health Champion or Employment Coach. The term "Ambassador" was used as a local translation in a number of Sheds, but in this report the term Champion will be used. A noun used to describe a Leader or Member who engages in spontaneous conversations with Shed Members, providing basic health/employment support and advice, with a knowledge of local services to refer Shed Members to.
- ***Shedders***: A noun used by both Leaders and Members when referring to their own or others involvement in the Shed. Refers to all those who attend the Shed, for whatever reason, in order to discuss them collectively.

Summary

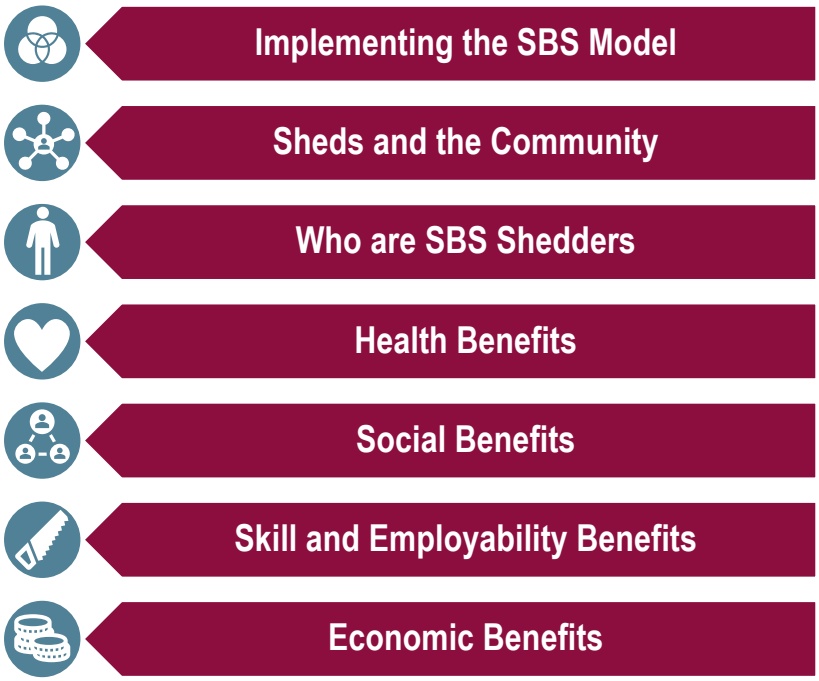
The **Step-by-Step Project (SBS)** was co-designed to address a common need identified by partners from four European Countries. Men are at greater risk of poor physical and mental health because of social isolation, loneliness and unemployment. SBS delivered a model of community engagement to empower men to move from poor health and/or isolation to healthy social participation or active engagement in the labour market. To achieve this, the SBS Model adapted the Men's Sheds concept by developing a new, third-generation Men's Sheds Delivery Model. This incorporated peer champion (health and employment focused) training and deployment within the Sheds and their communities, outreach with their communities and other organisations, and use of health technology for assessment of health status. Information videos have been created, explaining the SBS Model in English, French, and Dutch.

The evaluation adopts a mixed-method (qualitative and quantitative evidence gathered), multi-discipline (physical, social, psychological and economic indicators of change) multi-level (evidence gathered from Shedders, Leaders, Trainers, Partners) approach. The objective is to provide evidence of "who" the SBS Project has engaged with (reach), "what" changes have occurred (effectiveness), document "where" diversity in SBS Shed delivery is observed (adoption), "how" change was achieved (implementation) and "if" change is likely to lead to long-term economic benefit (maintenance). This approach is based on the RE-AIM evaluation framework (Glasgow, 1999, 2019).

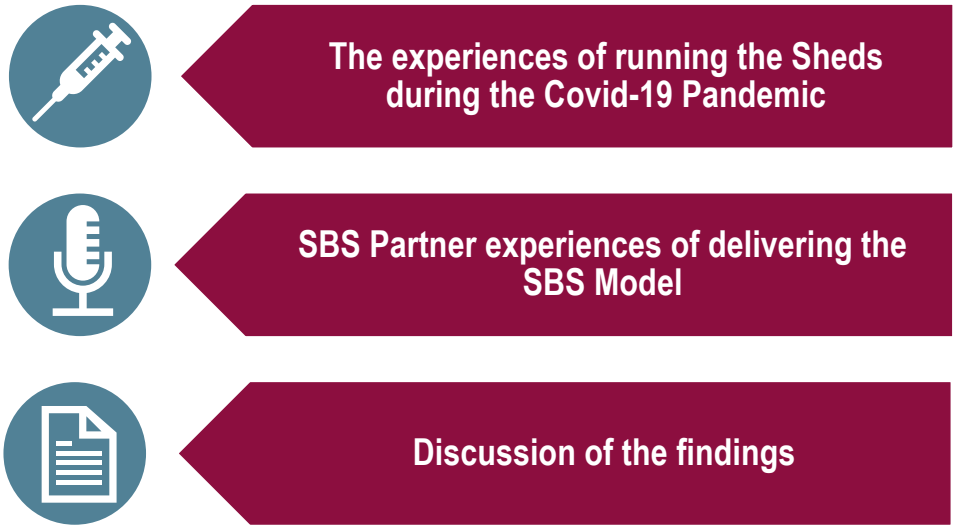
Between September 2017 and November 2021, 101 Sheds were established with a total membership of approximately 2000 individuals from Belgium, France, the Netherlands and the United Kingdom. Data collection

for this evaluation started in May 2019 and ran until November 2021, and involved approximately 450 Shedders (Leaders, Champions and Members), 7 Champion trainers and 15 Project Partners. Economically, the SBS Model facilitated reduced expenditure on mental and physical healthcare, less public spending on welfare transfer payments and other support agencies, and up-skilling and greater self-esteem on reducing unemployment and enhanced productivity in the workplace.

This evaluation has been organised to report on the following outcomes:



The evaluation will also provide an account of:



Synopsis:

The Personal Shed Journey

What does it mean to belong to an SBS Shed?

Shedders were asked what they would say to somebody enquiring about joining the Shed, which provided them with an opportunity to discuss their perceptions of the Sheds' best attributes. Firstly, what came from these responses was the notion of opportunity. Members believed that the Shed provided opportunities for people to socialise with others, be active, and work independently or as part of a team. The Shed was often described as "*something to do*", providing an opportunity for people to get out of the house and occupy their minds. An important factor, it seemed, was the warm and welcoming environment that typified the Shed experience, with the availability to work in a pressure-free, spacious setting.

For a number of Members, the Shed was a work environment similar to their previous employment, either through the activities available, or the structure and routine that the Shed afforded. For others, the Shed provided them with an opportunity to prepare for a return to work, by becoming re-accustomed to a working life, or providing Curriculum Vitae and cover letter support.

The Shed was also described as "*important*" by many men, particularly for those who had retired. The transition into retirement was challenging for many Members, with inactivity leading to isolation, loneliness, and, in some cases, mental health difficulties. In this regard, Members believed the Shed was important for men in particular, because women were traditionally more comfortable socialising with others, had more opportunities to do so, and typically "*run the home*" meaning their days were occupied with some form of activity. Others suggested that the Shed was good for everyone, and was available for all to join.

> *I can't think of a reason why not [attend]. You could be a guy sitting at home, lost his partner and lost the will to live, watching the TV. Absolutely everyone can have their own place.*
>
> (BM0805)

Furthermore, a key element with regards to Shed involvement was a feeling of freedom and autonomy; specifically, the freedom to choose between practical projects, community work, social conversation or any other of the various activities on offer. Likewise, Members expressed pleasure in the autonomy to attend as and when they wanted, as opposed to having to attend regularly, meaning there was no obligation to return if they did not want to, or to attend on days where they were unable to.

> *I am a free man, I am free to come and go, you can talk to people, there is no pressure.*
>
> (JPV2204)

The Benefits of Shedding

The majority of Members expressed their beliefs of what a Shed is to them in regards to the personal benefits they have experienced. Typically, Shed experiences were conveyed as a sense of enjoyment and a "*feel good factor*", gained from activities, interaction, and belonging to a group. Members regularly described the Shed membership as an "*excellent group*", as an activity they "*love*", and as "*my happy place*", often demonstrated by continued regular attendance. For many, pleasure manifested as a feeling of enthusiasm and pride in the Shed, speaking passionately about their involvement, excitement when they first joined, and subsequently looking forward to attendingz

> *I find it so exciting, people say to me 'you've always got a smile on your face when you talk about the Shed' and I have every reason to have a smile on my face. It keeps me happy."*
>
> (DE1105)

Similarly, Shed involvement provided an opportunity to help others, be it fellow Shedders or members of their community, developing a rewarding sensation from *"creating something tangible for others"* and from helping people less fortunate or in need. This enabled Members to feel included, validated and a part of something meaningful, thereby creating a sense of fulfilment. Likewise, Shed experiences offered Members a new found sense of purpose from engaging in worthwhile activity, which supported a feeling of pride, self-belief, and self-confidence.

> *Coming here, I realise that I'm not this person who is good-for-nothing. I can have my place in society. That also helps to rise and to move on and to tell me I'm not a good-for-nothing, I can succeed like the others"*
>
> (JR1705)

Sheds often afforded retired Shedders an experience similar to their working life. With many Shedders being retired tradesmen, it was often this similarity that helped to attract them to the Shed, as the activities on offer and the male-centred environment reminded them of positive experiences from their working lives. The Shed provided an environment free from the stresses and pressures of the workplace, and allowed Shedders the autonomy to work in their own time on projects that personally interested them.

> *…giving the members a base where they can carry on doing the things that they used to love. If what you did as a job was leadership, it gives you an opportunity to carry on doing that, without a boss breathing down your neck."*
>
> (MB0308)

Similarly, Members experienced a sense of achievement from successfully completing tasks and projects which previously appeared out of reach. Some felt shocked that they had been able to make something tangible, whilst others received reactions of amazement from loved ones when displaying their finished product. The greatest reward for some Members came from seeing their products sell, as it generated a sense of personal pride, but also benefitted the Shed.

> *I think I probably get the biggest kick out of making something and then it selling. When it sells its like 'Yeah! Somebody's bought something I've made!' It gives you a real sense of achievement, and also you know that the money's coming back into the Shed to buy new screws or whatever.*
>
> (MF2103)

Typically, Shedders expressed a great sense of pride in the work they had completed, and the community projects they had been involved in. During Shed visits for observation and informal interviewing, Members enthusiastically described ongoing projects, and shared pictures of previous works. One Member had started to carve animal heads to sit on top of walking sticks, in order to sell them, and gladly scrolled through numerous photographs of similar wood carving work he had completed through years of Shed involvement, and previous employment.

Background to the Step-by-Step Project

Introduction

According to a 2018 European Commission report, 77% of suicides across Europe are completed by men, whilst the World Health Organisation (WHO) state that the male suicide rate is greater in Europe than in any other continent (WHO, 2019). The relationship between men's mental health diagnoses and suicide rates is conflicting, with men more likely to experience undiagnosed depression, compounded by their hesitancy to seek professional help (Call & Shafer, 2018). Women are twice as likely to visit their doctor than men (Wang et al., 2013), whereas men often believe that they are an unwanted patient, having been labelled as hard to engage (Addis, 2011). Male hesitancy to seek health-related help is often attributed to concepts of masculinity, which discourage men from seeking help through fear of mockery and scrutiny, and subsequently inhibits health further due to delayed detections and intervention (O'Brien et al., 2005). The natural decline of men's health with advanced age challenges the masculine narrative (Marshall et al., 2001), with the transition from employment to retirement triggering personal vulnerabilities (Moffatt & Heaven, 2017).

Retirement often provokes feelings of guilt and shame amongst men, as they are no longer contributing to the household income (Waling & Fildes, 2016). Men's views of their personal masculinity are threatened, and they can begin to experience a feeling of loss with regards to their identity, income, autonomy, companionship and social support (Crabtree et al., 2017; Lefkowich & Richardson, 2016). Subsequently, this can be a catalyst for more serious problems for men, such as loneliness, isolation, and even depression (Reynolds et al., 2015), which, as mentioned, are exacerbated due to men's reluctance to seek help. In recent years, gendered initiatives have come to the fore to address these issues, promoting social inclusion and health enhancing activities (Hunt et al., 2014). One such initiative is the Community Men's Shed, originating from Australia in the 1990's (Golding, 2015).

What is a Men's Shed?

Men's Sheds provide an alternative, male-centred space for men to work, allowing them to engage in traditional DIY activities and share skills (Ayres et al., 2018). The Men's Sheds movement has evolved since its Australian inception, promoting social interaction, reducing isolation (Milligan et al., 2015), and facilitating social (Anstiss, 2016), physical (Kelly & Steiner, 2021) and mental health benefits (Cosgrove, 2018). These initiatives provide opportunities to learn new skills (Foster et al., 2018), develop existing skills (Misan & Hopkins, 2017), and create a new routine (Fisher et al., 2018). Sheds are now located in countries such as New Zealand, Canada, Ireland, Greece and the US and UK, with national (such as the UK Men's Shed Association) and international (such as European Men's Shed Association) associations created to support and promote the activities of individual groups. There is a growing body of literature exploring the perceived benefits of Men's Sheds involvement for attendees (who refer to themselves as Shedders), the majority of which cite physical health improvements for Shedders from attendance. To date, only Hlambelo (2015) has provided objective evidence for the health benefits of Men's Sheds involvement, namely sympathetic and parasympathetic reactions indicative of reduced psychological stress. More typically, researchers have adopted self-reported measures indicating subjective physical health improvements (Cosgrove, 2018) and increased physical activity levels (Kelly & Steiner, 2021), often associated to physically exerting Shed activities (Hansji et al., 2015) and active travel to the Shed (Crabtree et al., 2017).

Likewise, wellbeing and quality of life improvements are commonly reported, catalysed by reductions in depressive symptoms and suicidal ideation (Foster et al., 2018; Lefkowich & Richardson, 2016), increased happiness, (Taylor et al., 2017), enhanced emotional mood (Fisher et al., 2018), and generating feelings of self-

worth (Daly-Butz, 2015). Shed involvement provides opportunities to develop Shedders' self-confidence via the completion of projects and engagement in new activities (Waling & Fildes, 2016), plus a sense of identity established by community-contributions and routine similar to working life (Cavanagh et al., 2016).

Social benefits of *Shedding* are most commonly reported, including the opportunities for increased social interaction, and developments of friendships and camaraderie. Typically, men often join a Shed in their community to meet like-minded people and seek out social connections (Daly-Butz, 2015). A Shed that provides a supportive environment (Misan & Hopkins, 2017) and opportunities for collaborative working (Anstiss et al., 2018), are more appealing. The social nature of the Shed often facilitates health related conversations to ensue, which indirectly encourages increased help-seeking behaviour (Ford et al., 2015). Misan and Hopkins (2017) refer to this approach as health by stealth, whereby enjoyable activities and reciprocal exchanges stimulate health changes. Similarly, men often experience connections to their wider community (Sunderland, 2013), support and mentorship (Wilson et al., 2015), and, in some cases, improvements to family life from Shed attendance (Hedegaard & Ahl, 2019).

The effectiveness of Men's Sheds as an informal learning environment is cited frequently in the literature, promoting the skill learning and pre-existing skill enhancement opportunities available (e.g. Misan et al., 2018, Misan & Hopkins, 2017, Fisher et al., 2018). In addition to practical DIY skills, Shedders often develop transferable skills related to finance and management (Cavanagh et al., 2016), IT and online accessibility (Cosgrove, 2018), soft skills such as communication and listening (Culph et al., 2015), and teamwork (Misan et al., 2018). This helps to boost career progression or job searching amongst working age Shedders, encouraging the development of future opportunities via new ambitions (Lefkowich & Richardson, 2016), and helping to "train and make men more employable" (Golding et al., 2007, p. 23). Therefore, the Men's Shed space appears to be an ideal setting for individuals seeking employment to upskill, and prepare for the workplace.

To date, the Men's Shed literature has been dominated by evaluations of single or small numbers of Sheds (Kelly et al., 2019; Milligan et al., 2016), relying upon qualitative, retrospective accounts from older/retired Shedders. This fails to capture the diversity of the current membership who regularly engage in Men's Sheds. In the late 2000's, the Irish economic downturn led to vast unemployment and a more diverse socio-demographic membership of Irish Men's Sheds, including those out of work (Carragher & Golding, 2015). Currently, Sheds in Ireland are recognised nationally and across Europe for their contribution to citizenship (Irish Men's Shed Association, n.d.). The inclusion of a wider demographic of Shedders within the research has only begun in recent years, where studies explored the impacts of Men's Sheds on younger adults as part of intergenerational mentoring programmes (Rahja et al., 2016), and those with intellectual disabilities (Wilson et al., 2020). In these instances, similar health and social benefits were reported to those involving older adults.

Similarly, there continues to be a strong representation in the literature of Australian Sheds, with the spread of Men's Sheds into regions of Western Europe receiving limited coverage within the literature (e.g. Ahl et al., 2017). Whilst the UK hosts an established Men's Sheds association (UKMSA), more are developing in European countries such as the Netherlands, Sweden, Finland and Spain (European Men's Sheds Association, 2014). Yet, the adaptation of the Men's Sheds concept within these countries, and others in Europe, is often neglected.

Furthermore, literature has typically focussed on how engaging in Shed activities impacts Shed Members, overlooking the narratives of those that lead the Sheds. Few papers discuss details of how a Shed is created, regulated, or structured; or the experiences of undertaking a management role, and the personal benefits this facilitates. Indeed, in order to strengthen the case for Men's Sheds as an intervention benefitting men, studies including the holistic account of the Shed story with wider populations and cultures are required.

Economic Evaluation

There is clear (regional and/or national) economic benefits from the expansion of the Men's Sheds concept, and subsequent healthier male population. Immediate, fiscal effects include:

1) Reduced public expenditure on mental and physical healthcare.
2) Reduced public transfer payments e.g., unemployment benefits.
3) Reduced public-funded education/training costs.

At a national level these savings are welcome given the increase in National Debt/GDP ratios after the 2008 Global Financial Crisis, and global Covid-19 pandemic public expenditure. Higher relative ratios, risk higher interest rates for future financing of budget deficits, and long term (bond financed) state capital expenditures.

According to the World Health Organization, investing in men's health also leads to productivity increases in the workplace (thus higher incomes and tax revenue) and fewer days lost from sickness (Ibid., p.41). Greater productivity enhances competitiveness and secures a larger market share for regional firms, encouraging sustainable and resilient regional economies. Additional income from employment (that previously did not exist), derived from the SBS Project, also induces an income multiplier at regional level. The size of this multiplier depends upon the percentage of additional income that is spent in the region; the higher the percentage, the greater the additional (induced) income will derive from the initial increase.

Shedders with improved health also provide aspirational models for other men and reduce dependence on others. The gains to self-esteem that derive from skill development and moving up the participation ladder (see Appendix B), will enhance men's influence in organisations as they become more competent and innovative. The Sheds provide men with space and time for valuable *reflection* crucial for the increase of personal influence in the workplace, facilitating the more entrepreneurial and strategic thinking needed for effective career development.

If so-called autonomous investment (i.e., not financed by the reduction of investment expenditure elsewhere, or induced by receipt of income/profit) is attractive in the region due to a more skilled and productive workforce, then new employment/income is created. This engenders *indirect* multiplier (or knock-on) effects in the region as new employment/income is generated to service the new investment requirements and *induced* effects that create income/employment occur as new incomes are spent in the non-trading sector. More consumption also creates a regional investment multiplier (called the 'accelerator') as investment in capital goods increases. The overall impact of these effects leads to general economic development of a region in the long term. In addition, there may be further positive feedback effects from other regions such as the specific region becoming a more desirable location to live and raise children, for instance.

Much depends, of course, on the quantity of the active SBS Sheds. One Shed with 20 participants that attains permanent employment for one of its Members will have a marginal impact on a national economy (such as the UK with a working population of approximately 30 million). However, if the project were scaled up sufficiently there could be substantial benefits.

This report provides a multi-level, multi-disciplinary and multi-method evaluation of the Step-by-Step (SBS) Project, assessing the impacts of a multi-national European project. The SBS Partners co-created and implemented a Model for men's community health and employability adapting the Men's Shed concept.

The Step-by-Step Project

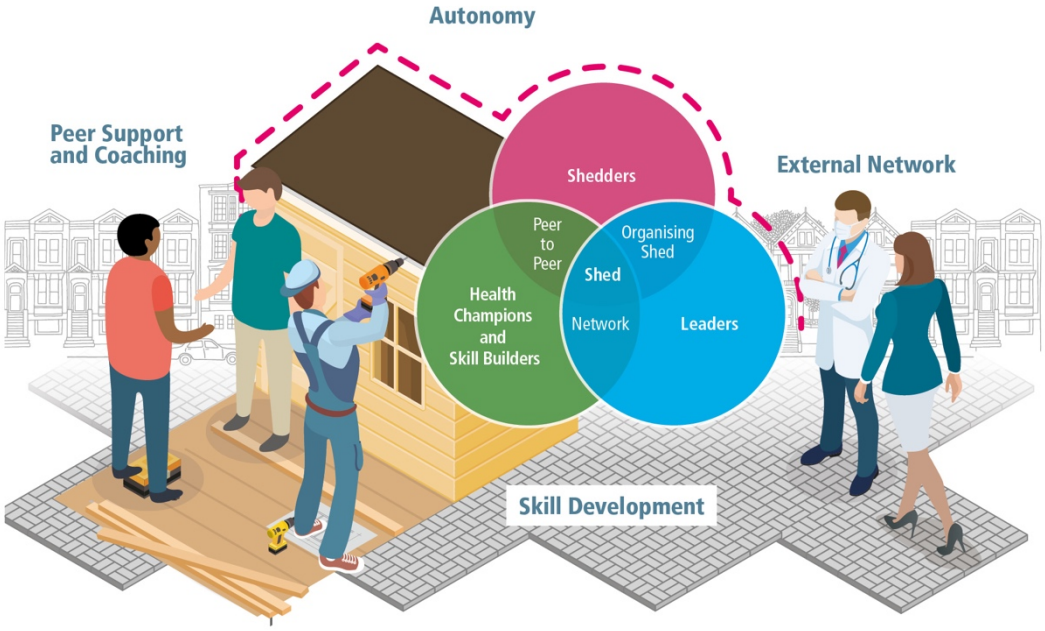
The European Union Interreg funded (2 Seas, Social Innovation) Step-by-Step (SBS) Project is a cross-border partnership between 10 organisations, including 7 Delivery Partners from the UK (Hampshire County Council, and Kent County Council), France (Association for the Development of Citizen and European Initiative, ADICE, Roubaix; Association Community, Arques; and Association of the Social Centres of Wattrelos, ACSW), Belgium (Bolwerk, Kortrijk) and The Netherlands (De Mussen, The Hague), and 3 other UK partners (Health and Europe Centre, Wellbeing People, and University of Chichester). The project ran between 2017 and 2021.

SBS aimed to empower men to move from poor health and/or isolation to healthy social participation or active engagement in the labour market. The expected implications included improved health amongst individuals, families, communities and workforces; plus, increased labour market activity. The SBS project targeted men who may be socially isolated, suffering from poor mental health or wellbeing, however was also open to women. In order to achieve this, the project adapted the Men's Sheds concept by developing a new, third-generation Men's Sheds delivery model (known as the SBS Delivery Model).

The SBS Delivery Model incorporates the concept of peer-to-peer support in the form of Champions to encourage healthy conversations and holistic coaching in the areas of health, wellbeing, and employment. Health Champions and Employment Coaches are Shedders who have undertaken SBS Champion training, in order to learn about basic health or employability skills, as well as gain a knowledge of local services and organisations available for signposting. A Champion proactively engages in conversations with fellow Shedders. Driven by autonomy, the Model connects Shedders, Champions and Organisers (Shed Leaders) together, to contribute to the shared purpose of the Shed, and build a strong external network with public, private, and third-sector organisations (see Figure 1 below).

The Model was co-created through a series of cross-border workshops and evidence gathering activities with involvement from all partner organisation staff and community members from each community the organisations engage with. A suite of documents has been created for Shed Leaders and other organisations to explain the SBS Model, Employability Model, Health Champions Model, and Digital Wellbeing Model. These can be accessed from the SBS Legacy Webpage.

Figure 1. The co-produced SBS Delivery Model for Men's Sheds (Source: click here)



Step-by-Step Evaluation Methods

The Evaluation Method

The evaluation adopts a mixed-method (qualitative and quantitative evidence gathered), multi-discipline (physical, social, psychological and economic indicators of change) multi-level (evidence gathered from Shedders, Leaders, Trainers, Partners) approach. The objective is to provide evidence of "who" the SBS project has engaged with (reach), "what" changes have occurred (effectiveness), document "where" diversity in SBS Shed delivery is observed (adoption), "how" change was achieved (implementation) and "if" change is likely to lead to long-term economic benefit (maintenance). This approach is based on the RE-AIM evaluation framework (Glasgow, 1999, 2019). The proposed evaluation was discussed with SBS Partners at steering group meetings, allowing input into the design and delivery of the evaluation, before a final framework was designed. Ethical approval for the evaluation was provided by the University of Chichester's Ethics Committee (1718_58) on 03/08/2018. The SBS evaluation was conducted, with data and information gathered between May 2019 and June 2020 (Time point one), and July 2021 and November 2021 (Time point two). Details of the evaluation method are presented in Table 1.

Table 1. Details of the SBS Evaluation Method

	Reach	Effectiveness	Adoption	Implementation	Maintenance
Who	Leaders Members	Leaders Members	Leaders Champions	Leaders Champions Trainers Partners	Secondary Data
When	Time point 1 Time point 2	Time point 1 Time point 2	Time point 1 (Leaders) Time point 2	Time point 1 (Leaders) Time point 2	Time point 2
How	Survey *Demographics*	Survey *EQ-5D-5L* *IPAQ-SF* *WEMWBS* *CAAS* *CEL* Interviews *Semi-structured* *Personal* *Network* Observations *Researcher* Photography *Photovoice*	Interviews *Semi-structured*	Interviews *Semi-structured* *Community* *Asset Mapping*	Income Analysis

Sampling

The evaluation team made contact with the SBS Sheds via the Project Delivery Partners. Delivery Partners contacted Shed Leaders to promote voluntary engagement in the evaluation and to introduce the researchers. Shed Leaders volunteered their own involvement in the evaluation but also acted as gatekeepers to access their Members. SBS Shed Members and Champions were approached during Shed visits either by the researchers, or prior to the visit by the Shed Leader. All participants provided informed consent at each time they participated in the evaluation. Table 2 demonstrates the number of Leaders, Members, Champions, and Sheds that participated in each element of the evaluation, at each time point.

Table 2. Number of individuals and Sheds participating in each element of the SBS evaluation

Survey	Community Asset Mapping	Semi-structured interviews	Personal Networks	Observation/ Informal interviews	Photovoice
Time point 1	**Time point 1**	**Time point 1**	**Time point 1**	**Time point 1**	**Time point 1**
45 Leaders 188 Members 32 Sheds	37 Leaders 25 Sheds	37 Leaders 68 Members 25 Sheds	67 Members 19 Sheds	N/A	N/A
Time point 2	**Time point 2**	**Time point 2**	**Time point 2**	**Time point 2**	**Time point 2**
37 Leaders 149 Members 56 Sheds	25 Leaders 25 Sheds	29 Leaders 23 Champions 15 Partners 7 Trainers 32 Sheds	N/A	64 Members 18 Sheds	8 Members 4 Sheds

Survey – Leaders and Members

The survey was administered online, using Google Forms, with paper copies provided to support participant preference and where participants did not have access to IT. The link was shared with Shed Leaders (and Delivery Partners) via email for dissemination amongst Shedders. Paper copies were either posted to Shed Leaders for distribution amongst Shedders, or delivered by the researchers when visiting Sheds. Survey respondents were asked to create a Participant ID, enabling their answers to be identifiable alongside other elements of the evaluation they completed, whilst also ensuring anonymity. The survey took approximately 15-20 minutes to complete and was available in the languages of English, French, Dutch and Arabic (time point two only). The survey was altered slightly between time points, in order to capture changes in perceived health and wellbeing, and remove items that provided little relevant detail. Respondents provided basic demographic and health information (see Table 3), and completed a number of validated measures.

Table 3. SBS online survey question topics

Demographics	Shed Details	Health
Shed role	Shed name	Estimated height
Additional Shed roles**	Shed location	Estimated weight
Age	Mode of travel to Shed*	Number of hospital appointments (previous 12 months)*
Gender	Distance of travel to Shed	Number of GP appointments (previous 12 months)*
Marital status	Travel time to Shed*	Number of days absent from work (previous 12 months)*
Employment status	Reasons for originally joining the Shed	Perceived change in physical health attributed to Shed involvement**
Current/most recent occupation	Motivations for returning to the Shed	Perceived change in physical activity attributed to Shed involvement**
Urban/rural living location	Frequency of attendance	Perceived change in wellbeing attributed to Shed involvement**
	Duration of Shed sessions	Perceived change in social relationships attributed to Shed involvement**
	Length of time attending this Shed**	Perceived change in skillset attributed to Shed involvement**
	Whether they had attended a Shed before this one**	Perceived change in employability attributed to Shed involvement**
	Shed activities engaged in**	
	Experiences of engaging with a Health Kiosk, if applicable**	

*Time point one only
**Time point two only

Physical Health – Body Mass Index

Body Mass Index (BMI) was calculated from participants' reported height and weight (using the 2019 NHS BMI formula weight(kg)/height(m2)), and subsequently categorised into Underweight (score below 18.5), Healthy Weight (18.5 to 24.9), Overweight (25 to 29.9), and Obese (30 and above) using NHS BMI guidelines (2019).

Physical Health and Functioning
EuroQol's EQ-5D-5L (Herdman et al., 2011)

The EQ-5D-5L is a measure of health and functioning. Respondents select one of five statements, each with varying severity, relating to mobility, self-care, usual activities, pain/discomfort, and anxiety/depression that best describes their health on the day of completion. Respondents also provide a health score out of 100 reflecting the day of completion (known as the Visual Analogue Scale, VAS). An overall health index is generated from responses, coded in accordance with the level of response given for each item (i.e. level 1 responses coded as 1), creating a profile for each individual, consisting of five numbers (e.g. 11111 would equal no problems in all items, 55555 would mean most extreme problems). Profiles are then converted into a health index value using the EuroQol "Index Value Calculator" (van Hout et al., 2012), generating an index value between 0 and 1. Mean scores were created for health index values and individuals' VAS scores, for Shed role and Shed location. Missing values meant that neither a profile nor index could be created, resulting in cases being excluded. In these instances, however, VAS scores remained if present.

Physical Activity
International Physical Activity Questionnaire – Short Form (IPAQ-SF) (Craig et al., 2003)

The IPAQ-SF gathers information regarding respondents' vigorous, moderate and walking intensities and sitting activity in the last 7 days; specifically, the number of days they engaged in each activity, and for how long during a typical session. The total number of days and minutes of activity are calculated for each intensity. The IPAQ-SF values are then totalled and total Metabolic Equivalent Time (METs) is calculated from the number of days and hours per session for each intensity. The number of minutes per session is multiplied by 8 for vigorous, 4 for moderate, and 3.3 for walking; and the resulting figure is multiplied by the number of reported days engaged in that activity, in line with the IPAQ's 2005 scoring protocol. These figures are then categorised into Low, Medium and High expenditure based upon the scoring protocols, and classified by whether each individual had met the World Health Organisation's (WHO) 2011 physical activity guidelines (at least 150 minutes of moderate activity, and/or 75 minutes of vigorous activity per week). Missing cases were removed listwise based on the IPAQ's 2005 scoring protocol.

Mental Wellbeing
Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) (Tennant et al., 2007)

The WEMWBS is a measure of mental wellbeing suitable for use in the general population, consisting of 14 wellbeing related statements (e.g. "I have been feeling relaxed"). Participants respond on a 5-point Likert scale, relating to how often they have experienced each statement during the last 14 days (ranging from 'none of the time' to 'all the time'). Scores for items are totalled providing a score from 14-70, and categorised into low wellbeing (total score 14-40), moderate wellbeing (41-59), and high wellbeing (60-70). Missing cases were removed listwise based on Stewart-Brown and Janmohamed's (2008) WEMWBS user guide.

Skill Development Capability

Career Adapt-Abilities Scale – Short Form (CAAS) (Maggiori, Rossier & Savickas, 2015)

The CAAS is comprised of 12 employment-based strength and capability items measuring four sub-scales of Concern (e.g. thinking about what my future will be like), Control (e.g. making decisions for myself), Curiosity (e.g. looking for opportunities to grow as a person) and Confidence (e.g. working up to my abilities). Participants indicate their response on a 5-point Likert scale from 'not strong' to 'strongest'. Items for each sub-scale are then totalled to provide a score from 3-15. Schafer and Graham's (2002) Expectation Maximisation (EM) method was used to estimate missing values, having first used Little's (1988) Missing Completely at Random (MCAR) check (McKenna et al., 2016).

Loneliness

The Campaign to End Loneliness Measurement Tool (CEL, 2014)

Used only during time point two, the Campaign to End Loneliness Measurement Tool (CEL) provides respondents with three statements relating to their satisfaction regarding their social relationships (e.g. "I am content with my friendships and relationships"). Participants respond on a 5-point Likert scale, ranging from 'strongly agree' (scored 0) to 'strongly disagree' (scored 4), providing a total loneliness score between 0 (unlikely to be lonely) and 12 (most intense degree of loneliness). Missing cases were removed listwise.

Interview

In order to gain a more detailed insight of the experiences of SBS Shed involvement, a series of semi-structured interviews were conducted with questions designed to reflect each Shed role (Leader, Member or Champion). The specific process at each time point, per Shed role, can be seen in Table 4.

Table 4. Interview process by Shed role for each time point

Leaders	Members	Champions
Time point 1 • Community Asset Mapping • Semi-structured interview regarding Leader role	**Time point 1** • Personal Network Task • Semi-structured interview regarding Shed experiences	**Time point 1** • N/A
Time point 2 • Community Asset Mapping • Semi-structured interview regarding SBS Model implementation	**Time point 2** • Observations • Informal interview during Shed activities • Photovoice (non-UK only)	**Time point 2** • Semi-structured interview regarding Champion role

Shed Effectiveness, Adoption and Implementation – Shed Leader Interview

The semi-structured interview explored:

- The structure of the Shed (Shed purpose, activities, promotion, recruitment, and finance)
- The Shed Leaders' experiences of their role (journey to becoming a Shed Leader, what they gain from their involvement, and any challenges)
- The impact of the Shed (on their health and skills, their Members' health and skills, and the community).

At time point two, Leaders were asked:

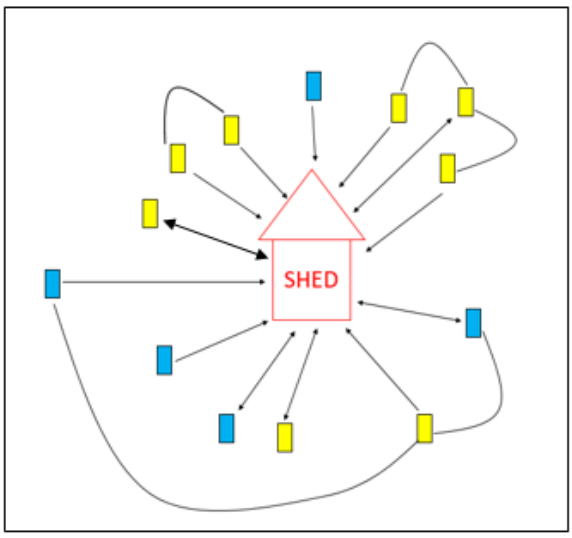
- How the Shed was affected by the Covid-19 pandemic
- Experiences of implementing the SBS Model within their Shed
- Plans for the future of the Shed.

Each interview explored an individual Shed, and was completed by either individual Leaders, or multiple Leaders in a group interview.

Shed Connectedness – Community Asset Mapping

Leaders completed a Community Asset Mapping task at both time points, exploring the social connections the Shed holds within the community. Leaders provided the names of organisations or services that the Shed has a relationship with, or that were involved in Shed establishment. For each organisation, the Leader indicated (1) the name of an individual contact (if known), (2) who made the first contact, (3) how they learnt about that organisation/service to contact them, (4) the regularity of contact, (5) the mode of contact, and (6) the purpose of this contact. The names of these organisations were written on to small sticky paper tabs (one colour representing those from establishment, and another colour representing subsequent contacts), and placed on to a piece of A1 sized paper. The Leader then positioned each tab around the outside of an image representing their Shed, with the strength of relationship being demonstrated by the proximity of the tab to the Shed image (i.e. the closer the tab was placed to the Shed, the stronger the relationship this represented). After this, an arrow was drawn between each tab and the Shed, depicting the direction of support (e.g. an arrow pointing from the Shed to the organisation represented the Shed supplying some form of support or work for that contact, and vice versa). Dual support was demonstrated by a two-headed arrow. If the Leader was aware of an interaction between organisations they had listed, then a connecting line between the two tabs was drawn. Lastly, the Leader was asked to demonstrate which organisation(s) they felt was the most vital to the Shed in terms of sustainability, existence and operations, by thickening the arrow between that organisation and the image of the Shed. At time point two, Leaders who had previously completed this activity at time point one were asked to update their original network and contacts list, with removed contacts crossed off the diagram, and new contacts added in a new colour. Leaders also had the opportunity to move time point one contacts closer to, or further away from the Shed, to depict any changes in relationship strength. This process created the 'asset map' of Shed contacts, providing an overview of the community connections that exist for each Shed. An example of the subsequent image is displayed in Figure 2.

Figure 2. Example of Shed Leader 'Community Asset Mapping' map image



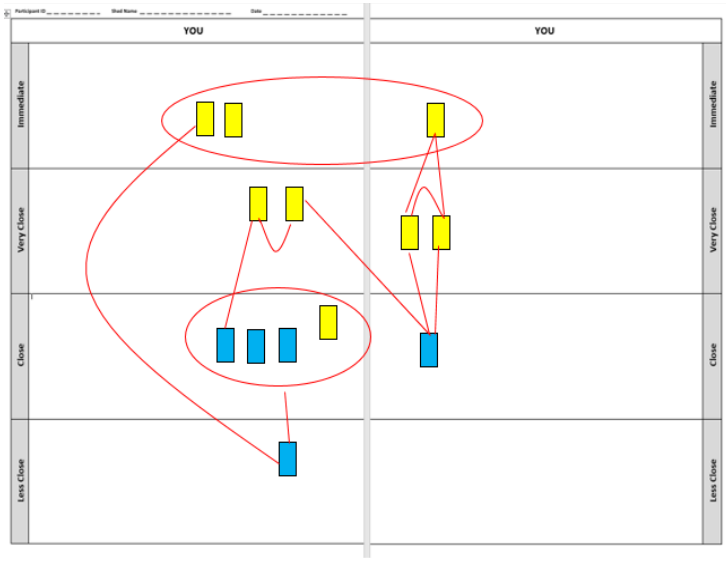
Shed Effectiveness – Member Interview

At time point one, Members answered questions relating to their motivations for joining and attending the Shed, what activities they engaged in, any skills they had learned or shared with others, any impacts Shed attendance had on their health, and the impact they believe the Shed had on the local community. Interviews lasted between 20 and 60 minutes, and took place typically in or near the Shed.

Loneliness and Isolation – Member Personal Network Task

A Personal Social Network mapping visualisation exercise was used during time point one to capture the social connectedness or isolation of Members. The method used followed that developed by Hogan, Carrasco and Wellman (2007). Members listed names of individuals in their lives they felt 'very close' to (defined as *"people with whom you discuss important matters, with whom you regularly keep in touch, or who are there for you when you need help"*) and 'somewhat close' to (defined as *"people who are more than casual acquaintances but not very close"*). These names were written on to small sticky paper tabs (one colour for 'very close', and another colour for 'somewhat close'), and placed on to an A3 sized chart. Once the Member believed they could not think of any other individuals, a series of prompting statements were read out to try and elicit more names that may have been forgotten. These were *"Is there anyone additional who is important, influential, or supportive, in any way to your involvement in the Shed?"* and *"Is there anyone additional who has hindered or hampered your level of involvement in the Shed?"*. Lastly, Members were asked to look through their mobile phone contacts list and recent messages (if they owned one) to see if any other names had been missed. Once all individuals had been listed, details (including age, gender, job role, and relation to the Member) were recorded for each, before the tabs were moved onto a large A2 sheet of paper. On this paper, Members were asked to place the tabs under 4 categories of closeness: *'Immediate', 'Very Close', 'Close'*, and *'Less Close'*. Whilst doing this, Members were asked to also place tabs in proximity to those individuals who knew each other or were part of the same contact group (e.g. family members). Members then demonstrated these groups by circling three or more individuals, or connecting pairs with a line. Weaker relationships between individuals were depicted via a dashed line rather than a solid line. This process continued until connections were drawn between all individuals who the Member believed knew each other. An example of this can be seen in Figure 3.

Figure 3. Example of Shed Member 'Personal Network Task' visualisation.



Shed Effectiveness – Member Observations and Informal Interviews

At time point two, observations were made during Shed sessions that consisted of the number of individuals in attendance, details of the Shed space, activities being undertaken, those engaging in individual or group work, interactions that took place between Members, and details of the researcher's visit. During this time, Members were approached by the researcher whilst they engaged in Shed activities to discuss:

- The activity
- Any projects they were or had been involved in at the Shed
- Their reasons for initial and continued Shed involvement
- How this involvement impacted their health, wellbeing, and skillsets
- Their experiences of engaging with additions specific to the SBS Model, if applicable (i.e. The Health Kiosk or a Champion).

Researchers made notes following each interaction to record responses.

Shed Effectiveness – Member Photovoice

Photovoice is a visual research method that allows the participant to document and reflect upon issues that they regard as important (Wang & Burris, 1997). During time point two, Members from France, Belgium and Netherlands were each offered a disposable camera, and invited to take a series of photographs that best answered the question, *"What does being an SBS Shedder mean to you?"*. Members were instructed to retain the camera for a period of two-weeks, taking pictures during Shed sessions and away from the Shed, if necessary. A photograph release form was used where Members agreed not to take photos of any individual under the age of 18 years, and to take responsibility for collecting consent from anyone photographed over 18 years. After the two-week period, the researcher retrieved the cameras, had the photographs developed, and arranged a follow-up interview with each individual, where Members were asked to choose their five favourite photographs. Members then discussed what these five photographs represented in relation to social

engagement, skill learning/sharing, health and wellbeing, and why they had taken/selected each of these photographs.

Implementation – Champion interview

Between time points one and two, Leaders and Members were offered SBS Champions training, to become a Health Champion or Employment Coach, with those completing the training invited to an interview, regardless of whether they had put this training into practice. Champion interviews were used to discuss:

- Experiences of the training and any subsequent role
- Why they undertook the training and any role
- How the training prepared them for the role
- What ongoing support they received
- Positives and negatives of the training and role
- Examples of utilising the training to support people
- What they gained from the role and their Shed involvement as a whole.

Interviews lasted between 30 and 60 minutes, and were conducted either in-person or remotely via Microsoft Teams video communication tool.

Implementation – Partner Interview

At the closure of the project, all SBS Partners were invited to an interview, to discuss their experiences during the project. Partners were asked a number of open-ended questions to gain insight into the implementation of the SBS Model. Implementation themes explored in the interview were acceptability, appropriateness, feasibility, adoption, and sustainability. These questions examined:

- Acceptability of the SBS Model
- Appropriateness of the SBS Model to their organisation
- Feasibility of delivering the SBS Model in the manner it has during the funding period
- Additional costs or resources incurred by their organisation to achieve implementation of the SBS Model
- Adoption of the SBS Model within their organisation

Interviews lasted approximately one hour, and were conducted and recorded remotely using Zoom video communication tool. Table 5 presents the SBS Partners that engaged with this process

Table 5. SBS Project Partners interviewed

Delivery Partner	SBS Project Role
KCC	Lead Administration 1 Administration 2
HCC	Lead Shed Liaison
Bolwerk	Lead
ACSW	Lead
ADICE	Manager Shed Leader
Association Community	Lead Manager
De Mussen	Manager Administration
Wellbeing People	Lead Public Health Contracts

Maintenance – Economic Evaluation

The Economic Evaluation (EE) uses an income analysis, rather than a cost-benefit analysis (CBA), or cost-effectiveness (CE) study. The CE approach was not chosen because it simply contrasts the financial cost with Project effectiveness measured by specified criteria. The costs for an SBS Shed, for instance, could be considered alongside reduced social isolation and/or improved WEMWBS scores. Whilst this is useful (and common in health economics), the conclusions reveal little about the SBS impact on regional or national economic activity in terms of output, which is the usual purpose of an economic evaluation.

The CBA method, which compares cost with aggregate monetary benefit, by attributing monetary value to all outcomes whether these are subjectively or objectively monetized, was also rejected. Whilst CBA is appropriate for delivering an appraisal of monetary returns to society, from competing project proposals, it is not as useful for an EE of SBS. This is because the Sheds are partly funded by public ad hoc funds, alongside monies from various private sources, so the returns in relation to aggregate costs have less relevance to authorities.

As an alternative, the EE has evaluated the sustainable income (or output) impact of SBS, whilst acknowledging the overall costs to society and the existence of the 'non-economic' benefits. This approach is an 'economic evaluation' as commonly understood.

The EE calculated the **income** effect of the SBS Project by providing **estimated** changes to men's employment levels, health, participation, and education/skills, and then measuring income changes based on monetary values from official data. The figures are then subject to any indirect, induced and feedback multipliers listed above. The accuracy of these predicted effects on the regional economy depends on the accuracy of estimating the income change and the plausibility of the multiplier measure. The autonomous income measure is based on estimated employment created by SBS (using national pay scales). In addition, a coefficient for greater

productivity is used (from health/skill improvements), from ex-Shedders employed, or Shedders engaged in local economic activity through the normal operation of the Sheds.

The formula for the regional income multiplier used is:

$$K = \Delta Y/\Delta A = 1/1\text{-}MPC$$

Where:

K = the multiplier, Δ = change, Y = total income (ΔY represents the change to total regional income after multiplier effects), A = autonomous income (from SBS effect) and MPC = the marginal propensity to consume (i.e. the proportion of additional income spent in the region, after tax, savings, import purchases, and inter-regional import expenditures discounted).

Multinationals, global markets, and complex supply chains make it difficult to identify regional expenditure levels. Consequently, an estimated measure of **1.5** for the multiplier was used. The assumption was that two thirds of additional income is spent on produce from abroad and/or other regions, along with savings and tax, leaving a third of the remaining income to be spent on regional output. In other words, the EE assumed that for every £1 of extra income generated by the SBS Project, £1.50 is added to the regional income for the long-term.

This measure of 1.5 is a reasonable estimate for the multiplier. In 2010, the Office for Budget Responsibility (OBR) adopted a 1.45 multiple to measure fiscal effects, and this figure was an inflation-adjusted measure, revised down from 1.65 (OBR, 2021). The Institute for Fiscal Studies (IFS) adopted an even higher fiscal multiplier of 2 (based on other OBR studies) in 2019 (Emmerson & Stockton, 2019, p.133). In addition, fiscal multipliers, based on either an increase or decrease of public expenditure, are expected to be lower than those that derive from autonomous employment (thus income) in the private sector that is not directly funded by government spending (like Shed funding). The HM Treasury, for instance, in the 2020 Green Book for policy, used higher estimates for employment multipliers that ranged from 1.25 – 3.6, depending on job types and sector impacted (HMT, 2021, p.94). The reason is that public expenditure can also have a counter 'wealth effect' as the extra expenditure must be financed and may 'crowd-out' other spending and/or raise interest rates for borrowing. Also, as German researchers have noted, if there is a spare capacity for business growth (a so-called negative output gap) the fiscal multiplier can be more than is normally predicted (Baum & Koester, 2011). Therefore, 1.5% multiplier is deemed acceptable.

In addition to regional impact, direct fiscal effects on National public spending are also estimated in the EE, extrapolated from findings. This is useful as a guide to policymakers in national, regional, and local authorities, across the 2 Seas region, and can contribute to a more efficient use of public financial resources.

The EE first assumes a steady state equilibrium, in the Hampshire region of the UK, and considers the impact of income effects after improvements in men's health, skill development, participation and employment. The benefits, however, are weighed against any negative effects that derive from income growth. To be consistent with ERDF core values, for instance, growth needs to be 'green growth', and this implies regulatory and legislative jurisprudence. There is also more pressure on scarce resources, as output rises, which may induce inflation if there is insufficient capability for the economy to expand, and/or 'crowd-out' necessary resources from other parts of the regional economy.

Data Collection

Shed Leaders were contacted via their Delivery Partners, asking them to complete the survey and disseminate to their Members. A number of different Sheds registered for SBS throughout the data collection period, and Delivery Partners were asked to encourage the survey to their Sheds as their involvement commenced, as well as alert them to the interview process. The researchers prompted Delivery Partners to encourage the evaluation at numerous times throughout, in order to maximise survey uptake and interview involvement. Shed Leaders and Members completed the survey in their own time, or during a Shed session whilst a researcher was in attendance. Receipt of completed paper-copies of the survey was arranged via the Shed Leader. Survey data was collected until data saturation was believed to have been found, deeming the continuation of data collection redundant.

To conduct interviews, the research team arranged dates to visit Shed Leaders, either during a Shed session or at an agreed upon location. During this initial contact, the Leaders were made aware of the Member and Champion (time point two only) evaluation processes, who were encouraged to disseminate this information to their Shedders. At time point one, Leaders were asked to discuss the semi-structured interview process with Members so that volunteers would be ready to engage upon the researchers' arrival. At time point two, Shed visits were arranged with the Leader for Member observation and informal interviews, who advised Members of the researchers' arrival and plans in advance. Photovoice processes were arranged with Members during Shed visits, with subsequent visits and interviews arranged in advance. To arrange Champion interviews, trained individuals were either contacted via email (having first received contact information from the Shed Leader), recruited during Shed visits, or contacted by the Delivery Partner on behalf of the research team. Where interviews could not be conducted in person due to movement restrictions imposed by Covid-19 government guidance, video calls were arranged by mutual agreement between the researcher and interviewee. Sheds were visited at least once by the researchers, with a variety of Sheds being visited on multiple occasions. Qualitative data collection ceased once data saturation was found.

Economic Evaluation Data Collection

The economic and health data is derived from official sources for the UK county of Hampshire and the national economy (the county hosts 43.7% of SBS Sheds, see Table 6); and estimations for the impact model have been evaluated using data derived from survey responses and the Shed Leader, Shed Member, Health Champion, and Employment Coach interview transcripts.

The EE of Hampshire is based on the current provision of 45 Sheds, each with an estimated 20 Shedders. The data for GVA/GDP is taken from ONS regional statistics that include the Isle of Wight (IOW), so the IOW measures are subtracted. The EE also considers the impact if SBS were to be scaled up to one Shed per 1146 people. This is based on the premise that a ratio of 1:5 people will attend a Shed if they are either economically inactive (but seeking work) or unemployed (4.1% of Hampshire residents in 2019, ONS, 2021a); and 1:20 people who are above the age of 65 will attend (18.5% of 1,382,500 residents, ONS, 2019c). This provides a measure of 1206 Sheds. The EE has then estimated the SBS impact using the following coefficients:

1) 1.5% reduction in per capita health expenditure from each single SBS Shedder, derived from their improved mental health/wellbeing (68.2% of survey respondents perceived improved wellbeing for Shedders, p.100, and 'raised awareness' via Health Champions p.114).

2) 1.5% reduction in per capita health expenditure from each single SBS Shedder, derived from their improved physical health (45% of survey respondents reported improved physical health, p.98, notwithstanding marginal BMI/physical activity improvement p.99).

3) 3% increase in autonomous employment for SBS Shed Members. An estimate of previous welfare payments (£1000) is deducted from the wages/salary received from new jobs for 50% of the Shedders (survey respondents perceived a 35.9% improvement in Shedder employability, 62.6% no change, p.135, and the usefulness of employment coaches p.141).

4) 0.00019%/0.005% increase in regional GDP from increased productivity derived from improved skill capability and engagement (employment related skills are enhanced p.136).

5) 0.00019%/0.005% increase in regional GDP from an increased productivity derived from better social and economic infrastructure (75% of survey respondents identified less social isolation, p.124, and Shedders reported greater community engagement p.76).

NB. Please note that the 0.00019% measure in 4 and 5 above is based on the existence of 45 Sheds. This is proportionate to the estimated 0.005% figure based on a fully saturated SBS Shed provision of 1206 Sheds in the same region.

Data Analysis: Quantitative

Scoring protocols for each questionnaire were followed in order to total and categorise each participant's responses.

Demographic Data

To determine patterns within the data, interactions were explored between demographic variables (refer to Table 3) and Shed role (i.e. Leader versus Member), and Shed location (UK – Hampshire, France – Wattrelos, etc.). This was to learn whether the roles of Leader and Member attracted a similar or different demographic of individuals, and whether particular demographics of individuals are attracted to Sheds in each location. For individuals completing the survey at both time points, only time point one demographic data was used for the analysis, as it was believed this best represented their demographic information at the outset of their Shed involvement.

Employment status was converted into participants' job-seeking preference, including already employed (full-time or part-time), uninterested in employment (retired or not looking for work), and wanting to find work (including those in education or training). The current or most recent job roles reported were categorised using the European Skills/Competences Qualifications and Occupations (ESCO) job categories (European Commission, 2020), with the addition of voluntary/training roles.

To assess if there were any interactions between demographic variables and Shed role, an exhaustive Chi-square Automatic Interaction Detection (CHAID) analysis was conducted using Shed role as the dependent variable, and the demographic variables of age, gender, marital status, job-seeking preference, urban/rural living location, and job category as independent variables. A Bonferroni equivalence adjustment was applied to ensure the overall type I error rate did not exceed 5% for any individual variable, with any additional levels grown in the CHAID tree to meet a more stringent significance level. Due to the lower frequency of Leaders (N = 62), a low minimum value for child nodes were set to 5, with minimum 10 set for parent nodes.

These variables were then assessed to check for interactions between Shed location, via a similar exhaustive CHAID, using Shed location as the dependent variable. The same Bonferroni equivalence adjustment, and low minimum values for child and parent nodes, were applied.

Health Data

Participants' health data was assessed to determine whether any differences were seen between the two time points. Only responses from individuals completing the survey at both time points was included (N = 38). BMI total, EQ-5D VAS, EQ-5D index, total METS, and WEMWBS total were compared using BCa bootstrapped t-tests, with 2000 resamples being chosen at random, as not all variables were normally distributed, and normality tests are not reliable for smaller samples (e.g., Kim, 2012; Wazali & Raz, 2013). BMI categories and physical activity categories were analysed using Friedman's test, due to the ordinal nature of the data. Whether participants met WHO physical activity guidelines was analysed using McNemar's test of change due to the categorical nature of the data.

Perceived changes to participants' physical health, physical activity and wellbeing (attributed to Shed involvement) were converted to percentages, and listed as either positive, negative, or no changes. Responses given as to how any changes were attributed to the Shed were coded and displayed as frequencies.

A portable, interactive Health Kiosk was installed at each Shed in France, Belgium and Netherlands, and visited each UK-based Shed at least once as part of a 'roadshow' across the lifespan of the project. The kiosk provided Shedders with a health MOT and presented key indicators of general physical health and wellbeing. Within the survey, participants were asked:

- Whether they had used the Health Kiosk or not
- If not, why they hadn't
- What they liked the most about the Health Kiosk
- What they disliked about the Health Kiosk
- What the most useful feature was
- Any actions taken to their health behaviours since learning the results

Responses were coded and presented as frequencies.

Social data

Mean CEL loneliness scores were presented to summarise the differences between roles and location at time point two. Perceived changes to participants' social relationships and interactions (attributed to Shed involvement) were converted to percentages, and listed as either positive, negative, or no changes. Responses given as to how any changes were attributed to the Shed were coded and displayed as frequencies.

Employability Data

A similarly bootstrapped t-test as health variables examined the differences between total CAAS scores at the two time points. CAAS subscales were compared using Wilcoxon signed ranks test due to the ordinal level of measurement of these scales.

Perceived changes to participants' skillset and employability (attributed to Shed involvement) were converted to percentages, and listed as either positive, negative, or no changes. Responses given as to how any changes were attributed to the Shed were coded and displayed as frequencies.

Shed Attendance

The frequency of Shed attendance, displayed as days per week, minutes per session, and length of time attending the Shed (e.g. 2-3 years) are presented as averages for each Shed location. Participants' reasons for first joining their Shed, and their continued involvement, were coded and presented as frequencies. Similar to demographic data, only time point one data was used for participants who had completed the survey at both time points.

Data Analysis: Qualitative

Qualitative data was analysed using the Braun and Clarke (2006) 15-point guidance on Thematic Analysis, providing meaning to the data by developing codes and themes that are directed by identified patterns. Firstly, all interviews were audio recorded, manually transcribed verbatim to ensure data familiarisation, and then translated into English where necessary. Transcripts were re-read, with key extracts highlighted, before a comprehensive coding process was undertaken. Codes were generated by creating an overview of each extract to provide a 'headline' for each, and an interpretation of what the extract is saying. These codes were then categorised into wider themes, with the relationships between each code within the themes explored. Comparable codes were grouped together to form a set of visual mind-maps under each heading, generating a set of sub-themes within each theme.

Data Analysis: Social Network Analysis

To analyse the information provided by Members who completed the Personal Social Network analysis, a visualisation was created using matrices of the connections between the people listed. Shed Leaders were asked to provide information on organisations and individuals that the Shed was connected to. These Shed networks were coded and analysed in the same manner as the personal networks of Members. A number of network measures were calculated on each network matrix. Network Size is simply the total number of people in the network. *Number of Components* refers to the number of separate structures in the network, commonly referred to as groups or cliques that are not connected to the other elements of the network. *Density and Average Degree*, describe the number of connections between individuals within the network, with average degree accounting for the density whilst taking into account the size of the network. The final measure presented is *Efficiency* which indicates how non-redundant the connections of the Member are within their network, taking into account network size. This measure provides an indicator of the amount of control or impact the Member has within their network, the higher the value for efficiency, the less impact or control the Member has over their network.

Step-by-Step Outcome 1:

Implementing the Model

Implementing the SBS Model

During time point two interviews, Leaders shared their experiences of adopting the SBS Model within their Sheds, including the benefits the Model offered, the challenges they faced, and the support they received from their SBS Delivery Partner. The level of engagement with the SBS Model between Sheds varied, due to the length of time involved with the project, perceived *fit* with the Shed's purpose, and the level of interest received from their Shedders.

The central vision of the SBS Model is to progress the Men's Sheds concept by creating a new generation of Sheds that focus on peer-support and holistic coaching. This vision was something highlighted by Leaders, with the Model added a *"kudos"* and value to the Shed concept. Some Leaders believed this gave them credibility, as the Model, and therefore the Shed, were trying to tackle *"real needs"* for men and the community. Some Leaders felt the Model was more useful and supportive than their experiences with other Shed associations, whereas others saw the benefit in having Shedders trained as Health or Employability Champions in order to accomplish their goals.

> *Yeah, definitely [progresses Men's Sheds concept]. Because if Men's Sheds are going to fulfil what they're basically designed to do, to beat social isolation, etc. then you're going to need to have people within the Sheds trained to recognise these issues.*
>
> (TJT1208)

Leaders also believed the SBS Model helped to develop a community spirit, a vital component of the Men's Shed philosophy, by encouraging the Shed to connect with the community, and by allowing the Leader to realise that they are not alone in trying to support community health. The Model benefitted the Sheds externally and internally. Some Leaders chose to adopt the Model in order to increase Shed engagement and support with the community, whereas others were encouraged by the level of training available to them and their Shedders. The overall objectives of the SBS Project and Model were regarded as compatible with individual Shed aims, which encouraged some Leaders to sign up and become an SBS Shed.

> *Certainly, the things that are positive is the initial objectives, of trying to reduce the number of suicides in older men. And the need to allow people to talk when they need to, that is certainly something that I wouldn't have done so much of. It is what SBS is preaching all the time, and I absolutely agree.*
>
> (CC1308)

For pre-existing Sheds, a common theme from Leaders' discussions of the SBS Model was that many of the components were comparable to their original delivery. Typically, Leaders felt that their Shed already advocated peer-support, with a focus on health and skill building. Adopting the SBS Model encouraged a greater focus on

these elements, and provided the impetus to be proactive in delivering these activities. Subsequently, Leaders felt more confident to explore new ways to best support their Members and improve practice.

> *We became much more aware of what we're doing. Because before, we realised that some people who come here have some kind of mental health issue, but we always said 'oh, that's great that they're actually coming' and that was it. But actually, we are now thinking we can do more.*
>
> (PD0210)

Similarly, the support Leaders received from their SBS Delivery Partner was valued as a positive benefit to being an SBS Shed. Leaders described their relationship with the Partner as a useful one, which brought with it a sense of unity and belonging through Partner-organised local SBS Shed networks. A number of SBS Delivery Partners organised regular network meetings that enabled the Shed Leaders to share best practice, advice, tools and raise concerns (e.g. about the Model, or Shedders). For other Leaders, the support from Partners was not actively sought, but they knew that support would be given to them if required.

Leaders promoted the Model, by holding sessions to increase understanding and awareness of SBS, and sharing information via community newsletters and networking. Some Sheds have incorporated SBS Model components in their long-term plans (e.g. Health Champions), whereas others have actively tried to encourage other local Sheds to adopt the Model, having noticed the changes in their own delivery.

> *There are a few sheds around that I've tried to encourage, to come on board with the SBS Model. The other Sheds just want to be a workshop, but it doesn't have the same rigor [without the SBS Model]*
>
> (AD2808)

The implementation of the Model was not without its challenges. Leaders were frustrated with the lack of uptake in training opportunities from their Shedders, and the level of interest taken by committee members. Some Leaders found the Model too personally demanding, such as form-filling (associated with evidence gathering for funding), whereas others believed the Model did not address all issues the Shed faced (such as overcoming barriers set by local government). New Shed Leaders found it difficult to uncouple the Model aims from the SBS funded Project aims. One Leader suggested 'refresher' Model training would be required to keep focus, and plan for Shedder turnover. Another believed that SBS could have been publicised more, expressing that he learned about the SBS Project much later than he could have done, meaning adoption of the Model could have occurred sooner. In order for the Model to flourish beyond the Project lifespan, one Leader believed that it would need to become independent from Partner organisations, with ownership of the Model passed to the Sheds.

SBS Shed Composition

In total, 101 Sheds adopted the SBS Model throughout the lifespan of the project:

- 31 from Kent, UK
- 45 from Hampshire, UK
- 3 from Kortrijk, Belgium
- 3 from Wattrelos, France
- 3 from Roubaix, France
- 5 from Arques, France
- 11 from The Hague, Netherlands.

Available details of SBS Sheds can be found in Appendix A. Table 6 shows details for 72 Sheds involved in the evaluation which included 17 from Kent, 34 from Hampshire, 3 from Kortrijk, 3 from Wattrelos, 2 from Roubaix, 2 from Arques, and 11 from The Hague.

In general, Sheds were primarily established to provide an outlet for social interaction, and, in some cases, to help alleviate loneliness and isolation. Some Sheds focused on supporting mental health specifically, whereas others aimed to contribute towards their community. Typically, Sheds offered woodworking activity, as well as social engagements, practical projects, and physical activity.

Table 6. Details of Sheds adopting the new SBS Model within the UK (Kent, Hampshire), France (Arques, Wattrelos, Roubaix), Belgium (Kortrijk), and Netherlands (The Hague) that participated in the evaluation at either time point.

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 1	Kent	Social Shed that use a youth centre building next to the Village Centre for social meet-ups and games	To have fun, be social together	2017	2020	Weekly	10:00-12:00 10:00-14:00	10-16	23	Social, games, jobs in the community	Time point 1 & 2
Shed 2	Kent	Woodworking Shed based within old Elephant House in park	Provide a safe environment where like-minded people can meet	2014	2019	4x Weekly	09:00-13:00	6-10		Woodworking and community projects	Time point 1
Shed 3	Kent	Woodworking Shed based within local Church hall	Social engagement, avoid isolation and provide an escape	2019	2020	2x Weekly	10:00-14:00	10	22	Woodworking, social (darts chess etc etc)	Time point 1 & 2
Shed 4	Kent	Mobile Shed offering practical and social activity to community groups	Battling isolation, improving mental health and making a difference in the community	2019	2019	Various	Various	Various	14	Woodworking, practical DIY, social	Time point 2
Shed 5	Kent	Men's Shed								Woodwork	Time point 1
Shed 6	Kent	Woodwork Shed based at the back of Community Centre	Overcoming loneliness and isolation, social interaction, improving self-esteem	2015	2018	2x Weekly	13:00-16:00	9	30	Woodworking, upcycling, restoration projects	Time point 1 & 2
Shed 7	Kent	Woodwork Shed based within Community Garden	Provide a social outlet that supports health and wellbeing. Teaching people to do woodwork.	2015	2019	2x Weekly	10:00-14:00	10	20	Woodworking - traditional and green, plus Taught classes	Time point 1 & 2
Shed 8	Kent	Woodworking Shed part of a wider CIC that offers supported employment for people with learning disabilities and autism	Give people an environment where they can be creative with tools in a safe environment	2001	2019	4x Weekly	09:00-15:00	5	16	Woodwork	Time point 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 10	Kent	Woodwork Shed based in a room at the back of a furniture warehouse	Produce things and have a good time doing it	2016	2019	3x Weekly	10:00-13:00	6	12-15	Woodworking and social	Time point 1 & 2
Shed 12	Kent	Men's Shed			2020	Fortnighly	2 hours			Steering group meetings and Kent Sheds network meetings	Time point 2
Shed 13	Kent	Men's Shed			2020	Weekly	4 hours				Time point 2
Shed 15	Kent	Shed based within local Community Garden	Build friendships and happiness in a safe environment	2019	2019	2x Weekly	10:00-14:00	4	25	Woodworking, cooking, gardening. Happiness Café as a social hub	Time point 1 & 2
Shed 16	Kent	Social group			2021	Monthly	2-3 hours			Social activity, speaker-led sessions	Time point 2
Shed 17	Kent	Shed supporting the refurbishment of sailing barge	Refurbish sailing barge, and bring men into the community		2021	2x Weekly	10:00-17:00			Physically demanding labour work for barge maintenance and refurbishment	Time point 2
Shed 18	Kent	Boat maintenance Shed for the local Regatta society	Social interaction		2019	2-6x Weekly		3-4		Boat maintenance	Time point 1 & 2
Shed 30	Kent	Woodwork Shed and Allotment based within Community Centre			2019	2x Weekly		4		DIY and gardening	Time point 1
Shed 31	Kent	Horticultural/ woodwork Shed based within Nature Reserve	Opportunity to improve mental health		2019	1-2x Weekly	11:00-16:00	6		Woodwork and horticultural learning	Time point 1
Shed 32	Hampshire	Community Café and competitive Cricket Teams	Social, health and wellbeing, skill development	1966	2019	3-4x Weekly, May-Sept	Various	50	100	Cricket - playing and volunteering	Time points 1 & 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 33	Hampshire	Social meet ups in a pub plus organised activity	Social - provide men with a support network		2019	Social: Monthly Activities: Quarterly		15		Social gatherings, and various organised social outings and activities	Time point 1
Shed 34	Hampshire	Woodworking Shed in a school	Supporting the community, making and mending things, drinking tea	2016	2019	2x Weekly	14:00-19:00	12-15		Woodwork, metalwork, electronics, IT. Community projects.	Time points 1 & 2
Shed 35	Hampshire	Woodworking Shed in a college	Supporting the community, making and mending things, drinking tea	2016	2019	Weekly	14:00-19:00	7	34	Woodwork, metalwork, electronics, IT. Community projects.	Time points 1 & 2
Shed 36	Hampshire	Music Shed in school music room	Supporting the community, making and mending things, drinking tea	2016	2019	Fortnightly	18:00-20:00	3-6		Music	Time points 1 & 2
Shed 37	Hampshire	Travelling Shed in a bus	Supporting the community, making and mending things, drinking tea		2019	N/A	N/A	N/A	N/A	Plans for woodworking and social areas	Time points 1 & 2
Shed 38	Hampshire	Newly opened workshop after previous committee meetings. Structured sessions planned			2019	Weekly	2x Weekly	6	23	Tea & Chat - Some projects	Time points 1 & 2
Shed 39	Hampshire	Woodworking workshop based at Cricket Club, and Social meet ups at local Football Club		2019	2019	5x Weekly	Workshop 10:00-16:00 Social Hub 12:00-14:00	Shed 7, Social 25	54	Use of workshop, community help, fundraising, weekly social gatherings, social events	Time points 1 & 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 40	Hampshire	Woodworking Shed based within Scouts facility		2014	2018	3x Weekly	09:00-15:00	6	32	Socialising, friendship, woodworking, electrical, repairing	Time points 1 & 2
Shed 41	Hampshire	Fitness sessions at local park	Health and fitness		2019	Weekly	Winter 18:30-19:30 Summer 19:30-20:30	15		Fitness sessions, fitness and wellbeing videos, walking, running, boot camp	Time point 1
Shed 42	Hampshire	Men's Shed			2019	2x Weekly					Time point 1
Shed 43	Hampshire	Social meet ups in a pub whilst Men's Shed is being planned		2019	2019	Weekly	2 hours of an evening			Social activity, planning meetings	Time point 1
Shed 44	Hampshire	Woodworking Shed	Combating loneliness and promoting wellbeing		2019	4x Weekly	10:00-14:00	10	35	Woodworking, practical DIY, social	Time points 1 & 2
Shed 46	Hampshire	Breakfast club Shed part of a wider Community Centre	Promote Christian gospel, bring men together socially to support health	2003	2019	Monthly	08:00-10:00	15	30	Breakfast and chat and occasional events	Time point 2
Shed 47	Hampshire	Men's Shed			2019						Time point 1
Shed 48	Hampshire	Woodworking Shed	Supporting wellbeing via social activity and creating connections	2019	2019	3x Weekly	09:30-12:30		18	Woodwork and social interaction	Time points 1 & 2
Shed 49	Hampshire	Support group			2019	2x weekly	Weds evenings and Sat mornings			Talking sessions, walk and talk	Time points 1 & 2
Shed 50	Hampshire	Support group			2019	2x weekly	Weds evenings and Sat mornings			Talking sessions, walk and talk	Time points 1 & 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 51	Hampshire	Support Group	Improving lives and supporting mental health		2019	Fortnightly	90 mins			Talking	Time point 2
Shed 52	Hampshire	Re-opening of Men's Shed			2020	Weekly				Previously woodwork, now planning meetings and social activity	Time points 1 & 2
Shed 53	Hampshire	Support network for South African ex-military veterans, part of a wider charity	Comradeship, remember South Africans who have fought in wars, support wellbeing and mental health	2018	2019	Monthly		15	130	Veteran support	Time points 1 & 2
Shed 54	Hampshire	Charitable organisation that support the Armed Forces and Emergency Services through model making			2020	Weekly	2-3 hours			Model making	Time point 2
Shed 55	Hampshire	Charitable organisation that support the Armed Forces and Emergency Services through model making		2017	2019	2x Monthly	10:00-15:00	3		Therapeutic model making under guidance	Time point 2
Shed 56	Hampshire	Charitable organisation that support the Armed Forces and Emergency Services through model making			2020	Weekly	2-3 hours			Model making	Time point 2
Shed 59	Hampshire	Karate group			2020	3x Weekly	1 hour			Karate, social activity, breakfast	Time point 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 61	Hampshire	Repair shop repairing items for members of the public	Repair things to stop consumption and landfill, and shares skills	2021	2021	Monthly	10:00-12:30	35	25	Repairs to items including wood, electrical, bike, textile and general.	Time point 2
Shed 64	Hampshire	Fly-fishing and tying group part of a wider Social Hub	Support men with mental health, wellbeing, and sense of purpose		2021			6-8		Fly-fishing and fly-tying, social activity	Time point 2
Shed 65	Hampshire	Social and support group for Dads and Grandads, part of a wider Social Hub	Support men with mental health, wellbeing, and sense of purpose		2021	Weekly	Sunday mornings	6-8		Social activity	Time point 2
Shed 66	Hampshire	Boxing club with volunteering opportunities	Health promotion		2021	3x Weekly	Evenings			Boxing, social activity	Time point 2
Shed 69	Hampshire	Bike repair shop offering taught sessions			2021	Weekly	2-3 hours			Bike repair	Time point 2
Shed 71	Hampshire	Men's Shed			2021	Daily	5 hours			Woodwork, community refurbishment and projects, social activity, metalwork	Time point 2
Shed 72	Hampshire	Woodwork Shed based within local theatre	Making friends and providing support, offering isolated people somewhere to go	2016	2021	5x Weekly	10:00-15:00	12	54	Wood and metal work, computers social meeting in the shed and outside events	Time point 2
Shed 73	Hampshire	Woodwork and mechanical repair Shed based in local Scouts hut		2017	2021	Weekly	13:30-16:30	8	12	Repairs, restoration, making. Woodwork, Machines, implements	Time point 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 76	Hampshire	Talking group for men to support mental health, part of a national charity	Mental health support	2021	2021	Weekly	Monday evenings	11-12		Talking	Time point 2
Shed 77	Kortrijk	Furniture restoration Shed offering young people an alternative to community service	To get men 'back on track'	2017	2017	3x Weekly	09:00-12:00 13:00-16:00	6	6	Furniture restoration and joinery	Time point 1
Shed 78	Kortrijk	Gardening based Shed		2020	2020	Weekly	09:30-17:00	5	5	Gardening	Time point 2
Shed 79	Kortrijk	Blacksmithing/ Forging based Shed		2020	2020	Weekly	09:30-17:30	6	6	Blacksmithing/Forging	Time point 2
Shed 80	Wattrelos	Shed based within social centre	Social interaction		2018	Daily	08:30-12:00 13:30-18:00	12		Garden, Woodwork, Cookery, social outings, fishing	Time points 1 & 2
Shed 81	Wattrelos	Shed based within social centre			2018	5x Weekly	08:30-18:00	3-15		Cookery, gardening, IT skills and computer building, woodwork	Time points 1 & 2
Shed 82	Wattrelos	Shed based within social centre	Learning in a relaxed way, meeting local people		2018	5x Weekly	08:30-12:00 13:30-18:00	5-10		Cookery, gardening, repair café, fishing, IT skills	Time points 1 & 2
Shed 83	Roubaix	Gardening workshop	Supporting men's health and wellbeing	2019	2019	Weekly	11:00-13:00	3	7	Gardening and technical garden learning classes	Time point 2
Shed 84	Roubaix	Employment and social workshop	Supporting men's health and wellbeing, and employability	2020	2020	Monthly	14:00-17:00	4	6	Quiz, sharing, games	Time point 2
Shed 86	Arques	Shed managed by local Social Centre	Introducing members to the community. Share skills and learn from each other	2017	2017	1-3x Weekly	14:00-17:00	4-6	44	Wood workshop, health workshop and individual follow-up	Time points 1 & 2

Shed	Location	Type	Shed purpose	Shed established	Shed joined SBS	Regularity of opening	Opening hours	Shed attendance	Shed membership	Activities	Evaluation Involvement
Shed 87	Arques	Shed managed by local Social Centre		2020	2020	2-3x Weekly	10:00-12:00 14:00-16:00 16:00-18:00	4	24	Wood workshop, digital workshop, individual follow-up and health workshop	Time point 2
Shed 91	The Hague			2019	2019	Daily		10			Time points 1 & 2
Shed 92	The Hague	Walking Football Group	Connect with others, live healthier lives	2019	2019	Weekly	19:00-20:30	9	14	Walking Football	Time points 1 & 2
Shed 93	The Hague	Indoor Football Group	Connect with others, live healthier lives	2019	2019	Weekly	21:00-22:30		12	9	Time points 1 & 2
Shed 94	The Hague	Indoor Football Group	Connect with others, live healthier lives	2019	2019	Weekly	19:00-20:30	7	9	Indoor Football	Time points 1 & 2
Shed 95	The Hague	Cookery Group	Connect with others, live healthier lives	2019	2019	Weekly	17:00-19:30	7	10	Cooking Lessons	Time points 1 & 2
Shed 96	The Hague	Bike Repair Group	Connect with others, live healthier lives	2019	2019	4x Weekly	09:30-13:30	3	14	Bike Repair	Time points 1 & 2
Shed 97	The Hague	Dutch Language Classes	Connect with others, live healthier lives	2019	2019	2x Weekly	15:00-17:00	18	77	Dutch Language Classes	Time points 1 & 2
Shed 98	The Hague	Garden Shed	Connect with others, live healthier lives	2019	2019	Weekly	09.30-11:30	5	9	Gardening	Time points 1 & 2
Shed 99	The Hague	Themed Social Group	Connect with others, live healthier lives	2019	2019	Monthly	19:00-21:00	25	35	Theme nights about various topics regarding health, fatherhood, education	Time points 1 & 2
Shed 100	The Hague	Online Group	Connect with others, live healthier lives	2020	2020	24/7	24/7	20	195	Dutch classes, cooking classes, fitness classes, health,	Time points 1 & 2
Shed 101	The Hague	Fitness Group	Connect with others, live healthier lives	2019	2019	5x Weekly	09:00-23:00	8	12	Fitness training	Time points 1 & 2

Shed Attendance

Shed Leaders revealed a variety of Shed opening times, with some hosting sessions multiple times a week, on a weekly basis, or less frequently (monthly or quarterly). Similarly, Shed sessions run for two/three hours, or all day, and are attended by 10-12 Shedders, with an average membership of approximately 30 individuals (See Table 6). Typically, Shedders from The Hague attend the Shed more frequently than other locations (3.13 days), with Kortrijk Shedders attending the Shed for longer per Shed session (391.76 minutes), as shown in Table 7. Shedders from Kent and Hampshire have been attending their Sheds for a longer period of time than those from other locations. Roubaix Shedders travel the furthest to attend the Shed (11.05 miles); however, the standard deviation shows that there was a large range amongst these responses.

Table 7. Shed attendance by Shed location.

Means	Kortrijk	Arques	Roubaix	Wattrelos	The Hague	Hampshire	Kent
Days per week	2.24 (±1.35)	1.47 (±0.94)	1.63 (±1.60)	2.00 (±1.80)	3.13 (±1.59)	1.48 (±1.07)	1.52 (±0.74)
Mins per Session	391.76 (±102.00)	125.81 (±43.42)	108.00 (±26.83)	240.00 (±82.32)	327.65 (±989.01)	184.60 (±106.99)	200.63 (±72.88)
Time attending Shed	1-2 years	6-12 months	4-6 months	6-12 months	1-2 years	2-3 years	2-3 years
Distance to Shed (miles)	2.25 (±2.31)	3.17 (±5.63)	11.05 (±14.95)	1.06 (±1.50)	4.73 (±8.97)	4.15 (±6.17)	4.98 (±6.50)

Outcome 1 Summary:

By the close of the SBS Project, 101 SBS Sheds were established in four countries, with a total estimated membership of 2000. SBS Sheds followed the vision set out in the SBS Model, however the skills focus of Sheds varied. Many were similar to traditional woodworking Men's Sheds, whilst other Sheds focused on sport, IT skills, social activities and other crafts. To overcome the social distancing mandated during the Covid-19 pandemic many moved online and some new Sheds were created as online Sheds during this time. The SBS Model was welcomed as a valued framework to focus the Shed's purpose and activities. Leaders appreciated the support to be gained from meeting other SBS Leaders through Partner networks.

Step-by-Step Outcome 2:

Sheds and the Community

Community Asset Mapping

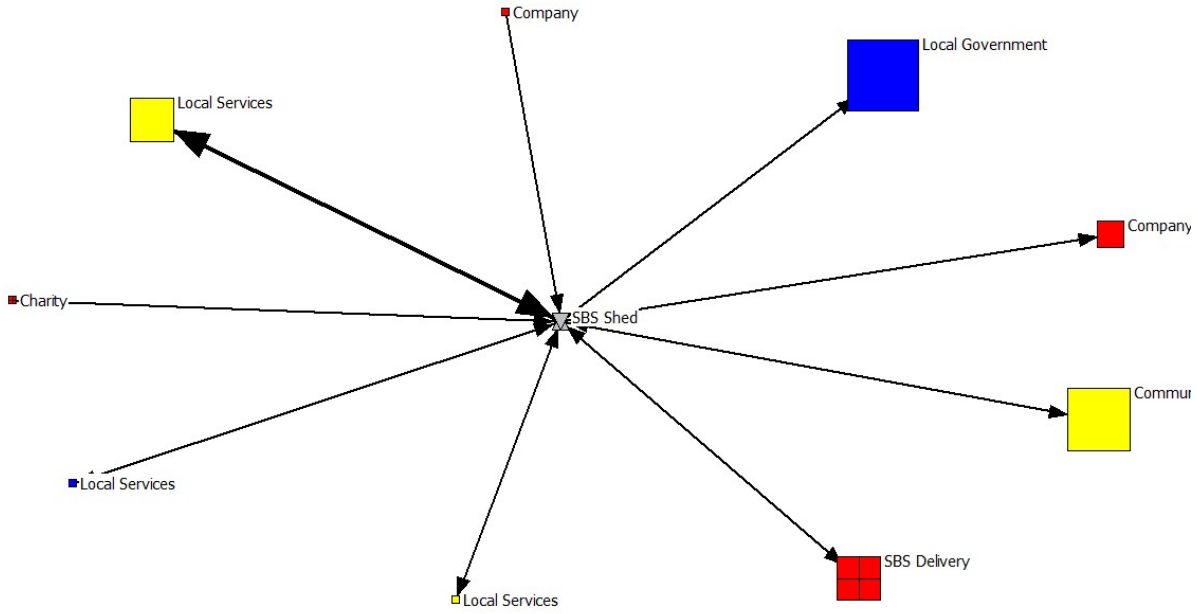
To assess the extent to which the Sheds are embedded within their communities, a Community Asset Mapping visualisation was conducted with Shed Leaders at both time points. By repeating the mapping task with Shed Leaders, changes can be seen in connections between the Shed and the communities they are a part of. Table 8 contains network measures that describe the relative simplicity or complexity of the Shed community assets, Figures 4 and 5 contain asset maps from individual Sheds that illustrate different network sizes and features.

Table 8. Network measures for the SBS Shed Community Asset Networks (N=21).

	Time point 1			Time Point 2		
Measure	Size	Average Degree	Years Established	Size	Average Degree	Years Established
Mean	20.40	1.21	3.60	14.42	1.12	8.22
SD	6.22	0.56	5.11	8.17	0.97	12.81

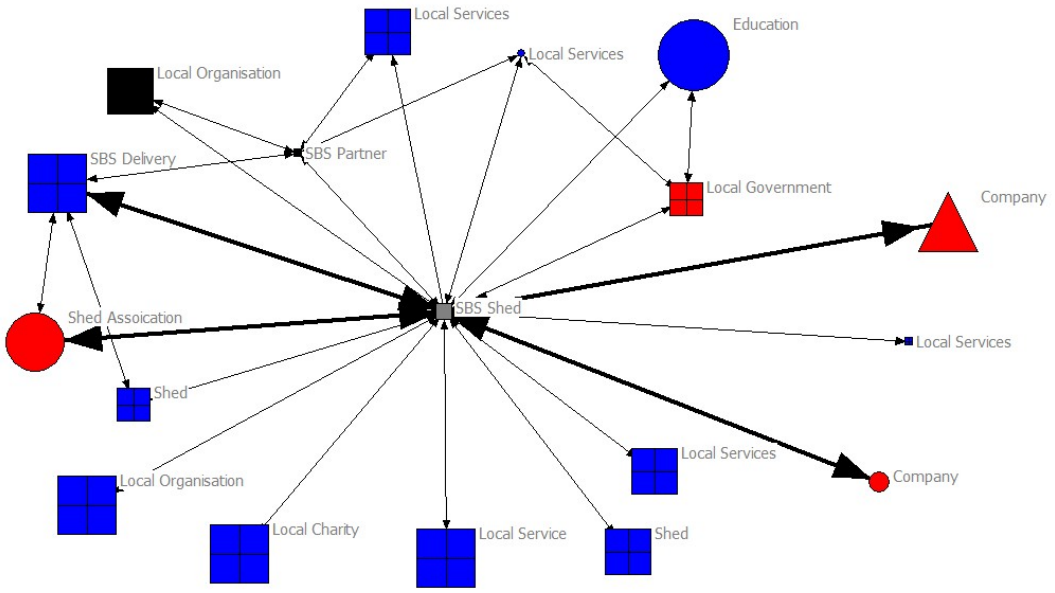
On average, at time point one, Sheds had 20.40 (SD 6.22) community connections, the smallest having 3 connections and the largest being 30. There was a modest, non-significant, trend that the larger asset networks were for those Sheds that had been in existence longer. Average degree is a measure that provides an indication of the number of connections between assets in the network but that is less susceptible to network size. Figure 4 shows the assets of a new Shed, with nine contacts and no connections between assets (Average Degree = 0). Most relationships between the Shed and assets are reciprocal, representing the exchange of information whereas the connections to a charity and company were perceived as one way, indicating the company that the Shed use to purchase equipment and a charity where funding was secured to establish the Shed. By contrast, the Shed represented in Figure 5 shows a Shed established for approximately 6 months with SBS. Whilst the Shed also has a number of individual connections, they also report the connections between the SBS Delivery and Project Partner as well as the national Men's Shed Association and local government. Additionally, the Shed has connected to another regional SBS Shed for mutual support.

Figure 4. SBS Shed Community Asset Map of a new Shed



Key – First Contact = Colour (Red=Shed; Blue=Asset; Yellow=Mutual); Mode of Communication = Shape (Circle=Email; Square=In Person; Triangle=Phone; Boxcross=Multiple); Frequency of Communication = Size of Shape; Strength of Relationship = Thickness of line (Thick=Strong; Thin=Weak).

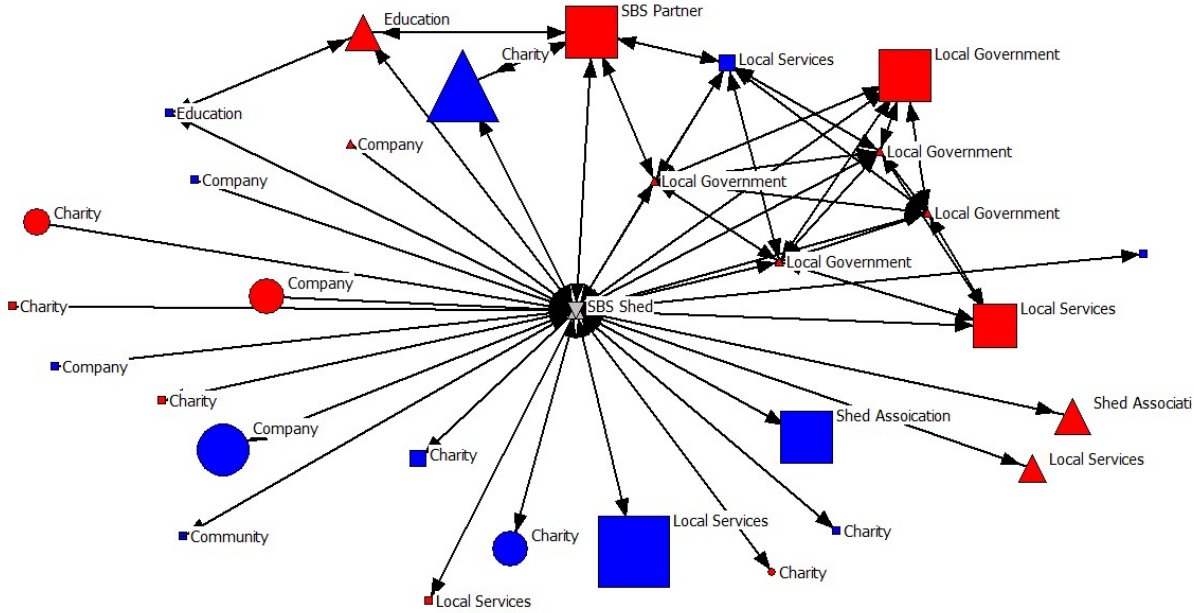
Figure 5. SBS Shed Community Asset Map of an older Shed



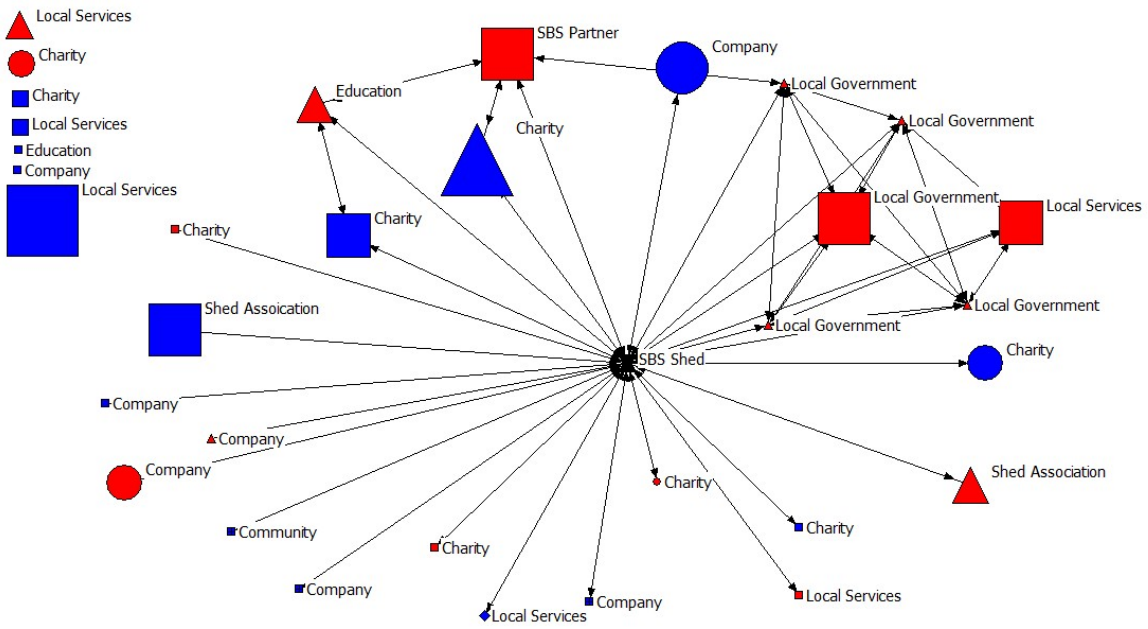
Key – First Contact = Colour (Red=Shed; Blue=Asset); Mode of Communication = Shape (Circle=Email; Square=In Person; Triangle=Phone; Boxcross=Multiple); Frequency of Communication = Size of Shape; Strength of Relationship = Thickness of line (Thick=Strong; Thin=Weak).

Figure 6. SBS Shed Community Asset Map of a Shed measured at Time point 1 (a) and 2 (b).

a)



b)



Key *– First Contact = Colour (Red=Shed; Blue=Asset; Yellow=Mutual); Mode of Communication = Shape (Circle=Email; Square=In Person; Triangle=Phone; Boxcross=Multiple); Frequency of Communication = Size of Shape; Strength of Relationship = Thickness of line (Thick=Strong; Thin=Weak).*

Figures 6 a and b are the community asset maps of the same Shed at Time point one and two. It can be seen that the asset network has changed over time. A number of contacts used to establish the Shed are no longer used and therefore the size of the network has decreased slightly (difference of 10). The average degree, which indicates the density of inter-connections within the network, has also decreased slightly from 1.47 at time point one to 1.31 at time point two. The cluster of inter-connections between local government and statutory local services still exists which reflects both referral pathways in and out of the Shed.

Shed Experiences – Community

Three community-based themes were found from the interviews with Shed Leaders and Shed Members, namely, Community Engagement, Shed Visibility in the Local Area, and Facilities & Environment. These themes encapsulate Shedders' views on the place the Shed holds within the community; and Leaders narratives on how Sheds connect with local community organisations, and for what purpose.

Community Engagement

Leaders commented on the connections their Sheds hold within the community, how they connect with these organisations, what they as a Shed provide for the local area, and what their place in the community offers the Shed (both intrinsically and extrinsically). Some Sheds were originally established in order to help the local area, with a central philosophy of *giving back to the community*. Initially, community connections were developed with local government agencies and funders to support Shed establishment and ongoing funding; their SBS Delivery Partner, other Sheds, and Shed associations for ongoing support; and local health services, GP surgeries, and social prescribing services for referrals. As the Sheds become established they tend to connect with local services (such as schools, clubs, businesses, and members of the public) for commissioned community projects. These projects typically involve building, repair, restoration, or maintenance work, as well as specific requests for items to be created.

> *[Local School] had four of these sort of park benches, and they wanted to know if we could revive any of them. We did two very quickly, and we've got a third one now in there. I mean, their budgets are so tightly constrained. But the first job we did for [Local School] must have been a success, because we did seven pieces of kit for their early learning years, and they've come back.*
>
> (AL1706)

Similarly, Sheds frequently provide a service for their local community, including supporting local events (such as commemoration ceremonies, vaccine clinics, and fayres) through marshalling and litter-picking, offering premises for local services or events to take place, or supporting local charities and other Sheds with start-up and funding bids. One Shed in France had begun offering drop-in IT skills support to the local community who were having difficulties, without expecting anything in return.

> *Some people who are not comfortable with computers come here. Some Shedders help the people who have problems with the internet or who don't know how to do things. They can give us a donation if they want to.*
>
> (RF1307)

Shedders viewed the community connections as reciprocal, where the Shed gain from the relationship in return for the work they undertake. Sheds often receive donations of money, tools or facilities; payments that cover the costs of materials; repeat work from services or individuals; and increased publicity from word-of-mouth, positive reviews of their work. Practical DIY Sheds tend to have a relationship with local tool and material suppliers, where they purchase the majority of their goods, and in return receive discount deals, donations, and tea and coffee supplies.

One-way connections that provide a Shed-only benefit are also common, whereby an organisation supports the Shed through promotion, funding or advice. Leaders reported relationships with services that had engaged in fundraising activity on the Shed's behalf, offering endorsement when the Shed sought charity status, and hosted pop-up shops for the Shed to sell produce. Likewise, local services occasionally offer support to Shedders, including day-to-day support for those with additional needs, free tickets and memberships to sports clubs, and skills classes (such as cookery) organised by community education groups.

Shedders believed that, by supporting and connecting with their community, the Shed was having a lasting impact, both on an individual and organisational level. Shed activities offer individuals the opportunity to be involved in helping to maintain the local heritage, and take pride in their local area; plus benefit local organisations, through professional work completed by local individuals, which in turn helps to sustain the Shed. Leaders felt their Sheds were making a real contribution to the local area, which in response encourages an increased membership. Shedders gain intrinsic rewards from their community engagement, such as an enhanced feeling of community cohesion, a reinforcement of group unity and togetherness, a rewarding gratification (often described as a *"buzz"*), and a sense of pride and fulfilment from supporting their community.

> *it is nice to see the smiles on their faces, that's all I need!*
>
> (DR1008)

Shed Visibility in the Local Area

Maintaining a strong level of visibility in the local area was considered vital by Leaders in order to sustain the Sheds' existence, not only because of the increased work and membership that visibility brings, but also to enhance community connectedness. Visibility was important when seeking funding or new premises, to ensure individuals and local organisations were already aware of the Shed when an approach was made.

Whilst some Shed Leaders felt they did not need to publicise (so as not to grow beyond their means, or discourage their target group from attending), the majority used a variety of methods to raise community awareness of the Shed. Leaders reported developing an online presence through a Shed website and mailing lists, advertising campaigns in local media and press, attending community fayres and events in order to sell produce, and displaying leaflets at health services, GP surgeries, church groups, and social centres. A few Sheds have begun to take the Shed to the community, by creating a *mobile Shed* that travels to community areas to give the public a *taster* of Shed life. One tool that was key for Shed promotion was social media, where Leaders displayed community work, advertised events, and reported on ongoing projects. Publicity in this way often led to greater interest in the Shed's services, and enabled the Shed to develop a name for itself within the community.

> *Facebook, it's a very powerful medium for getting your name out there. We do something for a school, we post about it. Quite often, we find that we've done something for somebody and they will post saying 'well done the Men Shed they've done this', and people say, 'Oh, can I have one? Would you make me one?'"*
>
> (AW2407)

Sheds also engage with other services in order to gain support for their Members. Leaders described increasing the Shed's network to include local health services, community groups, support services, and charity organisations, in order to signpost Members to them, if required. By liaising with these services and creating an initial relationship, Leaders were more comfortable to suggest services to Members, and felt confident that the organisation would provide the appropriate support. Similarly, this increase in Shed visibility meant that services often referred Members to the Shed, including social prescribing services, hospitals, employment centres, mental health charities, homeless charities, Doctor's surgeries, and military groups. Other Sheds developed an understanding with specific services, such as the local courts and community reintegration programmes, where Shedders were sent to the Shed as part of their ongoing recovery or rehabilitation. Leaders found that, by sharing information between groups and gaining a community understanding of what is on offer for local people, those most in need could be supported.

> *…lots of different men's health groups, we keep them informed as to what we are doing. We share their leaflets, and vice versa. They are feeding in to a number of projects and I think, if we weren't [sharing resources], we wouldn't be identifying those most vulnerable and in need of support.*
>
> (SHTD0304)

When asked about the strength of their Sheds' visibility, both Leaders and Members tended to believe that the Shed had gathered a recognition in the community as something worthwhile, drawing in Members from afar and steadily growing in reputation. Some Members were often encouraged by how they themselves learned about the Shed, and others attributed this to positive feedback from projects, and awareness of community work. For those that believed visibility could be improved, the global Covid-19 pandemic was a common, limiting factor. Shedders felt that Shed closures had hampered existing network links, and Sheds had become less visible in the community. Others felt their Shed hosting mostly older Members discouraged community groups from approaching them for work, whilst other groups felt their visibility was hampered by their niche focus, and the Shed's isolated location.

Facilities & Environment

Leaders believed that the specialised facilities available at the Shed was often a catalyst for encouraging members of the community to become involved in Shed activities and services, that would otherwise be unavailable to them without the Shed. For those attending woodwork-based Sheds, the Shed space offered a socially interactive alternative to the home workshop, as well as a wider range of tools and equipment. A community-based setting for Sheds was also seen to facilitate Shedder engagement, providing a welcoming environment and a relaxed atmosphere to new Members, as opposed to clinical or formal spaces associated with local government, education or health spaces.

> *it's easier for a future member to come here rather than at the Employment Centre, here he can talk, it's a sort of contract of trust. We're on a first-name basis already.*
>
> (DF1402)

The accessibility of the Shed was also a key factor in community engagement, with some offering reduced membership rates to those in financial trouble, and others looking to broadcast sessions online for Members unable to leave home. The development of a community environment at the Shed, alongside a male-centred approach, typically facilitated continued involvement. Being a primary component of Men's Sheds, this type of environment was reported as particularly important to Members, as it afforded men the opportunity to interact socially with other men, and share reciprocal experiences and interests. In contrast, some Sheds were happy to have female Members, believing that a working environment without female company was alien to them, and that female Members gained similar benefits to attending as male Members. In general, Leaders felt that their Shed was very inclusive, and open to anyone within the community who wished to join.

> *There is no process, we are completely open, and we have taken people who have been not very well, a few people have had strokes. We have taken people who are very young and confused, and some stay and some don't. But we have no bar to access.*
>
> (MA1103)

Outcome 2 Summary:

At time point one, SBS Shed community asset (organisations, services, companies and individuals) maps were small and not well connected. As Sheds became established, assets changed and Leaders had greater knowledge of connections within the community. There are a variety of community contacts Sheds form connections to, i.e. members of the public, other Sheds, local government, local health services (reciprocal referral, training), employment services (reciprocal referral, training), companies (for materials, social activities, funding, insurance), voluntary organisations, schools (for work), local charities (for work and referral) and national charities (for funding and referral). Most Sheds have made contact with these assets via personal contacts from Shed Leaders or Project Partners. The majority of relationships formed between assets and the Shed are reciprocal. Reciprocity brought many collective and personal rewards such as membership, work, support, materials, good will, esteem and satisfaction.

Step-by-Step Outcome 3:

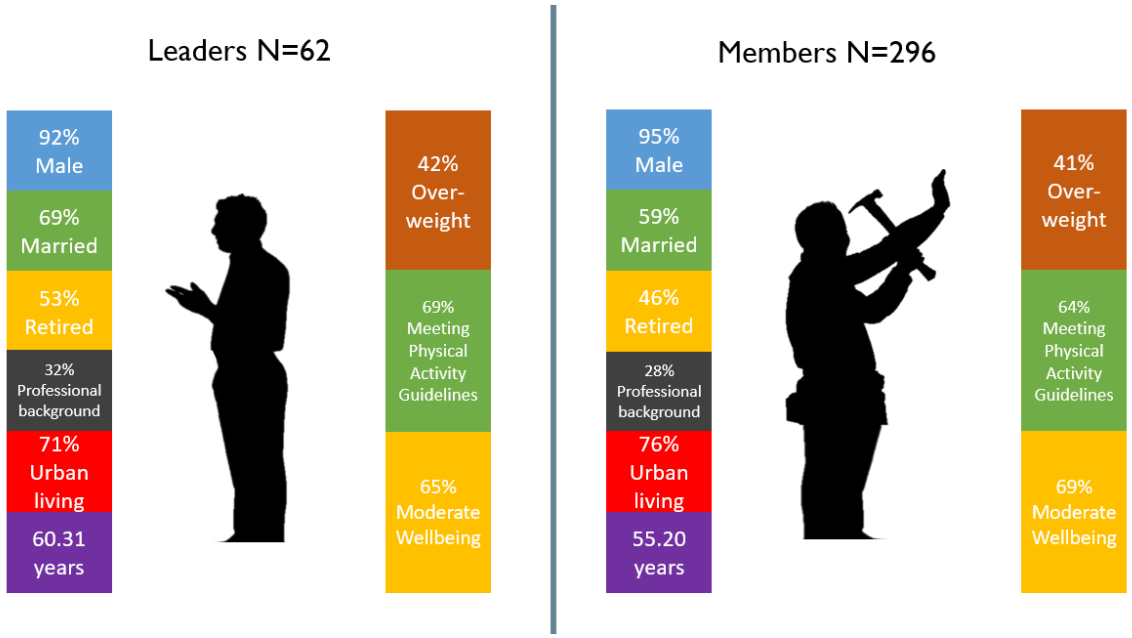
Who are Shedders?

Who Attends and Leads SBS Sheds?

Demographic information representing a blueprint for a typical SBS Leader and Member is displayed in Figure 7. This data provides an overview on the gender, marital status, employment status, job category, living location, and average age of Leaders and Members; as well as an overview of the common health status for both roles, including BMI, physical activity, and mental wellbeing. All data was gathered as the individual and their Shed became a part of the SBS Project.

Overall, Leaders and Members were similar with regards to each of the demographic descriptors, typically reporting as married, retired, males, from professional backgrounds living in urban locations. Likewise, similar health information was reported between roles, including being overweight, meeting WHO physical activity guidelines (150 minutes of moderate activity per week), and having moderate wellbeing.

Figure 7. Demographic and health overview of typical SBS Leader and Member as they join the project

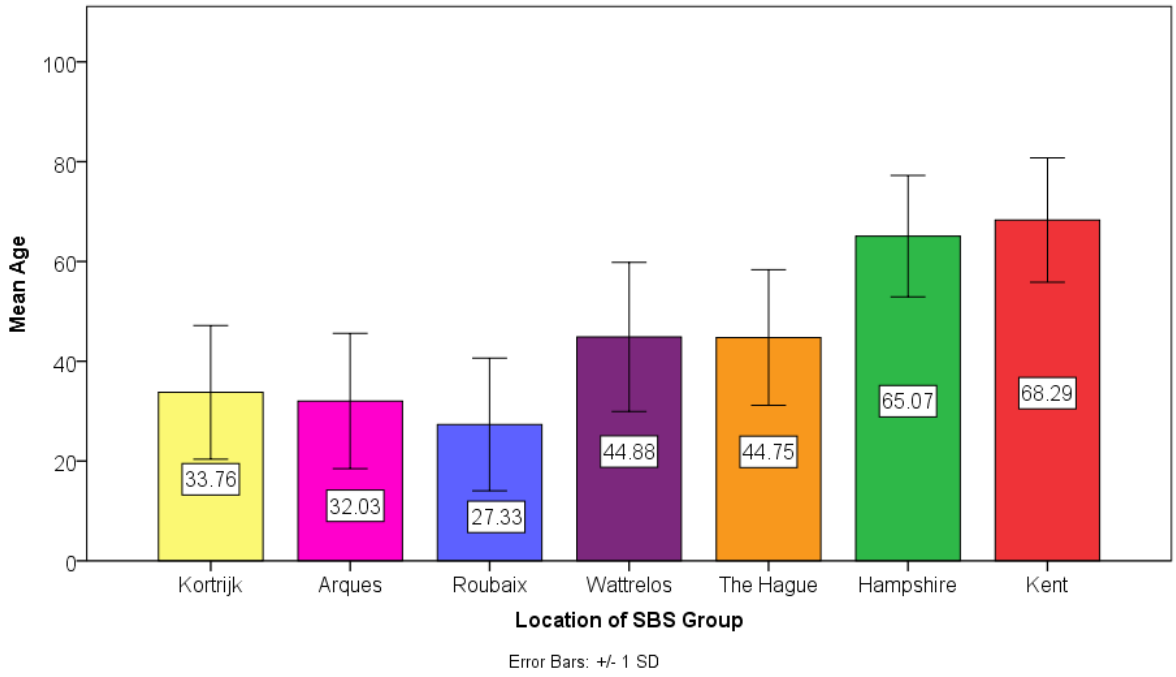


Demographic Data

The results of an exhaustive CHAID support the above profiles of SBS Leaders and Members, as none of the demographic variables were found to interact with Shed role, and no CHAID tree was grown (statistical significance $p > 0.05$).

When exploring demographic differences between Shed locations, the exhaustive CHAID tree was successfully grown. Age was the most important variable, showing the youngest age profile in Kortrijk and Arques (25 years and under), the largest age group (between 25-47 years) in The Hague, older age profiles in The Hague and Hampshire (47-60 years), and the oldest age group in Hampshire and Kent (>60 years). Figure 8 shows the average ages at each partner location.

Figure 8. Mean ages across Shed locations.



A further level was grown in all age groups except the youngest (25 years and under). For the age group of 25-47 years, job category was the second most important variable, with those coming from Associate Professional, Sales & Customer Service, and Administrative & Secretarial backgrounds typically attending Sheds in The Hague. For the 47-60 age group, job-seeking preference was the second most important variable, with those wanting to find work attending Sheds in Wattrelos and The Hague, and those uninterested in employment typically from Hampshire. For those uninterested in employment, marital status was the next most important variable, with Hampshire Shedders typically married, widowed or divorced, and Shedders from The Hague single. For the >60 age group, marital status was the second most important variable, with Hampshire and Kent Shedders typically married. Figure 9 shows the CHAID tree in greater detail.

Figure 9. Exhaustive CHAID Tree grown from demographic variables between Shed locations.

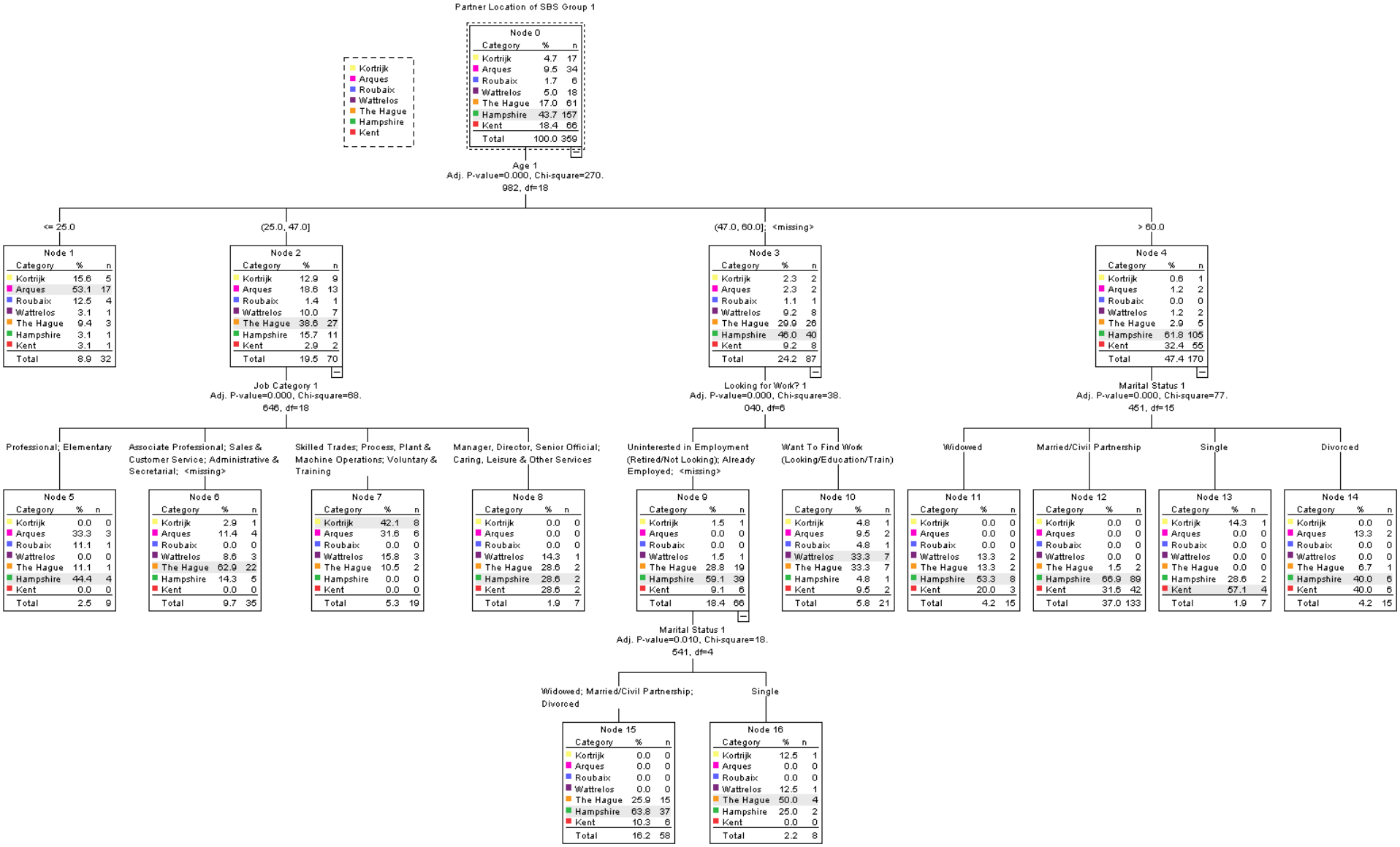


Figure 10a presents the reasons cited by SBS Shedders as to why they originally joined the Shed (as gathered from survey data), most commonly reported as to enhance social interactions, followed by the encouragement of others (e.g. a spouse or relative). Figure 10b displays the reasons cited as to why SBS Shedders continued their involvement in the Shed, most frequently reported as the opportunities to engage socially, and their enjoyment engaging in the activities on offer. The size of the box represents the frequency reasons for attending are reported by Shedders.

Figure 10. Reasons given by SBS Shedders as to why they first joined the Shed (a), and why they continued their involvement (b).

a)

b)


SOCIALISING WITH OTHERS
HELPING OTHERS
LEARNING NEW SKILLS
GOOD GROUP / CAMARADERIE
PRESSURE - FREE / RELAXED ATMOSPHERE
SHARING SKILLS
LIKE-MINDED MEN
DEVELOPING OWN SKILLS
GROUP WORK
SATISFACTION / PURPOSE / WORTHWHILE
GENERAL HEALTH IMPROVEMENT
FUN / ENJOYMENT
BELONGING TO A GROUP
NEW OPTIONS
GROUP DIVERSITY
BEING HELPED BY OTHERS
ENJOY ACTIVITIES
CONTRIBUTE / GIVE BACK / MAKE A DIFFERENCE
MANAGING SHED
MAKING FRIENDS
PERSONAL DEVELOPMENT
COMMITMENT / KEEP BUSY
EASILY ACCESSIBLE
OUTDOORS
INCREASED ACTIVITY / FITNESS
MENTAL HEALTH BOOST
USE FACILITIES AND EQUIPMENT
SOMETHING TO DO / ROUTINE
SHED IS JOB
FAMILY RESPITE
RETURN TO WORK
Return to work
Family Respite
Group Diversity

The Shed Leader Role

Leaders discussed how they had become a Leader, from which four routes emerged;

1) *the initiator*, a Leader who was part of the Shed establishment
2) *the emergent volunteer*, one who volunteered to undertake a leadership role
3) *the nominated volunteer*, a Leader who is asked by a committee or the Shed membership to shoulder leadership responsibilities
4) *the spontaneous volunteer*, one who had no initial intention of becoming a Shed Leader, yet ended up undertaking the role.

Leaders described the role in a variety of ways, each expressing different approaches that they, as a Shed, took to establishing a management team. A number of management structures were described by the Leaders:

1) the Leaders took sole responsibility for the operation
2) a management group consisting of a chairman, secretary and treasurer
3) shared leadership role amongst a number of Shedders
4) a 'Shed Head' structure where 'senior' Shed Members were given managerial duties.

The role typically incorporated managing finances, facilitating workshops, supporting Member wellbeing, and sharing their own journey with others. However, Leaders did not regard themselves as holding power over other Members in a hierarchy, considering the group as a whole of Shedders, and describing themselves as a *"facilitator"* and *"steering the ship"*. In a number of Sheds managed by Social Centres, Leaders were often supported with some of the managerial duties by centre staff.

The Shed provided an alternative to employment for those of working age, whilst retired Leaders recognised similarities between Shed routines and habits from their working lives, but without the pressures of management. Leaders described taking on volunteer or part-time roles after retiring, which incorporated similar, unpleasant stressors as their previous jobs such as inter-personal conflict resolution. The Leader role also gave a sense of structure compared to their previous working lives, particularly for those who used to work abroad or away from home, as the Shed provided a single fixed base. One Leader, unable to work due to ill-health, stated that the role was his replacement for work, which provided freedom and autonomy, unavailable at his previous employment.

> *I still don't go to work, but this is the equivalent. So, I can do this at my pace, it's not so physical, if I am in pain, I don't have to do anything. But, if I was [at] work, they would expect me to work from 8 until 5 all day long.*
>
> (JVE2102)

By adopting the Leader role, they gained a number of new friendships and connections, as well as experiencing fun, enjoyment and laughter. Some described the role as "enlightening", which offers a great sense of joy and satisfaction, particularly from seeing the Shed and Members progress and begin to thrive in the community. For

many, seeing Members develop their skills and improve independently was personally rewarding, often described as a sense of achievement, particularly for those who been a part of the Shed since its establishment.

> *Yeah, I guess it is a great deal of satisfaction that the Shed is growing successful. Certainly, when we see one or two really obvious success stories, that gives you a warm feeling, it warms your heart.*
>
> (PR2609)

In contrast, Leaders also described a number of challenges experienced from managing the Shed, focussing on problems with the organisation of the Shed, the Shed structure, issues with Members, and the role itself. Gaining commitment from Members was a particular challenge, with Leaders experiencing low uptake on certain groups/activities, little feedback to newsletters and updates, and a lack of interest in anything away from usual activities (such as social outings). Whilst difficulties with Members were rare, Leaders did share experiences of individual Members they had turned away because of their behaviour. These were described as "minor" instances, but had prompted one Leader to implement a trial system for potential Members in order to remove "troublemakers". Many Leaders reported previous experience in dealing with people, but others found this challenging, particularly when leading the Shed on their own. The Leader role could also become occasionally burdensome, with the responsibilities described as "exhausting", and some Leaders feeling the pressure of responsibility to keep the Shedders safe and the Shed afloat. Other challenges included negotiating with local services and councils, securing premises, finding space to fit material donations, delegating responsibilities amongst the Shedders, and overly demanding members of the public.

In general, the benefits gained from the role outweighed any challenges experienced by Leaders. When asked what advice they would give to somebody considering beginning a Shed, Leaders typically suggested being persistent, remaining motivated, having a clear goal, utilising the support around them (including linking to established Sheds), being flexible, ensuring funding and premises are in place, sharing the responsibilities, and, overall, enjoying the process of leading a Shed.

Outcome 3 Summary:

Shed Leaders and Members are very similar, reflecting the peer-to-peer approach central to the SBS Model. There were differences between Sheds across the four countries, including age differences, with the youngest Shedders in Kortrijk and Arques, and the oldest located in Hampshire and Kent. The largest age group was Shedders aged 25-47 years located in The Hague. Shedders joined and continue to be involved in Sheds for the social and skill opportunities. Whilst the majority of Shedders are men, women are welcome to join. Shed Leaders became Leaders in one of four ways, the Shed Initiator, the Emergent, the Nominated and the Spontaneous Volunteer. Whilst the Leader role carried a number of responsibilities, Leaders were keen to emphasise that the benefits far outweighed the costs.

Step-by-Step Outcome 4:

Health Changes

Health Outcomes

Shedders completed measures at two time points during the life span of the SBS project, 233 completed the survey at time point one and 186 at time point two. For the 38 who completed the survey at both times, the statistical significance of changes in their scores have been assessed. The results of the BCa bootstrapped paired t-tests revealed significantly lower mean EQ-5D-5L VAS scores at time point two compared to time point one. There were no significant changes between time points for the other health variables, as presented in Table 9. Friedman's test showed no significant change in BMI categories from time point one to time point two, $\chi 2(1) < 0.001$, $p > .99$, with 31 of the 37 participants remaining in the same category, three participants moving down a category (i.e., their BMI reducing) and three participants increasing in their BMI category, across the two time points. These results indicate that weight, wellbeing and health related quality of life (mobility, self-care, usual activities, pain/discomfort, and anxiety/depression) did not change over time for Shedders but their views of health had decreased by 5.5 points (out of 100) over time.

Table 9. Results of paired t-tests comparing the differences in health data across both time points

	Mean difference	Bias	Bootstrapped 95% CI LL	Bootstrapped 95% CI UL	p-value	N
BMI	-0.219	0.012	-0.397	0.892	0.530	37
EQ-5D-5L VAS	-5.579	-0.119	1.679	9.512	0.023*	38
EQ-5D-5L index	-0.051	0.001	0.004	0.109	0.081	37
WEMWBS total	-1.414	0.005	-0.586	3.666	0.267	29
Total METs	145.390	35.460	-1626.278	1339.619	0.840	31

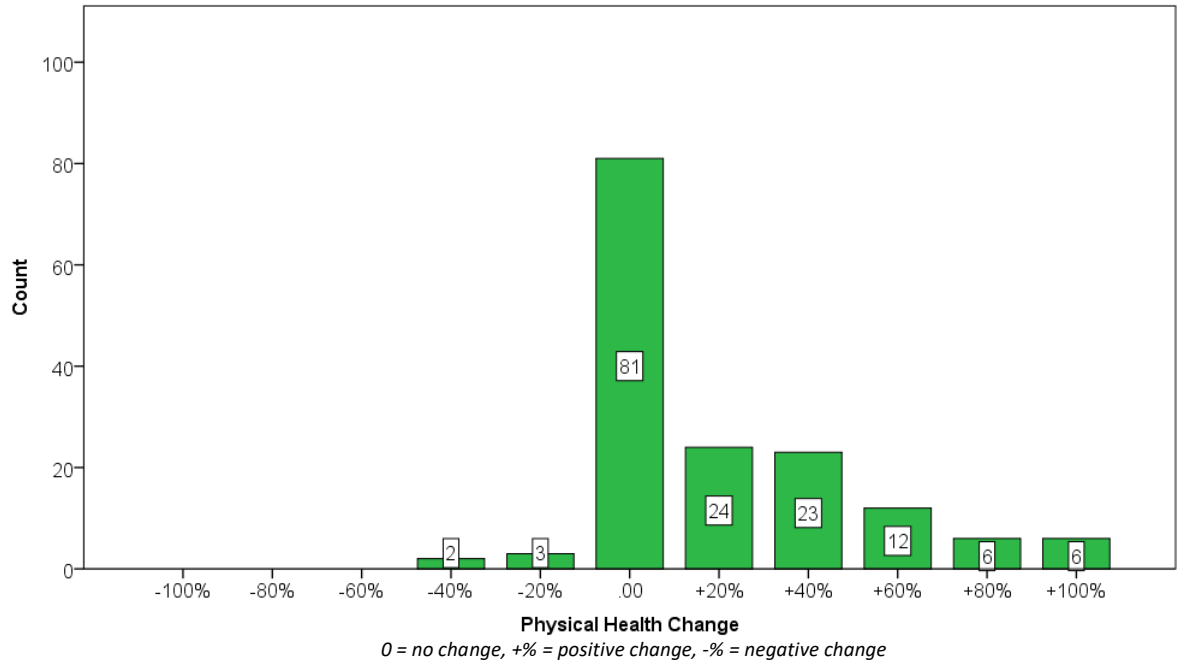
Note. Bootstrapped t-tests only produces p-value (neither t nor df). *results significant at 0.05 level.

Similarly, no change was found on physical activity categories, $\chi 2(1) = 0.333$, $p = 0.56$. Here, 18 participants out of 30 remained in the same activity category across the two time points, five less active and seven became more active.

At time point two, participants were asked what (if any) changes to their physical health, physical activity, and mental wellbeing they had experienced because of Shed involvement. Figure 11a shows that 71 out 157 Shedders (45.2%) believed their physical health had improved because of the Shed, with 81 (51.6%) perceiving no change, and 5 (3.2%) reporting that their physical health had worsened. Figure 11b displays the reasons offered for these positive changes, with the most frequent response being an increase in physical activity, as depicted by the larger circle size. Figure 12a shows that 77 out of 156 individuals (49.3%) believed their physical activity had increased because of the Shed, with 76 (48.7%) perceiving no change, and 3 (2%) reporting a decrease. Figure 12b displays the reasons Shedders gave for changes in their activity levels, with the most prevalent being the physically demanding activities available at the Shed. Figure 13a shows that 105 out of 154 individuals (68.2%) believed their mental wellbeing had improved because of the Shed, with 47 (30.5%) perceiving no change, and 2 (1.3%) reporting a decrease. Figure 13b displays how these positive changes were attributed to the Shed, with the most common response being the opportunity to meet new people.

Figure 11. Perceived physical health changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b)

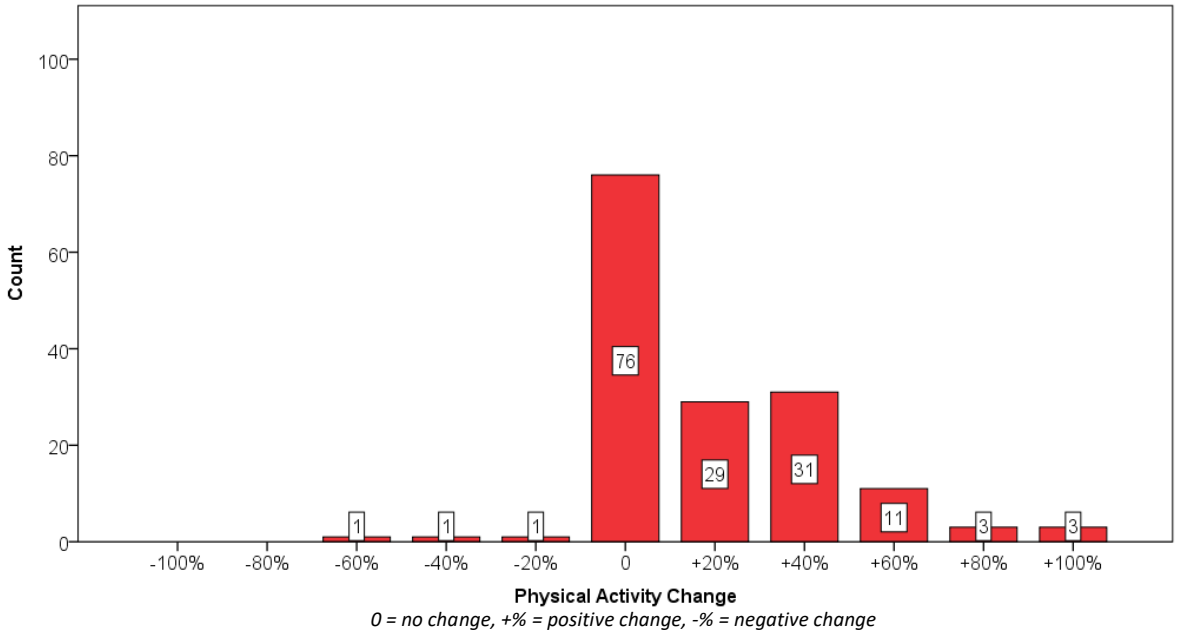
a)



b)

Figure 12. Perceived physical activity changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b)

a)



b)

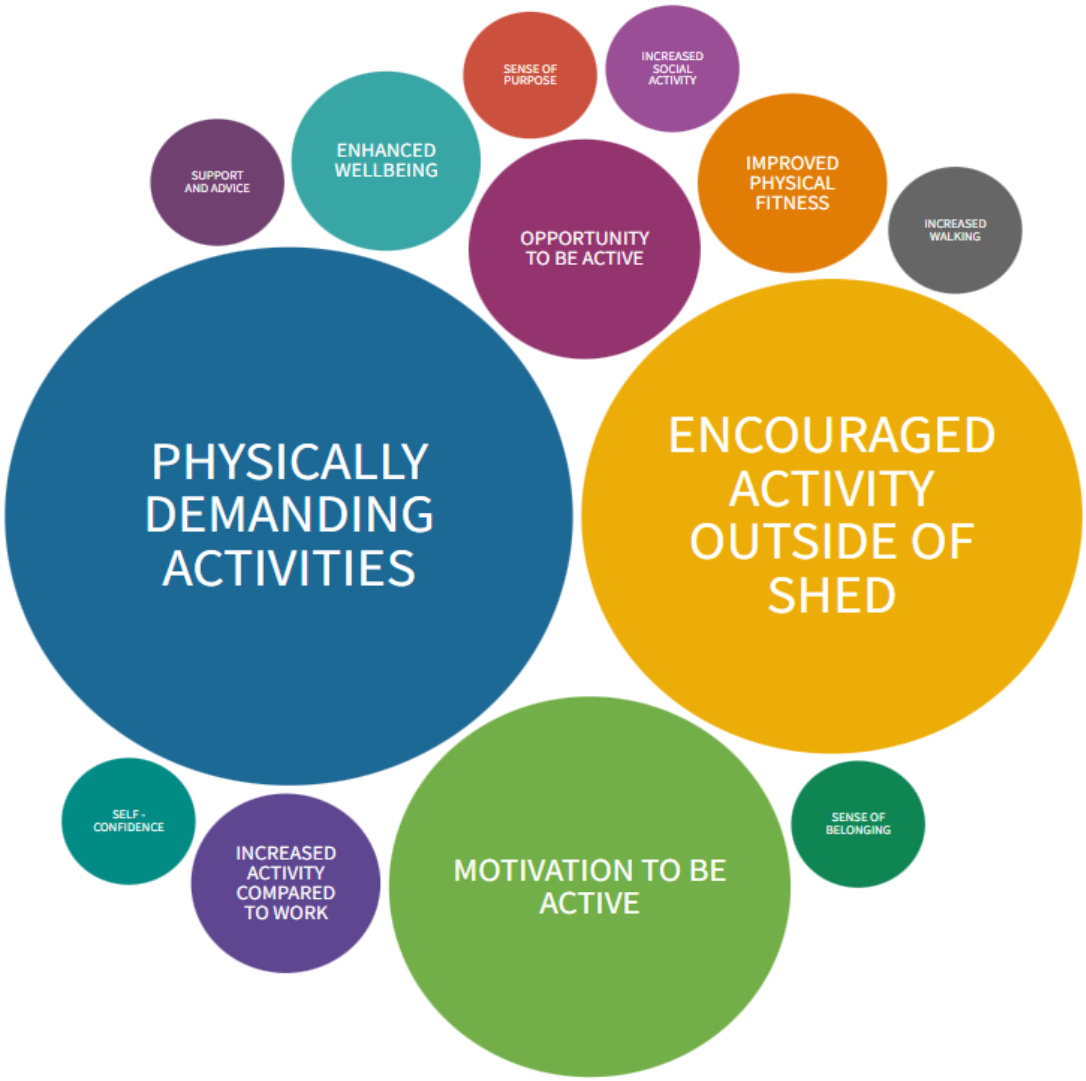
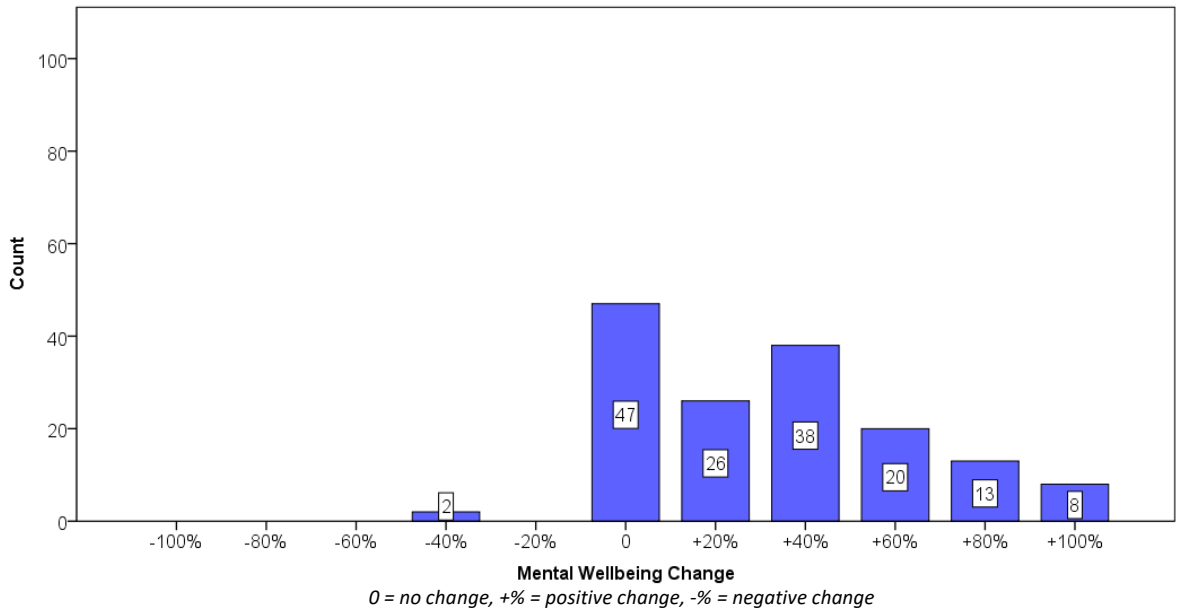


Figure 13. Perceived wellbeing changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b)

a)



b)

Shed Experiences – Health

From interview data, five health-related themes were found, Mental Health & Wellbeing, General Health, Physical Activity, Health Conversations, and Peer Support. These themes summarise Leader and Member accounts from interviews at both two time points.

Mental Health & Wellbeing

Mental health benefits were a common outcome experienced for both Leaders and Members from their Shed involvement, be it general improvements to mood and wellbeing, or reductions in severity of specific mental health symptoms. Improvements to particular mental health problems were more typically reported by Members, whereas Leaders generally cited overall wellbeing improvements, whilst noticing mental health changes in their Members. Leaders' own mental health improvements were attributed to a positive feeling from helping other people, seeing the Shed thrive in the community, and their Leader role providing a commitment and a sense of purpose.

> *I'm sure it's helped me with my depression. Probably once upon a time, if I was going to go somewhere and I was feeling particularly depressed, I probably would have thought 'I don't feel well enough to face other people'. But [at the Shed] I've gone, so it's made me realise I've got a commitment to them.*
>
> (AA2404)

Many Sheds were primarily viewed as support groups, aimed at men to encourage open conversations and sharing experiences. Leaders of these Sheds shared stories of Members who had developed and progressed at the Shed, using the group as a means of accessing mental health support. Leaders reported that Members with social anxiety became much more engaged in conversations and activities over time, with some reporting feeling less depressed due to feeling less isolated and lonely.

> *When one is isolated, one can be anxious, stressed or have a bad health. Inside the Shed, one is less sick.*
>
> (JL0906)

Similarly, a general wellbeing improvement was typically reported, with Members believing that the practical activities on offer keep them alert and active (physically and cognitively), and that, without the Shed activities and engagements, their mental health might begin to deteriorate. Others believed they experienced a mental health benefit simply from having something new to engage in, and an increase in their social contact, whereas others highlighted that the Shed discouraged them from sitting on the sofa all day, which rejuvenated their sense

of purpose. Members with a formally diagnosed mental illness saw a benefit from their involvement, with some advising that they *"wouldn't be here today"* if not for the Shed.

Shed involvement was also reported to help Members cope with day-to-day stress. This was expressed as stress reduction, increased relaxation, or a *"therapeutic"* space. Members learned of their peers' experiences, difficulties, and stress management techniques, which helped to reduce their symptoms or feel more at ease with them. Additionally, Members reported elevated mood, life satisfaction, and happiness, as well as overcoming issues resulting from bereavement. Members felt Shed involvement had enabled them to grow as a person with a new sense of positivity, or to feel like themselves again.

> *Now, I realise that everybody is not here to do bad things. So, that encourages me. It's very positive because for someone who didn't want to see other people, who was no longer confident, now I notice that I regain self-assurance. I start to enjoy life again.*
>
> (JR1705)

General Health

A number of Shedders disclosed a variety of illnesses and injuries that they suffer with, including Parkinson's Disease, Diabetes, Dementia, Alzheimer's Disease, and various types of Cancer. Others described issues such as ongoing coronary issues, physical disabilities, neurological problems, and issues with substances. Because of these physical difficulties, some Members were only able to engage in limited activities, others could not visit as regularly as they would like, and others engaged mostly in social activities rather than practical projects. Typically, Shed activity helped these individuals either to reduce symptoms, give them something to do, provide them with an escape, or aid their memory. After a long period of chemotherapy, one Member reported losing the feeling in the tips of his fingers and toes (peripheral neuropathy), meaning he struggled with fine motor skills, such as writing. However, attending the Shed, using tools and having to sign his name each day meant that this feeling has begun to return, which he attributes directly to his Shed involvement.

For some Sheds, accepting Members with health conditions, such as Dementia, had caused some hesitation, due to the added responsibility of meeting their needs. Others, however, were more confident about supporting these individuals, leading to family members gaining much needed respite, which in turn benefitted their relationships.

> *I think we helped his wife more, because she used to drop him off, go do shopping, meet a couple of friends for coffee in the café, and she had a two-hour break. She didn't have to worry. If it improved her wellbeing and it helped her combat a bit of loneliness, then that's what we're here for.*
>
> (AW2407)

For a number of Sheds, health promotion and enhancement were central to the Shed's philosophy, more common in sport and fitness groups, or those set up as talking therapy-based support groups. In terms of their

reasons for joining a Men's Shed, some Leaders expressed a desire to help other men, occasionally attributing this to their own health journeys, and subsequently encouraging a health focus. Other Sheds were set up in order to help Members with their health, but without branding their Shed as having a health promoting focus. One Leader referred to this as being a "Trojan horse", where once Members were engaging, they would experience a health benefit without initially realising it.

> *I know there are some members that would say that they are only there because they are learning how to tie flies. I as a practitioner, if I can call myself a practitioner, would be able to say actually, in my evaluation, you are there because you need to be there.*
>
> (SHTD0304)

Physical Activity

Rather than traditional Men's Sheds focussing on woodwork and DIY, some SBS Sheds were competitive sports teams, recreational sports groups, or fitness training groups, as outlined in Table 6. Leaders and Members from these Sheds typically attended with a common goal in mind, to improve their physical fitness, health, and physical activity, which was naturally achieved simply by engaging in the sessions. Shedders from more traditional DIY-based Sheds recognised similar physical activity improvements, without necessarily targeting this as an outcome when first joining. The physically demanding activities undertaken within the Sheds helped to keep Shedders active and mobile, with some Members commenting that they felt more active simply from being on their feet for hours of the day. For others, engaging in physical activity as a group brought about a feeling of unity and togetherness, and made the activity process feel that much easier to complete. This is evident in Figure 14, with an image from Member DF1402 showing the Shed membership going for a walk together, away from their usual activities.

Figure 14. Photograph taken by DF1402 depicting increased physical activity

> *Everyone talked to everyone. We talked about everything and anything. Group effect is very important. This day everyone helped each other because we had to find our way. Some of us were in the front, but everyone is equal. No one rules others. That is the Shed."*

More prolonged bouts of physical activity at the Shed motivated some Shedders to continue being active in their spare time, leading to some joining clubs, engaging in physically demanding chores at home (such as gardening), or buying exercise equipment to begin home workouts.

> *I've got the step app on my phone now, it's great, it pushes me and it's a target and that's something that appeals to blokes, they want something to aim at. I've got an exercise bike now, I'm getting better forms of exercise. Both of those have been developments that have coincided with the SBS stuff.*
>
> (TD0101)

Continued activity in this manner enhanced Shedders' physical capabilities since they began attending, reporting a greater capacity to engage in physically exerting tasks. Members attributed increased fitness, improved stamina, and reduced frequency of headaches, to learning fitness management techniques at the Shed, whilst others believed that engagement in activities had led to increased weight loss. For others, increased activity led to a reduction in symptoms of illness or injury, as well as fewer potential complications post-surgery.

> *It is critical to me, as I have got a neuropathy in the legs, being able to be here on my feet all day twice a week. It is keeping me moving. It is the best exercise I get, without the Shed I would probably be struggling.*
>
> (AS0610)

Health Conversations

A number of Sheds primarily operated as support groups, offering men from the community a place to talk about their health. Leaders highlighted that some Members required a bit more encouragement, or time to become comfortable in opening up about their health concerns. In sharing their health concerns and difficulties at these groups, Members often felt unburdened and uplifted, by the knowledge that someone had listened to them and their concerns were taken seriously. This enabled those individuals to make changes to their lives, and begin their journey to better health.

> *One of the guys came from literally rock bottom, a week before that his relationship fell apart. He was in a position where he felt like he had absolutely nothing. Now, he's in a flat, he's organised to have his daughter, he's out running, cycling, he's doing all of the things that he wants to do. And he's said he doesn't feel like he would have taken those initial steps without being able to offload [at the Shed].*
>
> (AB0906)

Facilitating groups such as these proved beneficial to Leaders, including a sense of fulfilment in seeing Members develop and grow, gaining awareness of their own health concerns and how to deal with them, and a similar platform to be able to share more regularly. These Leaders also received regular training from Shed host organisations, that meant they felt comfortable facilitating groups, even when sessions became intense.

For Sheds with a practical DIY focus, health conversations were not a planned activity, but instead materialised organically, prompted by the peer-support element of the SBS Model. Leaders believed that, within their Sheds, men's attitudes towards talking about their health, particularly mental health, were changing, and that these conversations were happening more frequently. During some observational data collection, Shedders could be seen discussing their health appointments, their experiences of engaging with health services, and health difficulties that they and others had had in the past. For some, health conversations in this manner led to an increase in help-seeking behaviour, and early detection of serious problems.

> *We were just chatting about prostate cancer screening. And one of the lads said 'yeah, I did that last year, I got the amber letter'. Five of us signed up for prostate cancer screening that night. One of them got the red letter, he's had the op, and he's absolutely fine now. Had we not had that conversation, would he have gone and done it?*
>
> (AW2407)

In general, conversations between Shedders created a more supportive environment of mutual understanding, and sharing similar experiences. Health conversations and subsequent help-seeking behaviour was also facilitated by the Health Champions programme, outlined in greater detail below (see Health Champions section).

Peer Support

Typically, involvement in the Sheds provided men with an opportunity to meet new people, interact socially, and create social bonds with others. In doing so, Members reported an improvement to their health, as engaging with others was reported to facilitate improvements in overall wellbeing and feelings of inclusivity. Members discussed previous feelings of isolation and loneliness, described as "a terrible thing", and how Shed involvement helped them to overcome this feeling, and to re-engage socially.

To that end, the connections developed within the Shed allowed peer-to-peer support to emerge, enabling Members to feel comfortable discussing their health with others, and supporting them to either engage in services, offering health advice for shared ailments, or simply providing a listening ear. Members felt supported by others, which promoted feelings of recognition and validation from their peers. This feeling of group unity led to one Shed providing ongoing support to a Member, who had been admitted to a psychiatric unit (mental health hospital).

> *We formed a rota to visit him, we even phoned him a couple of times, Boxing Day, Christmas Day, we were taking stuff in. We managed to get him through that. We have got his confidence back up. And when [support worker] came, she saw this gentleman, and couldn't believe the turnaround. And we can put our hands up and say, 'the Men's Shed did that'."*
>
> (CH1010)

Health Kiosks

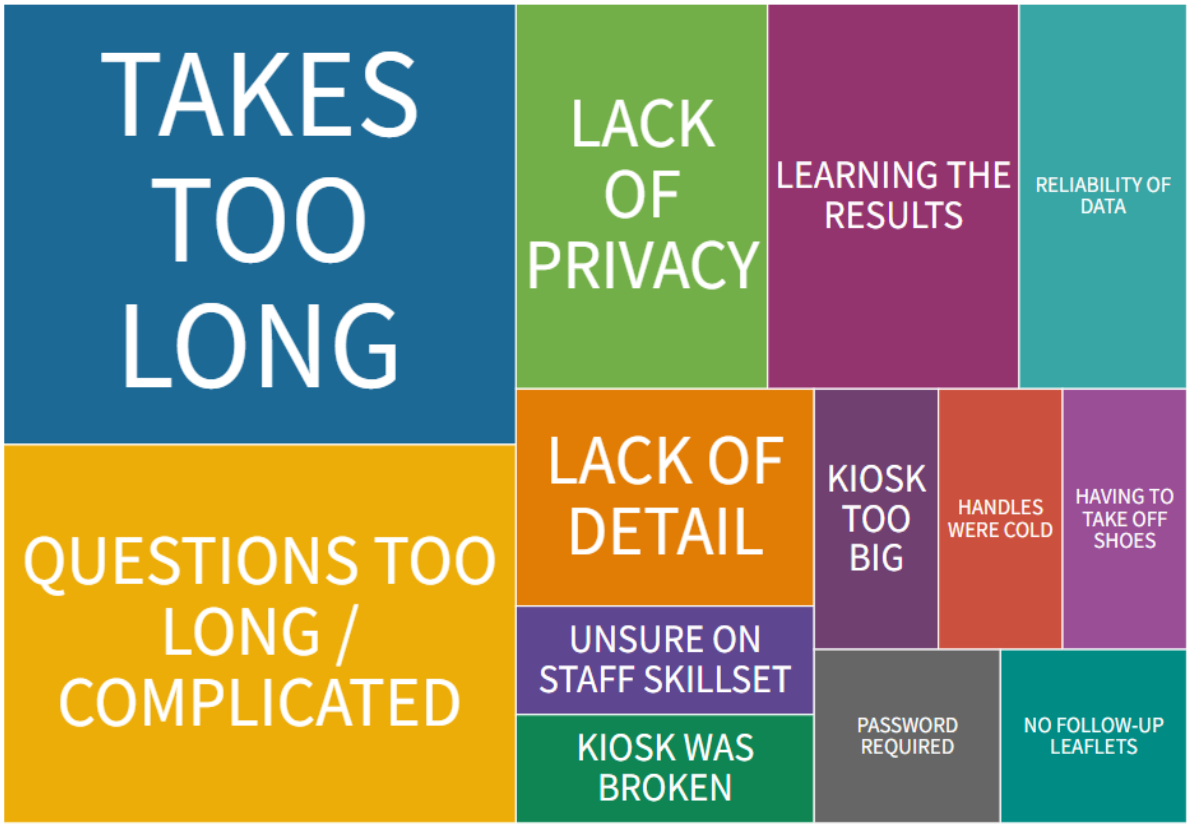
From 184 time point 2 survey responses, 61 participants (33%) reported they had used a Health Kiosk at their Shed, with 71 (39%) stating they were aware of one but had chosen not to use it, and 52 (28%) reporting they were unaware of the kiosk. Figure 15a depicts the reasons as to why the 71 individuals chose not to use the kiosk, with the most common being that the kiosk was still yet to visit their Shed. For those where the kiosk had already visited, the most common reason not to use it was that participants felt they did not require a health check. For those that did use the kiosk, Figure 15b displays what they liked the most about it, with the most common being that users are provided with a good overview of their general health. Figure 15c shows what users disliked about the kiosk, with the most common being that it is too time consuming. Figure 15d demonstrates the kiosk's most useful feature, with users tending to perceive this to be that the kiosk measures specific units of health, such as blood pressure. Figure 15e displays the actions taken by participants to enhance their health after learning the results, with the most prevalent being an increase in water intake.

Figure 15. Health kiosks data, showing why participants chose not to use it (a), what users liked the most (b), what users disliked (c), users' beliefs of the kiosk's most useful feature (d), and users' actions taken (e).

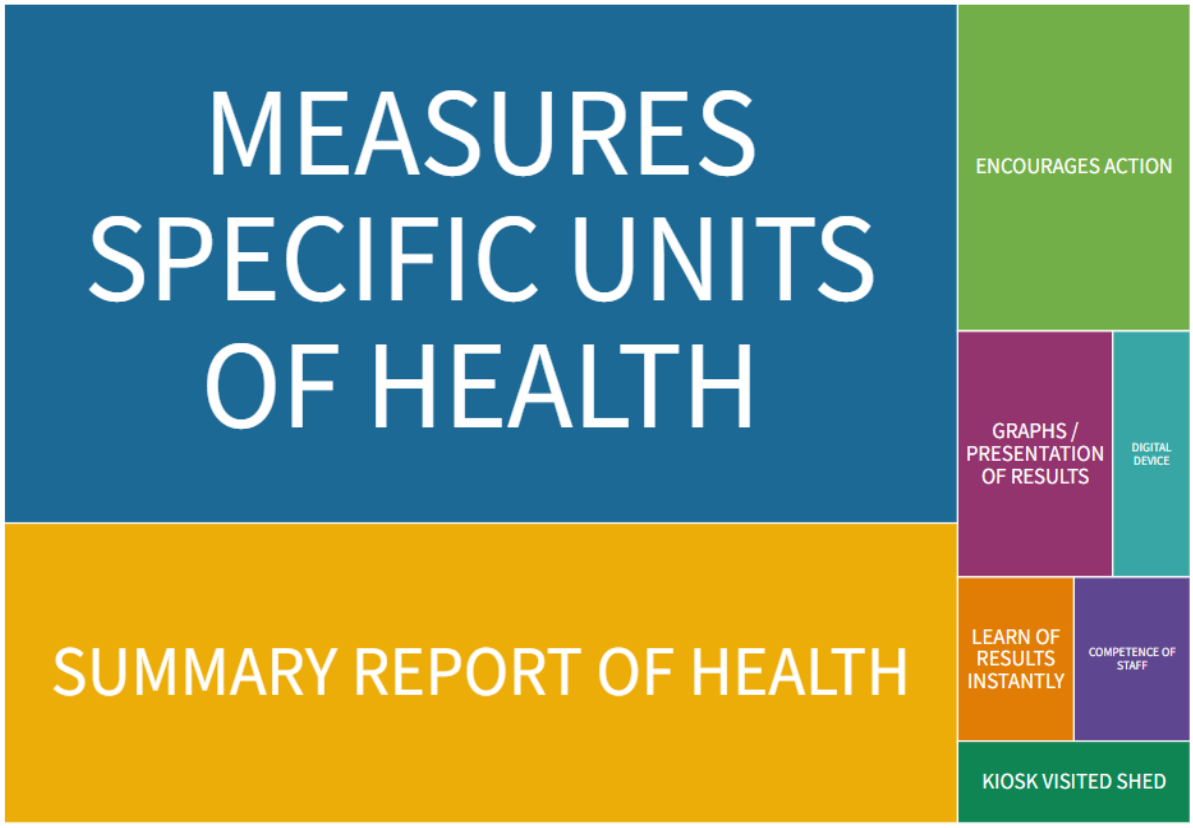
a)

b)

c)


TAKES TOO LONG
LACK OF PRIVACY
LEARNING THE RESULTS
RELIABILITY OF DATA
QUESTIONS TOO LONG / COMPLICATED
LACK OF DETAIL
KIOSK TOO BIG
HANDLES WERE COLD
HAVING TO TAKE OFF SHOES
UNSURE ON STAFF SKILLSET
KIOSK WAS BROKEN
PASSWORD REQUIRED
NO FOLLOW-UP LEAFLETS

d)


MEASURES SPECIFIC UNITS OF HEALTH
ENCOURAGES ACTION
GRAPHS / PRESENTATION OF RESULTS
DIGITAL DEVICE
SUMMARY REPORT OF HEALTH
LEARN OF RESULTS INSTANTLY
COMPETENCE OF STAFF
KIOSK VISITED SHED

e)

During observational and informal interview data collection, Members discussed their experiences of using the Health Kiosks, either directly to a researcher or in general conversation amongst Shedders, attempting to encourage others to engage with it. One individual stated that he had suffered with itchy skin, and had had numerous tests and appointments because of it. After engaging with the Health Kiosk, he was encouraged to increase his water intake, and in doing so, his itchy skin problem had disappeared. Another Shedder was prompted to cut down on his alcohol consumption, and whilst he was aware of his unhealthy habits, he hadn't acted on them before the kiosk highlighted them, prompted by the formal nature of the report. Members believed that Health Kiosks should be used by all Sheds, as it would help to diagnose health problems sooner and save the country *"millions of pounds"*. Others were more hesitant of the kiosk, disliking the impersonal nature of engaging with a machine rather than speaking with a person, and being concerned that the results might show problems, preferring the *ignorance is bliss* approach.

Leaders similarly spoke positively about the Health Kiosk, stating that it acts as a reminder to look after their health, and providing eye-opening results that encourage action. Changes were made at Sheds because of the Kiosk output. One Shed now offer bottled water at their AGM (rather than just tea and coffee), whilst at others the kiosk has become the basis for competition, with Shedders trying to gain the healthiest score. Leaders discussed the lifestyle changes prompted by Health Kiosk results, including stopping smoking, behaviour change to reduce blood pressure, dietary changes, and increased physical activity in order to lose weight.

Likewise, Leaders experienced some challenges with the kiosk, including encouraging engagement from Members, problems finding a suitable timeslot for booking, and the space available for the van to park. Others were dubious about the kiosk, with one concerned any checks would result in him being heavily medicated, and others wondering whether it may take away from their Shed purpose and send the wrong message to their Members.

Health Champions

At interview, Champions discussed their experiences of engaging with the training, any role they may have undertaken at the Shed, and how completing the training has influenced them and their Shed experience.

Shedders undertook the Champion training for a variety of reasons, such as being asked to do so by the Shed Leader or Delivery Partner, to set an example as a Leader completing the training, or because of an interest in helping others. The training itself incorporated health statistics and information, as well as some role-play activities about holding effective conversations that elicited information and showed support. Champions described the training as useful, interesting and worthwhile, which gave them confidence in their effectiveness. Some advised they had initiated a specific role within the Shed, whereas others suggested they had continued their Shed activities in the same manner, but with a heightened awareness of how best to offer support when required. Shedders were made aware of those having completed the training, and their availability for discussion, if needed.

When asked for their views on the Champion role, participants advised that a Champion tends to take on a mediator role, that can identify someone who may be struggling and offer to support them confidentially and discreetly. Champions are not seen as problem solvers or health professionals, but hold a naturally calm demeanour, enjoy supporting and talking to people, and can draw on their own experiences to offer advice, where necessary.

Whereas Champions typically believed the training replicated how they as a Shed already operate to some extent, completion of the training helped to raise awareness of men's health issues, reinforce existing knowledge and experience, and encourage proactivity in supporting Shedders. Many believed that the role created a sense of personal satisfaction in supporting people, and also offered an opportunity for themselves to discuss health concerns in an open forum. Overall, the training and experiences in the role helped Champions become more confident in supporting others and engaging in meaningful conversation.

> *I am more confident I think, so that you are not just, "how are you today, yeah fine mate, okay", and move on. I don't have any worries about standing up or suggesting things, but I would have had before [the training].*
>
> (SM0209)

Similarly, Champions believed the general Shed culture changed as their role progressed. Some believed that awareness of health issues was being raised amongst Members, which subsequently encouraged more conversations and help-seeking. By sharing experiences Shedders were reassured and disclosing issues became easier. Generally, Champions felt buoyed by seeing action being taken by Shedders as a result of their conversations, and shared success stories where Shedders had instigated help-seeking behaviour.

> *There was one guy who was particularly breathless and I said to him 'have you been to see your GP about this?'. I met him in the High Street about two weeks later and I deliberately phrased the question, 'what did your GP say about your breathlessness?' And of course, he says 'no I haven't done it yet'. I did meet him again in the local market about a month later and he had seen his GP, and he was going on to some form of cardiac programme. And I thought 'hurray!', I saw him yesterday and he has lost a lot of weight, and I think whatever the GP said, it has worked.*
>
> (ML1510)

Because of their experiences in the Champion role, the Health Champions programme was viewed as a progressive evolution of the Men's Sheds concept, and is something that should be adopted by all Sheds. Having engaged in conversations with Shedders about their health, and experienced the benefits themselves, Champions believed that, by having a Champion in place at Sheds, men would be far more encouraged to seek help when they needed it, and the health of men attending Sheds would improve.

> *Definitely, definitely yes! And if it checks someone's personal health, and gets the right checks before things progressed too far, with a particular medical condition, and gives you those reassurances that nothing is going wrong, it is good.*
>
> (KF1609)

In contrast, some Champions expressed challenges they had faced with the training and the role, as well as concerns with the Champions Model. Some were dubious about initially completing the training, feeling that the concept would add very little to their Shed; whereas others found the training challenging because it was hosted online (due to Covid-19 restrictions) rather than in-person. Following the training, some were not encouraged to incorporate the roles in to their Shed activity, and carried on the same as before; and others were deterred by Covid-19 restrictions closing Sheds before they were able to implement a role. For those who were able to utilise the training, challenges appeared in the form of seeing changes in others. Some felt discouraged that their conversations did not initiate change from Shedders, but felt confident they had at least sewn a seed.

Shedders discussed suggestions for improvements to the Champion Model that they felt would make it more effective. These included an overview booklet of the Champions training for reference, health-specific information sheets to offer to Shedders, refresher training, regular updates from trainers on new techniques, and increased access to Health Kiosks.

Outcome 4 Summary:

Changes in measures of health were not observed between time points one and two could be attributable to the lack of Shedders who completed the survey at both time points or to the general downturn in health indices during the Covid-19 pandemic. Shedders clearly attributed positive changes in physical health, wellbeing and quality of life to their involvement in the Shed. Shed activities promoted movement, standing and physical exertion. The SBS Model delivery encouraged a safe space for health conversations regarding a variety of topics including lifestyle issues, mental wellbeing, mental illness and physical health diseases. Health became normalised as a topic for men in the Sheds with many sharing their own experiences and solutions with others. The Champion role facilitated conversations and signposting to local services. These Champions found the role rewarding and had valued the training offered. Whilst some were hesitant to use the Health Kiosk, concerned by what it might reveal, the Kiosk was a useful prompt for Shedders to make health changes such as taking more exercise and drinking more water.

Step-by-Step Outcome 5:

Social Isolation and Loneliness Changes

Social Isolation Outcomes

The WEMWBS reported in the previous section incorporates elements of social isolation and wellbeing. However, in this evaluation, a more detailed examination of these concepts was explored. At time point one, Shed Members were interviewed using a personal network analysis mapping exercise to prompt discussions. Due to the uncertainties regarding access to Sheds at time point two, a 3-item measure was included in the survey alongside questions regarding how Shed attendance had or had not changed feelings of isolation and loneliness.

Shed Member's Personal Social Networks

At time point one, Shed Members visualised their personal social networks to illustrate the number and type of social connections they have in their lives. Table 10 contains network measures that describe the relative simplicity or complexity of these networks, Figure 16 contains six personal network diagrams that illustrate different network features.

On average, 15 (M = 14.69 + 10.39) personal contacts were reported by the Members in their personal networks (Figures 16b and 16c). There were some Members who named considerably more than 15, as can be seen in Figures 16d and 16f, whereas, Figure 16a represents one of the smallest networks reported. Members were also asked to visualise how interconnected their named contacts were. The number of components (sometimes referred to as cliques) depicts the separation of the social connections into different groups that the person belongs to. The number of components was relatively low (M = 2.67 ± 2.19), suggesting that Members generally did not consider their networks to be disparate, with most of the Members' networks being known to each other directly or connected through a 'broker' (another person who bridges the connections in two components). This broker was typically a very close connection, such as the Member's spouse or partner. A density score of 1 would indicate that all individuals named by the Member know everyone else in the network, whereas 0 indicates a network named individual only knows the person who 'owns' the network. Of those Members interviewed, there were examples of both very dense and very sparse networks; however, an average of 0.4 (+0.21) or 40% of individuals in the network are linked, suggesting that the personal networks of Members are less inter-connected. Average degree is a measure similar to density in that it represents the connectedness of the network but is less influenced by the network size. Figure 16e clearly demonstrates a network of individual connections with few links between them and has the lowest average degree score. By comparison, Figure 16f network has the same density score but a much higher average degree score of 11.4.

Efficiency provides an indicator of the amount of control or impact the Member has within their network, the higher the value for efficiency, the less impact or control the Member has over their network, as typified by Figure 16e. Efficiency was positively related to network size (r_s = .266, p=.034) and components (r_s = .507, p< .001), indicating that larger networks and networks with more components were less efficient. By contrast, density (r_s = -.909, p< .001) and average degree (r_s = -.538, p< .001) were negatively correlated with efficiency (i.e. the networks were more efficient when the people in the network knew more people in it); therefore, the Member has to exert less effort to have influence and feel supported.

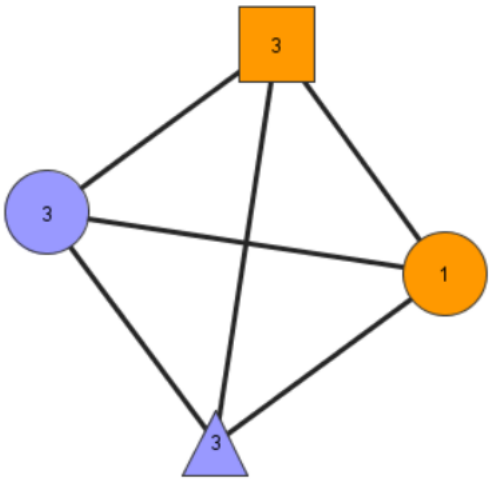
There were no significant differences in the network structural measures between Members in each country or comparing them in terms of relationship status. When comparing the networks of Members according to their location, Members from Urban locations have significantly denser networks (as measured by average degree) compared to those living in Rural locations ($U_{(41)}$ 80, p = .044). There was a trend towards less efficiency within

Rural networks, but this was not significant. There was no difference in terms of the network measures between Members based on their employment status. This indicates that those who have retired (i.e. Figure 16c) or who are not working and not looking for work (i.e. Figure 16f) have networks of equivalent size and structure as those who are in work, or education and training (i.e. Figure 16b). Finally, an examination of the people named in the network revealed that Members tended to include a greater proportion of men than women in their network. Women tended to be spouses or relatives of the Member rather than non-familial contacts. The average age of the network was positively correlated (r = .697, p< .001) with the Members own age which suggests that the Members tend to socialise and find support from people their own age.

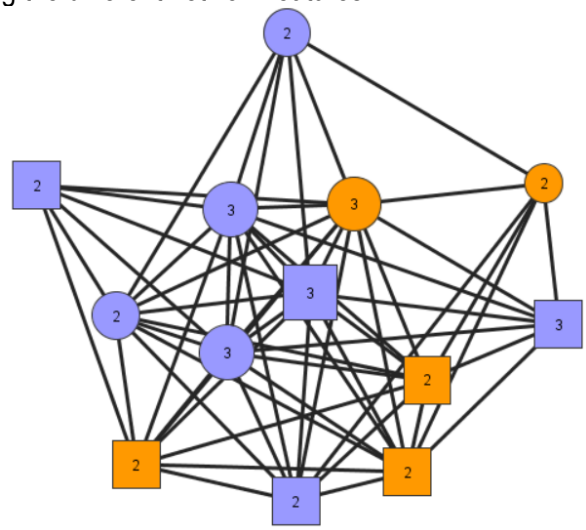
Table 10. Network measures for Members' Personal Networks (N=64) and Network Similarity measures (N=39)

	Network Measures					Network Similarity	
	Network Size	No of Components	Network Density	Average Degree	Efficiency	Average Network Age	Proportion of Men in Network
Mean	14.69	2.67	0.40	5.01	0.62	46.99	0.59
Std. Deviation	10.39	2.19	0.21	3.48	0.19	12.34	0.20
Minimum	4.00	1.00	0.06	0.55	0.08	21.57	0.14
Maximum	69.00	12.00	1.00	19.54	0.95	70.50	1.00

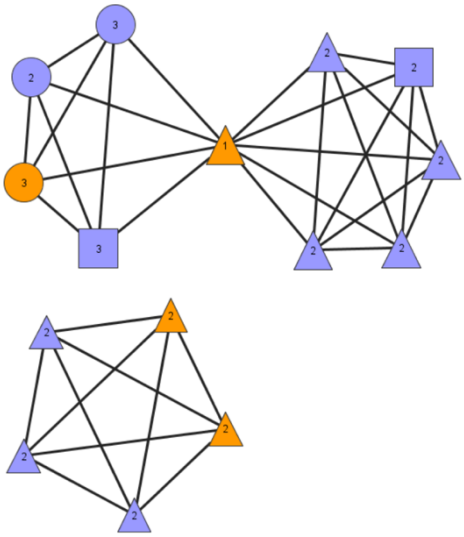
Figure 16. Personal network diagrams illustrating the different network features.



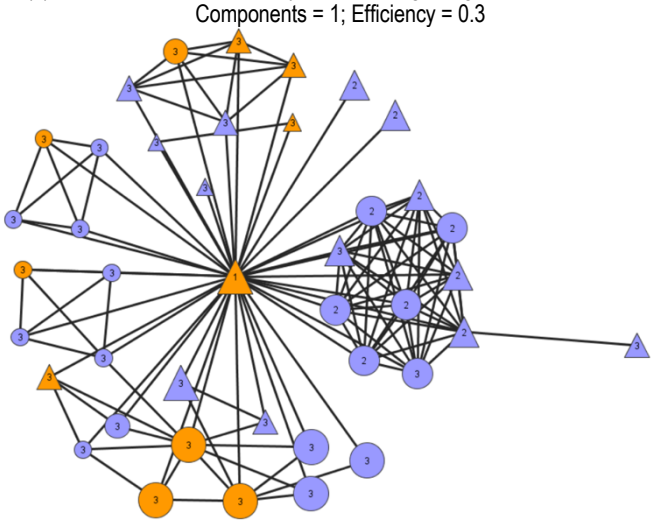
(a) Network Size = 4; density = 1; Average Degree = 3; Number of Components = 1; Efficiency = 0.3



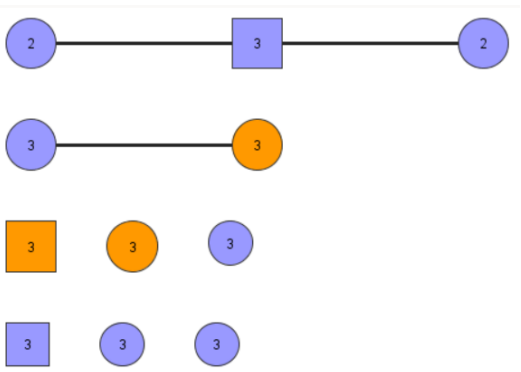
(b) Network Size = 13; Density = 0.8; Average Degree = 9.1; Number of Components = 1; Efficiency = 0.3



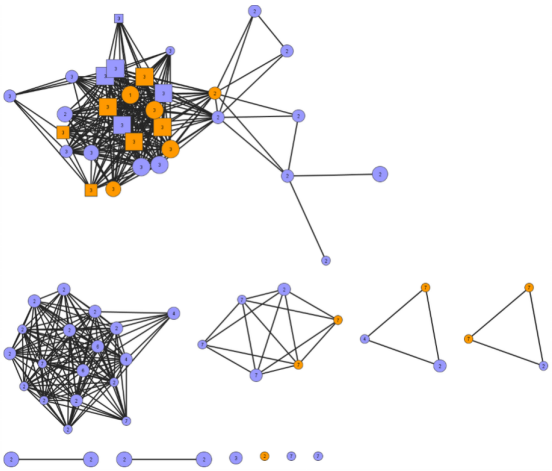
(c) Network Size = 15; Density = 0.3; Average Degree = 4.7; Number of Components = 2; Efficiency = 0.7



(d) Network Size = 41; Density = 0.2; Average Degree = 6.4; Number of Components = 1; Efficiency = 0.8



(e) Network Size = 11; Density = 0.2; Average Degree = 0.5; Number of Components = 8; Efficiency = 1

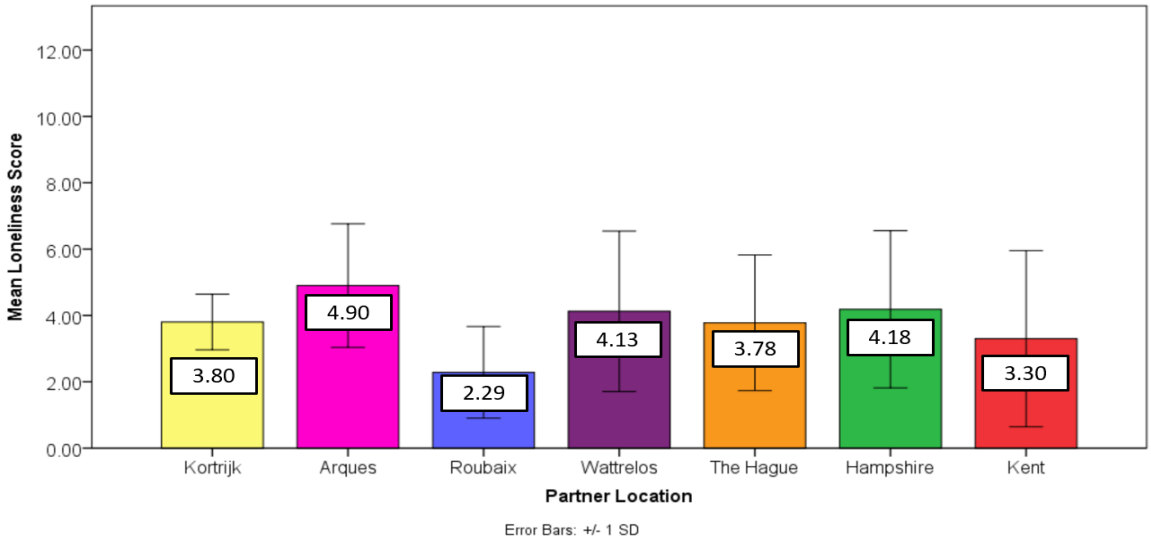


(f) Network Size = 69; Density = 0.2; Average Degree = 11.4; Number of Components = 12; Efficiency = 0.8

Loneliness

At time point two, participants competed the CEL, creating a loneliness score between 0 and 12, (0 - 3 unlikely to be experiencing loneliness, 10 - 12 likely to be experiencing intense loneliness). On average, Leaders scored lower loneliness (3.30 ± 2.63) than Members (4.19 ± 2.17), with neither group likely to be experiencing loneliness. When comparing loneliness between Partner locations, Shedders from Arques scored the highest (M = 4.90 ± 1.86), whereas the lowest was scored by Shedders from Roubaix (M = 2.29 ± 1.38), as displayed in Figure 17. Overall, the average scores between locations are not indicative of Shedders experiencing loneliness.

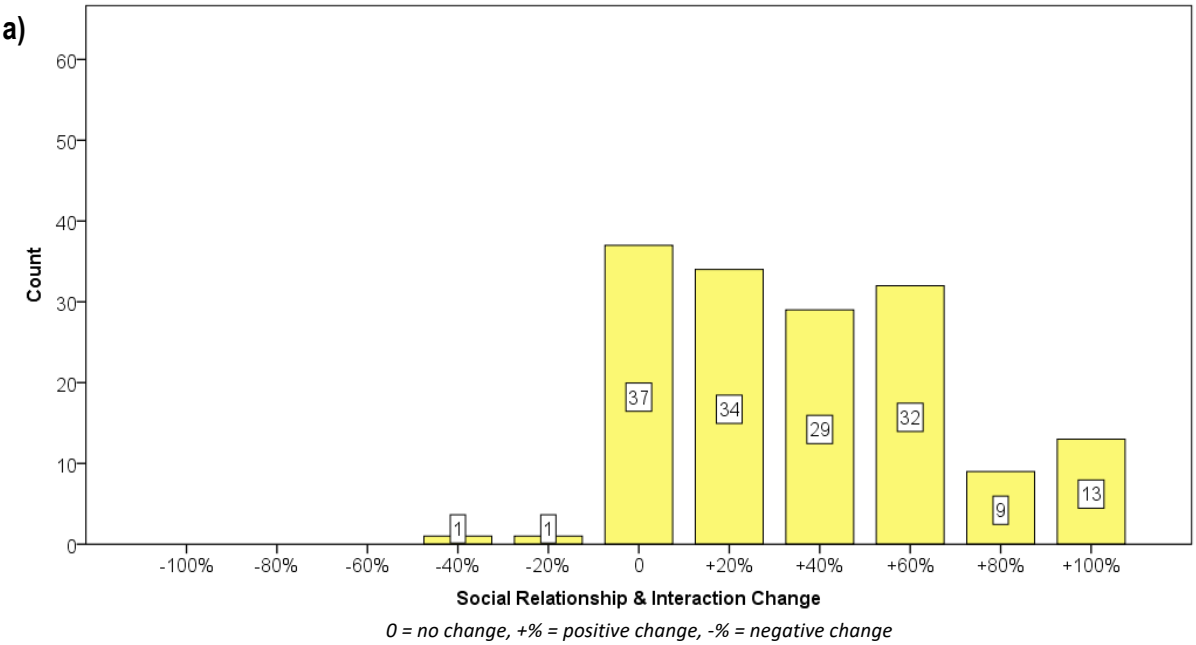
Figure 17. Mean loneliness scores between Shed locations, taken from CEL.



Participants provided perceived changes to their social relationships and interactions at time point two. Figure 18a shows that 117 out 156 individuals (75.0%) believed their social relationships and interactions had improved because of the Shed, with 37 (23.7%) perceiving no change, and 2 (1.3%) reporting a reduction. Figure 18b displays how participants attributed these positive changes to Shed involvement, with the most common response being the opportunity to meet new people, as depicted by the larger circle size.

Figure 18. Perceived social changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b)

a)



0 = no change, +% = positive change, -% = negative change

b)

Shed Experiences – Social Isolation

Three social isolation related themes were found from interview data, *Preventing Isolation, Friendships & Relationships,* and *Group Harmony*. These themes encapsulate Leaders and Members' experiences of social engagement opportunities at the Shed, and the relationships formed.

Preventing Isolation

For the majority of Sheds, increasing social contact was a key philosophy, achieved via increasing opportunities for social engagement through group activity, shared interests, and bringing like-minded men together. Leaders commented that the main purpose of the Men's Sheds movement is to overcome loneliness and isolation, and their Sheds had been established with a similar goal, providing socially isolated men a network of social ties. Leaders believed this would help isolated individuals alleviate boredom, feel better about themselves, and support their mental health. The aim was to bring the community together, and help local people make changes to their lives.

> *Giving those isolated in the community somewhere to go, where they can come down, be as active as they want, work in the workshop, take part in projects, or they can simply come down and have a cup of tea and a biscuit, and have a chat with other men. And it just brings it to life, it really does.*
>
> (PR2609)

In some Sheds, social interaction became the core activity, either down to a lack of a workshop (temporary issue during the initial Shed step-up) or Leaders classifying their groups as 'Social Sheds'. These Sheds engaged in social activities only, using board games, darts, pool, or simply conversations over a cup of tea. Away from the Shed, some social outings were organised, including visiting museums, going for barbeques, arranging meals and gatherings in pubs, visiting the cinema, and joining together for a Christmas dinner.

Many Members joined the Shed to prevent feared isolation, fearing that retirement could lead to isolation and loneliness. This was often encouraged by a spouse, concerned that, without regular activity, the Member might begin to do nothing but *"sit on the sofa all day"*. For others, the Covid-19 pandemic had reduced social engagements, and were optimistic that, when restrictions were lifted, more opportunities for social interaction would become available again.

> *I'm getting emotional just thinking about the social impact this will have on my life, I'll have my purpose back!*
>
> (Unknown)

Leaders described a number of instances where individuals had joined because of isolation, who were now engaging with the group and socially interacting with others. Members supported this, reporting that involvement at the Shed had helped them to rediscover social ties and felt supported by the Shed. During one informal interview, a Member explained that he had struggled after his divorce, as his adult children were independent, and had begun to feel lonely. He subsequently lost his job, and was advised to join the Shed. Now, he comes three times a week, and feels the group have become a family for him, surrounded by peers who have had similar experiences. For others, the Shed afforded opportunities to continue activities that they might do at home alone (such as IT skills or working in their workshop), whilst surrounded by their peers.

> *A lot of guys have been home on their own, quite isolated, but have quickly formed bonds, because we have like a WhatsApp group as well as our weekly meetings. We can share if you're in a bad place, or if you just want to reach out for chat. It's been a sort of bit of a lifeline for some of the guys.*
>
> (WM3112)

Friendships & Relationships

The primary reason for why Shedders first joined the Shed was to increase their social engagements and social connections (see Figure 10). Because of this, Leaders and Members alike highlighted the creation of new friendships and acquaintances as a key outcome from their Shed involvement. Connections were typically bonded via male-centred humour or 'banter', which the men felt was a crucial element of their Shed experience. This was particularly evident in the UK based Sheds, where well-natured fun and joking was often the norm, and was described as something a Shedder would not experience in the same way at home.

> *There's a really, really good atmosphere. A lot of joking, a lot of bloke chat and, you know, which is great, I love that! It's having a bit of banter, just, nice blokes really. All got different backgrounds, its good, very good place.*
>
> (TJ0908)

The like-minded nature, and reciprocal experiences of fellow Shedders, also helped to forge these relationships between the men. This heightened sense of unity and togetherness within the Sheds, described as a *"fellowship"* and a *"core"*, was further encouraged by some Sheds, who offered attendees a polo-shirt or jacket displaying the Shed logo, reinforcing group identity and belonging. The culmination of inclusivity and togetherness facilitated the emergence of peer-to-peer support, as Leaders described the reciprocal support Shedders offered one another with their projects. Members advocated this by commenting that they often received encouragement from their peers, whilst they themselves gave practical tips and help to other Shedders in need. One Member stated that the Shed provided an opportunity for emotional support *"if you have got any woes"*, whilst Members with physical health limitations were tangibly supported by transport to the Shed, where they otherwise would not have been able to attend.

> *We enjoy model making. And in the end, it's just a case that everybody that comes to the group, you become friends. You learn from each other, we've found a common interest. And that's brilliant, it's an important thing.*
>
> (KH0905)

For some, it brought back memories of their youth, with one Shedder describing the Shed as *"like a youth club, when I was 18, with my mates!"*, and for others, the kindness and welcoming nature of fellow Shedders was a key factor in making friends. This can be seen in Figure 19, a photograph taken by CS0212.

Figure 19. Photograph taken by CS0212, showing friendships made at the Shed.

> *We can see the friendship. We are relaxed and in a truly good mood. I feel the kindness. If something is going wrong, *** is always present."*
>
> (CS0212)

Group Harmony

During observational data collection, togetherness and harmony within the Sheds could be seen, where Sheds promoted an informal atmosphere and facilitated companionship. Some Sheds had specific areas set aside from workshops specifically for tea breaks and chats, where Shedders would meet at various times during sessions. Some Leaders believed the group size was large enough to form social connections with a variety of people, and not so big that small cliques began to form. Shedders were often connected by their shared experiences, career backgrounds, or military history, creating *"a safe environment where they can offload"*. Leaders described their Sheds as a *"close-knit team"* and a *"family*", a democratic space where all Members get a say on the direction of group projects.

As mentioned, social connections were often facilitated by the welcoming nature of the Shed environment and harmony of the group. Shedders commented that there was no obligation to be actively involved in any of the structured activities, where men could feel relaxed and at ease engaging in whatever they wanted.

It is such a nice, calm environment. We have the radio on, nobody feels judged in any way, everyone can be themselves. We have a laugh and a joke, and it is nice. Some people that come here, this is the only place that they feel they can be themselves.

(RJ1611)

Summary – Outcome 5

The social network measures taken to assess the relative social isolation or conversely embeddedness of Members would suggest that the majority of Members interviewed have small and modest networks. Their network contacts tend to reflect themselves (same gender, similar aged contacts). By measuring the efficiency of the networks, it was observed that Members who had large networks, had less power and control, compared to Members who had modest sized networks. These less efficient networks require greater effort on the part of the individual to maintain relationships and can be a cause of additional stress. A small number of Members reported very small networks with few contacts that are not particularly close, suggesting isolation and therefore risk of loneliness. Shedders provided multiple forms of support to fellow Shedders such as tangible (transport to and from the Shed), informational (advice and signposting), emotional (laughter and comfort) and validation (camaraderie and male-centric company). Overcoming isolation and loneliness was recognised as the central purpose of the Shed, which was achieved by the numbers in sessions, the organisation of space, the types of activities offered and the emphasis placed on individual autonomy regarding level of engagement and democracy regarding decision making.

Step-by-Step Outcome 6:

Skills and Employability

Employability Outcomes

The Career Adapt-Abilities Scale has four scales (Concern, Control, Curiosity, And Confidence) which measure the psychosocial resources (attitudes, competencies and behaviours) people require to manage occupational transitions and developmental tasks. The results of the BCa bootstrapped paired t-tests revealed significantly lower mean total CAAS scores at time point two compared to time point one, as presented in Table 11. This suggests that for the 38 Shedders who completed both surveys, their adaptation abilities had decreased over time.

Table 11. Results of paired t-tests comparing employability data across both time points

	Mean difference	Bias	Bootstrapped 95% CI LL	Bootstrapped 95% CI UL	p-value	N
CAAS total	-5.158	-0.040	1.142	8.974	0.020*	38

Note. Bootstrapped t-tests only produces p-value (neither t nor df). *results significant at 0.05 level.

Wilcoxon signed ranks test also revealed significantly lower mean scores for the CAAS subscales Concern, Control, and Confidence, mirroring the result of the CAAS total from the t-tests. There was no significant change for Curiosity between time points. Table 12 presents the results of the Wilcoxon signed ranks test. Similar to the total adaptability score, three of the four resources decreased over time with only Curiosity remaining similar for the 38 Shedders.

Table 12. Inferential results of Wilcoxon signed ranks test comparing CAAS subscales across both time points

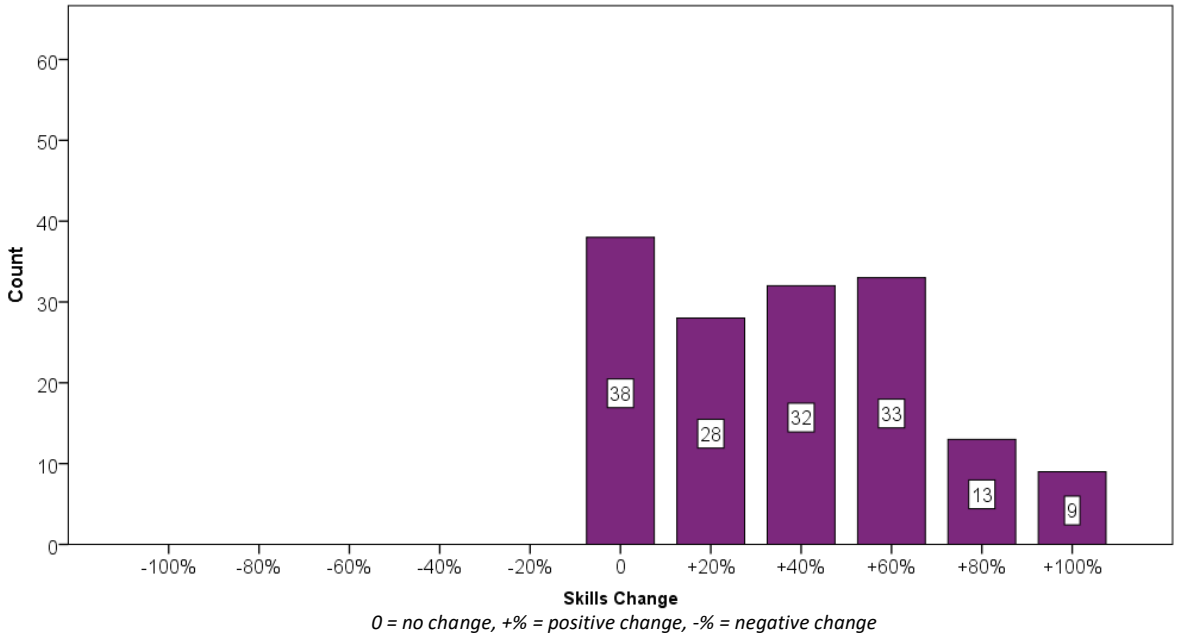
	T	*z*	*p*	No. of ties	*N*
CAAS - Concern	117.0	-2.181	0.029*	9	38
CAAS - Control	172.5	-2.146	0.032*	4	38
CAAS - Curiosity	171.5	-1.504	0.132	7	38
CAAS - Confidence	188.0	-2.090	0.037*	3	38

* results significant at 0.05 level.

By asking participants about changes to their skillsets and employability at time point two, Shedders suggested that involvement in the Shed had led to improvements. Figure 20a shows that 105 out 143 individuals (73.4%) believed their skillset had improved because of the Shed, with 38 (26.6%) perceiving no change. Figure 20b displays how these positive changes were attributed to the Shed, with the most frequent response being the opportunity to learn new skills. Figure 21a shows that 51 out 142 individuals (35.9%) believed their employability had improved because of the Shed, with 89 (62.7%) perceiving no change, and 2 (1.4%) reporting a reduction. The most positive change (see Figure 21b) attributed to the Shed was, feeling their skillset had been enhanced. This difference between skill improvement and employability reflects the bias in Shedders who were not looking for employment because they were employed, retired or uninterested in seeking employment.

Figure 20. Perceived skillset changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b).

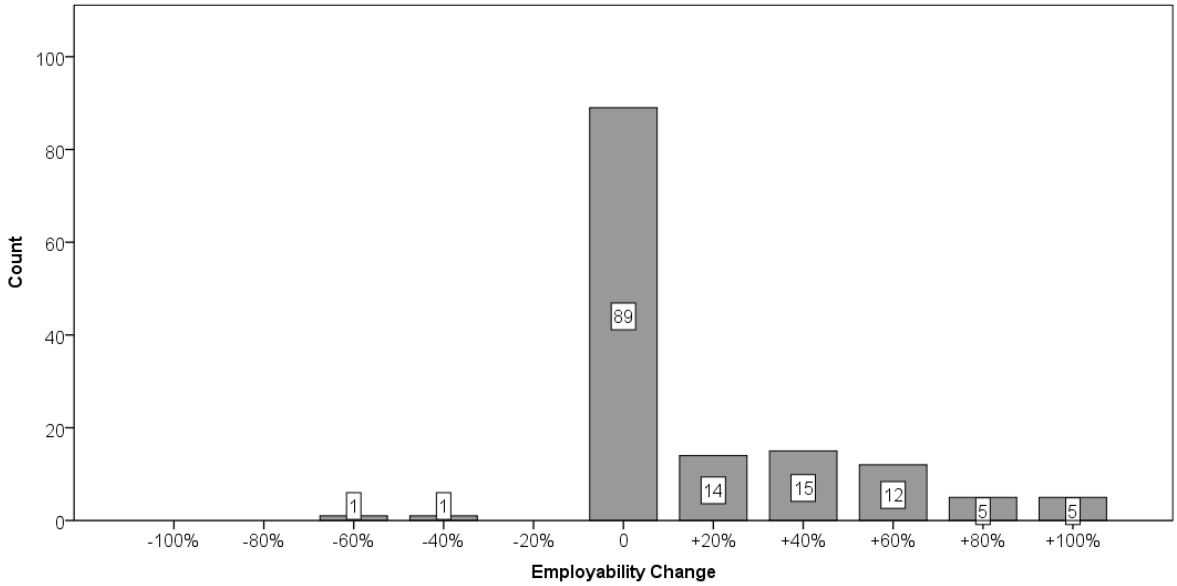
a)



b)

Figure 21. Perceived employability changes due to Shed involvement (a), and how Shed involvement facilitated those changes (b).

a)



0 = no change, +% = positive change, -% = negative change

b)

Shed Experiences – Activity, Learning & Employability

From the interview data, four themes relating to activity, learning and employability arose, *Practical Activities, Skill Learning, Skill Sharing,* and *Employment*. These themes outline information on the specific activities available at each Shed, and the associated learning opportunities Shedders experienced. Examples are given of Shedders gaining employment due to their experiences at the Shed.

Practical Activities

As reported in Table 6, the more practical-based Sheds typically offered woodworking activity, with metalwork, blacksmithing (forging), gardening and cookery also available occasionally. These Sheds tended to construct, renovate and complete repair work for either personal or community use. Other Sheds had a separate focus, such as health and fitness (offering healthy walks, recreational football, and circuit training), competitive sports (including cricket, table-tennis, and kick-rugby), and social interaction (offering a social space, attending social gatherings, or playing games). Less frequently available activities included IT skills, music, crafts, formal learning sessions (such as Dutch language and first aid training), and employment support. As mentioned, a number of support groups also joined the project as SBS Sheds, where the primary activity was talking therapy-based sessions, aimed at Shedders from the general public, or common occupational groups such as military veterans or ex-emergency service personnel.

Skill Learning

Sheds typically housed a wide variety of skillsets and expertise amongst the membership, with individuals from diverse professional and hobby backgrounds. There were ample opportunities for skill learning to take place, be it directly from a fellow Shedder, or simply through prolonged engagement with an activity. Leaders reported that, in DIY-based Sheds, practically-experienced Shedders could utilise their skillset, develop new techniques, and share these with others. Leaders believed that potential Members would be attracted by the plethora of experience and ability available at the Shed to learn from.

> *If you want to learn a new practical skill, then there's people here that can teach you. [Name] can teach you about plumbing, he also does electrics, um, as well as being a good general purpose DIYer, so you can learn woodturning as well if you wish.*
>
> (JM0704)

Members reported various ways in which they had learned new skills from their peers, often referred to as *"professionals"*. Experienced Members cited developing new techniques, working with new tools, and enhancing their overall skillset. Novice Members reported learning new skills relating to activities they had never engaged in before, allowing them to take part in Shed projects independently, as well as receiving tips and advice from

those more experienced. Figure 22 is a photograph taken by TB3012, depicting a picnic bench that he and his fellow Shedders built, utilising skills learnt at the Shed.

Figure 22. Photograph taken by TB3012, showing a picnic table build using skills learnt at the Shed

> *I want to show what we do here in the Social Centre. There stands the table. Well, it's nice. On the terrace, when it's sunny, we can be outside enjoying a glass when we eat. I have learnt the skills of how to make this here in the Shed."*
>
> (TB3012)

In most cases, Shedders learned informally from their peers; however, some Sheds ran formal training facilitated by outside specialists, including languages, cookery, and first aid. In sports and fitness specific Sheds, Members learned exercise techniques to improve their fitness, specific sport skills, how to use sports equipment, the appropriate clothing for fitness sessions, healthy eating information, and affordable cooking tips. One Leader also learned about himself and the physical limits of his body when engaging in exercise.

> *I have learnt that your body will do pretty much anything you ask it to do, it's all up here [points to his head]! You know, if you want it to run 5K, it will run 5K.*
>
> (SJ2903)

Some Leaders had undertaken their role without a leadership background, but had learned about people and project management *on the job*, including skills such as delegation, organisation, and dealing with problems. More typically, Leaders applied project management experience from their previous job role to the Shed environment; by doing so, they enhanced and adapted these skills to the informal setting of the Shed.

Skill Sharing

As well as learning new skills, Sheds provided opportunities for Shedders to utilise skills they had not used for a long time, skills they had acquired over a long career, or simply skills they enjoyed. Informal skill sharing was a key element of the Shed philosophy, whilst the opportunity to pass on practical knowledge to others was often an important motivating factor for both Leaders and Members to join. Informal skill sharing and formal instruction generated mutual benefits, both to the learner and the instructor, with Shedders feeling a sense of satisfaction, enjoyment and Shed unity from teaching.

> *There are so many people out there with amazing skill sets, and once they retire, they feel they can't use their skills any more. Whereas something like this, they have the opportunity to come and pass their skills onto other people which is great and it is good for the people who are learning new skills.*
>
> (IL0103)

Away from Shed activities, Members reported assisting their peers by sharing skills related to home projects (such as mechanical help with cars and decorating homes), IT related issues (use of Microsoft PowerPoint and making videos), and health and wellbeing tips (such as stress management techniques similar to Mindfulness).

Employment

For some Sheds, the overall focus was to support Members with employability by helping them to return to work, or offering them part-time roles that supported Shed management. These Sheds offered employment-related learning opportunities, (such as IT skills and job-searching tips), with one Shed working alongside a local employment service, who offered their expertise within the Shed space. Members from these Sheds believed their Shed involvement helped them prepare physically and mentally for a return to full-time employment, becoming re-accustomed to a working pattern, arriving at the Shed on time, and working for a whole day. Others highlighted specific employment support workshops where Members could learn the local language, or receive assistance with job searches.

> *…there is also a consulting area for like work and what you need, like you can get your CV checked out and see what you need to change or put on there.*
>
> (TR2310)

Similarly, Members reported learning interpersonal skills that transferred into daily life, helping to support their employment searches and overall wellbeing. The improvement of social skills, such as communication, listening, and dealing with others, was regarded as a key outcome for Members, whilst Leaders reported seeing others improve their self-worth, self-esteem, and confidence. Shedders with anxiety related health concerns felt the learning of social skills helped them to feel more comfortable interacting with others, and subsequently they felt more employable. Leaders provided accounts of Members, who had learned skills and developed personally at the Shed, and had subsequently found employment.

> *And so we've been helping this man. I mean, he was very damaged. And he called me the other day, very happy because he actually been able to go and find himself a job, which was a huge thing, because in October that would be an absolute no, no. So, the progress I've seen in him has been absolutely astounding.*
>
> (CE0411)

> *We had one guy who came in, he had been made redundant and he was looking for something to do, and he's just got a job after about a year. That's great, because we've helped him on his way. I'm sure [the Shed] boosted his confidence back up. I think he was quite depressed and it helped him get out of that and feel better.*
>
> (MB0308)

> *Well, he said, 'I'm homeless'. He just got into a hostel. So, we made him some furniture to go in his room, and now he doesn't come anymore because he's full-time employed. He started off the shelf-stacking in Sainsbury's two nights a week, and then working for a courier company. But certainly, I think we gave him the confidence to say 'I can do it'.*
>
> (TJT1208)

Employment Coaches

Individuals trained as SBS Employment Coaches shared their experiences of engaging in the training, and fulfilling the role within the Shed. Coaches typically completed the training having been approached by the Leader or Delivery Partner, and, similar to Health Champions, the training incorporated basic employment information, role-play scenarios, and knowledge of local employment services.

At the Shed, Coaches applied their training in different ways, with some holding workshops or offering one-to-one assistance to address employability skills, CV writing and job application preparation. By offering bespoke help, the coach was able to discuss transferable skills; for example, an individual creating something for a local school is not only utilising woodworking skills, but also time management, organisation, meeting demands, and quality assurance.

> *I'm talking to them about what they did that day, so that they can start to think about the skills that they're using. Because I don't know that too many people will probably be picking up on that. So, me saying to them, 'I really like the way that you handled that situation', or 'that really shows that you're good at managing children' could help them to get into jobs.*
>
> (BC1910)

Employment Coaches reported that, by supporting people, they built their own self-confidence, overcame social anxiety inducing situations, and developed skills such as public speaking. They had a *"feel-good factor"* in helping people, knowing that a Shedder had left their interaction in a better place, happier than when they entered it. The training offered to Coaches increased their confidence to discuss employment skills, giving them assurance that they were making a positive change in the lives of Shedders. The training also reinforced their relationship and view of the Delivery Partner.

Overall, Employment Coaches believe the Employment Model is a worthwhile addition to Men's Sheds concept; however, some Leaders were hesitant to suggest the training to their Shedders due to their age. These hesitations were more common in UK Sheds, as the demographic was typically of retirement age, meaning they saw little benefit in Employment Coaches. However, these Leaders did provide examples of working age Shedders moving into employment, and so could see how other Sheds might benefit.

Summary – Outcome 6

Shedders reported that their skills have improved as a result of involvement in the Shed's activities. By engaging in practical activities in a shared space, the Shedders benefited from the assistance and guidance of those who were more skilled. Working together had benefits for the skilled Shedders who grew in confidence and their skills by sharing and instructing others. As well as Shed projects, Shedders also exchanged their knowledge and skills in other areas such as IT and health change. Whilst employability was not central to the activities of all Sheds, Leaders could see the benefits of transferable skills practiced during Shed sessions. Employment Coaches played an active role in the Shed by offering training workshops and one-to-one mentorship. Coaches also benefited by taking on this role in terms of esteem and confidence enhancement.

Economic Evaluation

Economic Evaluation Outcomes

Hampshire is a vibrant regional economy with average salaries (based on South-East) second only to London. The county benefits from strong road transport links (M3 and M27), Southampton Airport, and the deep-water ports of Southampton and Portsmouth, as shown in Figure 23.

Figure 23. Outline of transport links for Hampshire and connections with major cities, Source: http://www.visit-hampshire.co.uk

Regional Income

Table 13 provides the regional GDP and GDP chained volume measures (adjusted for inflation based on 2018 prices) for Hampshire 2015–19 (ONS, 2021b). The GDP statistics are taken from gross value added (GVA) regional data plus net subsidies and taxation.

Table 13. Regional GDP/million for Hampshire between 2015 and 2019.

GDP/Millions	2015	2016	2017	2018	2019
Nominal	£56,331	£58,171	£60,521	£62,012	£64,004
Adjusted	£60,403	£60,648	£61,558	£62,012	£62,727

Autonomous Employment

The median (ONS preferred measure) salary for the South-East region in 2019 (avoiding more recent measures likely to be skewed by Covid-19 lockdowns) is £31,876 per annum (ONS, 2019a, p.9). As stated above, this figure is reduced by £6,000 (£1000 per month welfare receipts are foregone for 50% of the ex-Shedders, and the other 50% are assumed to not receive benefits) to leave £25,876 of autonomous income per new job created in Hampshire. It can therefore be concluded that the income impact of SBS is equal to 3% of 900 Shedders (i.e. 27) x £25,876 x 1.5 (the value of the multiplier). The annual impact of the SBS Shed is therefore an increase of the sustainable regional income of **£1,047,978**. This adjusts the Hampshire GDP for 2019 from **£64,004 million** to **£64,005**, a positive, albeit marginal effect. If the quantity of Sheds were to be scaled up to 1206, as suggested above, then the SBS impact on Hampshire sustainable income would be **£28,085,810**, which then leads to a new nominal GDP of **£64,032 million**. If this were to be scaled up nationally, the increased income would total approximately £28 million x 20 (i.e. **£560 million**). This increases the nominal UK GDP in 2019 from £2,214,362 million to £2,214,922 million.

Health Expenditure

The UK government spent £225.2 billion on health in 2019, representing £3,371 per person and roughly 10% of public spending (ONS, 2019b). On this basis, 45 Sheds with 900 Shedders will result in a reduction of government health spending of **£91,017**. If there are 1206 Sheds, and 24,120 Shedders, this will reduce the government spending by **£2,439,256**. Again, if this is multiplied by 20 (as an approximation of a national saturation of SBS Sheds) then the saving would be **£48,785,510**.

Increased Productivity

The improved economic/social infrastructure, participation and skill enhancement will lead to an improved productivity in the workplace. Based on the coefficients stated above, GDP will rise from the 2019 level by 0.00038% (with 45 Sheds) and 0.01% (with 1206 Sheds). This increases regional GDP by £0.243 million (45 Sheds) and £6.4 million (1206 Sheds) and combined with the employment income leads to a total income effect of **£1,290,978** (45 Sheds) and **£34,485,810** (1206 Sheds). If this is scaled up nationally the total effect would be **£689,716,200**.

Summary – Outcome 7

In terms of the SBS Shed's economic effect (i.e. on economic activity), the EE concludes that it is likely to have a marginal impact (albeit a positive one) on sustainable GDP/output. This remains the case when the project is scaled-up to a Shed saturation point. Notwithstanding, when the non-monetarised effects are also considered, the benefit to the regional/national economy and society are undeniable. This is particularly the case since the movement is largely grassroots-driven, and self-funded, thus placing minimal fiscal demand on the national or regional authorities.

Running Sheds during the Covid-19 Pandemic

Covid-19

At time point two, Leaders discussed how the Covid-19 pandemic had influenced Shed delivery, three themes were identified, *Shed Activity through Lockdowns, Reopening with Restrictions*, and *The Impact of Covid-19*. These themes summarise how Leaders maintained contact with their Members and the issues they faced in doing so, the processes of Sheds returning to 'normal' activity, how restrictions affected Shed numbers, and the overall impact on Sheds and Shedders.

Shed Activity through Lockdowns

Typically, Sheds were physically closed to Members through the various lockdowns in place across each of the four countries, with some Sheds still able to meet outdoors as long as they complied with social distancing restrictions. During this time, Sheds moved sessions online (using platforms such as Zoom), with usual activities substituted for social discussions, quizzes, and in some cases, online classes. These either took place during usual Shed session timeslots, or occurred less frequently, becoming a weekly or fortnightly occurrence. Attendance to these sessions was mixed, with some hosting much of the Shed membership, and other Sheds struggling to attract numbers. Some Leaders suggested that online meetings were more popular through initial lockdowns, with Shedders becoming less interested during subsequent lockdowns. Meeting in this way enabled Shedders to continue their social engagement with one another, allowing vulnerable Members to keep in touch, and enabling Shed Leaders to disseminate Covid-19 related updates and share advice.

Similarly, some Leaders organised a WhatsApp group for the Members to remain in contact, and others telephoned vulnerable Members who were unable to access online sessions. Shedders were involved in food parcel delivery and getting medication and supplies to their peers who were isolating at home. Sheds that were able to continue working in some capacity chose to support local services by making Personal Protective Equipment (face shields), fundraising, stewarding vaccine clinics, and organising clothing donations. The engagement in online sessions demonstrated the need for the Shed to Leaders, and highlighted that Shedders benefit from their attendance.

> *I was actually amazed and encouraged that blokes wanted to continue to meet, which indicated to me that it really was valuable. People wanted to carry on doing it, even though the main attraction wasn't there anymore, so that did show that the chat bit really had taken root.*
>
> (TD0101)

Likewise, Sheds received support from the community during the various lockdowns, including funding support from local councils, and donations from members of the public. In the UK, SBS Delivery Partners organised online network meetings to offer support to Leaders, providing a forum to share advice and activity suggestions.

In contrast, a number of Sheds struggled with maintaining contact with their Shedders, often due to IT issues. Some Shedders did not have the capacity to join an online meeting or a group chat, others did not engage with regular newsletters or contact from Leaders, and some were uninterested without the usual Shed activity on

offer. Leaders themselves began to feel discouraged from engaging in online meetings, with some describing it as *"Zoom fatigue"* and others feeling as though they were forcing themselves to join the meetings.

Reopening with Restrictions

In order for Sheds to continue with their usual activities, and welcome Members back on-site, Leaders had to ensure various restrictions and processes were in place. This included limiting numbers (dependent on the space available), ensuring adequate air-flow, the wearing of masks when indoors, two-metre social distancing, track and trace processes, the installation of hand washing/sanitising stations, tools to measure Shedder temperatures upon entry, and vaccination requirements to re-join.

Many Leaders chose to visit their Sheds during lockdowns to ensure the structure was maintained and no issues had occurred in their absence, thus preparing for reopening by installing the relevant safety measures. By doing so, these Sheds were able to reopen promptly when restrictions lifted, with Leaders and Members alike keen to resume their Shed involvement. Conversely, others were more hesitant about reopening quickly, choosing to remain cautious when reintroducing themselves to the Shed. This was typically due to the number of cases rising nationally, the older Members feeling more vulnerable, or fearing a loss of control with the easing of national restrictions.

> *It has been an absolute nightmare trying to get things done here, during and since Covid. In fact, interestingly, when the rules were in place I think a lot of people were of the opinion that it is all being controlled and they were safe, and now the rules have gone, we have certainly had a drop-off of people.*
>
> (CC1308)

Restrictions put in place were based either on national rules or through their own choice. Typically, 'the rule of six' was implemented, meaning no more than six individuals could attend the Shed at one time, encouraging Leaders to create a rota system that would allow as many Members who wanted to return the chance to do so. For some Members, the rota system meant they formed stronger ties with the Shedders they shared the session with, whereas others felt they were missing out on seeing the variety of individuals they had previously, and only interacting with the same Members during each session.

After national restrictions began to ease, Leaders and their Members planned which restrictions they would keep in place, with the majority still choosing to wear masks, keeping two metres apart, and accommodating limited numbers. Some Sheds decided they would forgo reopening the Shed physically, and continue their sessions online; something which was more attractive to social and support based Sheds. However, the overall consensus between Shedders was an urge for the Shed to return to 'normal' as soon as possible.

The Impact of Covid-19

As well as the impact on numbers attending the Sheds, the pandemic affected the relationships between Sheds and their local communities. For some, these connections were strengthened by a sense of community cohesion and togetherness in the face of adversity, through the increase in donations, and collaborative working. For others, Shed closures meant community relationships had diminished, with service delivery ceased, or their engagement with the Shed being a lower priority. Connections with local referrers, community services that previously commissioned work from the Shed, tool and material donors, and local event organisers were reduced. In these instances, Leaders typically felt connections would restart again in the future; however, some believed the pandemic had ended these relationships, with re-engagement unlikely.

One of the key impacts of the pandemic was a sense of loss amongst the Shed, in many cases attributed to the Shed closure, resulting in a loss of regular contact and structure. Whilst closures slowed the progress of Shed refurbishments and interrupted community projects, the greatest impact was on Shedders themselves, with many feeling a sense of isolation, and general unhappiness compounded by pandemic-inducing uncertainty. The re-opening of Sheds was highlighted by Leaders as a great sense of relief, uplifting Shedders' moods, re-engaging isolated Members with their peers, and increasing overall wellbeing.

> *Judging by the notes that were being posted in group chats, people were getting really stir crazy at one stage [with the Shed being closed], wanting to meet up. I think by the fact that we are now able to meet has made a lot of people far happier and a better sense of wellbeing than they had in lockdown.*
>
> (AA2404)

Other Sheds experienced loss in different ways, with some Leaders highlighting the loss of opportunity to access competitions or events, the loss of visibility within the local area, and Members losing technical skills they developed previously. This was particularly pertinent for those supporting Shedders with additional needs, describing this loss as *"heart breaking"*, and a need to *"start all over again"*. Inevitably, Sheds also suffered personal losses, with Leaders and Members sadly passing away during Shed closures. Shedders experienced grief and bereavement as a result, as well as practical issues, such as Leaders needing to undertake extra responsibilities, sensitively, such as trying to regain the Shed keys.

Overall, Leaders described the impact of Covid-19 as a *"set-back"*, with Sheds' progress typically interrupted rather than halted, and a return to *"normal"* delivery on the horizon.

Summary – The influence of Covid-19 on Shed Implementation

Leaders and Members felt the loss of momentum in Shed activities created by the prolonged and unpredictable circumstances of the Covid-19 pandemic. Physically, many Sheds closed their doors during the enforced lockdowns in each country. For many, this shifted contact with Members to online video-conferencing and phone messaging thereby limiting contact for those without digital technology and literacy. A number of Sheds joined the community volunteer response for Shedders and the public thereby giving a sense of civic and personal pride. As social restrictions lifted, Sheds required re-organisation of space to ensure they met with government guidance. A number of Leaders and Members expressed personal concerns about returning to 'normal' practice and were hesitant about returning to the Shed. Community connections were both lost and reinforced during the pandemic. Sadly, a number of Shedders suffered personal bereavements during this time and indeed a number sadly passed away. The Shed community was able to provide comfort and support and continue to do so.

SBS Partner Experiences of Implementing the Model

Partner Experiences

The SBS Model was originally conceived to address the higher rates of suicide in the male populations of the four countries. The Model was co-produced with personnel and end users from each Project Partner. The objective was to create one Model that would be acceptable, applicable and enacted by each of the Partner organisations involved in delivering SBS Sheds. Those involved in the SBS Model design did not necessarily have a background in behaviour change and health intervention but instead drew on training and experience of community work with the target audience, and/or personal lived experience of being part of the target group.

Representatives from each Project Partner (and with one commissioned Delivery Company) were interviewed to explore their experiences in realising the SBS Model. These interviews explored a number of implementation themes; *namely, acceptability, appropriateness, feasibility, adoption,* and *sustainability*. Partner quotes are not attributed to maintain anonymity.

Acceptability of the SBS Model

The first area discussed with Partners was the relevance of SBS to the organisation. Partners were very positive about the project and the compatibility of the Project with their organisation's activities.

Organisational Fit

All Project Partners explained that the objectives of the SBS Project fitted well to the wider work of their organisation. The SBS Model had given them a means to reach men within their communities that they had previously struggled to bring into their existing work. By doing so, they had gained insight into the needs of men, and how to communicate with and engage men. The knowledge and connections made with men in the community would be used to shape future work outside of the SBS Shed activities.

> *We could make a lot of connections between what we were doing in the field and gained more theoretical knowledge about our work. It was interesting in a way, but also difficult to realise. For example, how somebody gets a member of the shed and then [gets] him to stay in the shed for a long time. So, during this time, you can really evaluate and monitor how this guy is developing concerning mental and physical health.*

A Qualified Success

All interviewees remarked that the involvement of their organisation in the Project had been worthwhile. They felt that the Project had been successful and they were pleased to have been involved. The perceived success of the Project was tempered by original expectations and how this was not fully realised given the duration of and restrictions imposed by the Covid-19 pandemic.

> *I think it met our basic expectations about what we wanted to achieve but on a much smaller scale than we wanted to achieve. So even though we did make an impact on our local communities, the numbers that were impacted were a fraction of what we would have hoped. Overall, we're pleased with what we've achieved, but some of those numbers that are behind all of that have been a real struggle.*

One Partner remarked that the SBS Model implies change takes place over time. Within their organisation, Shed Membership was short-term and therefore it was difficult to realise the various changes expected (physical and mental health, skill and employability skills).

Shifting Expectations

One of the interviewees remarked that initial goals were set in terms of numeric targets, but that over time there was a shift towards the meaningfulness of contacts made.

> *We had set numerical targets that I think over time became less and less important, and the main thing we wanted to do was to facilitate a shift in the conversations among men in the community…. If they're changing their perception on health and being more proactive about health, of course, measuring that in any substantive way has been difficult… but from an organisational perspective we're happy with that.*

This shift in evidencing change was accomplished by learning to trust in and listening to what the communities shared rather than expecting them to evidence change in a predetermined manner.

For the two UK Partners, where there is a stronger understanding of the Men's Shed concept, there was more work to be done to expand beyond the traditional workshop view of a Shed's purpose. Partners worked with Shed Leaders to help them envisage a wider range of activities, opening times and potential Members. *"Spaces where men congregate for a purpose. Having that expanded definition of a Shed is important."*

New ways of working with Men and Communities

A number of Partners discussed how the SBS Project had given them more intelligence about effective ways of working with men in communities. An important lesson was to first build relationships by offering a space that men could meet and do activities that they were intrinsically interested in. Once trust had developed in the group, informal support could be enhanced with voluntary learning opportunities in the areas of health and employability.

> *…to attract men who were isolated. You cannot attract them by giving them a phone call and saying 'hello we're from [SBS] and we're helping people towards a job, can we help you?' Then they are probably not interested, but when they're already participating for a year in dimension of the programme, doing football or cooking or other nice things then it's much easier to approach them…. In letting us help them to work a job or towards work, making them work ready, they can also be a volunteer at the [SBS] centre or another foundation in the neighbourhood.*

Appropriateness of the SBS Model

The SBS Project was designed to address a number of key elements of male health in the four countries. At the macro level the Model was designed to address suicide prevention in men (higher rates in men than women, amongst the unemployed and those socially isolated). When asked what made the Model effective, Partners discussed the practical, direct and supportive approach as being key to success.

> *Letting them take ownership of it. It's not patronising, it's not the nanny state, it's not telling them, 'this is what's what'. It's having a conversation, challenging some on their toxic masculinity and preconceived [notions of health]. It's not a created flyer and we've said to add it… we go there, at the coalface now and speak to the people and talk to them and find out what's going on for them.*

Working with Stakeholders

One Partner organisation has been able to use the work completed within the SBS Project to raise the topic of men's health with stakeholder organisations, such as the health services.

> *We've done a lot of outreach to other organisations, about the importance of engaging men about mental health. There's quite a lot of conversation around that locally, with a lot of the NHS and community organisations having that same focus.*

Indeed, Sheds had also engaged with these stakeholders directly and *"on their own terms"*. By having the recognition of the SBS Shed branding, these conversations became easier and more meaningful. SBS Partners deployed their allocated funding differently. This meant that Sheds in the UK received less direct funding from the EU grant than those in France, Belgium, and the Netherlands. The differences in funding appeared to create a difference in being part of, or independent to the SBS Project. Additionally, initial press releases about the

SBS Project did cause some community confusion and resulted in existing independent groups approaching SBS Partners to ask for funds to supplement their work.

Not all Sheds worked with people who had complex needs and, therefore, for some, the focus on health or employability was not the primary focus. Partners agreed that the starting point was the creation of a social space for meaningful interactions. *"That's where we do make a difference is in bringing people together."*

Peer-to-Peer Learning

Shedders learning from their fellow Shedders is a key feature of the Men's Shed movement. This "shoulder to shoulder" philosophy successfully operates in traditional workshops and activities involving skill sharing. One Partner had supplemented this approach with the occasional Masterclass which, in turn, re-invigorated the Shedders in their work.

> *To be part of a group of people that has the same interests as they do was important. This peer-to-peer learning, I think before we didn't really realise that it happens, but then because of the SBS Model we have been experimenting a little bit. I see that this works very well with the population we have. They really like this idea and every now and then we also bring someone in for one day, that has even more experience and they like this. Then, for two weeks after they are just working together, based on the experience they had with this guy that was even more experienced than them.*

Health and Wellbeing Focus

The Health Champion training was well received by all SBS Partners and considered an important success of the Model.

> *The uptake at the training was quite good, we just struggled when we got to a saturation point fairly early on, with who wanted to do the training. The people who did the training, found it quite valuable and that's the one thing that people still talk about; being a Health Champion and having the training.*

The training offered to Champions and their actions within the Shed assisted in normalising the conversations about health. *"Having a Health Champion there to reach out to the socially isolated people during lockdown and things of that nature has had a positive impact."* The Covid-19 pandemic presented unique challenges for the Shedders in terms of addressing misinformation about the disease and vaccine hesitancy in certain communities. Amongst younger Shedders, the topic of mental health was more of a priority than physical health. Interestingly, some older Shedders felt uncomfortable about raising healthy lifestyle topics with younger Shedders, in particular smoking. Smoking was culturally acceptable in older Shedders and they felt *"hypocritical"* to raise it as a topic with younger Shedders who were less likely to smoke.

Employability Focus

In comparison to the SBS Model's health components, the employability elements had mixed results and, for some Partners, it was a *"harder fit"*. For those Partners who had Sheds with an older membership, the employability element was difficult to implement. *"People think, 'oh yeah in theory it's a good idea', but it just wasn't on their priority list of things to do."* The record keeping (to evidence engagement the Participation Ladder was used – see Appendix B) exacerbated the perception of poor fit within these Sheds and Leaders reported that it was *"a step too far"*. Emphasising skill improvement was more acceptable within these Sheds.

> *Where people can come and learn and get some of those skills, this was quite a positive thing and at the very beginning that was the thing that the people most wanted to do. But all of the other bits about helping people find jobs and looking at employability skills development was a lot harder to [implement].*

SBS Partners who worked with a younger Shedder demographic were able to incorporate employability on a need's basis. All Partners recognised that employability is not the central purpose of most Sheds and Shedders, and therefore a one-to-one approach using existing agencies or expertise in the community was more useful to meet the needs of Shedders. For example, within one Shed, five individuals were coached, each with different business ideas (for example, events management, dance, furniture restoration and creative design)

Digital Tool

A Digital Tool was co-designed by SBS Partners and led by Wellbeing People during the life course of the Project (learn more here). Whilst Partners contributed actively to the work, the time taken to realise the technology meant that the Digital Tool was released prior to the first wave of Covid-19 Lockdowns. The timing meant that there was little opportunity to introduce the Tool within Shed. Unfortunately, the circumstances of enforced isolation meant that when Shed activity resumed, most Shedders reported back to Partners that they did not want to engage with digital technology. Post lockdown, even the younger Shedders were observed to be spending less time using their smart phones and were more interested in *"live*" experiences at Sheds. Partners were disappointed by the lack of engagement with the Tool but felt it had become a *"victim of circumstance*". More can be found about the Digital Tool within the SBS Digital Wellbeing Model.

Feasibility of delivering the SBS model

Partners offered a number of insights into lessons they had learnt in delivering the SBS Project.

Stop-Start cycles of lockdown

SBS Partners spoke of the difficulties encountered because of the Covid-19 pandemic. The timing was viewed as unfortunate as many felt that they had just started to *"accelerate"* or were just about to *"get underway"* with growth in Shed numbers. Whilst some were able to shift quickly and smoothly to online delivery, others were

less successful. One SBS Partner works with a community with little digital access away from the Sheds, meaning that the momentum created was lost and hard to get back. Repeated lockdowns, vaccine hesitancy and distrust of the government continued to hinder activities and community engagement.

> *So, the activity stops and then after a year we try to revitalise this and it seemed that some men were working and already they had found a job, which is good, but they didn't have the time in evenings to go cooking with other men. And the other men we're not happy that the group fell apart and they had to accept other men into the group, and so that made social interaction a little bit difficult.*

Government legislation in the Netherlands regarding the use of public spaces had a significant impact on the Partner's ability to re-start Shed operations. The requirement to show vaccination status limited attendance of Members who were largely drawn from a community with a low vaccine uptake rate. Other issues were encountered that limited what activities could be offered, such as complying with distancing requirements and ventilation of indoor spaces.

Effective communication between Partners and Leaders

There was a feeling amongst Project Partners that introducing all elements of the Model at once would have been difficult and *"overwhelming"*. Deciding how to guide Shed Leaders was on a case-by-case approach with the person liaising with Leaders. A number of Sheds were used by local statutory services as a means of engaging vulnerable adults in meaningful activity. The Partners reported that they assisted Shed Leaders to be more vocal about the needs of the Shed and to become more confident in dealing with referrals. Rather than passively accepting these new Members, Leaders are now more assertive at engaging with the statutory organisation to ensure that support is provided for the individual and the Shed (such as a carer accompanying the individual). One Partner had more success than other Partners at setting up new Sheds virtually during the various Covid-19 lockdowns. Individuals wanting to set-up a Shed approached Project Partners but this proved unworkable, as it was hard to attract Membership from the local community who were not connected in some way; *"There was a lot of good intentions, but just struggled to get interest on the ground, [it was] frustrating".* Sheds were very successful at organising their own activities and determining their focus. Sheds needed assistance with marketing and to engage with their communities.

Balancing when and how to introduce Model components

For one Partner, the Health Kiosk arrived late into the Project and therefore didn't reach it's potential. Difficulties in arranging visits and the uncertainty created about social distancing rules delayed the arrival of the health technology to the Shed. When the Kiosk was in place, the response was very positive.

Shed Leaders reported to a number of the SBS Partners that they were reluctant to keep records about their Members. They were happy to share *"good news"* stories informally but were both hesitant and reluctant to monitor. This element of evidencing to comply with funding obligations as well as volunteering to participate in the evaluation remained a constant challenge for Partners delivering and the Evaluation team. One Partner described the situation as reinforcing the Shedders' existing views about bureaucracy, and was therefore

"counterproductive". Partners reported that on a number of occasions there was clearly confusion about the distinction between record keeping for project monitoring and elements of the evaluation.

> *People were very happy to share the odd case study of a really good story because they were very proud of it, but on a systematic basis we just could not get engagement. The idea of being monitored by somebody else [was not welcomed]. People just wanted to get on with what they do and be trusted to do what they do rather than to kind of prove that they're doing what they do.*

Sub-contracting Work

Partners who sub-contracted training to Shedders for health and employability components to outside companies experienced some difficulties in achieving engagement within the time constraints of the Project. The Health Champion training was designed to reflect developmental skills regarding healthy conversations between peers. One Partner experienced difficulties when inviting tenders for the training delivery. Usually, an invitation to tender involves flexibility for the company to design a programme that fulfils the brief. As this was a co-created Model of training for all Partners, there was less flexibility than many had expected in order to fulfil the requirements of the tender. This presented challenges for the Partner and the Training Providers.

Additional costs or resources incurred by their organisation

Many of the SBS Partners had under-estimated the amount of time needed to deliver the Project successfully. When the Project was allocated to a few personnel it felt like a burden; but, conversely, when work was *"contracted out"*, the pressure was not necessarily alleviated as the work still needed to be managed closely. The smaller SBS Partners felt added pressure by having to deliver the many facets of the Project (management of the Project and the Sheds). For one, the challenge was having to perform duties that were not within their area of expertise (record keeping and budgets), thereby taking time away from more enjoyable activities.

Future Adoption and Sustainability of the SBS Model within their organisation

The SBS Project Partners have instigated plans to support the continuation of the Sheds in the medium-term future. Support is planned in terms of seeking further funding, continuation of the regional Shed networks, geographical boundary spreading of Shed locations, Men's Health conferences, conversations with Stakeholders about expansion, removing the record keeping and personnel support from the Partner organisations.

For those SBS Partners who had direct responsibility for Shed delivery, they raised the issue of succession planning in terms of ensuring continuity of delivery after a Leader had left. During the life course of the project, several Sheds lost Leaders which highlighted the vulnerability of reliance on a *"key"* individual.

> *Because I think he was a really creative brain, I don't think they [the local authority] will find somebody who can replace him, so I think [the Shed] will be more institutionalised, not so much on the creative component, but more on the reactivating components.*

One Partner spoke about changing perceptions of success outcomes. At the beginning of the Project, the emphasis for the organisation was on statistical markers of success, but during the life course of the Project they had put their trust in the community to articulate what success looks like from their perspective. This shift in perspective to working with *"grassroots"* groups is something they would like to take forward as a more sustainable and appropriate method of delivering public health community work.

> *Having high level, strategic priorities don't translate to the real world easily and so actually having projects where we actually get our hands dirty and actually get out there and do stuff will make a visceral difference. Having Wellbeing People and the Health Kiosk visit people made them lose weight, it's made them go to the doctors, and made them drink more water. If you just get all the men to drink more water I think we're going to basically improve health, so I like seeing actual real-world effects.*

In terms of engaging Sheds in gathering information to evidence their work, one Partner suggested reframing the activity as an opportunity for them to *"show off"* and *"tell us about your good work"*.

Partners who had sub-contracted work, such as health and employability components, reflected on how this could work in future. Rather than sub-contracting, they would seek to understand the local agencies who fulfil these roles at a much earlier stage and, therefore, work with them rather than duplicating services. The Partners recognised that they had held on to control so they could monitor the Project, but it may not be optimal in terms of long-term community partnerships.

> *In hindsight, what would have worked better I think is, at a much earlier stage, partnering with local organisations as part of the SBS Project. We would all be doing public health and community development work…. It probably would have felt much better for long term relationships if we are equals, rather than a commissioner – provider relationship.*

The employability component of the Model was viewed as a long-term aspiration for the SBS Sheds. All Partners recognised the potential to engage a different type of Shedder and view the Shed space differently thereby meeting the needs of their communities.

> *Young people again, because this is our target group. They have this dream of developing businesses out of their skills and talents. I think here we can play a part, a role to make it happen, so this is a component that we're really keen to stay and that will be incorporated, into what we do… A lot of young people struggle with this, they dream of having a job in which they can they can show the talents they have. To be able to do this, it's not easy. If you want to develop a business, there are so many things you have to think about. You have to be skilled, not only having a skill in which you're good at but then to develop business, you have to have a lot of other skills. If this is a smaller business … they also have a positive impact on the local contexts, because these people, certainly in the creative sector, they also would want to have a social impact and that's why we try to help people who really want to develop such kind of businesses. I really believe in it, I think this could be a solution for a lot of problems.*

Summary – SBS Partner Experiences of Implementing the Model

Partners spoke of their enthusiasm for the Project and how SBS complimented and enhanced the wider work of their organisations. Delivering the Project was complicated by the need to evidence progress for funders in a tangible manner that was difficult to get buy-in from Sheds. A number of Partner organisations had started to recruit more Sheds and Members prior to the start of the Covid-19 pandemic. The uncertainty, anxiety and restrictions that accompanied this unprecedented event, resulted in a loss of momentum, with some Sheds facing set-backs when trying to re-open their doors. The SBS Model was viewed favourably by Partners but not implemented fully in all Sheds. Rather, Sheds introduced elements as they evolved and to meet the needs of their Shedders. The health and wellbeing components of the Model were welcomed by most whereas the employability was considered more appropriate for Sheds with a younger demographic. All Partners have the intention to continue to support the Sheds at the Project's conclusion, with a number having secured funding to realise these intentions.

Discussion

Step-by-Step Conclusions

The Step-by-Step Project was designed by Partner organisations to address the common health inequalities of men in the European countries of Belgium, France, the Netherlands and the United Kingdom. Statistics indicate that European men have higher rates of certain non-communicable diseases, poorer mental health, and, with age, greater risk of loneliness. In addition to particular health risks, men are less likely to seek help, thereby compounding the risk of late detection of health problems and poorer outcomes. Recent research indicates even when men seek assistance for health concerns they are not satisfied with the service received (Seidler et al., 2018), thereby withdrawing early from treatment and reducing the likelihood of future help seeking.

The SBS Delivery Model

The co-produced SBS Model aimed to provide a community solution to biopsychosocial issues such as loneliness, physical ill health, mental wellbeing and skills improvement by adapting the Men's Shed concept. Men's Sheds were initially conceived as a community space for older men to meet and share their skills thereby developing practical and social skills in a gender sensitive space (Golding, 2021). Gender sensitive initiatives have been evaluated in settings such as therapy (e.g. Men in Mind; Seidler et al., 2022), physical activity (such as Lively Lads; Dunlop & Beauchamp, 2012) and sport (such as Football Fans in Training, Wkye et al., 2015). Men enjoy the social connectedness of male companionship (Dunlop & Beauchamp, 2012), and prefer a collaborative, strength-based, structured and goal-oriented interventions (Good & Robertson, 2010; Kiselica & Englar-Carlson, 2010).

The SBS Delivery Model builds on the Shed concept by incorporating informal but supported peer-to-peer support from Shedders, called Champions or Ambassadors. Health Champions were trained in mental health and wellbeing topics, with a specific focus on male-centric elements, such as Masculinity. This training offered practical tools to encourage healthy conversations and holistic coaching within the Sheds. Employment Coaches were also recruited; by contrast, Shed Leaders or external people filled this role, offering advice and training in employability skills such as CV building. Finally, health technology, such as the Health Kiosk roadshow or mobile application (Digital Tool), were also offered to the Sheds, for some as a permanent fixture and others on request. As part of the co-design process, emphasis was given to expressing the values expected from Shedders which included viewing Members as individuals, promotion of the internal (Shed) and external (Community), and that each Shed is an autonomous and sustainable space. This Model has a number of similarities with Self-Determination Theory, a meta-theory of motivation (Ryan & Deci, 2000; 2017). A social space, such as a Shed, can facilitate the motivation of people by providing for three basic psychological needs of autonomy (personal control of experience), competence (to master tasks and acquire new skills) and relatedness (a sense of belonging and attachment to others). When a person's psychological needs are fulfilled, the individual will grow psychologically and experience better wellbeing by being more self-determined (making own choices and managing their life proactively).

The SBS Shed Autonomy and Sustainability

A number of the SBS Sheds' common focus was the traditional skills of woodworking, similar to the original Men's Shed concept; however, many others reflected skills such as sport, boating, model making, repair and restoration, gardening, cooking, language, information technology and social connection. This diversity in delivery clearly supports the ethos of Shed autonomy, and Shedders with the determination to tailor the space to their collective interests. In a number of cases, the space was used at different times by different Sheds, thereby offering men in the community the opportunity to attend a Shed of their choice. Whilst many of the Sheds in the UK attracted an older male membership, there are signs in all four countries that the Shed concept is acceptable to younger men, and to create an intergenerational social space. People can become disconnected from those in other generations as a result of where they live or the activities they engage in (Hatton-Yeo, 2002). A Shed that accommodates multiple generations has the potential to address the challenges of modern, socially segregated living.

Community Resilience

Shed Leaders and Partners expressed the need for Sheds to be part of their community. Initially, Shed Leaders reached out for tangible and informational support from the community using existing contacts. With time, the Sheds evolved the network of community assets, as developing strong social bonds help us to overcome adversity. The collective or community resilience displayed by Sheds during the uncertainty of the Covid-19 pandemic is one of the most unique observations made. People faced adversity in their lives on multiple fronts. Shedders spoke about Members who were shielding, supporting others who were shielding, loss of employment, loss of liberties, bereavement, isolation, mental health vulnerabilities and a general loss of control. Sheds shut to comply with government mandated social restrictions, closures that at the time were indefinite. Shedders made concerted efforts to *"check-in"* on others but also extended the hand of support to their communities. Long-term, it is plausible that the pandemic experience and the empathetic concern displayed by Shedders mean that they and their communities can become resilient through recovery, sustainability and growth (Arewasikporn et al., 2013). The pandemic experience and response may create transformation in the social relations of residents, thereby developing connectedness and increasing social capital.

Challenging Masculine Narratives

Traditional views of masculinity are narrow and fail to recognise how older men are viewed in society. The notion of strong, self-confident and independent men is 'gerontophobic' and more reflective of younger men, thereby marginalising older men who may have once been respected for their wisdom and leadership (Thompson & Langendoerfer, 2016). This de-masculinisation of older men can lead to a loss of social capital, a sense of invisibility, and thereby isolation (Spector-Mersel, 2006). Similar to the scoping review of Men's Sheds conducted by Milligan et al. (2016), the SBS Sheds provided Shedders with camaraderie, enhanced self-esteem, a greater sense of belonging, and a purposeful life.

Older men are at increased risk of social isolation which is associated with poorer health outcomes (Cudjoe et al., 2018). The SBS Sheds provided a supportive environment where men could interact and, when ready, discuss their vulnerabilities. Exposing our vulnerabilities to others is often difficult as we fear negative judgement and rejection from others. However, when we have the courage to express vulnerability and seek the help and support of others, we are often rewarded. People often view their own failings in a more negative way than

others do, this has been termed *"the beautiful mess effect"* (Burk et al., 2018). This contradiction between attributions arises when people view their own mistakes in a concrete manner whereas they view the mistakes of others abstractly, which is more positive and risk friendly. Shedders reported consistently that social isolation had motivated them to join the Shed, and the sense of belonging and togetherness experienced at the Shed was central to their decision to stay.

Health Literacy and Signposting

A structural component of the SBS Model was the provision of training for Shedders to fulfil a Health Champion role, and access to health technology (Kiosk, roadshows, visits and mobile app). The peer-to-peer support reflects the "Shoulder to Shoulder" ethos adopted by other Men's Sheds. By offering training, Shedders are equipped with skills of health literacy, health communication and knowledge of local statutory and voluntary services. These Champions (Ambassadors) felt more competent and confident to initiate conversations and support others who sought advice. Champions displayed cultural and contextual knowledge as well as oral literacy skills (Nielsen-Bohlman et al., 2004) in their interactions with fellow Shedders. Partners reported that, as health literacy increased, so did the desire to learn more about male-specific health and further communication techniques. Additionally, some Leaders were keen to ensure that referral or social prescribing pathways between the Shed and other bodies became more active than passive. By recognising that Shedders with health concerns such as depression or dementia have complex needs, the Leaders asserted the resources that they required in order to accommodate these new Members. One word of caution needs to be expressed in relation to terminology. As reported, the term 'Champion' was more acceptable and relatable in the UK compared to Belgium, France and the Netherlands. In these countries, an alternative name was found, i.e. 'Ambassador'. Irrespective of the name, there were some who felt unease in the distinction of the label and the implication that this individual led a more virtuous and healthier lifestyle, having resolved their vulnerabilities. This is not uncommon (van Laere & Aggestam, 2016), and therefore when describing the role, emphasis should be placed on inspiring others to change by instilling confidence that change is achievable and desirable.

The health technology installed or accessed by SBS Sheds had mixed success. The Health Kiosk and the health roadshows were viewed as welcome additions to the Shed provision. The Kiosk was installed in a number of Sheds and provided a visual, quantifiable indication of health status, which often led to further actions such as seeking the advice of a medical professional. The roadshows had the added advantage of offering Shedders on the spot consultation which enhanced the output. Some older Shedders expressed their non-engagement with health technology as they felt that it was an unneeded duplication of health monitoring conducted by their doctor. The technology was regarded as reliable in terms of the output provided and therefore valued. By contrast, the mobile application was less successful. This appears to be a combination of timing and understanding the audience preferences. The application was developed during the Project and released to Shedders later than other Model components, coinciding with the pandemic, resulting in substantial resistance to using it. Shedders wanted to move away from technology to live experiences and felt that tracking and monitoring features of applications were too reminiscent of Covid-19 track and trace requirements. Uncertainty Reduction Theory would suggest that uncertainties about the adoption of the application could be achieved by transparent communication, social influence and trust (Berger & Calabrese, 1975). Perhaps with time and the return to the Shed and Shed activities, Leaders and Champions would have the opportunity to explain the benefits of the technology.

Skill Development and Employability

The SBS Model sought to address a common problem for the regions involved in the Project. Unemployment or insecure employment influences the physical and mental health of people and families affected. Sheds were encouraged to engage with community employment services to provide Shedders with the opportunity to seek voluntary and employment opportunities, using newly acquired or rediscovered skills facilitated at the Shed. The issue of employment seeking was more relevant to Shedders in Belgium, France and the Netherlands and there were many examples of ways Shed Leaders adopted the role of a skills mentor, or brought into the Shed a person with expertise in employment. By contrast, Sheds in the UK were composed of Members who were not looking for employment, but Leaders saw the potential to add the provision to their long-term Shed strategy. Similar to the role of Health Champion, those who adopted the employability role were motivated to assist their mentee. Several recognised the current socio-political landscape makes progress difficult for job seekers and how they wanted to pay it forward, by offering mentees assistance. The experiences provided at Sheds have similarities to the four components of the University of Queensland's Employability Framework (Reid et al., 2021), (1) awareness of both knowledge, skills and personal attributes that relate to work performance, (2) experiences in a range of opportunities to develop employability, (3) learning by reflecting on experiences to realise their value, and (4) transfer by effectively communicating transferable skills during the recruitment process.

Final Thoughts

The SBS Project has clearly demonstrated the acceptability, feasibility and effectiveness of the co-designed, community, male-centric model of development. All SBS Delivery Partners were able to work with their communities to establish 101 Sheds that reached in excess of 2000 men by using most elements of the Model. Some elements resonated better in certain Sheds when the element met the needs and motivations of attendees (e.g. health and employability). The SBS Project clearly demonstrates that Sheds have the potential to offer a community asset that, with minimal investment, can enhance the social capital and resilience of the community whilst providing a multitude of physical, psychological, social and skills benefits to those who come through the door. With time, Sheds expand their offer to meet the needs of Members and the community in which the Shed is situated.

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Contributions to SBS

Dr Ruth Lowry	University of Chichester, University of Essex (from November 2019)	Evaluation Lead, funding application, management of evaluation, evaluation design, ethical approval, data collection, transcription, data analysis, report writing.
Mr Andy Wood	University of Chichester	Day-to-day co-ordination of evaluation delivery, data collection, collation, transcription and analysis, report writing.
Dr Simon Mouatt	University of Chichester	Economic Evaluation design, analysis and report writing.
Dr Melissa Day	University of Chichester	Research design, data analysis and report writing.
Dr Henriette Hogh	University of Chichester	Data analysis and report writing.
Dr Matthew Sitch	University of Gloucestershire	Researcher training and data analysis, report writing.
Dr Carl Bescoby	University of Exeter	Data collection, transcription, and report writing.
Prof Mike Lauder	University of Chichester	Management of the research team and finances.
Mrs Alison Davies	University of Chichester	Project support and administration.
Hannah Lynch	University of Chichester	Project support and administration.
Katherine Bellinger	University of Chichester	Project support and administration.
Rebecca Gullet	University of Chichester	Project support and administration.
Miss Ariana Barre	University of Chichester	Data collection and transcription.
Ms Saskia Commerman	University of Chichester	Data collection, Dutch translation and transcription; translation of materials.
Mrs Léa Courdès-Murphy	University of Chichester	Data collection, French translation and transcription; translation of materials.
Miss Katherine Harris	University of Chichester	Data collection and transcription.

Mr Christopher Heaney	University of Highlands & Islands	Data collection.
Miss Agathe Isbled	University of Chichester	Data collection, French translation and transcription; translation of materials.
Miss Kesewa John	University of Chichester	French Translation of materials.
Miss Shannon Perrin	University of Chichester	Data collection and transcription.
Miss Josien van der Kooij	University of Chichester	Data collection, Dutch translation and transcription; translation of materials.
Miss Emily White	University of Chichester	Data collection and transcription.
Miss Madelon Winkel	University of Chichester	Data collection, Dutch translation and transcription; translation of materials.

University of Chichester

About Us

The University of Chichester is a long-established, ambitious institution with a heritage of supporting local/regional skills, from foundation (1839) to launch of its Tech Park (2018). Chichester is recognised for providing high-quality, student-centred Higher Education within a supportive community, actively encouraging those with barriers to HE to participate, succeed and contribute to West Sussex's economy as graduates.

Our University Strategy sets out our vision to be 'an outstanding University with a strong external-facing focus', including the aim to 'increase external academic engagement, meeting regional needs'. Our vision states, 'as the only university in West Sussex, we recognise the economic, social and cultural importance of 'place' and the need to meet both local and global challenges'.

The University is committed to undertake world-class research in all areas it is engaged with as an integral part of its mission to both create knowledge that is of societal and / or economic benefit - and to inform and to lead its learning and teaching pedagogies. As the only University in West Sussex, we are committed to play our full part in being a regional centre for economic development working in conjunction with the local enterprise partnership (Coast to Capital), local and national businesses from SMEs to global companies – and working in line with the Government's industrial strategy so as to play our full part in contributing to the national economy. This mission will encompass the training of graduates, knowledge transfer activities and other third-stream activity for the benefit of our students, graduates, alumni, employers within the region, entrepreneurs and wider business community for the economic benefit of all stakeholders aligned with the University.

UNIVERSITY OF CHICHESTER

Institute of Sport, Nursing and Allied Health

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