

**WHO CARES ABOUT MEN?**



**MEN'S VOICES IRELAND  
INAUGURAL CONFERENCE**

**INTERNATIONAL MEN'S DAY**

**SATURDAY, 19th NOVEMBER 2016**

**WYNN'S HOTEL, DUBLIN**

The case for 'male friendly' health services:  
lessons from the Men's  
Sheds movement

John Evoy, International  
Men's Sheds Organisation

## What is a Men's Shed?

- ▶ A Men's Shed is any community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well-being of the participating men. New Members are always welcome.



# What a Men's Shed is not!

- ▶ It is not a formal training programme -  
but you may gain new knowledge and skills
- ▶ It is not a service for men -  
but activities organised by men
- ▶ It is not a sports club -  
but you could play sports
- ▶ It is not a health programme -  
but your health and wellbeing might improve
- ▶ It is not an information service -  
but you can ask for info you need



## The important basics:

- ▶ Sheds work because they are attractive places for men to gather socially, regularly, voluntarily, happily, safely and do hands-on stuff together.
- ▶ They work best when it's grassroots, local, by, for and about the local men *and* the community.
- ▶ Shedders are active and equal *participants*: not students, patients, clients or customers.
- ▶ They should be inclusive and welcoming of all men.
- ▶ They are not patronizing and do not see men as having 'a deficit' or being *the* problem.
- ▶ Not naming the shed activity provides freedom to do & talk about important other stuff (including health).
- ▶ The outcomes are typically diverse and powerful. (Golding 2011)

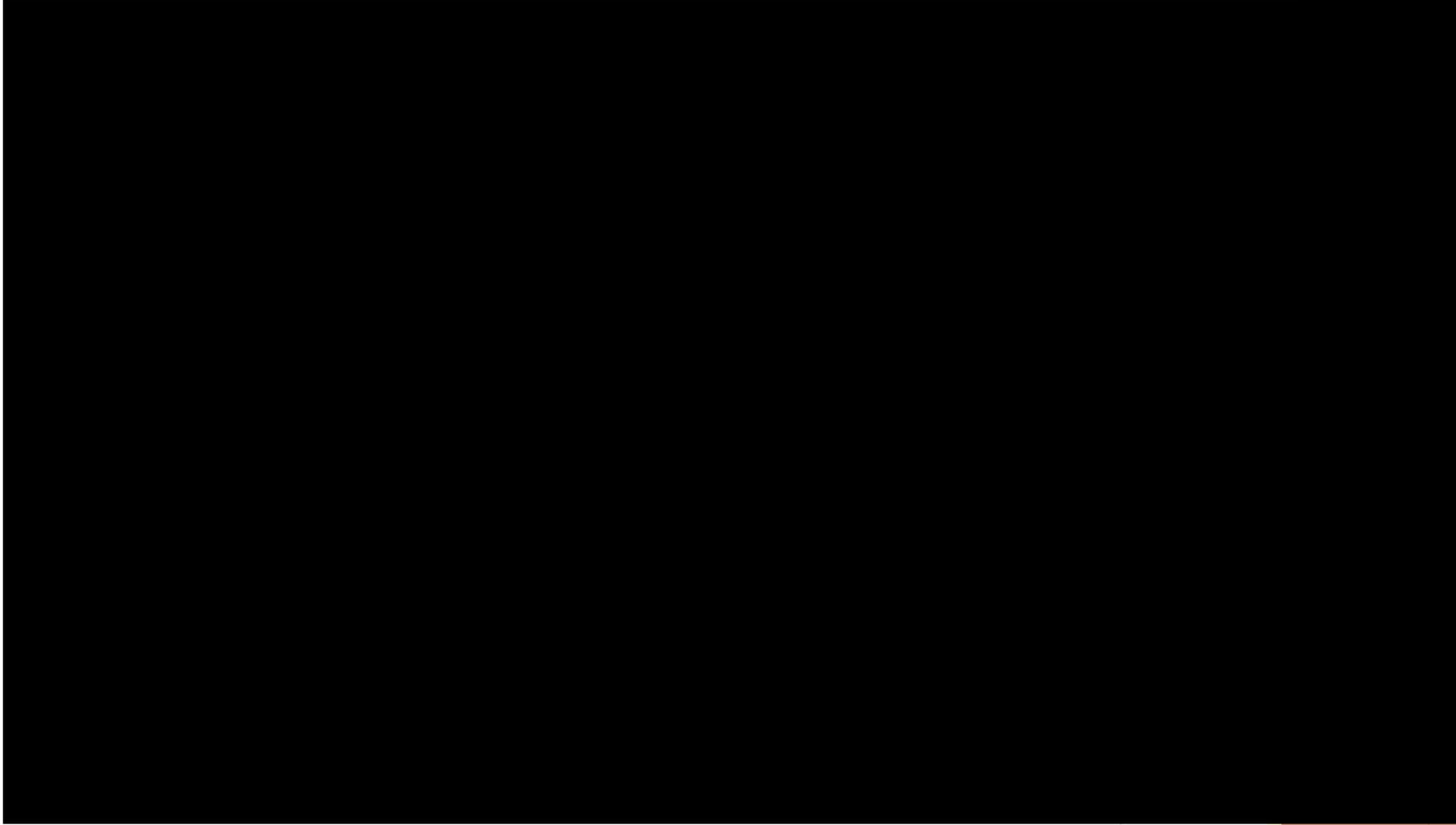
## Our Motto

*“Men don’t talk face to face; they talk  
shoulder to shoulder”*



- ▶ 350 Men's Sheds
- ▶ 10,000 Shedders
- ▶ Estimated 1,900 Sheds across the world in 11 Countries





## My current Work - International Men's Sheds Organisation

### The IMSO vision:

A future where every jurisdiction has an established and sustainable Men's Shed Association that serves its member sheds to the highest standard attainable

### The IMSO Mission:

IMSO is an organisation based on the principle of freely sharing information between National Men's Shed Associations

IMSO provides a service of information, guidance and support to those seeking to develop a Men's Shed association within their jurisdiction and to those wishing to set up Men's Sheds in jurisdictions that don't yet have any.



International  
Mens Sheds  
Organisation