



Men's Matters

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What's it all about?

'Men's Matters' (previously Men in Sheds) is a national movement aimed at providing older men with group-based activities and encouraging social interaction. Despite the name, it is not necessarily linked to gardening or carpentry! All aspects of modern living, hobbies and pastimes can be catered for, as each distinct group will take on a dynamic of its own and follow and reflect the interests of its members.



Radian's aims

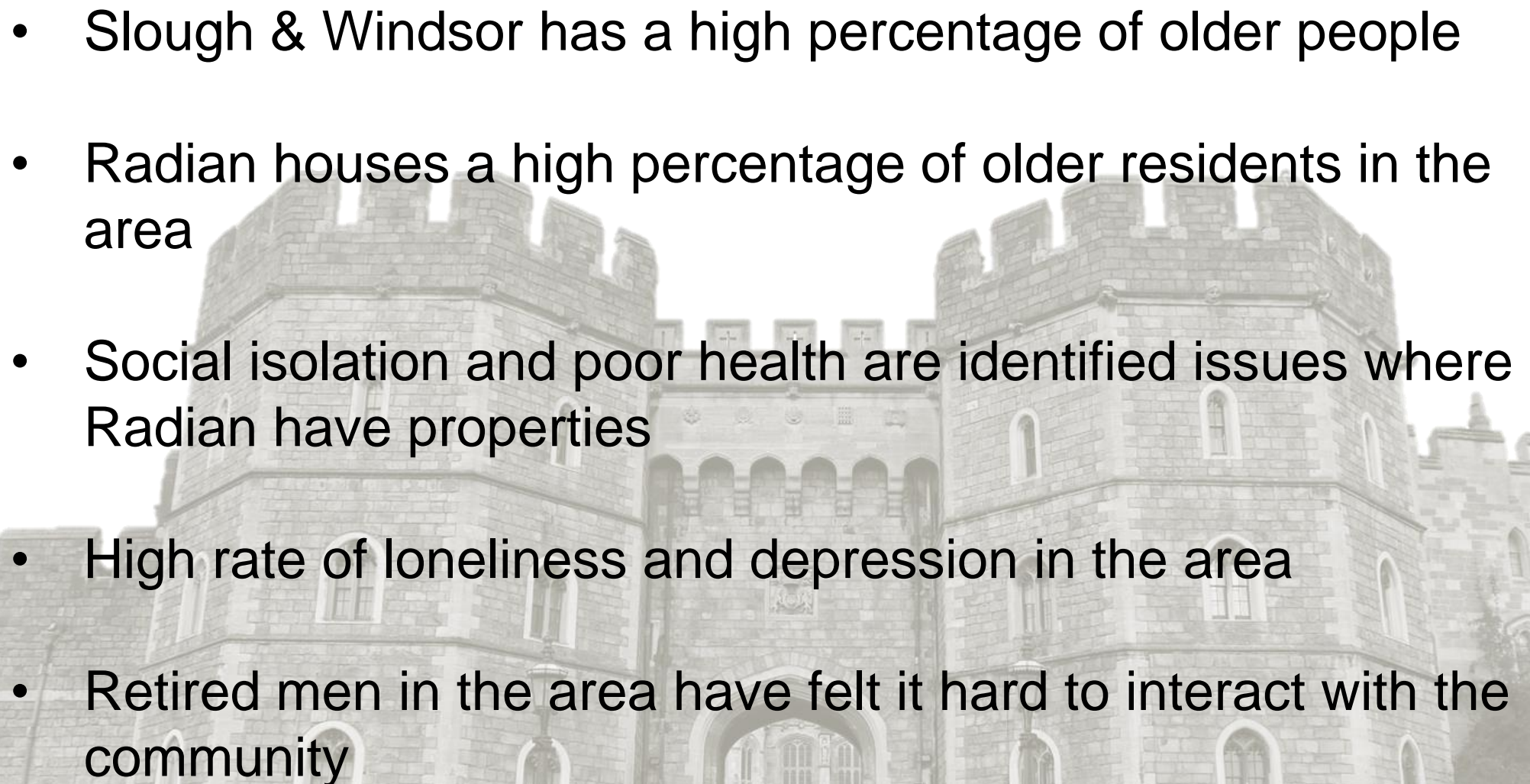


- To combat social and digital isolation

- Provide meaningful, social activity for older men and men in general
- Linking with Radian's corporate objectives for health and wellbeing

Slough & Windsor



- Slough & Windsor has a high percentage of older people
 - Radian houses a high percentage of older residents in the area
 - Social isolation and poor health are identified issues where Radian have properties
 - High rate of loneliness and depression in the area
 - Retired men in the area have felt it hard to interact with the community
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Health effects due to Isolation

One in five of the UK population in an older man (aged 65+)



- Loneliness and social isolation are common in the 65+ age group
- Social isolation and loneliness and stressful social ties are associated with poor physical and mental health, higher risk of disability, poor recovery from illness and early death.

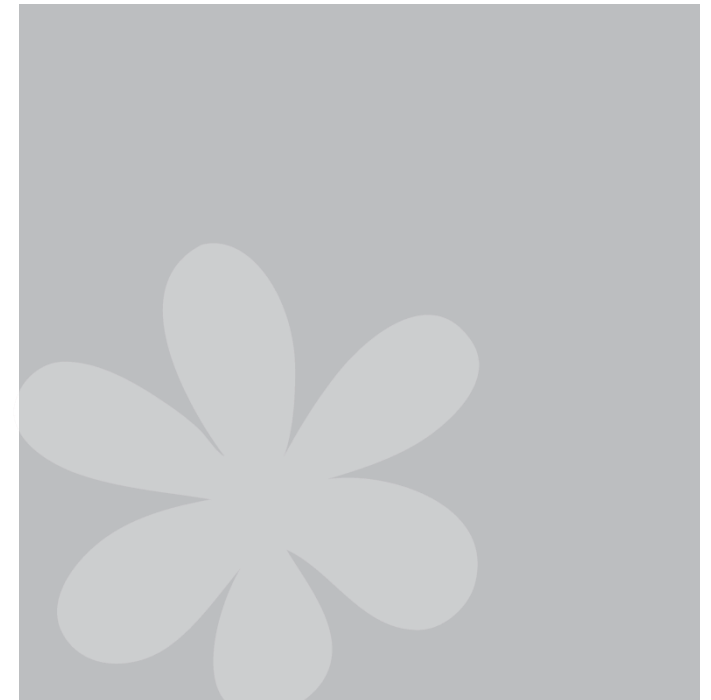


Amongst older adults, the effect of social isolation and loneliness on mortality is believed to be of similar size to that of cigarette smoking!

Why a shed?

Older men find it harder than women to make friends late in life, and are less likely to join community social groups that tend to be dominated by women.

Research shows men come to 'sheds' for different reason and from different starting points, but primarily they come to be with other men and to partake in activities. **Men find it much easier to discuss issues whilst working rather than sitting face to face.**



How it helps the Health and Wellbeing of older men


Sense of purpose: Learning new skills; sharing knowledge

Sense of accomplishment: Personal achievement; contributing to the community

Sense of control: co-participants in decisions and activities

Social engagement: opportunity to meet and interact with others; a physical place to spend time; develop friendships; enjoyment and fun

How it helps the Health and Wellbeing of older men



Social isolation and loneliness: self-esteem; self-worth, self-image – feeling positive and valued; belonging; ‘kinship’ with other men; sense of community.

Getting back to work: Older men are a valuable asset to the work place; support younger colleagues; share work/life experience; build confidence; gain practical knowledge.

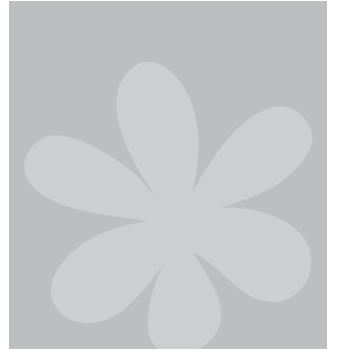
What the guys say...



“My spare time was going to waste. Your day goes much slower when you have nothing to do. Here you meet new people and you get advice or tuition from others. Now I get up in the morning with something to achieve. I enjoy it when I’m doing something positive.”



What the guys say...



“Fixing, making and reusing materials.... improved my mental state and gave me hope.”

What the guys say...



“Coming to the Shed has given me a feeling of self-worth and increased my confidence.”



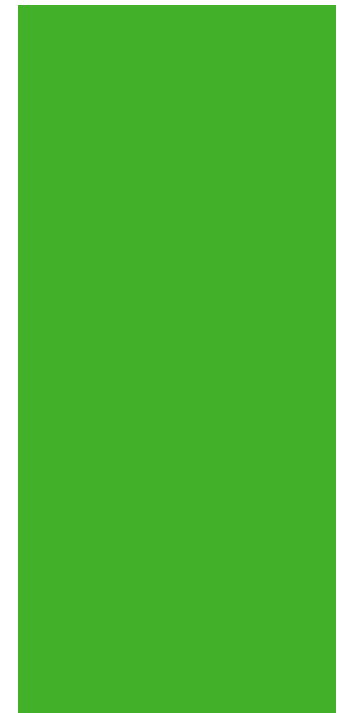
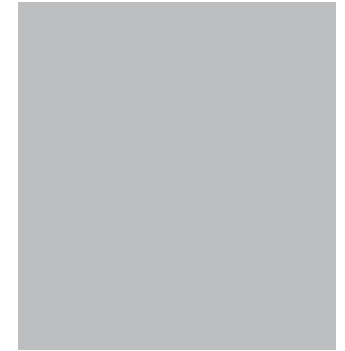
What the guys say...



“Coming here
is better than
any medicine!”

Where we are now

- We have changed the title of “Men in Sheds” to “Men’s Matters” as attendees did not feel the name reflected what they were setting out to achieve.
- “Chip and Chatter” sessions with partner organisations
- Weekly cookery course
- Donation of 7 laptops from Sergo (Slough estate management) to provide IT training
- IT training to start after cookery course finishes
- Four members have agreed to be involved in a steering group to help shape the group through terms of reference, funding etc.



The way forward

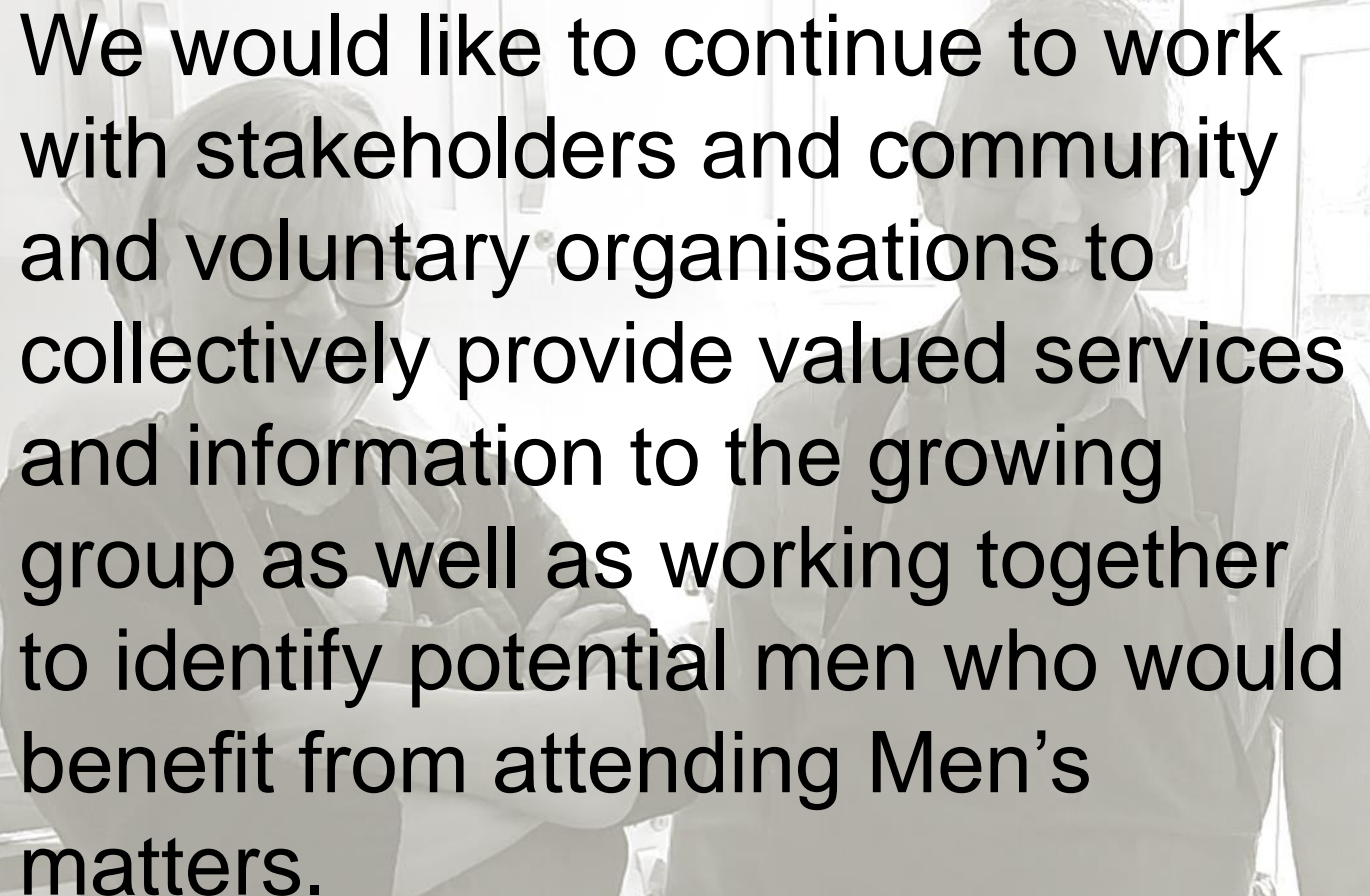


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We would like to continue to work with stakeholders and community and voluntary organisations to collectively provide valued services and information to the growing group as well as working together to identify potential men who would benefit from attending Men's matters.