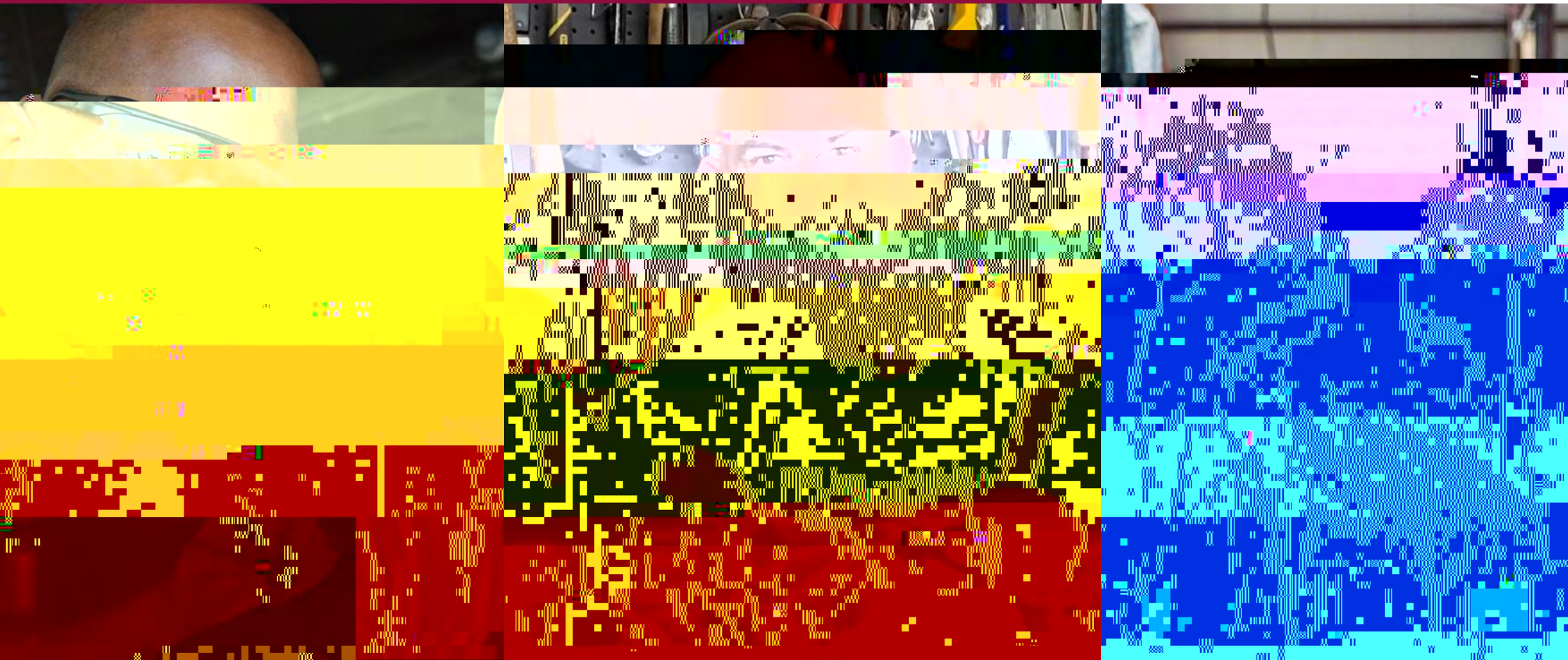


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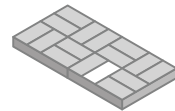
Introduction

What is an SBS Shed?

A Shed is a meeting place for men, regardless of age or background, who wish to share knowledge, experience and comradeship in an informal, no commitment setting. Sheds can take a wide range of forms and operate much like clubs - open to their local community for people with similar interests. Men attending Sheds, or 'Shedders', may simply be there for a cup of tea and a chat, to work on an organised activity such as woodworking, get involved in a new sport or social activity, or to offer services to other community members such as bike repairs. While the structure and purpose of an SBS Shed seems simple, the wider goals include improving Shedders' health, wellbeing and quality of life.

Mutual support as a the centre of the sheds cause (As active) - 9.9916

The SBS Model



Funding the shed

Finding funding to run a Shed can be a challenge that is dependent on what is available locally. Ideally, established Sheds will run like voluntary organisations, receiving a combination of money and in-kind donations from public and private entities, topped up with contributions from shedders or income generated from projects undertaken within the Shed for the community. In this sense, creating an external network around the Shed and having a visible profile in the community is essential. The concept of autonomy must also remain central: while the Shed is at the centre of a network, the Shed remains in the control of the Shedders.

Financial and legal requirements

As Sheds should be self-managing, the SBS model requires one or more members of the organising team to have some financial and legal knowledge in order to remain safe spaces for Shedders. This includes health and safety, data protection and insurance matters. However, the SBS Sheds Model does not wish to create a bureaucratic burden, simply to enable Sheds to be self-sufficient and able to operate responsibly and within the law. Shed leaders should have access to local training or skills development opportunities in order to manage their Sheds responsibly.

Physical space and resources

A Shed can take place anywhere as long as it is safe and accessible. A good starting point for new Sheds may be a community centre or village hall. Wherever a Shed is located, it is important to consider where equipment such as tools or IT, materials and refreshments will come from, and where they will be kept safely when the shed is not open. While all members of the Shed are responsible for looking after the physical space and resources, ultimately the Shed organisers will handle matters relating to space and resources.

Finding and attracting shedders

Building an external network of contacts and being based within the local community will help men to learn about the Shed through word-of-mouth. A personal recommendation from an existing Shedder is a great way to attract new members. However, organisers may have to do more to attract certain potential shedders, such as socially isolated people.

This may involve volunteering time and effort to mobilise the community, for example through leaflets and posters, or going door to door to tell local people about the Shed. Social media or phone calls can be options to advertise and also to remind Shedders of the activities.

It could also involve going to different locations or community events to raise awareness of the Shed and meet potential Shedders; or to meet new partner organisations who may have connections with potential Shedders to encourage them to refer these individuals to the Shed.

Ultimately, every Shed will need to be aware of the importance of reaching out to men and find their own way of connecting with their communities and potential Shedders.



External Network

Another key element of the SBS Model is the external network that supports the Shed. This includes building strong relations with public, private and third-sector organisations.

A shed can strengthen the community by having a shared vision, created by the Shedders and reflecting their community's needs. By being active in the community, the Shed becomes an asset shared by many rather than a group of people working in isolation.

Purpose of the network

Being part of a wider network helps to:

- Signpost Shedders who may have specific social, health or economic goals to external organisations
- Host workshops or activities within the shed,

History of the Step by Step model

The SBS Model was developed through a series of cross-border meetings involving project partners, stakeholders, community workers, public and private sector organisations, public health and health promotion specialists, and most importantly, with men in our local communities. These meetings and insight activities ensured a wide variety of people were involved in creating the model.

In February 2018, we agreed a set of principles to inform our Model. These were:

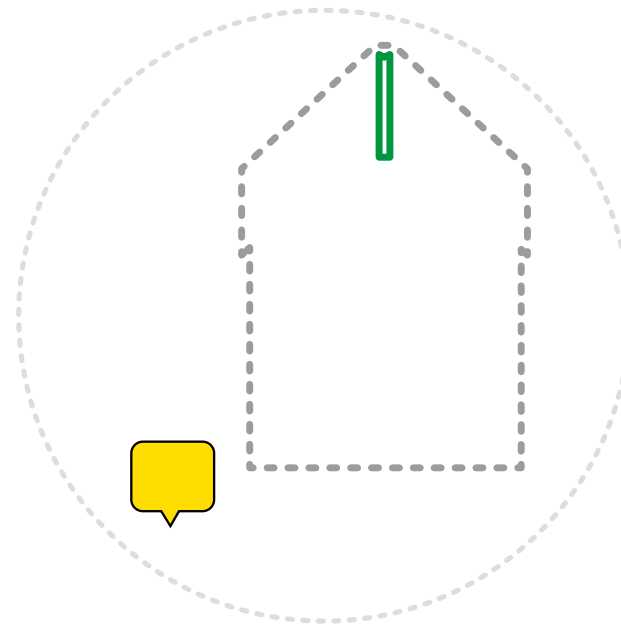
- considering people as individuals rather than seeking a generic solution for all involved
- the importance of building a social network through meaningful community connections
- Promoting the autonomy and sustainability of each individual Shed

Working from diagrams drafted during focus groups, a preliminary, digital version of the Model was created and shared. An animated audio-visual version of the Model was provided in three languages for potential SBS shed leaders and shedders to provide an overview of the basic model concepts.

The model shows how stakeholders, skills, resources and the surrounding policy context interconnect to support the activities of the shed.

This is a visual depiction of the SBS Model version 1.0.

The SBS project implemented and tested this model with 80 different groups. Their feedback and, most importantly their actions, helped to inform the SBS model as it is today.



The second part of this review was to use the above information to look at potential strategies to enhance the SBS Model. These have been incorporated into the final SBS Model presented in this document.

Using SBS Strengths to realise Opportunities	Using SBS Strengths to address Threats
<p>Bringing men together</p> <ul style="list-style-type: none"> • Enables the discussion on the wider health issues • Enables other discussions (not health related) and strengthens connections <p>Leadership to recognise the opportunities and then be able to realise them</p> <p>Improve multifaceted skill set</p> <ul style="list-style-type: none"> • helps increase self-esteem and health benefits 	<p>Strong leadership</p> <ul style="list-style-type: none"> • To help deal with the COVID-19 pandemic and any severely threatening situation • To help gain premises by demonstrating commitment to potential landlords <p>A sense of commitment from all can help manage stronger personalities</p> <p>Being part of community projects can help assist with getting funding and connecting to the external network</p>
Improve weaknesses by taking advantage of opportunities.	Working to eliminate weaknesses to avoid threats
<p>Using the wider community to help look for new premises</p> <p>Using the wider community to find members</p> <p>Emphasising the opportunities to learn new skills</p> <ul style="list-style-type: none"> • More likely to build membership • Shed able to host equipment that Members cannot keep at home 	<p>Strong leadership</p> <ul style="list-style-type: none"> • To deal with threats, issues, and compliance <p>All members have a say in the Shed</p> <ul style="list-style-type: none"> • Resolution via drawing out the skills/experiences of the Shed as a whole <p>Open/regular communication</p> <ul style="list-style-type: none"> • Use of media • Inter-Shed networking <p>Make SBS clearer</p> <ul style="list-style-type: none"> • Build resilience alongside other men's organisations • Become recognised as being a part of a unique network • Utilise experience of networking and help others do the same • Ongoing contact with necessary partners to share knowledge

