

## Group Activity

Question: Community shed activities can provide positive health outcomes, often in unexpected ways. However, how can we measure these outcomes and make sure 'shedders' are, ok?

Split into different tables, one table looking at physical health, one mental health and one looking at emotional health. Each table picks 3 or 4 relevant questions from the list below for their table to answer or do a whole group exercise around the room where everyone answers the following questions on flipchart –

1. How can we measure how members felt before they started coming to the shed?
  - Questionnaire.
  - Loneliness scale.
  - Observations.
  - Baselineing.
  - Outcomes STAR.
  - Attitude to physical/social value calculator.
  - JSNA Activity questionnaire.
  - Interviews and case studies and videos (made by shedders)
2. How do we identify health requirements of members when they first join?
  - Membership form (medical details and emergency contact).
  - Shed welfare officer.
3. How do we make sure everyone is looking out for each other's health and overall wellbeing?
  - Have first aiders and kit.
  - Common 'rules' or goals for each shedder to agree to from the start.
  - Have a buddying system or health and wellbeing champion.
  - Sign and enrol the shed in the UKMSA charter for wellbeing in craft and DIY.
  - Have a social area in the shed.
  - Offer training in MHFA.
  - Dementia awareness
  - Suicide prevention.
  - Gathering health and wellbeing guides that are available in the shed.
  - Making every contact count.
4. How do we create a safe and positive environment for everyone?
  - Make sure the building is safe.
  - Build up a non-judgemental culture.
  - Good signage. (dementia friendly signs)
  - Offer H&S training and make sure signs are up.
  - Offer equal opportunity training.
  - Host speakers.
  - Be mindful of language used.
  - Communication is key.
  - Listening skills.
  - Have an induction to the shed so everyone is singing from the same hymn sheet.
5. How do we identify people who need help?
  - Have shed leaders who look out for the signs that members need help.

- Appoint a shed welfare officer or health champion.
  - Contact shedders who are unexpectedly absent from the shed.
  - Have a buddying system.
6. What sort of training do you think we should offer to members to promote good health and wellbeing?
- First Aid including mental health first aid.
  - Risk assessments and how to carry them out.
7. How can we ensure we are making the shed accessible to everyone?
- Review adaptations of the shed and make sure its accessible for all.
  - Use a website accessibility checker for issues and errors.
  - Make reasonable adjustments according to need.
8. How can we promote healthy eating and exercise to our members? And should we?
- Outside speakers.
  - Literature and promotions.
  - Group sessions.
  - Appoint a social activity secretary.
  - Cookery classes for men.
  - Group breakfast.
  - Healthy eating speaker.
9. How can we measure any improved mental health, skills or confidence as a result of attending the shed?
- Loneliness scale.
  - Questionnaire before and after.
  - Interviews and case studies.
10. How do we measure a decrease (if any) in social isolation as a result of attending the shed?
- As above.
  - Baseline questionnaire for before and 6 months later.
  - Interviews.
11. How do we measure whether attending the shed has given members a sense of purpose?
- As above.
  - Evaluation form.
  - Anecdotal evidence.