



LEEDS  
BECKETT  
UNIVERSITY

---

Citation:

Markham, S (2016) A Review of Academic Literature on Men's Health and Men's Sheds. In: Masculinities, roles and transitions: diversity and well-being in the unfolding of men's lives, 10 May 2016, University of Leeds, Leeds.. (Unpublished)

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/3018/>

Document Version:

Conference or Workshop Item (Published Version)

---

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

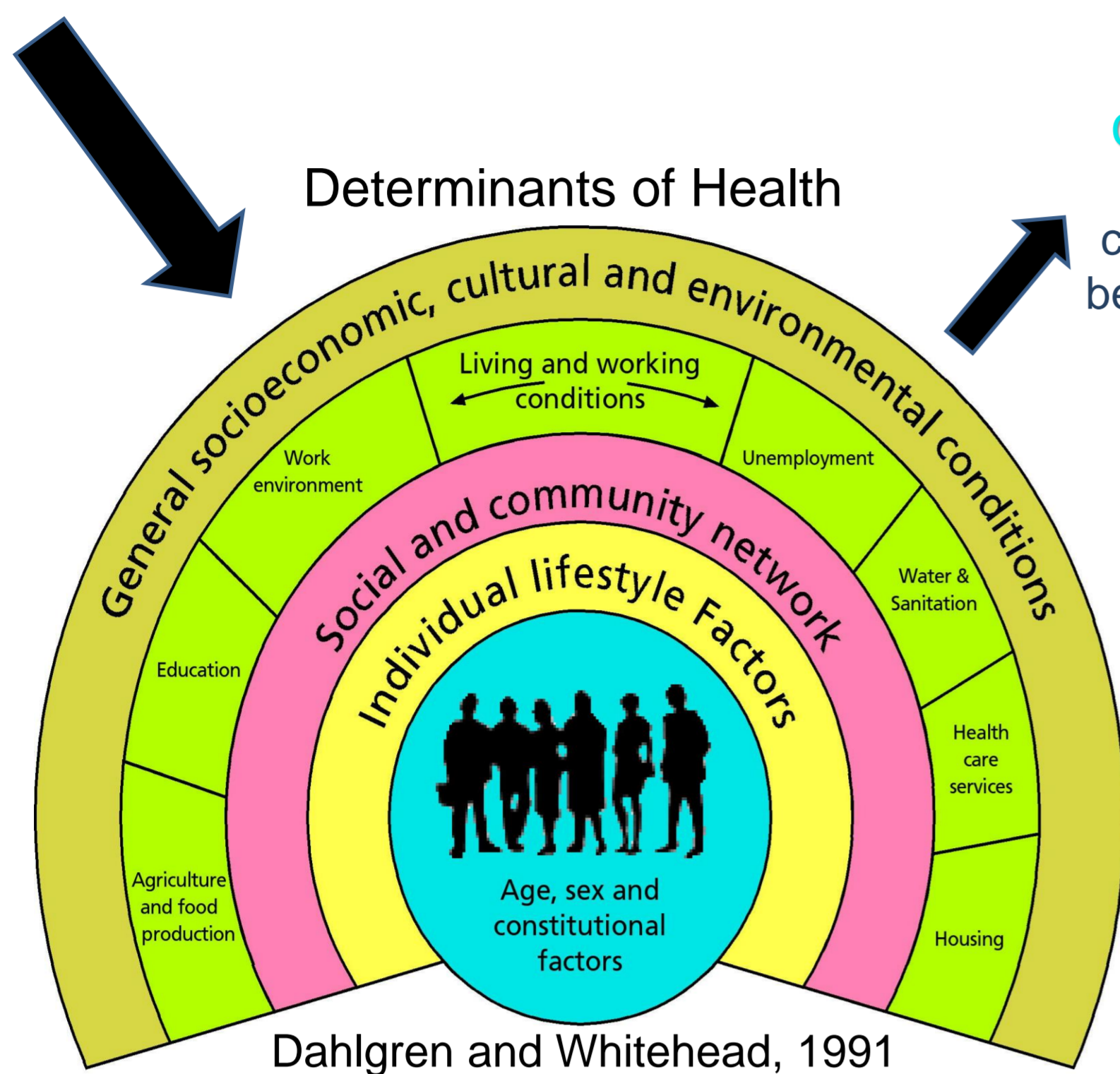
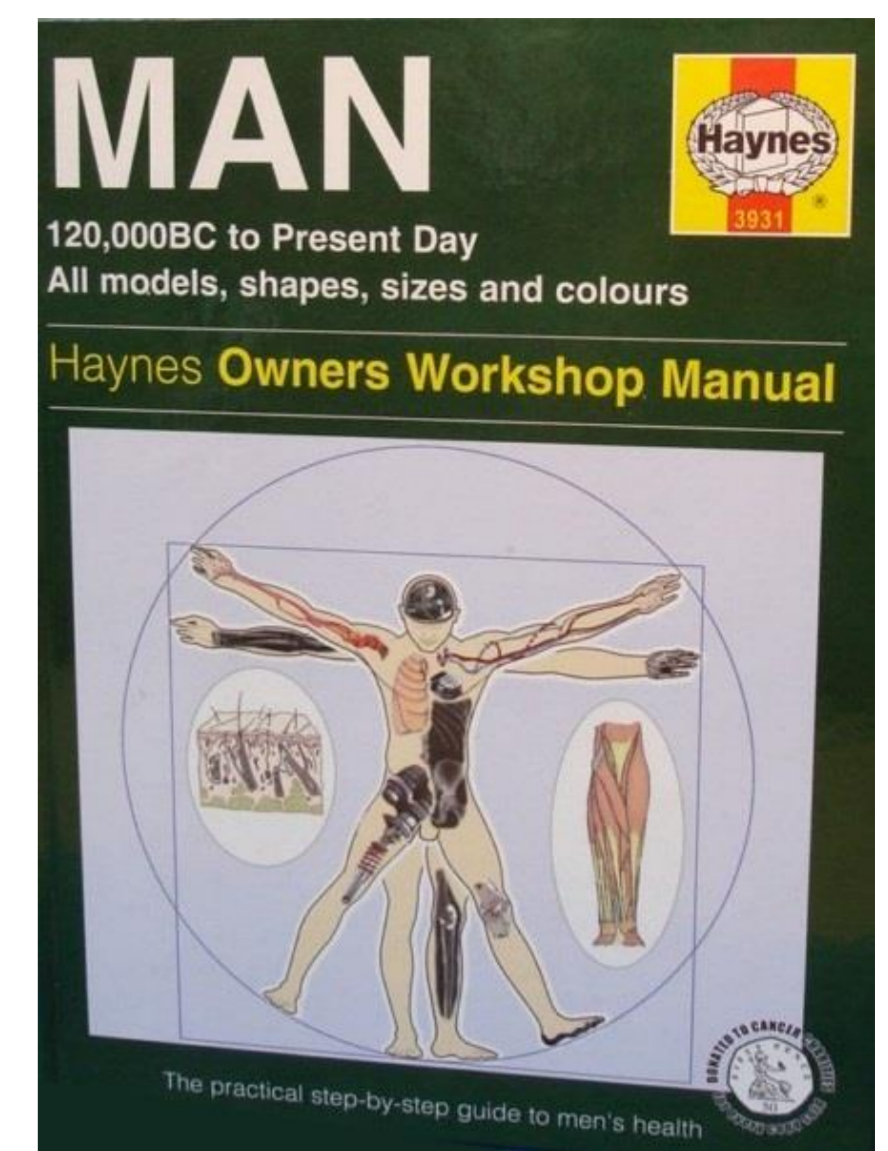
The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on [openaccess@leedsbeckett.ac.uk](mailto:openaccess@leedsbeckett.ac.uk) and we will investigate on a case-by-case basis.

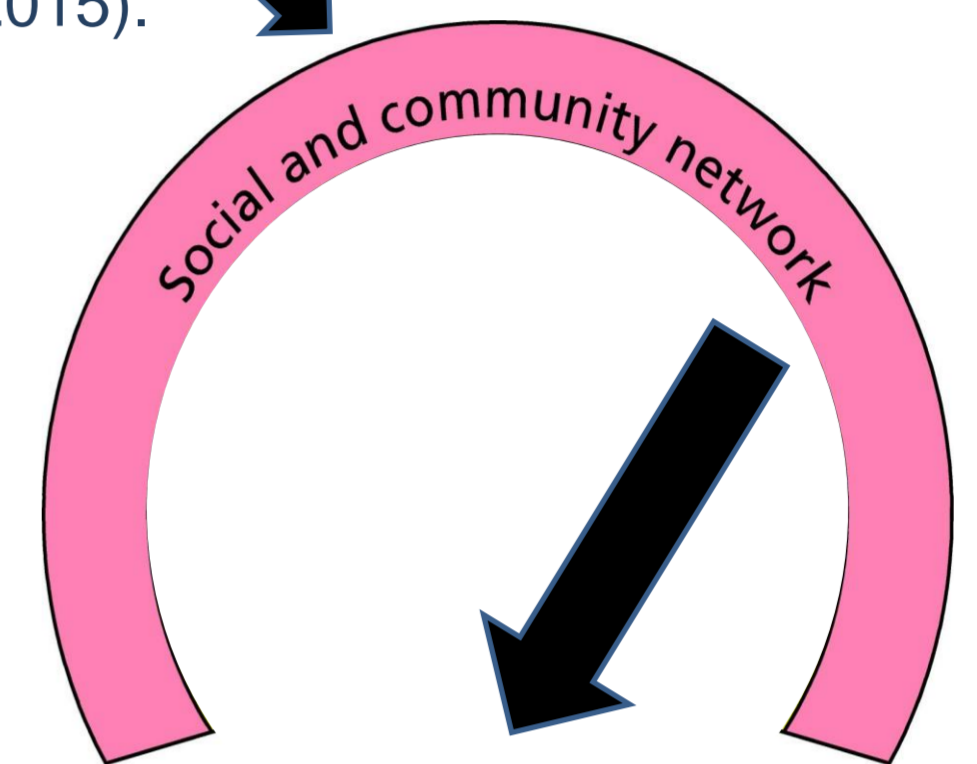
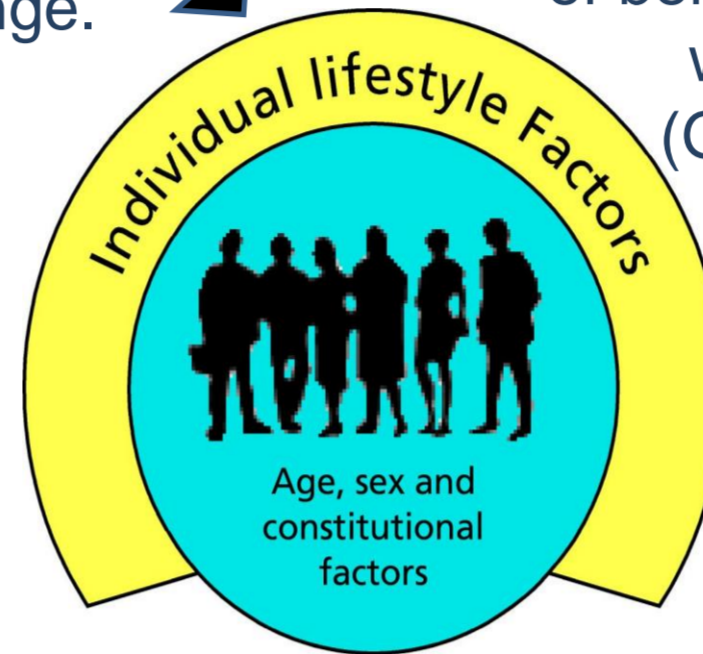
# A Review of Academic Literature on Men's Health and Men's Sheds

Men experience more incidence of morbidity and live fewer years than women (Mahalik et al., 2007; White and Holmes, 2006; Fletcher, 1992). Suggested contributions to this include **biological**, **psychological** and **sociological** factors including: that 'masculinity' could be a determinant of health; that men are unwilling to burden health services; there is a lack of appropriate men-friendly health service provision (Connell, 1995; Evans et al., 2011; Gough and Conner, 2006; Marmot et al., 2010).

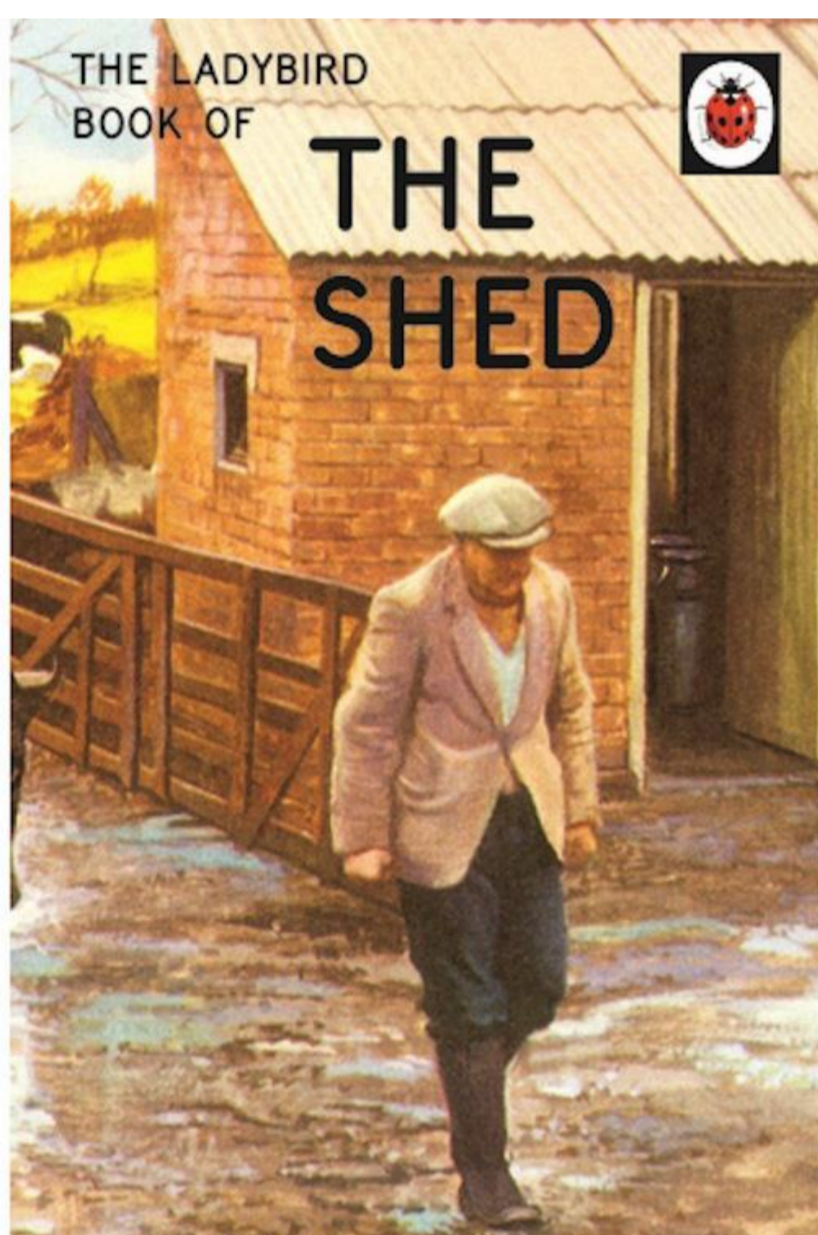


**Constitutional factors** are challenging (at best) to change.

**Individual lifestyle factors** can, at times, be influenced. However, there is a propensity to 'victim blame' individuals and the nuances of behaviour change are not widely understood (Green et al., 2015).

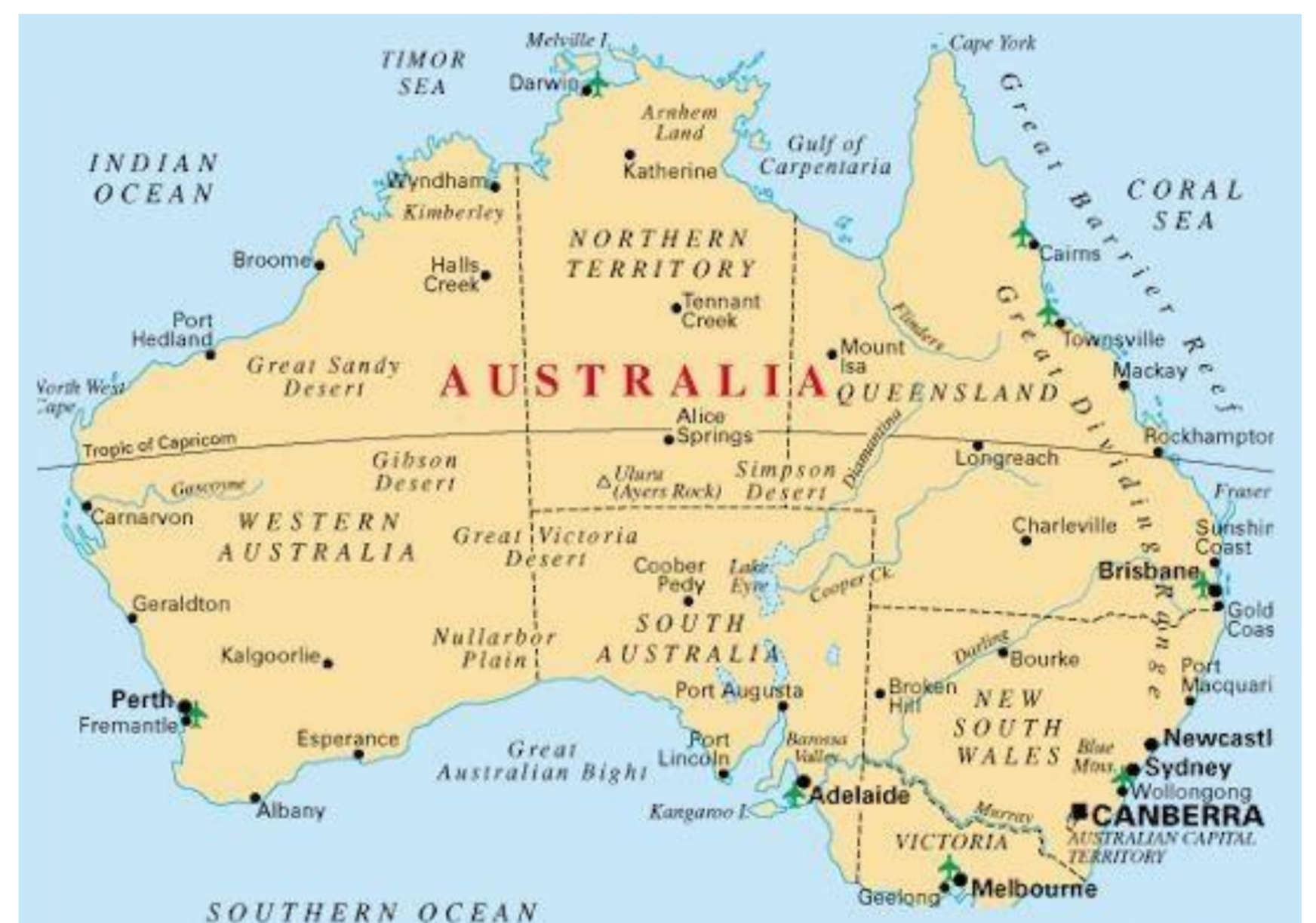


In terms of pragmatic contributions that influence the health of men, the literature points to a set of foundations in support of the concept of community based organisations where men can enhance their **social and community networks**. In these community organisations men can trade masculine credits (de Visser and Smith, 2006, 2007) to address health and wellbeing issues, at no risk to their masculine capital (Bourdieu, 1986).



© Ladybird Books Ltd, 2015

This provides a rationale for reviewing Men's Sheds: community organisations that provide space for men, often providing the opportunity to engage in activities (Golding et al., 2007; Wilson and Cordier, 2013; Ormsby et al., 2010; Cordier and Wilson, 2014). Across the world there are over 1,000 Men's Sheds with more than 100,000 members. The majority of these are in Australia (Cavanagh et al., 2014; Wilson and Cordier, 2013).



A review of the Men's Sheds literature suggests that Men's Sheds are a supportive:

Physical environment, offering...

*A defined place for men*

- A place where it is considered socially acceptable for men to be in the company of other men (Ballinger et al., 2009).

*Utilitarian activities or a primary health and wellbeing focus*

- The data referred to two distinct types of Men's Sheds: those with utilitarian activities and those with a primary health and wellbeing focus (Cordier and Wilson, 2014).

*A place acceptable for men*

- It was evident that the attending men felt both comfortable and safe in the environments (Wilson and Cordier, 2013). Men are often limited in options for support (Markham and White, 2016).

Social environment, offering...

*Supporting positive relationships*

- Physical attributes appear to support men: engaging with the social environment; reducing social isolation; finding positive social relationships with other men (Misan and Sergeant, 2008).

*Engaging qualities*

- The equipment that the Men's Sheds had to offer was the initial engager, but it was the social elements of the environment that retained participant engagement (Wilson and Cordier, 2013).

*Facilitation*

- Men's Sheds facilitate "health by stealth", particularly true of Sheds with a utilitarian focus, fostering conversations during activities (Wilson and Cordier, 2013:459).

## References

- Ballinger, M. L., Talbot, L. A., and Verrinder, G. K. (2009). More than a place to do woodwork: a case study of a community-based Men's Shed. *Journal of Men's Health*, 6(1), 20-27.
- Bourdieu, P. (1986). The forms of capital. In J. Richardson (Ed.), *Handbook of theory and research for the sociology of education* (pp. 241-258). London: Greenwood.
- Cavanagh, J., Southcombe, A. and Bartram, T. (2014). The role of collaborative learning on training and development practices within the Australian Men's Sheds movement: A study of five Men's Sheds. *Journal of Vocational Education & Training*, 63, 365-385.
- Connell, R. W. (1995). *Masculinities*. Cambridge: Polity Press.
- Cordier, R. and Wilson, N. J. (2014). Mentoring at Men's Sheds: An international survey about a community approach to health and well-being. *Health & social care in the community*, 22(3), 249-258.
- Dahlgren, G. and Whitehead, M. (1991). *Policies and strategies to promote social equity in health*. Stockholm, Institute for Futures Studies.
- de Visser, R.O., & Smith, J.A. (2006). Mister in between: A case study of masculine identity and health-related behaviour. *Journal of Health Psychology*, 11, 685-695.
- de Visser, R. O. and Smith, J. A. (2007). Alcohol consumption and masculine identity among young men. *Psychology & Health*, 22, 595-614.
- Evans J., Blye F., Oliffe J. and Gregory D. (2011). Health, Illness, Men and Masculinities (HIMM): a theoretical framework for understanding men and their health. *Journal of Men's Health* 8 (1), 7-15.
- Fletcher, R. (1992). *Australian men and boys, a picture of health*. New South Wales: University of Newcastle.
- Golding, B., Brown, M., Foley, A., Harvey, J. and Gleeson, L. (2007). *Men's sheds in Australia: Learning through community contexts*. Adelaide: National Centre for Vocational Education Research.
- Gough, B. and Conner, M. (2006). Barriers to healthy eating among men: A qualitative analysis. *Social Science & Medicine*, 62, 387-395.
- Green, J., Tones, K., Cross, R. and Woodall, J. (2015). *Health promotion: planning and strategies*. 3rd Ed. London: Sage Publications.
- Mahalik, J. R., Burns, S. M. and Syzdek, M. (2007). Masculinity and perceived normative health behaviors as predictors of men's health behaviors. *Social science & medicine*, 64(11), 2201-2209.
- Markham, S. and White, A. (2016). Evaluation of an intervention for men experiencing angry emotions and violent behaviour. In: *British Sociological Association Conference*, 6th - 8th April 2016, Aston University, Birmingham.
- Marmot, M., Allen, J., Goldblatt, P., Boyce, T., McNeish, D., Grady, M., and Geddes, I. (2010). *Fair society, healthy lives: strategic review of health inequalities in England post 2010*.
- Misan, G. M. and Sergeant, P. (2009). Men's sheds-a strategy to improve men's health. 10th National Rural Health Conference, North Queensland.
- Ormsby, J., Stanley, M. and Jaworski, K. (2010). Older men's participation in community-based men's sheds programmes. *Health & social care in the community*, 18(6), 607-613.
- White, A. and Holmes, M. (2006). Patterns of mortality across 44 countries among men and women aged 15-44 years. *The journal of men's health & gender*, 3(2), 139-151.
- Wilson, N. J. and Cordier, R. (2013). A narrative review of Men's Sheds literature: reducing social isolation and promoting men's health and well-being. *Health and social care in the community*, 21(5), 451-463.