



The SDG Accord

The University and College Sector's Collective Response to the Global Goals

Integration of SDGs in

- ☐ Institutional governance/strategic level
- ☐ SDGs in research
- ☐ SDGs in campus operations
- ☐ SDGs in curriculum development
- ☐ SDGs in student engagement activities
- ☒ SDGs into community activities
- ☐ SDGs at a whole-institution level

Focus on

- ☐ Goal 1 - No poverty
- ☐ Goal 2 - Zero hunger
- ☒ Goal 3 - Good health and wellbeing
- ☐ Goal 4 - Quality education
- ☐ Goal 5 - Gender equality
- ☐ Goal 6 - Clean water and sanitation
- ☐ Goal 7 - Affordable and clean energy
- ☐ Goal 8 - Decent work and economic growth
- ☐ Goal 9 - Industry, innovation and infrastructure
- ☒ Goal 10 - Reduced inequalities
- ☒ Goal 11 - Sustainable cities and communities
- ☐ Goal 12 - Responsible consumption and production
- ☐ Goal 13 - Climate action
- ☐ Goal 14 - Life below water
- ☐ Goal 15 - Life on land
- ☐ Goal 16 - Peace, justice and strong institutions
- ☐ Goal 17 - Partnerships for the goals

Summary – GCU Men's Sheds

The aims of the project were to investigate the key sustainability and development challenges that Men's Sheds were facing, and to explore the health and wellbeing impacts that Shed activities had on their users. Men's Sheds are community based voluntary organisations that focus on delivering practical, social and educational activities to men within communities, in particular those who may be marginalised or isolated.

The project worked with five Men's Sheds across Scotland using participatory methods to collaborate in finding entrepreneurial solutions to sustainability challenges that they faced, for example, sourcing funding and seeking premises for their voluntary activity. As a result of this activity, a Men's Shed Toolkit for the UK and Ireland was co-produced with GCU and Men's Shed users and key Shed stakeholders, including the Scottish Government and Age Scotland. The toolkit is now used as a key resource by the official Men's Sheds Associations and Shed support agencies in Scotland, England, Wales, Northern Ireland and the Republic of Ireland. Further, a policy briefing report on outlining the key challenges that Men's Sheds are facing in Scotland, and the type of support that they require was sent to key policymakers, and led to the formation and membership on a Scottish Government Short Life Working Group on supporting Men's Sheds in their development and sustainability.

As a result of the investigation into the health and wellbeing impacts of Men's Shed activity on their users, a number of key outputs were produced, including international peer reviewed journal articles, and a series of policy briefing reports that were distributed to policymakers and practitioners, and have been used widely by Men's Sheds to support funding applications.

Outline the benefits of integrating this theme:

- 1.** The project was the first of its kind in Europe to provide evidence of the health and wellbeing impacts of Men's Sheds on their users.
- 2.** Findings showed that Shed activities impacts on the mental health, physical health and social wellbeing of users.
- 3.** This evidence has been used by Sheds and Shed support agencies to garner more support (e.g. through funding) to sustain and develop their activities in order to deliver health and wellbeing impacts to more men within communities.

Outline the barriers or challenges encountered in integrating this theme and how you overcame these:

- 1. Reduced Inequalities:** supporting men, frequently those who are no longer working, ex-prisoners and those with mental health and/or substance abuse issues, to engage in positive activities such as education and training initiatives.
- 2. Sustainability Challenges:** recycling and re-using wood and metal waste to create community planters and buddy benches for schools, and through fixing old bikes for local people to use.
- 3. Sustainability of Community Ventures:** working with Men's Sheds users and relevant stakeholders to identify and implement practical solutions to sustainability of these community organisations.

Conclusions and recommendations

The Men's Shed Toolkit for the UK and Ireland that was produced is now used as a key internet resource for Men's Sheds and support agencies, both nationally and globally. In particular, support agencies, such as UK and Ireland Men's Sheds Associations and local authorities are distributing printed copies of the toolkits amongst communities to encourage men to set up new Men's Sheds and to support those already in existence. It is anticipated that the toolkit will be a relevant and useful resource for at least the next 10 years.