



SPANNER IN THE WORKS?

Media Release

More than just a Check-Up
Change the way we perceive Men's Health

— Wednesday 29th March —

Mount Beauty & District Men's Shed

Mount Beauty & District Men's Shed will be hosting a male screening program called "Spanner in the Works". Utilising health professionals from Alpine Health the Spanner program provides a brief, men friendly Men's Health check and key Men's Health information that is aimed at promoting men to identify health issues early as well as encouraging men to have a full annual check up with their GP.

Mount Beauty & District Men's Shed President, Dick Puttyfoot said, "Spanner is not about telling men what to do, but sets out some things that they can do (or not do) to improve their health and the chances of a longer and happier life. It gives men the opportunity to make adjustments as they see fit."

Each check takes about 30 minutes and includes assessment of diabetes risk, emotional wellbeing, blood pressure and waist measurement as well as some reminders about keeping on top of issues like exercise levels, cholesterol, skin checks and bowel cancer checks etc. At the end of each check the man is provided with up to four key and achievable recommendations to improve their health. Hopefully each man will take the results along with them to discuss the issues further with their GP.

Men are usually quite fastidious about maintaining their vehicles with scheduled services not being missed. Men realise what the implications can be of poor maintenance. Yet when it comes to looking after the most important piece of machinery, ourselves, men can often overlook the annual check-up and preventative maintenance which may lead to dire consequences later on.

This approach to assessing men's health has been developed for members of Men's Sheds. It is different to the check-ups that are undertaken by your GP. Experience of Spanner in the Works at other Sheds has been very positive and your involvement is highly recommended.

Dick invites ALL men from Mount Beauty and surrounding districts to come along to Mount Beauty & District Men's Shed on Wednesday 29th March from 10.00am – 2.00pm, 2 Tennis Court Avenue, Mount Beauty. The shed will provide a BBQ lunch as well.

Bookings are essential and it's '*first in best dressed*'. To book your place — **Contact the secretary**: Email: <secretary@mountbeautymensshed.org.au> or Mobile: 0428 500 123 or place your name on the list at the Shed by Monday 27th March.