

Step By Step Digital Wellbeing

Tools for the SBS Shed Community

Interreg 
2 Seas Mers Zeeën
SBS
European Regional Development Fund



Community physical health services

The Step by Step (SBS) Model of Sheds creates spaces for men to meet and take part in activities, helping them to improve their physical and mental health. Creating new, male-focused community spaces with an emphasis on health also creates new opportunities to utilise digital wellbeing tools.

The SBS Digital Wellbeing tools have been developed to help bring proven health check and health improvement technology to the SBS community, improving accessibility to men in harder-to-reach groups and workplaces.

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Interactive Health Kiosks

Interactive Health Kiosks are physical, digital machines where individuals can input key health indicators such as weight and height. The Kiosks can also calculate BMI, body fat content, heart rate, blood pressure and Wellbeing Age®. However, the Health Kiosk doesn't just measure physical health. It also includes a more holistic Life Balance Questionnaire which aims to evaluate mental as well as physiological wellbeing.

The Kiosk is a safe and accurate way to provide insight into a person's health and it only takes around five to eight minutes to complete. Afterwards, people can take away a confidential detailed printout of their results, can opt to have them emailed to themselves or save them to their own personal Wellbeing account. Their results include how their levels compare with medical standards and will flag any potential problems such as high blood pressure.

The Health Kiosk is a key part of the shed environment enabling Shedders to track their health over time. By registering an account on the Digital Wellbeing Tool, they can also view their history on the Health Kiosk and print out additional history and progress reports.

Kiosks can be moved easily to a range of different locations providing the opportunity for local SBS Sheds to access them. By opening up invitations to local staff, volunteers and employers, the health and wellbeing benefits of the SBS Shed are shared with the local community. Kiosks can also be placed in larger workplaces.

The Interactive Health Kiosk engages people in their own wellbeing. Most people like to feel cared for and offering something as simple as a Health MOT (health check) can have a huge impact on an individual's engagement in their own wellbeing. As well as an engagement tool, the Health Kiosk is also a step to discovering any potential underlying health problems. It is a warning system that gives the user the chance to seek medical help if required to do so, or it can be a nudge towards living a healthier lifestyle.



Health MOT Roadshows

Health Kiosks can also reach members of the public through Health MOT Roadshows. Mobile units can be located in public locations including outdoor community events and car parks, and can be focused in areas experiencing high inequalities. Roadshow vehicles are fully equipped, and staff are available to talk to people about their results, to encourage participation in the local community, and to promote the values of the SBS Model.



Health Kiosks can be placed in SBS sheds, local community spaces and workplaces, and can be moved between sites.



Step Up

The Step Up digital tool was created for the SBS community. It was inspired by the success of other electronic programmes that combined games, friendly competition and physical activity. Step Up is a web-based programme that combines individual challenges and teamwork to encourage positive mental health and wellbeing.



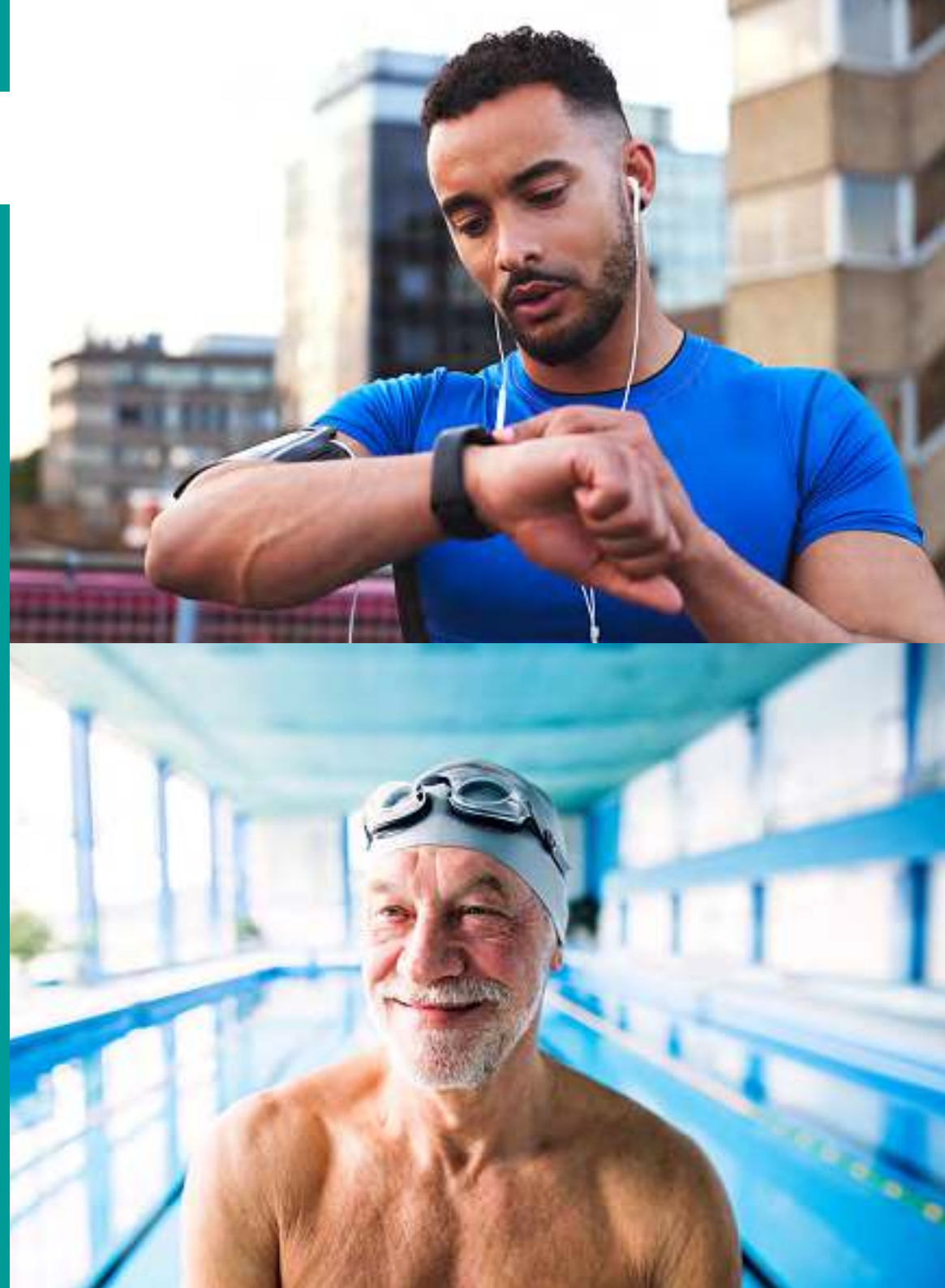
Features:

Wellbeing Metrics - Step Up can link to the Interactive Health Kiosk so that Shedders can keep track of their health as well as their challenges

Challenges - Challenges can be selected from a pre-defined evidence-based list or Shedders can add their own. Personal challenges can be set for 7, 14, 21 or 28 days.

Teams - Individual Shedders can join teams to share their successes with other Shedders creating fun, informal leader boards.

Teams can join leagues with other teams, creating friendly competition and the opportunity to make connections with other SBS Sheds.



About Step by Step (SBS)

Step by Step (SBS) is a collaboration between 10 organisations to develop and test a new model of community mental and physical health improvement for men.

The model has been designed to

- Empower men to move from poor health and/or isolation to healthy social participation or active engagement in the labour market.
- Promote a culture in which all citizens in all regions will have the confidence to make sustainable positive changes in their lives benefitting themselves & society.
- Contribute to healthier individuals, families, communities & workforces

The SBS model's primary aim is to engage with men in their local communities, particularly those who may be socially isolated and suffering from poor mental health or poor wellbeing.

For more information and to find your local partner visit www.sbs-wellbeing.eu

About Interreg

Interreg 2 Seas 2014 -2020 is an EU programme facilitating cross-border cooperation between England, France, the Netherlands and Belgium.

SBS has been funded as part of the programme's technological and social innovation priority. SBS's specific objective is to increase the development of social innovation applications to make more efficient and effective local services.

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