



We're not vultures!

In our last issue we reported that Jim Yates, had a message from Steve Jardine that we had been left the tools from the workshop of an elderly man who'd died recently.

We've now been told that the man is alive and well. We're pleased to hear that and apologise for our error.

We also have a suggestion why doesn't Steve bring him down to the MenzShed so that he can see where, and how his tools will be used. Better still perhaps he can pass on some of his knowledge about the tools and their use.

Aussie research on Mens' Health

Several of our sheddies spent an afternoon at the Ministry of Social Welfare on Monday where Professor Barry Goldring shared information about his research into the health of older men.

The statistics are scary.
A third of adult men are not in work.

Not having a non-work identity, health or wellbeing, social or community networks can be difficult, often isolating, debilitating or depressing for both men and women.

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The gist of his research showed that mens' health improved if they were involved in some form of community activity. That's where MenzSheds come into the picture.

There too much information to put in this news letter so I will put the full notes on the Information page of our website. They are worth reading, and thinking about.

Health Line

Some sheddies may not be aware of Healthline. Its a free service that you can use 24 hours day. You ring the 0800 number and the call is answered by a Registered Nurse. She'll ask you a few questions and then offer advice on what you should do next.

If something is happening to you and you don't know what it is, then its worth ringing the Health Line and having your mind put at rest of advice to you next move.

Free health advice
when you need it



Healthline

0800 611 116

www.healthline.govt.nz

I have some fridge magnets that you can put on your fridge or elsewhere. I'll find somewhere to leave them in the shed, help yourself.

We were joined by another potential member this afternoon, Alan Rhodes. It's encouraging to see our membership slowly growing.

If you have any friends you think might benefit from the MenzShed, bring them along so they can get a feel of the place.

The MenzShed is open to all Wellington men, but especially those in the older age group, who for many reasons, may be feeling isolated or alone.

We offer a place where you'll find companionship, and a chance to revive your old skills, or learn new skills.

We help Kindergartens, Plunket, Refugee Services and other community groups by repairing and painting broken furniture. We have a great collection of tools. The workshop meets from 10 to about 1pm on Thursdays.

You don't have to work at the MenzShed. On Wednesday afternoons there's a Grumpy Old Mens session from 1 to about 3 when we just sit around drinking coffee eating stale biscuits and moaning about the world in general.

Come and join us. You're bound to find something that will interest you.