

## It's Lonely at the Top

Some of our members who have been with us from the start may be amused to see a familiar face on their television screen. Smiling Jim Yates who was our first Treasurer left us for the glittering world of tv commercials.

Jim first appearance was on the Interislander commercial when he was seen in groups shots and the occasional two-shot dancing with his stage wife.

Now Jim has scored the big one. He is the solo star of Age Concerns, new commercial warning of the dangers of loneliness. He looks good and give a great performance.

If you lonely Jim, come back we can help you!

## What about Age Concern?

Although I was aware of Age Concern I've never looked at them. Jim's appearance made me do so. I think its worth precising what they say.

- *In New Zealand today almost 50,000 older people are chronically lonely. This equals about eight percent of people 65 years of age and over.*

- *It is proven that loneliness is a risk factor for physical and mental health problems including heart disease, dementia and depression.*

- *Loneliness affects health by raising blood pressure, increasing the release of stress hormones; lowering immunity, especially to viral infections;*



No New Zealander Should Ever Die of Loneliness 30sec TV com...

*reducing sleep quality and creating daytime fatigue; and reducing the body's ability to fight infection and respond to inflammation. As with other risk factors, the effects develop over time. Also, older people are at risk of loneliness because they are also more likely to experience losses such as bereavement; family moving away; retirement; decreased sight, hearing and mobility; and reduced ability to manage alone.*

- *An older person who is chronically lonely and depressed is almost twice as likely to enter residential care, according to a University of Auckland study in 2006. Depression is also one of the most common risk factors for suicide in older people.*

- *Research from the United States shows that people who feel very lonely are likely to die sooner. Research from the United Kingdom shows that having weak social connections carries a similar health risk to being an alcoholic or smoking 15 cigarettes a day and is more dangerous than obesity or physical inactivity. This all means that being lonely and cut off from family, friends and community is very bad for health.*

This exactly coincides with the City Menzshed position and is our raison d'être. Our methods of tackling the problem are different, but entirely compatible. Perhaps we can find some way of supporting each other.

If you would really like to see more of Jim in his new life as a tv star go to the Age Concern website [www.ageconcern.org.nz/loneliness](http://www.ageconcern.org.nz/loneliness) tv

## **It's Been Quiet Recently**

Although Thursdays still seem to be our busiest day, the Tuesday and Wednesday sessions have been quiet with perhaps only four of five present.

In part this has been due to people travelling - Gary to Auckland for his family, Don too and of course Stuart who is forever tramping often in remote parts of the world.

Norman, who is currently in Mary Potter Hospice is as usual putting up a hand to ask pertinent questions, and reorganising the world.

We have completed hanging fluorescent lights over

The MenzShed is open to all Wellington men, but especially those in the older age group.

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.

We meet from 10 to 1pm on Tuesdays and Thursdays, and from 12 to 3pm on Wednesdays.

You will find us at the old Chinese Mission Hall, 46 Frederick Street.

Email - [shrapnell@citymenzshed.org.nz](mailto:shrapnell@citymenzshed.org.nz)  
Phone - 04210-3003  
Website - [www.citymenzshed.org.nz](http://www.citymenzshed.org.nz)

the major benches and equipping the benches with a selection of hand tools.

## **What's Happening to Our Home?**

Our friendly landlord, Maurice Clark, spoke to Steve the last week. He told Steve that he's given notice to the musicians who use the garage next door, and when they vacate he wants to demolish the garage.

This will give him access to the east wall so that he can determine what should be done to it if strengthening is seen as an option.

As to our future in the Mission Hall, we are still on a month-by-month lease. If the decision is to demolish the Mission Hall then obviously we are homeless again.

If the decision is to strengthen the future is unclear. Would we be allowed to stay during strengthening? When strengthening is complete what would be the future of the building then? Would it be a hall for lease? Could we afford the lease payments?

It seems the proposed course of action will take a little time, but we cannot afford to stand idle and I suggest that everyone actively look for a possible future home, preferably one where we could settle for a while.