

## A New Year

You may have been wondering if there'd be another newsletter. Sorry about that gap but there was Christmas, New Year and we ran out of time.

City Menzshed is now entering its fourth year and its second year in the old Mission building in Frederick Street. Our thanks, as always, our thanks go to Maurice Clark for his generosity in letting us use this building. We are constantly on the lookout for a new permanent home, but so far all our pleas to both local and central government have been met with apparent interest, but no action.

In a few weeks time we'll be appearing before a Wellington City Council Committee to plead our case once again and show how our work supports what the Council refers to as it Policy on Positive Ageing.

If you'd like to come and provide a murmur of support from the wings, it's likely to be 9.15 on Wednesday 11 February, in Committee Room 1.

Incidentally we did remain open over the Christmas/New Year period with the exception of the statutory holidays as we felt that might be a time for greater need for some. Happily things were quiet.

## Another Councillor Visits

Just before Christmas Councillor Paul Eagle spent an hour looking over the City MenzShed and speaking to members present. He seemed to be impressed with what we are doing and came up with two helpful suggestions.

First, that we should appear before his committee next month and make our concerns known. Second

that we should sit down with the Councils property team and see what recommendations they might have for a new home for us. We have asked for the public speaking time and we re trying to arrange the meeting with WCC property.

If you're wondering why the man on the left has his eyes closed in this picture it's because he imagining what the rest of them might do with the tools they're holding!



## Build a Chicken Coup

One of our latest assignments is to build a chicken coup for the Beramphore Kindergarten. They had asked Bunnings, for help but nothing much happened. We were their next choice.

At the moment we're scanning the internet for suitable plans for a coup that might meet their needs. We saw a possible coup in Animates priced at nearly \$500. We want to be able to make something similar for a tenth of that price.

## We've Won a Medibank Grant

Thank you to all those who voted for the City MenzShed in the recent Medibank public vote.

We had news just before Christmas that we had won a grant, but so far there's been no sign of the money. We're sure it will come through but until it does our plans have to be on hold.

We hope that the grant will enable us to open perhaps on a Saturday morning. There has been several requests from people still working who can't make our usual weekday Gold Card hours.

We'll let everyone know when we are able to start the new opening sessions.

## Want to be part of Research?

We had the following letter

*Dear John and Members of Wellington City MenzShed,*

*My name is Philip, and I'm a medical student carrying out health research based at the Centre for Translational Physiology at the University of Otago, Wellington campus. I'm currently looking for healthy male study volunteers, aged 60 to 80 years to help out with a quick study looking at the regulation of blood flow to the brain. This study makes up part of my PhD and aims to benefit those who have suffered a stroke, and I was hoping some of your members may be able to help me make up final numbers for an age and sex matched control group.*

*Who we are looking for?*

- Males aged 60 to 80 years*
- Consider yourself healthy and have never suffered a stroke, had brain surgery or severe head trauma*

*What would it involve?*

- Approximately 40 minutes*
- Resting on a bed during several non-invasive body measurements such as heart rate, brain blood flow and blood pressure*

*The sessions would be run on Level H of the University of Otago, Wellington building, which is located right next to Wellington Hospital. I've also attached a document which has more details about the study.*

*Kind regards, Philip Allan*

If this is for you email John Shrapnell who has the application form - [shrapnell@clear.net.nz](mailto:shrapnell@clear.net.nz)

## National MenzShed AGM

2015 AGM, and Shedd's Ramble

Weekend 11th & 12th April 2015, Wairarapa

**Saturday 11th April** Welcome & Lunch at REAP House, 340 Queen Street, Masterton from 11am.

Annual General meeting will run from 1.00pm to approx 3.30pm. Panel discussion session to answer your Shed functionality questions until 5pm.

Buffet Dinner function (sponsored) at The Lodge Restaurant, assemble from 6pm.

**Sunday 12th April** Shed ramble; (a bus tour to visit 3 Sheds with commentary on their journey to date)

Featherston Menz Shed - Greytown Menz Shed - Henley Mens Shed. Lunch will be served at Henley Mens Shed approx 12.40pm.

To assist with planning and to ensure catering requirements are adequate, those persons representing any member or non member shed wishing to attend either the AGM and/or the Ramble events. Please complete the registration form fully and send to [henleymenzshed@xtra.co.nz](mailto:henleymenzshed@xtra.co.nz) ASAP - Closing date for registrations to attend the Shedd's ramble is 20th March 2015.

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 Thursdays and Fridays, and 12 to 3pm on Wednesdays.

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

Email - [info@citymenzshed.org.nz](mailto:info@citymenzshed.org.nz)

Phone - 04210-3003

Website - [www.citymenzshed.org.nz](http://www.citymenzshed.org.nz)

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