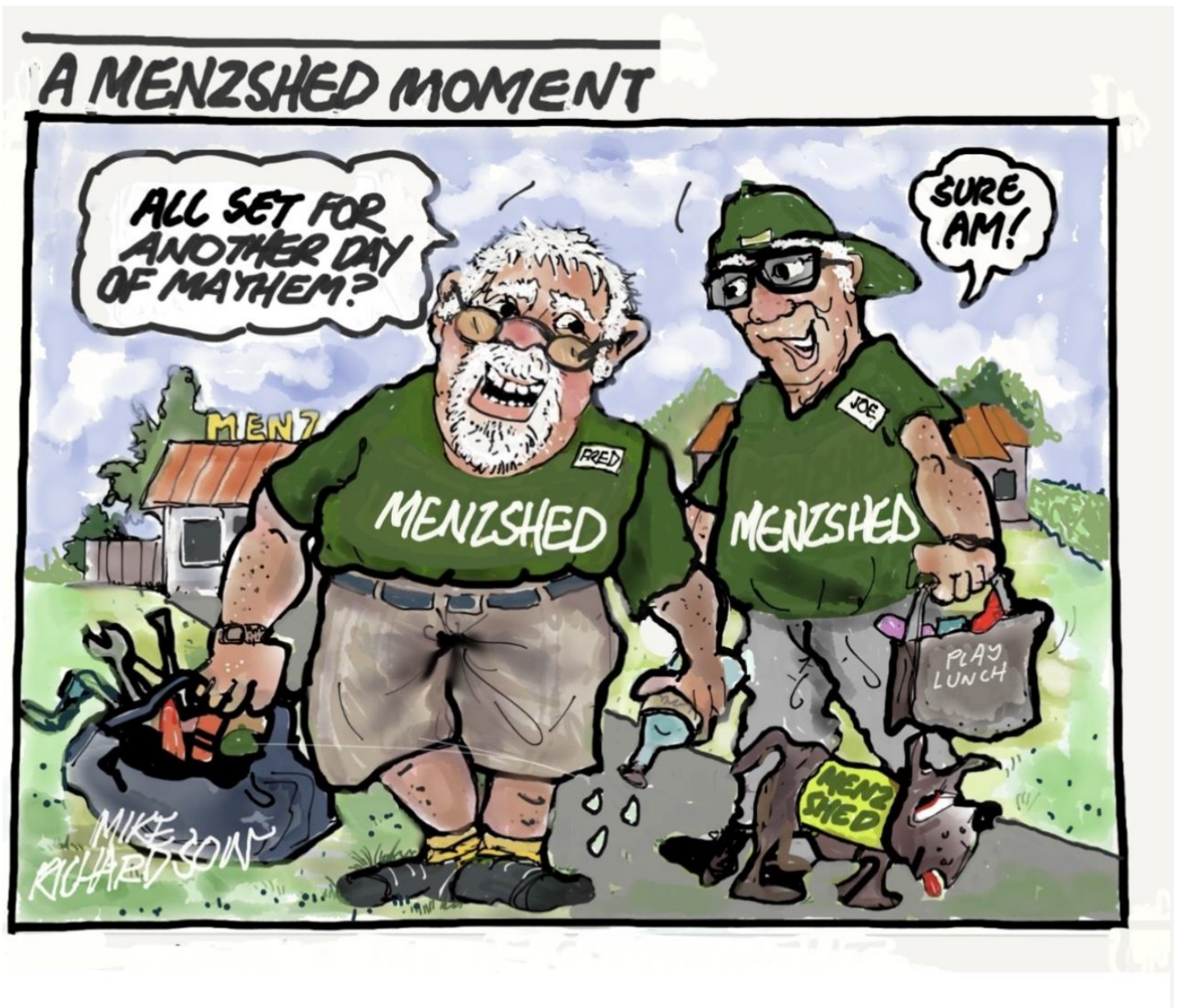


NZ Mens Sheds News

November 2025 Edition

The official newsletter of

MENZSHED
NEW ZEALAND



A word from the National Chairman

It's been a busy few weeks for your National Exec and I.

As well as various men's health expos (I organised one at the recent NZ Motorcycle Show which was very well received by the health providers)

We have been working on plans and budgets for 2026 which will be previewed in a meeting for member shed officers soon.

Richard Cato has been kept busy with two more publications; both the writing and applications for funding for printing.

We've also been flying the flag in Wellington; Richard and John Bush organised a men's health expo in Parliament and I attended a "Decade of Healthy Ageing" meeting.

Last but not least we've been assisting people interested in establishing new sheds.

No peace for the wicked.

Happy shedding! David B



No man is exempt from health risks so we sent our team to Parliament, thanks to Deputy Speaker Barbara Kuriger MP.

Pictured:

Siva Patea (Diabetes NZ), Barbara, John Bush and Richard Cato (Menzshed NZ) and Cath Lyders (Heart Foundation)

From Richard at the
Publications' Desk



publications@menzshed.nz



MENZSHED
NEW ZEALAND

Fostering Wellness
Together

Please support our Kiwi 'n' Sheds sponsors



It's alive - 101 faces was launched in Parliament on 6th November 2025, this the first edition of stories from the sheds and their shedders.

Each story offers a unique glimpse into the diverse backgrounds, challenges, and triumphs of the people who gather in these sheds. From retired professionals to those seeking new skills, from that battling loneliness, to those finding new friendships, the Mens Sheds provide a sanctuary where these people can connect, create and contribute.

Volume Two is underway now, so, please send your story for inclusion – publications@menzshed.nz



Region One News

Northland and Auckland



Latest build project



The Shed was approached to build this stylish hall table. Member Chris stood up to the plate to create something special. Precision and care has been taken throughout, with the customer saying she was "absolutely delighted" with the end result.

We agree.

We are happy to quote for your

bespoke furniture needs, just give us a call.



Car Stickers



We are giving away these little beauties free of charge.

These vinyl sticker will look great in your car and help raise awareness of the Shed in our community.

Shed ...you know you want one!!

Ask any of the team next time you're in the



went to the NZ Motorcycle Show in Auckland and along with a range of Health provider organisations set about wising up bikers, partners and the general public on Mens Health and Wellbeing.

Some of the feedback is shared with readers here, and note the offers from health providers to come along to your Mens Shed

Provider	Total number seen or tested	Total number referred due to high results	Notes / "health provider feedback"
Stroke Foundation	46	31	Normal <120/<80 8 Elevated 120-129/<80 7 HBP1 130-139/80-89 6 HBP2 >140/>90 20 HBP3 >160/>110 5 Total 46 "Only 8 of those BP readings were "ideal", with the rest ranging from slightly elevated to very high BP. One man on the higher end seemed very interested to know about his results, and planned to get to a doctor ASAP to seek advice and medical attention."
Heart Foundation	30	8	Blood pressure checks and 1:1 consultation.
Prostate Cancer	150	n/a	"I thought the weekend was very good as we had a lot of men stop by and ask questions. In the past we had to go to them. I think the message is getting out there to get checked. We still have a long way to go to get all men to go and get checked. Ruben and I talked to about 150 people. In the morning there were a lot of people and as the day went on Ruben and I took turns in walking around the show and talking to people male and female. A great weekend. Hope to see you all next year."



Health NZ Advance Care Planning gave out about 100 brochures and a smattering of the AC Plans & Guide booklets directly from the stand. I ended up giving out our ACP brochure with information from the 3 other stands so that people went away with something from all of us.



There seemed to be genuine interest but as anticipated, a real hesitancy to approach and / or engage with something that they either hadn't heard about or perhaps didn't feel comfortable to discuss openly with people they don't know. The dynamic of men approaching men vs men approaching women or being approached by women might also have come into play.

Re receptivity in descending order-

- Men with partners and/or family groups
- Men with their female partner
- Men alone and or in groups - had to be approached and 'jollied' along.

Having a tangible non-invasive health check (BP check) seemed to

help engagement.

I do think there is merit in having a presence and that it has a positive impact – on the basis that every opportunity to be seen and available normalizes discussions about and demystifies men's health.

I thought the layout of the stands across the arena had an impact but do appreciate it was a motorcycle expo not a health expo.

I think you are right about the environment, and HTR, particularly where people might need a bit of a 'warning shot' / lead into the topic; so that they don't feel embarrassed, vulnerable or put on the spot.

Being with a group of men who they are comfortable with and who want to know may be advantageous – one person might be brave enough to ask, many others in the room want to ask and are relieved someone else did!

I thought later, possibly that some were reluctant to take hard copy brochures etc because they had come on bikes and may not have had capacity to take much away with them.

I would be very happy to support MenzShed at other events, and /or deliver sessions / 'chat over the work bench' at sheds.

And from Essentially Men

High level: we gave out 300 brochures for the Essentially Men 'Men Being Real' weekend program / gathering. I estimate we spoke to around 600 people over the weekend.

Most receptive were (in descending order);

- men who were accompanied by their female partner and child / children
- men who were accompanied by their female partner
- men alone
- men in groups

Thank you so much for organising this (and I can appreciate how much time and effort that took). We would love to be a part of this event in the future (our any other event that MenzSheds are involved in.)

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington



Enjoying the moment during Mens Shed Week, as part of the theme management and members invited blokes to join us for MENS SHED WEEK 2025 - Invite a Mate BBQ Lunch, and they came, businesses and individuals to enjoy the occasion, good food and great company.

Mens Shed Week is an annual event themed out of Australia by AMSA who share material with us, if your shed hasn't joined in before, keep a watch out when we send to your shed contact person for 2026.



Building
HEALTHY
COMMUNITIES

Region Four News

Canterbury and Westland

Rolleston Men's Shed

More Days Open

The Shed was open 3 days a week, Mondays, Wednesdays and Saturdays but with so many retired members, another day has been added, Thursday. The first Thursday, 10 for morning tea but the numbers keep increasing and it might become as popular as any other day. Those who still work will only be there on Saturdays.

Guitar

The person who was shown in the previous issue with a guitar he'd made is now rebuilding one that he bought cheaply. A complete dismantling and reinforcing strips will be added to stop the bridge distorting it.

Shoe Shelves

A dozen shoe shelves have been made for one of the local schools. These have two shelves and two wheels at one end so they can be easily moved to where they might be wanted.



A slingshot similar to this has also been delivered.

2D Engraver and 3D Printer

The 2D engraver is used to label items and make things such as jigsaw puzzles. The 3D printer is usually running making things for members, often to replace broken items where parts can't be bought to replace them.

Computers

The Electronics section continues to upgrade computers by installing Linux and it is expected there will be many more now that Windows 10 is End Of Life (EOL) and people don't realise it is actually only End Of Support (EOS). One donated Apple laptop which had Linux installed has been to Japan and Australia so far this year.

Horn

Similar to a horn on The Repair Shop came to the Rolleston Shed a week after the TV programme. Some of the joins needed fixing.



A MENZSHED MOMENT



• **NOTHING IS TO DIFFICULT...**



We weren't quite well organised enough to arrange a 'Men's Health Expo' for the designated week in June. We did however use that as the start point to arrange health awareness briefings beginning with checking the contents of all of our first aid kits (we have four across the site) and our defibrillator, followed up with a refresher of our emergency procedures, first aid and evacuation response.

During June until August, we've invited guest speakers from different health organisations to give 'smoko break' presentations with around 30 members turning up to each.

The first was from Marthy Cloake from Heart Foundation NZ. As well as an informative talk with plenty of Q & As, Marthy carried out blood pressure monitoring of all members with the offer of follow up consultations at her office.

Two weeks later, Rosie Chambers of South Canterbury Alzheimers NZ, came in to explain, in layman's terms, the things we can and should do to help stave off dementia. She gave us an insight into the ways we can help those who are suffering from dementia with tips and knowledge gained from her time as a psychiatric nurse.

In July we have a visit from Katie McCoy of Sport Canterbury. Katie and her team inspire older people to join their 'Active for Life' fitness programme designed to maintain balance, fitness, muscle tone and joint health.

In August one of the Dietician team of South Canterbury DHB will come and talk about diet and good health. Obviously, on that day our usual smoko snacks of pies, cakes and cookies will be replaced by celery sticks and carrot croutons!



Heart Foundation



Alzheimers NZ



Timaru members

.....

Region Five News

Otago and Southland

Taieri Blokes Shed

As reported in the last newsletter the Taieri Blokes Shed held a very successful health Expo on the 9th August 2025

There were 17 health stalls ranging from stroke to blood pressure to molemap plus 2 tables from our shed for any enquiries plus a sale table.

3 other sheds from nearby were represented, including the public support making the numbers up to 100 plus, then include 34 persons manning

the stalls. Considering the cold day, we were very pleased with the support and comments that we received on the day.

More interesting was some of the feedback from the stall holders. They fully supported the event and encouraged us to run another one in a year's time

to help encourage men to come and talk about any health issues they may have. This is the first health expo that Mosgiel has held in 7 years.

Here are some of the figures of referrals to doctors.

Blood pressure, =25 out of 40, 2 very high. / Diabetes, 4 out of 30 / Other health issues, = 4. Around 90 tests taken.

It appears that blood pressure testing is the biggest concern over the health expo that Mens Sheds have held.

Mens Sheds NZ are encouraging all sheds to hold Health Days. Even small sheds with 10 to 20 members should consider inviting 1 to 2 health persons

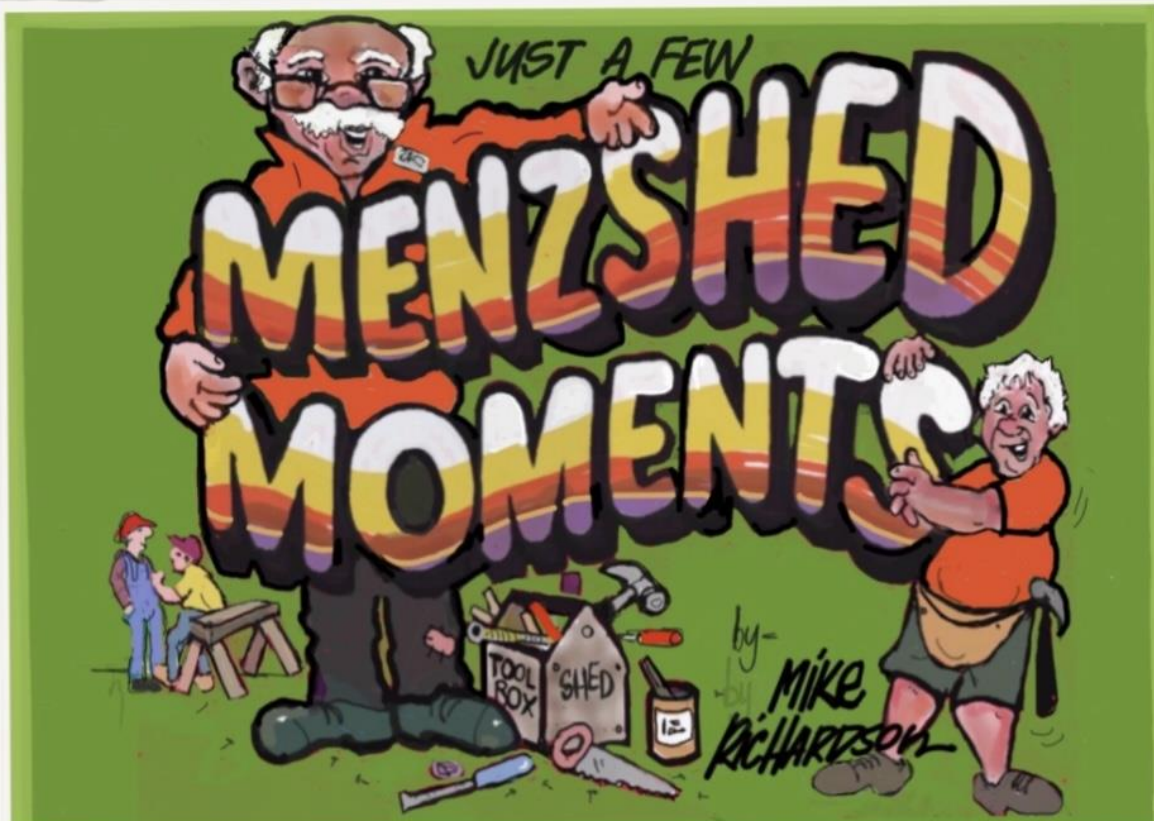
to visit and talk to their members, or combine with another group in your area making it worthwhile and not costing much.

Full health expos can take a lot of planning and costs but they can be rewarding and promote our shed movement all around New Zealand.



Region Six News

Tasman, Nelson and Marlborough



ON SALE NOW!

***An exciting new book full of
MENZSHED CARTOONS
JUST FOR 'SHEDDERS'***

***Mikes latest book looks inside a lot
of those hilarious events seen in sheds.***

Books priced \$25 with nz postage

To order a copy - just phone - 06 8436977 today!

Or Email at -mmrichardson @ nowmail. co.nz

And then there were none!

Since the end of February this year Meridian's Waitaki stock of Covid masks had become surplus to requirement. These masks were purchased to supply Meridian staff during the ongoing Covid epidemic. We thought they would have to go to the dump. I offered to break them down and recycle what we could, mainly cardboard.



Loading as many masks as we could into a Menzshed Reps car. I started breaking down the first pallet, then took a box around the Twizel office, offloading a couple here and there, some even took a whole carton of 200. Then Jessica Silcock took a few cartons to the Christchurch office. Jessica was soon asking for more, and she did a wonderful job of offloading them to staff, friends and family around Christchurch.

Mon Leather's dad was down from the Wairarapa, and he took a few hundred back to his Menzshed. Next, we were pricing up freight to get half a pallet to Carterton. I then received a call from his Menzshed Regional manager, and the remaining 4 ½ pallets were accounted for. 2 pallets were shipped to Palmerston North, thanks to room on a truck heading north, care of Hamish Scott. And the last of them were collected this Thursday by reps from Mosgiel and Timaru to be distributed around the South Island.

So, from the dread of throwing all the masks away, to the relief of them being sent far and wide to be used by many, was quite a good feeling!



On the search

Gordon is restoring an old double ended boat (ex public ferry) and I guess you can't buy this stuff any more....

SeaKrome paint

This was one common brand of red lead paint but there were others I'm sure. I am sure that many men will have tins of red lead paint tucked away in their garages, not used anymore but not sure how or where to dispose of it.

We would be very grateful to receive any tins which are lurking in the various Men's Sheds or at home in members garages/workshops.

I would appreciate any efforts you can make in distributing this message.

Kind Regards

Gordon Whiteacre

0272723943



Information transmitted in this newsletter is done so in good faith.

MENZSHED NEW ZEALAND is not responsible for the actual wording used by submitters, nor are we endorsing products or services of advertisers, unless that statement accompanies the offer.

We do welcome feedback from sheds on their experiences so we can share that information with others.

Editor

Next Newsletter – February 2026

The next newsletter is due for publication mid-February 2026. The deadline for articles for that newsletter will be 5th February 2026. When you have completed an interesting project or done something of interest with others down at the shed, send us an article. Don't wait for the deadline as it gives the editor time to arrange articles. It is always good to see pictures with an article. **Format for article please use Word and Jpeg for pictures** as these are easier to work with. Please limited article to around one or two maximum A4 page/s.

Please do not send your whole shed newsletter, as I will only publish single articles sent.

Send articles to support@menzshed.nz

Cheers John Bush Support Services and Newsletter Editor

Sponsors & Supporters of Men's Sheds

Visit our web site to find out more about each company and the benefits they provide to member sheds.

www.menzshed.org.nz/membership/benefits/