

NEWSLETTER

MENZSHED MANAWATU

SUMMER / AUTUMN 2019



Check out our website at menzshedmanawatu.org.nz, or contact us at 06 3574045, or visit us at Rangitane Park, Racecourse Road any Tuesday or Wednesday from 9am – 2pm.

A GOOD OUTCOME –

Menzshed planned a brilliant float for the Palmerston North Christmas parade. Unfortunately when that was cancelled at the last minute, we were left with a whole lot of small toys we planned to give away. We did that in a different way –

To P.N. Women's Refuge. Organiser Bob Pettigrew received this acknowledgement from them.



Dear Bob

I am writing on behalf of the Palmerston North Women's Refuge to express our sincere thanks for the generous donation of goods that you recently donated to us. We thank you for your kind thoughts and generosity towards the women and children we have the privilege to serve.

FINE DINING



Also to be displayed on the float was a fine child's table and chair set, made by one of Menzshed members to be raffled as part of the Bride of the Year function.

CHRISTMAS AT BUNNINGS

Menzshed were very busy prior to Christmas with several projects in conjunction with Bunnings.

Firstly we participated in a Family evening and a number of members helped people make a selection of projects. It was an opportunity for



Assembling barbecues is something that Menzshed have gained some experience in, and prior to Christmas they again assembled a number of the barbecues you see on display at Bunnings. In return for the effort (and amount of frustration} Menzshed were rewarded with vouchers which they are delighted to redeem at Bunnings

MENZSHED was recognized in the Trustpower Awards again last year, as a 2018 Regional Category winner.

This is extremely gratifying to the Board who work hard to fulfill the aims of Menzshed – a primary one being Men's health and well-being. As part of this last year Sally White Audiology were invited to make a presentation on hearing loss, and provide members with a greater understanding of the risks and explain the steps Shed members could take to avoid deterioration of their hearing.



SUPPORTING CREATIVITY AND IMAGINATION

Late in 2018, West End Kindergarten posted the following message.....

Today we had an exciting happening at kindergarten. The Menzshed have been making us an inside whare to support creativity and imagination. The possibilities of this space will change and develop over time.

The whare arrived in pieces and our learners created an audience area to watch the Menzshed team construct the Whare.

The men worked well together showing our learners some great collaboration skills and communication when problems occurred. The excitement and anticipation was evident as the structure neared completion.

The idea was sparked by Whaea Jo, who saw an image of a similar whare on the internet. Whaea approached the Menzshed who were happy to help with this project, if we supplied the materials. Thankyou Menzshed



Photos of the installation on site. Thanks to Tony's planning it all went together well.



Our happy customers!



WILDBASE

A request for some nesting boxes for pateke and whio to enable them to settle into their new digs at the Wildbase Recovery Centre saw Menzshed swing into action.

A group of us constructed 6 nesting boxes, and what was especially good about this project was that they were able to use plywood that was left over from the site construction process.

We are at present fabricating nesting boxes for exotic birds in the aviaries.



RE-PURPOSING

We appreciate the donation of timber and material that would otherwise go to waste. We understand that in a commercial market it is often uneconomic to reuse timber, as the time taken to “de-nail” it and prepare it for another use is too great.

We were offered timber paneling from the City Council building, when alterations were being made to the stairwells.

The contractor had carefully removed the linings and we were able to store it ready for a new life.



Riverdale kindergarten asked us to make a new cupboard to take their aquarium, and wanted it in natural timber, so we were able to use the Rimu from the stairwells, to construct the cupboard.

A FRESH START

Willard Home approached Menzshed for assistance in re-constructing a planter bed in the courtyard of the home. The one that was there had seen better days, and it was desired to have one at a height that people could easily work at.

A plan was devised to meet these requirements, and a team led by Arie Dekker set about building the planter. The result is quite stunning and should give hours of enjoyment to the residents.



Before and after

A further series of trays have been made for LaLeche League. This group sells them as a fund-raiser and Menzshed are happy to support them in this way.

They are all made from re-cycled timber. Much of it from a ceiling replaced by a homeowner who did not like the idea of it going as firewood.

Little did he know!

TRAYS FOR LA LECHE LEAGUE



MENZSHED is now a World Wide movement, as the article below shows. It came to us from Keith Bettany in South Australia, via the USA Menzshed Newsletter. Included with Keith's blessing.

WHERE'S THE NAIL PUNCH?

A diversional therapist at a South Australian residential aged care facility told me of this experience. She couldn't wait for the planned Men's Shed to form in their high care facility.

From a hardware shop, she purchased seven flat pack, pre-drilled, pre-cut wooden toolboxes. She organized a table in the day room for men with dementia.

With some assistance, they assembled the toolboxes using screwdrivers and hammers. One man who hadn't spoken for two years suddenly

exclaimed, **"It's not good enough!"** After the therapist picked herself up off the floor, she asked, "What do you mean?"

He replied, **"These nails and screws need to be counter sunk, now where's the nail punch?"**

When the focus is on what you have rather than what you've lost, those with dementia are enabled to use their existing abilities. Miracles can happen.

These things are 'hard wired' into us and it may just take permission for a man to again use tools he had once used well to improve his quality of life. In *Using Activities for Behavior Intervention*, Carly Hellen states:

"Work is a source of a meaningful quality of life. Residents with dementia all were viable, active citizens in their homes, jobs, and community. The challenge is to take the tasks that they at one time were engaged in easily, ... and successfully adapt or modify them for a continued sense of purposeful participation."

Keith Bettany



THE SHED

The Trustees have accepted an offer from Chapple Architecture to prepare preliminary plans for additions and alterations to the building, so that discussions can be had with the City Council, as building owners, regarding progressing this.

Key features are:

- Addition of an open space for assembly of projects, with an area to enable painting in all weathers.
- Opening up the interior to allow better use of the available space.
- Additions to provide dust-free spaces for activities of a quieter nature than available at present – such as electronics.

With the completion of the toilet on Rangitane Park, having the toilets in the Shed available to users of the park is not now a requirement, allowing more flexibility in interior planning.



Close encounters, when assembling large units.