

The MENZ SHED movement is here, and it's thriving!

Looking for a place to share skills, make or repair things, socialise or just sit and enjoy the sunshine?

Then the newly formed 'MENZ SHEDS' could be the place for you.

The shed is a not for profit initiative designed to promote the health and wellbeing mainly of retired and older men in the community, but will also be accessible to younger men in the community particularly in the form of proactive mentoring. The committee is setting up a workshop style facility where men can 'do what men do'.

Where men can 'do what men do''



Depending on the individual, those who **come along to the shed can share and** develop skills, make or repair things, **talk, relax, socialise, tell jokes, relate experiences, listen to others, discuss health and other problems, talk about anything, support each other, cook lunch or do nothing if that's what they want!**

MENZ SHEDS have proven to be great **places to break the boredom that is often associated with a sudden influx of time through major life-changes such as downsizing of housing, loss of partner or retirement.**

MENZ SHEDS will be a great place for men with leisure time to tinker around in a communal shed tackling either personal or community focused projects. It is hoped the Shed will offer a fully equipped workshop for men to tackle all sorts of tasks.

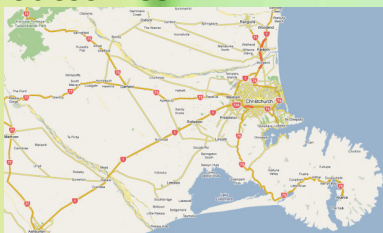
Men can bring along a project to work on, or gain help and inspiration from others.



MENZ SHEDS is urgently seeking sponsors to help continue into the future and any donations of tools no longer required would also be appreciated.

MENZ SHEDS can :

- Provide social interaction, mateship and support
- Encourage active participation in the community
- Share knowledge and skills – learn new things, make practical things
- Share and develop hobbies
- Regenerate and celebrate craftsmanship
- Contribute to the community by doing repairs, making toys, growing things
- Support others who are disadvantaged, socially isolated, unemployed or differently-abled
- Provide intergenerational mentoring and encouragement to young men
- Develop good work ethics, self worth and feelings of belonging
- Incubate new businesses
- Encourage proactive social/health outcomes



No Shed in your area? Contact Donald at the Canterbury Men's Centre to talk about starting one. 03 940 9487 donald@canmen.org.nz

Menz Sheds in Canty

Aldred Community Mens Shed

Address: Cnr Knowles St and Nancy Ave
Status: Aiming to be open Feb 2010, wanting committee members
Contact: Hugh Perry (03) 355 4012

Ashburton Menz Shed

Status: Looking for men to help us.
Contact: Struan McGregor (03) 308 9731

New Brighton Menz Shed

Address: still in planning
Status: Looking for guys to help us
Contact: Donald (03) 940 9487

Oxford Mens Shed

Address: c/- Oxford Area School
Status: Well underway in the planning.
Contact: Trevor Scott 03 312 4197

Rowley Resource Centre Menz Shed

Address: 59 Rowley Ave, Hoonhay
Status: Almost ready. Want to help?
Contact: Bernard, (03) 960 1776

St Ninians Riccarton Menz Shed

Address: 9 Puriri St., Riccarton
Status: Building it soon!
Contact Info: Rob Ferguson, 021 22 44582

Sumner/Redcliffs Menz Shed

Status: Looking for men to help us.
Contact Info: Ester Hayes, (03) 376-4020

(logo design by John Joseph Kingi) Ver. 1 Sept 09

A collage of five circular photographs showing men engaged in various activities: one man kneeling in a garden, one man working on a wall, one man painting a wall, one man kneeling on a floor, and one man standing in a workshop.

Where men can 'do what men do'

The logo for Menz Sheds, featuring a stylized green leaf with the word 'MENZ' written vertically inside it, and a green hammer below it.

MENZ SHEDS