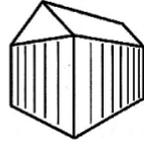


MENS SHED

Auckland East



Retired? Have spare time? Would like to meet others? Then come and join us.

Help develop our shed



Join in
community
projects.
Share your
skills.
Learn new
ones.



Have some fun

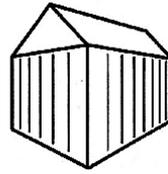


For membership information please Contact: Peter Montgomery, Secretary
Phone: 027-496-6901

Email: mensshedaucklandeast@gmail.com

MENS SHED

Auckland East



We are an incorporated society and registered charity with 85 members.

With the assistance of the ORAKEI LOCAL BOARD we have secured a lease on the old council parks building at 98 Abbotts Way (Waiatarua reserve) and are currently converting it into a “MensShed” workshop. The building will become a focal point for mainly but not necessarily exclusively retired men in our community, providing much needed comradery and fellowship combined with the opportunity to use their practical knowledge and learn new skills.

It has been said that sheds are to a man what a handbag is to a woman. Many men on reaching retirement find they are at a loose end and if they downsize their home there’s no longer space for a workshop, where they once undertook many tasks using a lifetime of accumulated skills. In some cases this has led to the onset of depression. It has been shown that Mens Shed has made a huge, positive step in helping men deal with advancing age, depression, other mental illness and injury/disability rehabilitation.

Retired men that have practical skills are able to share these with others and together they can enjoy creating small projects for themselves and the community.

The workshop will be set up for woodwork, engineering, metalwork, electronics and model making. It is planned to cater for both experienced and novice members.

Come along and meet the team. Everyone is welcome.

We are now open for business and meet every Tuesday 09.00 to 15.00 and Friday morning 09.00 to 12.30 in “The Shed” at 98 Abbotts Way (Waiatarua reserve), Remuera (Next to the Remuera Golf Club entrance). Every other Friday, at 10.30, the committee reports on the latest developments and any projects that are in the pipeline and of course we have a coffee and a chat.

**For more information please contact our Secretary
Peter Montgomery Mobile 027 496 6901
Email: mensshedaucklandeast@gmail.com**