

A MEN'S SHED HEALTH EXPO CASE STUDY



**MASTERTON
MENS SHED**

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Organisation commenced following the national executive meeting on 13th January 2025

John Bush enlisted support from a local GP Mike Berry who has extensive health sector contacts.

Venue booked – Copthorne Solway Park, for Saturday 1st March 2025. Discounted to \$250

Poster was designed in house and printing commenced on 22nd January 2025.

Cost for 10 X 900 x 600 Corflute, + 20 x 600 x 450 corflute, + 200 A4 flyers = Discounted to \$559

Posters and flyers were supplied to all Wairarapa Mens Sheds for distribution in towns, and the organisers visited numerous shops etc., to display posters at least two weeks prior to the event.

Facebook was utilised by Masterton Mens Shed, and Mitre10 Mega social media team.

Some businesses like J A Russell, & Goldpine sent the poster to their client databases.

Newspaper adverts placed, 3 x commercial week apart, + Community paper 3 x consecutive weeks, + article by Stuff journalist in week leading to the event. = \$330

Catering for participants sponsored by Moore Wilsons = \$128

Radio time on community noticeboard for 3 weeks prior. No cost.

Total cost underwritten by Masterton Mens Shed, after discounts of \$1,740, plus sponsorship of \$580, balance \$639 paid by the Shed.

Participants in attendance:

- Masterton Medical, (Diabetes tests, Skin checks, Blood Pressure, General health) GP & Nurses
- Selina Sutherland Private Hospital, (Information on procedures offered)
- Tu Ora – Compass health, (Pacifica, General health, Stress) Community Health Team
- Hepatitis C programme, (Finger prick test & results) Nurse
- Bowel Screening Aotearoa, (walk through Colon) Nurse + survivors
- Whaiora, (Smoke Free, Blood Pressure, General Health) Community Health Team
- Heart Foundation, (Blood pressure tests) Staff
- Wairarapa Skin Clinic, (Upper body skin checks) 3 Doctors + 2 nurses
- Cancer Society, (Information) Volunteers
- Alzheimer's, (Information) Volunteers
- Hearing Consultants, (Ear checks and Hearing aid information) Nurse + Admin

- Ears 2 You, (Ear health checks) Specialist Nurse
- Foot Clinic Podiatry, (Checks & Information) Podiatrist
- Prostate, (Information) Survivor support group
- Occupational Health, (Information) Occupational therapist
- Masterton Mens Shed (Ushers, Promotional Information) Shed Members

Set up from 8am on Saturday 1st March 2025, event opened to the public 9am, people were arriving earlier than that.

Head count	-	9am to 10am	=	109
		10am to 11am	=	54
		11am to noon	=	45
Total			=	208

Included 29 members of Masterton Mens Shed, + members from Featherston, Carterton, Eketahuna and Porirua.

One Mens Shed was advised by their local GP not to attend, “only consult your regular doctor on health matters.”

Pack up and vacate was completed within 30 minutes.

Participant feedback via an online survey is positive and informative:

1. All health organisation participants are interested in participating in a future event.
2. Suggested that the event could be annual aligned with the National Mens Health Week (June).
3. Choose a more central and less fancy location.
4. Add a sausage sizzle and coffee cart (food trucks).
5. Impromptu prizes of power tools for the blokes.
6. Broaden the field of health providers present.
7. Overall number of health checks undertaken = 346+
Number referred for further investigation or treatment = 84
Number referred due to serious health conditions = 5

Free health checks for local blokes

ANDY BREW

Blokes from across Wairarapa are being invited to have a free health check as part of a new initiative being run by MenzShed New Zealand.

The Men's Health Expo, a drop-in event being hosted by Masterton's Men's Shed this weekend, will offer men of all ages the chance for free consultations with medical professionals on a wide range of health issues.

John Bush, manager of the Masterton's Men's Shed and member of the national executive of the charity's national body, said MenzShed New Zealand had already run two successful trial health expos in Te Awamutu and Matamata, and were now hoping to roll the events out nationwide.

"At the core of MenzShed is men's health and wellbeing," he said.

"So we wanted to have these events where blokes, instead of putting off going to the doctor, can just walk in the door, know it's just going to be a whole lot of blokes there and a health professional. And they can just chat about little things that might be going on in their lives."

Bush said the trial events the organisation already held showed the importance of men of all ages receiving regular health checks, even if it's just a simple blood pressure check that "takes five minutes".

"At the Matamata event, about 40% of the blokes who went there had high blood pressure," he said.

"One in particular had excessively high blood pressure and was told 'you need to get to your doctor on Monday'".

The man did visit his GP and underwent a potentially life saving medical procedure the next day, he said.



John Bush, manager of the Masterton's Men's Shed and member of the national executive of the charity's national body said the health expo was a free, convenient and relaxed way for men to get a medical check up.

ARTHUR HAWKES

"That's how close to life and death these things can be," he said.

"If he hadn't gone to the event and got his blood pressure checked, he wouldn't have known to have gone to his doctor on Monday – and could've been dead by the Tuesday."

Bush said he believed there were a

number of reasons why some men were reluctant to visit a GP, including a lack of time, money and convenience.

"There are plenty of examples of blokes who are working long hours, and might not feel like they can ask their boss for a bit of time off to go to the doctors. And then there's a bit of a debate about when it's going to be convenient for them to go to the doctors, so they just don't go," he said.

"[Doctors' appointments] can also be expensive and hard to get into. If I ring my personal doctor today, it'll be four to five weeks before I can get into see him."

Bush said every man across the Wairarapa region was invited to the health expo, and hoped several hundred would attend the event.

"It's open to every man in the community – college kids, young family blokes, retirees, you name it

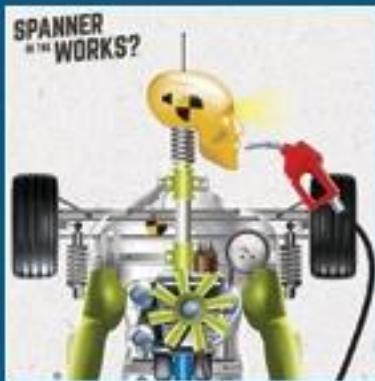
"We're getting really good support – people can see what's going on and they want to get right behind it and I'm really hopeful we can achieve our target of 500 people."

Bush said wives, partners and girlfriends also had a role to play in encouraging their blokes to attend for a check up, as was often the case.

"I can see a lot of that going on," he said.

"It's one of the big motivators in getting blokes to go to a MenzShed – it's actually the wife or the partner that says 'you can't sit around home all day, get down the MenzShed'".

The men's health expo will be held at Copthorne Solway Park, Masterton, from 9am until midday on Saturday, March 1.



MEN'S HEALTH EXPO

No appointment required

FREE EVENT FOR EVERY MAN

At Copthorne Solway Park, Masterton

Saturday 1st March 2025, 9am till 12 noon

Your chance for a free consultation with health professionals from:

- Arthritis
- Prostate
- Heart
- Ears
- Lumps & bumps
- Blood Pressure
- Surgical
- Nutrition
- Diabetes
- Stroke
- Selina Sutherland Hospital
- Local GP's & Nurses.

All in one place just for you blokes, make this your 2025 priority service check up.

Just a quick blood pressure check could save your life!

**WHEN WAS
YOUR LAST
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MENZSHED
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