

# Halswell Menzshed

## Men's Health Expo

Following on from Menzshed NZ push for us to do more men's health focused components to Shed life we decided to organise a community men's health expo. There is definitely a lot of work involved, but the Menzshed NZ handbook was a great launching pad. Here is what we wrote for our community newsletter:

### Strong Turnout for Halswell Men's Health Expo

The Halswell community turned out in force on **Monday 15 September** for the **Men's Health Expo**, hosted at Te Hāpua – Halswell Centre by the Halswell Menzshed.

The event drew **more than 240 attendees** and featured **24 health providers and organisations**, all committed to supporting the health and wellbeing of men in our community. Feedback from both visitors and service providers was overwhelmingly positive, with many praising the friendly, welcoming atmosphere and the variety of information on offer.

A **steady flow of people** kept the venue buzzing throughout the morning. Many men took advantage of the chance to have a **free health check**, and several were advised to arrange follow-up appointments—demonstrating the real value of bringing services directly to the community.

The **free mole checks** proved especially popular, with a small queue outside the mobile van for much of the morning. This service alone highlighted how important it is for men to take time to get themselves checked.

Inside, a programme of **presentations** covered a wide range of topics, from heart health to legal matters, and were all well attended. Visitors commented on how useful it was to be able to hear from experts in an informal and approachable setting.

Adding to the community feel, the **Halswell Menzshed had a display** of their projects, with some handcrafted items available for sale. It was a great opportunity to showcase the creativity and skills of local men while raising awareness of the Shed's role in providing connection and purpose.

Tim Joyce of the Halswell Menzshed said, *"We were thrilled with the turnout. The feedback from both men and providers has been really encouraging, and it shows there's a real need for events like this. We hope the Men's Health Expo will become a regular feature in the city. I am happy to pass on what I have learnt for someone else to organise the next event!"*

From free checks to expert advice, the morning was a timely reminder that **looking after men's health benefits the whole community**.