



Weekly Newsletter for the 2nd Feb 2026

Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

Read the whole newsletter before clicking any links.
Otherwise you could get lost and miss out on some vital information.

Future Speakers

Wednesday 18 February

What Everyone Should Know About Palliative Care”

By Dr Pip Tuckey who is a qualified physician at Middlemore Hospital.

Previously worked at South Auckland Hospice.

Dr. Tuckey’s presentation will be recorded.

Tuesday 24 February

The Missing F- word. Fauna, Flora, and Fungi

By Shed Member Peter Buchanan

Fungi form the second largest kingdom of life, a kingdom much larger than the plants kingdom. Peter will give some background about the fungal world , and its importance to ecology, plant growth, human medicine and nutrition (and the odd poisoning), plus diseases of plants and animals, the fungal conservation. Peter has recently retired after a multi decade career as a mycologist (fungal scientist) , and continues his passion as a volunteer researcher at the government's bio economy science Institute.

Peter's presentation will be recorded.

Work Progress

Here are pictures of earthworks being done on 27 January 2026. They show the 2 sites being worked on, namely the Mechanical Workshop Extension and the Storage Building.

The next stage will be the footings for the Mechanical Workshop while we await the arrival of the Storage Building kitset in early March.



Projects

Our resident Clockmaker, Michael Cryns, restored a Dutch clock to perfect working order last week.

One of several mechanical clocks returned to running order in the shed recently.



Shed Management Committee (SMC) Meeting

Monday 9th February

Run by Alan Simpson. Talk to him to get on the agenda

February Barbecues



Tuesday 10th and Friday 27th, At Midday

Centenary Birthday

Friday 13th of February

Our first Centenarian Sheddie, Basil, will celebrate his birthday with us on Friday 13th of February. There will be a cake and lots of good cheer.

Be there!

Family and Friends Day

Saturday 14th February 2026

10 am - 2 pm



Shed Board Meeting

Tuesday 17th February

11 am start.

Talk to Secretary John Tattersall to get on the agenda.

Panmure Basin Fun Day

Sunday 8th March 2026

10am - 2pm

Shingles Vaccine:

Optimal Clinical Trials

Potential protection with less side effects

70 years or older?

Join this clinical trial testing an investigational shingles vaccine that may offer protection with fewer side effects than currently available vaccines.

Why take part?

To be eligible for studies, volunteers will need to meet the following:
Help researchers potentially develop better vaccine options to protect older adults

Receive study-related medical care at no cost

Participants may receive shingles protection (either the current approved vaccine or the investigational one)

It costs nothing to take part; participants get reimbursed for time and travel (up to \$2850NZD less tax)

What's important about these studies?

Shingles, also called herpes zoster, is caused by the same virus that gives you chickenpox. After you've had chickenpox, the virus stays in your body, dormant in the nerves near your spine. Later in life, especially as you get older when your immune system naturally weakens, that virus can reactivate and cause shingles. Around one in three people will develop shingles at some point in their life. Shingles can be painful and serious, especially for older adults.

Current shingles vaccines may cause side effects such as headache, tiredness, fever, and injection site pain, and they may not offer full protection for everyone.

That's why new options are being studied to help improve protection and reduce side effects.

[Go Here for more information.](#)

New Book Club Proposed

At Saint Heliers Library



[For details and expressions of interest go HERE](#)

Or register your interest at our office on the supplied register.

“Your Shed and Dementia, A Manual”.

This book will come your way this month from the NZ National Mens Shed. Men’s Shed Australia generously allowed us to reword their manual for New Zealand, and Dementia NZ checked it also. It offers help with problems that might arise at the shed. Please put it to good use and share it amongst your members. Your area rep will have this book this week so please help him with the distribution to keep the cost to a minimum. Many thanks to the Lion Foundation for contributing towards the cost of printing this publication.

This article was found on the Alberta Men's Shed Face book page. It is a good fit with the Dementia manual.

[Preview](#)

Remembering Who I Am, at the Men’s Shed

Coming to the Men’s Shed has been a blessing in my life. I’ve been living with

dementia for the past two years, and it's been a lonely road trying to face it on my own. But here, at the Shed, I don't feel alone. I feel like I belong.

We stay busy fixing things for schools, building for the community, and sharing our skills. It's good to feel useful again. Giving back keeps our hands moving and our minds focused; more than anything, it keeps our spirits alive.

Mornings are the best time for me. I struggle more as the day goes on, words slip away, my focus fades, but here, the coffee is always hot, the snacks are a dollar, and the conversation flows freely. Sometimes we even have guest speakers, healthcare folks, and community officers to share a little knowledge and connect. [GO HERE to read the whole article.](#)

Mal's Corner

These are actual notes from various hospital charts

The patient is Tearful and crying constantly. She also appears to be depressed.

Discharge status: alive but without permission

The patient has two teenage children, but no other abnormalities

I'm 106... This Is The Secret To A Happy Life

[Click HERE](#)



Choose to have a great week!

Kevin H (ed)

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**Donations gratefully accepted and go towards building a stunning Shed for
Members, for today and far into the future.**

