

Shed News from the Committee and Coordinator



5/4/ 2018

Hi Shedders - Some events to note:

Tuesday 11th April, 10am an information session from the Health and Disability Commission



The purpose of the Health and Disability Commissioner is to promote and protect the rights of consumers as set out in the Code of Health and Disability Services Consumers' Rights. This includes resolving complaints in a fair, timely, and effective way.

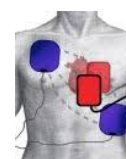
**Tuesday 24th April, 10am- ANZAC exploring the myth,
Plus the Sheds involvement with ANZAC.**



what really happened and why.



Wednesday 2nd May – AEDs (automated external defibrillator) and how they are used, with special reference to anterior posterior placement of defibrillator pads. Followed by your chance to ask a top Paramedic anything of interest relating to his world of work.



From 1 April, immunisation against shingles will be free for people turning 65 as part of changes to the National Immunisation Schedule.

Free shingle immunisation will then continue for the next two years, for anyone aged 66 to 80.

It's particularly important because shingles most commonly affects older people or people with a weakened immune system.

As you get older, the protection from earlier immunisations can begin to wear off so it's important to keep up to date with all your immunisations.

Make sure you're also protected against influenza, tetanus and diphtheria. All three vaccines can be given on the one day.

Anyone 65 years and over can get the free annual influenza or flu shot. It's best to get your flu shot in April or May, so you're protected before winter and the main flu season hits. Contact your general practitioner to receive your free booster immunisations and flu shot.



For more information, go to www.health.govt.nz

If you are at a loose end and looking for a small task to complete pop on down to the shed and see what we are up to, there's something new on the workbench every day.

And bring another bloke with you, show them around your shed and the things that blokes get up to on a daily basis, there's always room for another bloke in the shed and new conversations to be had.

"See you at the Shed again soon"

John Bush

Coordinator

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<http://henleymenzshed.kiwi.nz>