

Newsletter

You can contact us on 01277 224528

Issue 2-15

Since our last newsletter Menshed has been meeting each Friday afternoon and have undertaken a variety of activities.

One Friday we all met earlier than our usual time of 2pm and a party of us visited a great café in High Ongar and we all enjoyed a lunch. This café is unusual as it is located in an old Freight Container and serves the people who work on the Industrial Estate on which is situated.

In this issue we will be highlighting some of the other activities that we have enjoyed.

## **SECRET NUCLEAR BUNKER**

**If you know anything about Brentwood you will know that one of the worst kept secrets is the location of the SECRET Nuclear Bunker, it is so well signposted all around the area.**

**One Friday afternoon, about a dozen of us went to visit this local attraction. Some of the party had never seen it before and so it was a real education as to the preparations the Government of the day had made because of their fear of an imminent nuclear war.**

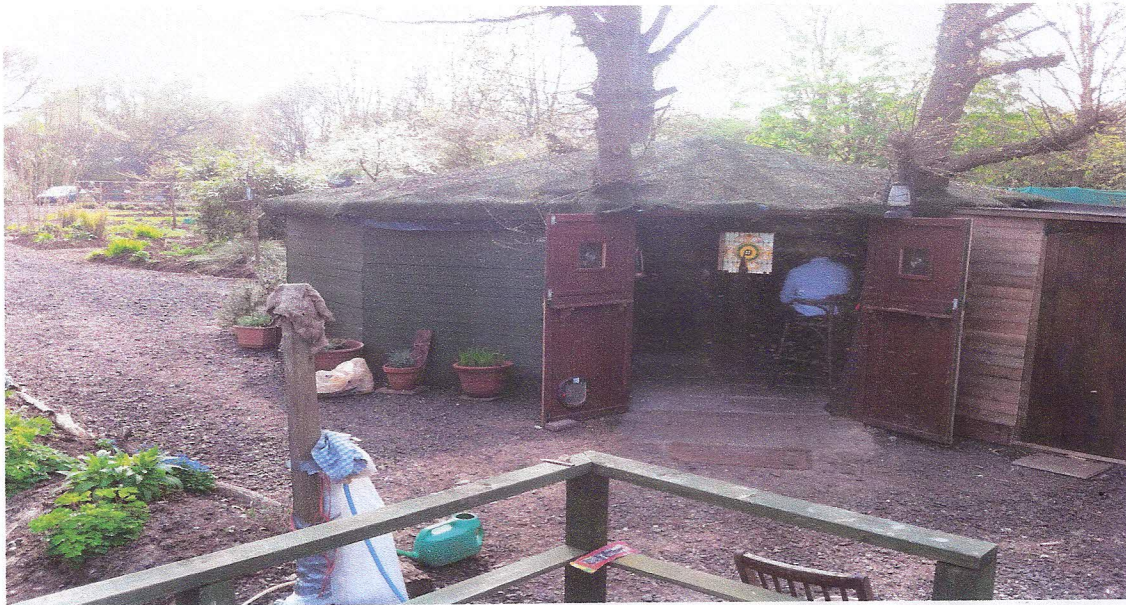
**As is our custom we completed the afternoon in the café enjoying tea and cakes.**



FOLLOWING ON FROM OUR  
CAMPAIGN IN HELPING  
VULNERABLE RESIDENTS  
BY INSTALLING DOOR  
CHAINS TO THEIR FRONT  
DOORS. MENSHEd WERE  
PRESENT AT A MEETING  
OF THE UNIVERSITY OF THE  
3RD AGE WHERE WE MET A  
NUMBER OF RESIDENTS WHO  
WERE GIVEN A TALK ABOUT  
SAFETY IN THEIR HOMES.  
WE ARE EXPECTING MORE  
ENQUIRIES IN THE NEXT FEW  
WEEKS







**The 'Shed' at The Field of Dreams**

**We had the opportunity to visit The Field of Dreams located just outside Ingatstone on the Mountnessing Road.**

**This is a real labour of love by John and Irene who obtained a strip of land from Lord Petrie. The area was completely overrun but John's vision was to create a natural garden space. After a lot of hard work in clearing the site they have developed a haven of nature.**

**John and Irene showed us around and as usual the afternoon ended with us enjoying a cup of tea**



**Part of the Garden John and Irene are developing**





**FROM A WILDERNESS TO A GARDEN JOHN AND IRENE'S WORK IN PROGRESS**



### **Time for Tea**

**Menshed visitors  
enjoying a  
relaxing time of  
fellowship with  
John & Irene over  
a cup of tea.**





Cancer Research UK is the largest cancer research organisation in the world, outside the USA. We are the European leader in the development of new anti cancer drugs.

We fund research on all aspects of the disease from its causes, to treatment and prevention.

We are also committed to producing high quality information for people affected by cancer, health professionals and the general public.

We do this through our website, which includes patient information and news and resources, and through our range of health awareness leaflets

## JOIN TOGETHER TO RAISE MONEY FOR MEN SPECIFIC CHARITIES

We would like to develop projects that can raise money to support charities involved in Prostate cancer and Testicular cancer. Suggestions are welcome as to what we can do during the year to support these causes.

If you have any ideas what you can do to help these causes please contact the editor

**PROSTATE  
CANCER UK**

## **We believe men deserve better**

**Men deserve better. It's that simple. That's why we've invested millions of pounds into research, services and awareness over the last 10 years. It's the reason we provide services to men and their families like our Specialist Nurses, one-to-one support and information leaflets. It's why we're leading the way in providing prostate education to medical professionals. It's why we don't take no for an answer when it comes to fighting our campaigns. We are Prostate Cancer UK.**



## **Would you like to join us**

We meet every Friday afternoon at 2pm and our afternoon finishes at 4pm.

We have a range of activities come along and join in

We are collecting donations of tools to enable us to take on various projects so that we can make items for sale in craft fairs to help us raise money to keep our group going.

We have a number of exciting things happening over the summer why not join us one Friday afternoon—we start all our meetings at the Shed which is situated alongside Doddinghurst Road Community Church

### **Contact Us**

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