



Newsletter

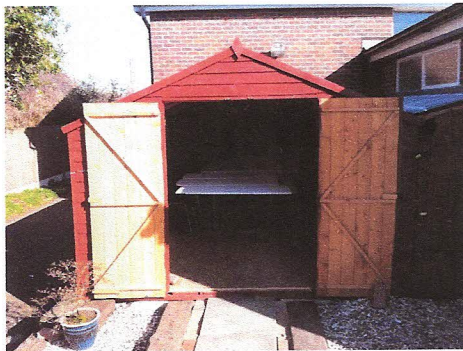
You can contact us on 01277 224528

Issue 1-15

Menshed is an organisation that aims to help men to get together and undertake various projects.

The Brentwood Branch of Menshed is trying to develop a fellowship amongst men of all ages and give them an opportunity to pursue interests together.

We welcome new members each week and their ideas as to our development



**“Menshed  
Brentwood has  
over the last few  
months been  
installing door  
chains to the front  
doors of  
vulnerable people .  
This has been  
undertaken in  
conjunction with  
Brentwood Council's  
Safer Brentwood  
Campaign**

## **Domestic Abuse Awareness**

**We were pleased to be asked to assist in Brentwood Council's White Ribbon Campaign.**

**This involved a week when various events took place to raise awareness of domestic abuse.**

**1 in 4 women and 1 in 6 men currently suffer from domestic abuse whether that abuse is physical violence or mental stress.**

**Menshed volunteers manned a stall in Brentwood High Street during that week as well as manning a stall during the Lighting Up Brentwood event.**

**If you know of somebody who is a victim of domestic abuse there are many agencies who are prepared to help.**







The team from Menshed clearing the field

## **Reach Equine Assisted Therapy**

One of the reasons for Menshed is that we can help others in those small jobs that they cannot get done without incurring huge cost.

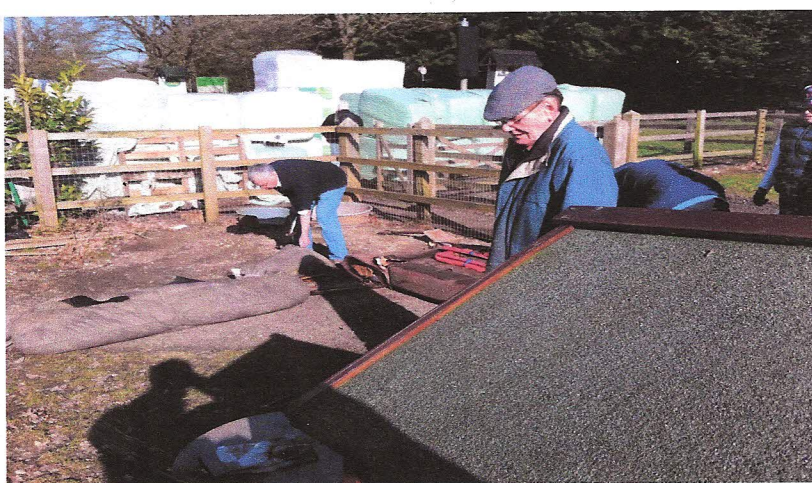
We were pleased to help this Charity to get a field cleared of various pieces of rubbish. This means that this area can be used in assisting disabled people through the use of horses.

Reach is an organization that provides a combination of therapies including Hippotherapy, Pony Petting, Pat Therapy, and Physiotherapy to provide rehabilitation programmes to suit individual needs.

If you want to know more about the work of Reach then contact Louise Barrett on [www.reach-uk.org/contact-us.php](http://www.reach-uk.org/contact-us.php)



Louise is assisting A rider to mount the pony



Alan our oldest member helping the field clearance





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

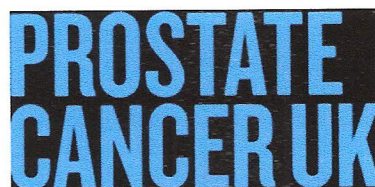
## **Join Together to raise money for Men specific charities**

**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 to register**

**We give here some information about the charities we can support**



## **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 and recently we have visited the Secret Nuclear Bunker in Kelvedon Hatch

As reported here we spent one afternoon clearing a field for the Reach Charity

We also visited the Pilgrims Hall Tea Shop

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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**The Menshed**

**Our meeting place**