



Giving a welcome and support for mature men with time  
on their hands

## Sprucing up for a visit



Milton Keynes Community foundation have been a long standing supporter of the Shed. They will be visiting the Shed in about a week's time, **10.30 a.m. on Wednesday the 27th September**. Once again they want to show us off to their sponsors, the people and businesses who donate to their coffers, so enabling them in turn to be generous in grants and awards to us. Much work has been done by the various groups in the Shed to spruce up the place in recognition of their visit. The only thing left now is for there to be a good Shed turn-out on the day. **See you there, or be square!**

## Don't Play Russian Roulette with your Life

Do you know about 1 man in 7 will be diagnosed with prostate cancer during his lifetime. Prostate cancer develops mainly in older men. About 6 cases in 10 are diagnosed in men aged 65 or older. That means in our Shed of 100 members about 8 members in that older age group will develop prostate cancer. This about squares with our experience in the Shed. Whilst prostate cancer can be a serious disease, our members know from their experience most men **diagnosed** with prostate cancer do not die from it. But what if you're not diagnosed in time? Your guess is as good as mine. Why take a chance when there is a simple diagnostic test.



## News in Brief

### Membership growing

Its no secret that we have a regular stream of potential new members, and some of our regulars slip away. All in all our numbers are healthy especially with the ever growing ranks of the Makerspacers, housed on the mezzanine floor, doing all their techie things.

### A place of our own?

Well not quite so for the time being. Age UK MK have been a steady supporter of the Shed, and as you know we are their subtenants at Unit 30, Burners Lane. They in turn rent it from MK Community Foundation. As things stand at the moment, it suits Age UK MK to continue renting the unit on our behalf so there is no need for the Shed to take the lease on in its own name.

### Woodwork Machine Training

Andrew, Vince, Carl and Peter G completed the "Train the Trainer" sessions. The Shed has also been joined by Vic who has conducted training in the past. This puts us in a stronger position to see members pass through the accreditation process and so be permitted to

## Blood Tests for Prostate Cancer

**MK Prostate Cancer Support** (MKPCS) supports people in the Milton Keynes area who are affected by prostate cancer or other prostate problems. We promote awareness of prostate cancer to encourage men to get themselves checked for early diagnosis.

Prostate Cancer is the most common cancer for men. PSA (prostate specific antigen) blood tests are useful to get early indications of prostate cancer and to understand future risks. PSA is a chemical made only by the prostate, and can be checked by a simple test to assess the risk of having prostate cancer. **A raised PSA level does not always indicate prostate cancer but it can indicate other prostate problems which can be readily treated.**

There is no national screening programme for prostate cancer. All men, particularly those aged 50 and over, should know their PSA levels.

**MK Prostate Cancer Support** is to hold a PSA blood test event in association with the Graham Fulford Charitable Trust who will provide a nurse, laboratory analysis and postage for the notification of results. **The blood test is free to take part, and refreshment will be served. MKPCS welcomes donations from participants to help with the costs of setting up and conducting the event.**

**Date: Saturday 7 October 2017**

**Time: 10:00 am – 1:00 pm**

**Venue: Milton Keynes Christian Foundation  
Foundation House, Wolverton MK12 5HX  
(parking spaces are available on site and in the vicinity)**

---

## Shed briefings

Just a reminder, the first of Wednesday of the month at 12 noon there is a short Shed meeting to bring all interested up to date on developments and happenings in the Shed.

*Peter*

---

Our supporters include:



use the various machines in the workshops. The notion is that training will take place on fixed dates, typically at the start and mid month. Look out for dates being published in the Shed, where you will be able to sign-up.

## Donate. Please!

Single Donation

Give Monthly



Remember you can very easily donate to the Shed and help it remain a going concern, by going to [this link](#). Thank you.

---

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2017 Men in Sheds MK, All rights reserved.



[unsubscribe from this list](#) | [update subscription preferences](#)