

## North Ayrshire Men attend health and wellbeing event

In conjunction with North Ayrshire Council, Garnock Valley Men's Shed (GVMS) and Three Towns Men's Shed organised and held a very successful Men's Wellbeing Event via Zoom last month.

The event, on Wednesday 12th May 2021, featured presentations from Mae Bell of [Prostate Scotland](#) (see more information below); Ken Morton of [12 Guitars](#); staff from North Ayrshire Libraries; and David Gardner (SMSA Chair and Vice-Chair of GVMS) on the Men's Sheds Movement. The event also featured a quiz based on delegates' knowledge of North Ayrshire.

David Garner said: "I strongly recommend the presentation by Mae Bell as, having personal experience

of cancer, I found it very informative and it was extremely worthwhile to share this with our Shedder community. Mae is willing to attend Men's Shed meetings virtually (and physically in the future once measures allow) and I would urge Sheds to take advantage of this offer to raise awareness amongst your boards and members.

"Ken from 12 guitars showed an insight into how guitars help people to interact and also discussed the [potential partnership](#) developing with the Scottish Men's Sheds Association and individual Sheds. It is also amazing what your local library can now offer and I for one am re-joining after many years of absence.

"A poll carried out at the end of the event showed a 100% wish to participate in further events – a great boost for the organising team. All presentations scored highly in the poll."

## Prostate Scotland Virtual ToolBox Workshops for your Shed

Recently, I had the pleasure of meeting and delivering the [Prostate Scotland](#) Virtual ToolBox Workshop to a group of men from North Ayrshire Men's Sheds (see above). It was a great, well-attended event and before we got started, all I can say is, the craic was good.

But, is your Men's Shed prostate aware?

Did you know that:

- Almost **1 in 2** men over the age of **50** are at risk of developing prostate enlargement
- Prostatitis can affect men from the age of **18** years, being most common between **30-50 years old**
- Prostate cancer is the **most common** cancer for men in Scotland with a **1 in 10** lifetime risk of a man developing prostate cancer

Probably, most men have heard of the prostate at some time or other, but many men don't have a clear idea of what it is, where it is, what it does, what can go wrong with it or what the symptoms are.

A survey for Prostate Scotland found that **just over 50%** of the general public surveyed and only **1/3 of men over the age of 55** could name a symptom of prostate disease/cancer.

So, how can Prostate Scotland and Men's Sheds work together to help start put this right?

Prostate Scotland is delighted to offer Scottish Shedders our new Zoom ToolBox Workshop to individual Sheds or with a few Sheds coming together. Our workshop is a short but informative powerpoint presentation that can be delivered through Zoom or Teams or, once restrictions ease, by coming along to your Shed.

Why not get in touch to find out about and organise one of our Zoom ToolBox workshops—it will be well worth 20-30 minutes of your Shedders' time!

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