

Here are a few quotes from some of WMS members:-

“As a founder member of the Wayland Men’s Shed it has given me great pleasure over the last 2 and a half years to see what our efforts mean to our members. Men from all walks of life have come together as friends to share skills, experiences and tell a story or two. You only have to stand in the hall or workshop on a given day to see this in action. I feel very proud of our joint achievements. I came to Watton 4 years ago and knew nobody. I can honestly say that I have made many friends through the Men’s Shed and know I can rely on their support. I cannot walk down the high street without bumping into someone I know. I so look forward to my weekly visits and would be lost if the shed were not there. Long may we prosper”

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“The shed has become an important part of my life. I can relax with a group of other men and do not feel that I need to score points. There is always conversation, laughter and friendliness, with people happy to help out, when help is needed. Long live the men’s shed”

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“ I joined WMS for the comradeship and the opportunity to participate in helping the local community”

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“The Men’s Shed leaves me free to come and go to events. I like the fact that there is no pressure to do this and, even so, I have done useful things such as making bird boxes and a bird table . The Quiz and Chips events are a highlight for me and i have enjoyed all our trips away, especially the 10 pin bowling (when are we off again!).”

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“I like going up to the Men’s shed because I enjoy the camaraderie, friendly banter (well it has been up until now). I also think that being up there is serving a purpose, keeping one’s mind and body active doing what you want to do with no pressure to perform.”

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“The Men’s Shed gives me friendship and the knowledge that we all look out for each other. I really enjoy going along to the shed and all the outings.”

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“It is comradeship and gives me somewhere to go twice a week to be with other men otherwise I would be at home looking at four walls.”

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“I moved to Watton a year ago and The Men’s Shed has helped me to integrate in the local community. In particular the social program has been varied and interesting.”

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I originally joined the Shed while still working 3 days a week, so didn't have a lot of spare time to attend. My first interest was the woodwork workshop but the first time I visited it was empty, but I could see someone in the next room, which turned out to be the IT Room. To my surprise, I quickly became more interested in IT than woodwork and have now visited many times, usually on Wednesdays, as it tends to be quieter.

To me personally, The Shed is a means of having a bit of time away from home, with a few cups of tea and good companionship and conversation.

I also intend to go on a few of the social outings this year, now that I have more time available, having fully retired.

Congratulations to the committee on a well-run Shed.

Jim

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I joined Wayland Mens Shed shortly after moving to the area. It has help enormously with my well being in that I have made new friends in the area and I have been able to indulge with two of my passions which are photography and music. The WMS has like minded people and I have been able to expand my enthusiasm and help with my mental health. It is also good to be able to chat to other members and help them with issues they may have. With all the activities the WMS undertakes there is something for everyone.

Neil Rowe

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I returned to the UK in October 2017, after spending 15 happy years in France in semi-retirement.

We felt that we had “been there, done it” and we were getting quite homesick and really missing the grandchildren. We moved to Norfolk as my son lives here and he also has a granny annex which made the move relatively straight forward.

We didn’t know anyone in Watton, but I have done a bit of Am Dram so on seeing a note in the local paper, I joined the Wayland Players. Malcolm Trayhorn our present Chairman was already in the group and suggested I come along to the Men’s Shed and I have been a member ever since.

I have had four strokes but have been very lucky with my aftercare and physiotherapy in that the aftereffects are just a slight limp, mild paralysis in my throat and a slight loss of balance. Like most stroke victims I also have the odd bout of mild depression (or the “Blues” as I prefer to call it)

This is where the Men’s Shed has been a life saver, it gives you a reason to get out of bed on a Monday morning. Most of our members are retired and some of them have lost their partners or are carers for their partners and the Shed gives them a change of scenery and the chance forget their problems and have a laugh. We are fortunate to have a very enthusiastic AND competent committee. After a few years in the Old School House, we now have great premises in the Watton Sports and Social Club.

I would say that we are a very diverse Men’s Shed in that we have so much to offer, from a well fitted out traditional workshop, with a separate computer workshop, to a large social room where we can all put the World to rights, leave our partners in peace for a few hours, have a cuppa, play cards or board games. We also have several sections including music, shanty singing, photography, lunch club and our very competent Chairman and Social Secretary also organises outings and brilliant “Quiz and Chip” nights.

Les

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I have been member of the shed for over 3 years. In that time it has offered me friendship and a sense of belonging that I would not otherwise have experienced. There is a place for everyone in the shed whatever their background or situation. When I am feeling dispirited or downhearted a visit to the shed gives me a boost and I invariably return home in a better state of mind. I organise two of the music sub-groups and the sense of purpose they have given me is immense, far outweighing any organisational effort required to run them. Quite simply, Wayland Men’s Shed fulfils an important social function to the benefit of men in Watton: life would be immeasurably poorer without it.

Nigel

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Wayland Men's Shed (WMS) has allowed me to do a activity I am very keen on , and given me the opportunity to support WMS the best way I know how.

Jeff

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I found myself living alone for the first time in twenty years and was struggling with loneliness and isolation. I bit the bullet and came along to see what the Men's Shed had to offer. Coming to the Men's Shed twice a week has given me structure and reduced the feelings of loneliness. There are a brilliant number of groups within the Shed that means there genuinely something for everyone, from singing with the shanty group to a game of cards it's a friendly open environment that's been a life saver.

Wayne

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In part Wayland Men's Shed, for me, has helped replace the comradery and social interaction one missed after retirement that was part of everyday working life within a corporate entity. The absence of working with a team of likeminded spirited people all pulling together for a common objective and purpose was absent and Men's Shed has helped bridged that void in many ways.

Jezz

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