



If you are well, we aim to keep you well-if you are fed up, cheesed off, or bereft of company and looking for a friendly and welcoming place to go-you may have found just the right place. We may be hammering and drilling and sawing but the loudest noise in our shed is laughter!



## **Poringland & District Men's Shed**

**"shoulder to shoulder"**

This is a wellbeing project aimed specifically at men as they do not tend to have the social networks of women, so when they are made redundant, or retire, or are bereaved-they do not have the friendship support network on which to lean on.

### **LOCATION**

We meet every Tuesday & Saturday from 10:00-13:00 at The Barn, behind The Dove, Bungay Road, Poringland, NR14 7NB

Come and take a look-the kettle is always on!

For more information visit our website:

[www.pdmensshed.org](http://www.pdmensshed.org)

or contact us

[pdmensshed@gmail.com](mailto:pdmensshed@gmail.com)

**07906 701891**

**We are a Registered Charity**

**No. 1171564**