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Thanks to the Men's Shed I've got my husband back.

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Ken and Sheila had been looking forward to his retirement for years. But when he finally retired, Ken found the reality to be something very different.

He missed the sense of purpose and camaraderie of work. Days spent in front of the TV turned into intense feelings of isolation and a growing lack of focus. Ken was beginning to feel lonely and cut-

off. His mental health suffered, and he was diagnosed with depression. Sheila was desperate to reach him in his loneliness but didn't know how. This once loving relationship began to come under intense pressure... they were thinking about divorce.

Then Sheila found out about the **Men's Shed in Kings Lynn**. The Men's Shed is a community space for men to connect, converse and create. The activities are similar

Loneliness can be as damaging to the body as smoking 15 cigarettes a day.

to those of garden sheds, but for groups of men to enjoy together. They help to reduce loneliness and isolation, but most importantly they're fun.

Your gift today could transform a life like Mary's.
Text 'LONELY' to 70085 to donate £5