

Cowes Men's Shed



Cowes Men's Shed - Member Survey 2022. Thank you to everyone who completed this survey for us. Your thoughts and insights have been very useful indeed. Please see these few notes/comments below, from our survey findings:

- 100% of respondents felt that their mental health had improved since joining the Shed.
- When asked if they thought their physical health had improved, 100% of respondents said yes.

Some of the comments included: -

- Thank you everyone here. I love it. I have lost everything and I miss my late wife. That was the end of everything but here has saved me. Thank you.
- Since joining the Shed my mental health has improved and I've made new friends and learnt new skills.
- The people are very friendly and supportive of one another. It's wonderful here.
- I have really enjoyed myself at the Shed. Meeting people from all over the country makes it really interesting.
- It has made me try a talent I didn't know I had. Since losing my partner I've found a sanctuary here. I can't live alone. I missed having company.
- Adam is great and helpful – he makes me feel normal with my disabilities.