



Men's Meet Up

Join our men's group on a weekly basis and engage in a range of activities

Come along and socialise. We will be doing anything from having a chat in a local coffee shop to enjoying the outdoors. There will be something for you to enjoy.

We welcome all men recovering from mental health difficulties, so please come along if you're looking for something new.

We meet every Thursday 10.30am - 12pm.

Contact Thea for more information.

07810 853835 thea.brady@oxfordhealth.nhs.uk

