

"Be excellent
to each other"
-Jackson Cummings

The confidential place to be for men aged 18 plus

Providing:

- A safe and confidential environment
- Therapeutic activities
- Social and peer support
- A place to chat
- Healthy lifestyle advice
- Positive emotional wellbeing advice
- Informal support

Open access. No referral required.

Access us, each Wednesday 5.30pm-7.30pm at the following venues:

1st Wednesday - Staffordshire University, Leek Road, Stoke-on-Trent, ST4 2DF

2nd Wednesday - The Sitting Room Studio, 1a Station Road, Kidsgrove, ST7 1BX

3rd Wednesday - The Corner, 84 Piccadilly, Hanley, ST1 1HX

4th Wednesday - Il Capo Barbieri, 47 Bridge Street, Newcastle-under-Lyme, ST5 2RY

For more information contact robertshaw@nsmind.org.uk or 01782 262100

We would like to thank our sponsors who have provided venues, printing, raised awareness, fundraised and supported us.

