



Derbyshire
Carers
Association

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Men's Cuppa & Chat

Friday 7th Oct 11am

Male Carers, meet Bottled Up Blokes!

This Zoom session is for our Male carers to come along and meet Bottled Up Blokes. Bottled Up Blokes is a safe, non-judgmental place for men to open up! They provide a fantastic service in supporting men with their mental health. Come along for a cuppa & chat, meet other male carers, open up and hear all about Bottled Up Blokes.

Available dates:

Friday 7th Oct 11am

We would also like this to be an ongoing carers group, come along and share what you'd like from this group

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk