

LOOK AFTER YOUR MENTAL HEALTH

WHAT'S IN YOUR HEAD?



PLACES TO TRY THIS SEPTEMBER 2024



MEN'S SHED: KEEPERS

Wednesday 11 September, 10am to 12 noon

www.thekeepers.org.uk



MEN'S BREAKFASTS

Saturday 28 September, 8.30am

Full English, All Welcome, Wotton Baptist Church
vince@wottonbaptist.org.uk



TALK CLUB: FOR MEN ONLY

Wednesday 4 & 18 September, 7pm to 8.30pm

www.thekeepers.org.uk



WOTTON BAPTIST CHURCH

Chat and prayer support by arrangement

admin@wottonbaptist.org.uk

MIND INFO HELPLINE 0300 123 3393

UK.MOVEMBER.COM/MEN-S-HEALTH/SPOT-THE-SIGNS

SAMARITANS 24/7 116 123

Churches Together in Wotton
The Keepers



www.wottonbaptist.org.uk
www.wottonparishchurch.org.uk
www.thekeepers.org.uk