


TEAM REDBRIDGE

In partnership with  One Place East
Where disability matters

Thursdays 7pm

Meet outside Ilford Train Station

Why not come down and join our peer to peer
walk and talk groups.... It's **FREE!**

With every walk you are helping bring an end
to the stigma of mens mental health.

Let's start chatting about what really matters.



 07397 501110

 theproperblokesclub@gmail.com

 www.theproblokesclub.co.uk

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 the_proper_blokes_club

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