

# ANDYS MAN CLUB



**#ITSOKAYTOTALK**

## What is Andys Man Club?

Andys Man Club is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing.

## How does it work?

The process is about bringing men together who have been in similar situations, to each help each other on a peer-to-peer basis, sharing advice on how they have dealt with difficult situations. The 5 questions that are asked each week are designed not only to encourage men to talk, but to start to focus on the positives and on strategies to keep moving forward. There is no pressure to answer any of the questions and it is not uncommon for men to just listen for the first few sessions.

The clubs all run on the same format and adhere to the same guidelines. A key principle of Andys Man Club is anything that is said in the club, stays within the club.

## Who is it for?

The club is open to any man 18 or over, who is going through a storm, been through a storm or just wants to meet a good group of people with the aim of improving one another.

## When is it?

Andys Man Clubs meet every Monday at 7pm (excluding Bank Holiday Mondays).

## Where is it?

Andys Man Club has nearly 50 locations across the UK. Check our website below for a full list.

## How do I join?

Just turn upon the night. No registration or referral is required, all we ask is that you arrive before 7pm. The full list of our locations available on our website.

## Contact us

 @andysmanclub

 @andysmanclubuk

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