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| NEON Men’s Group |
| Description | The Men’s Group was set up to address the needs of socially isolated or lonely men.Unlike many women, men have difficulty expressing their feelings, worries and issues.The group aims to address these in an open and free environment without judgment. We try to provide a way in which men can support each other and develop greater self-esteem, become less isolated, more active and physical and mentally healthy.Activities have included trips to Chester, Manchester and Ashton; healthy cooking and eating classes; Tai Chi classes; art as therapy class; pitch and putt golf; talks from MIND and a drugs counsellor. |
| Days/times | Every Tuesday 12pm - 2pm |
| Price | Free |
| Address | NEON HubHolt StGreenacresOL4 2DQ |
| Picture of building | Image result for neon oldham |
| Public transport | These buses stop a short walk away on Huddersfield Road: 350, 410, 411, 558 803, 836, 839, 865 |
| Telephone number | Steve: 0786 805 4700 |
| Other info | Hot drinks are available for 50pNEON phone numbers: 0161 770 4589; 07305 570 202NEON website: [www.neonoldham.co.uk](http://www.neonoldham.co.uk)NEON email: [neonhub@virginmedia.com](neonhub%40virginmedia.com) |
| Learning Disability Friend(s) | Steve Yorke, Keith Taylor-Bradley |