Males and Females Tales updates

1. We are hosting a free wellbeing and community day on the 14
th
 of May in the
Drumfork Community Centre from 10 ʹ 3. There are over 20 local groups signed up
to be represented. There will also be taster sessions from some groups and a
refreshments stall run by Helensburgh CO-OP on the day.

2. Females Tales are entering into a partnership with the Helensburgh Community Hub
to run a menopause café from April 22.

3. We are actively recruiting volunteers to run our peer support groups in Helensburgh
and as we look to expand into Garelochhead by the end of the summer. We are
running peer 2 peer training on the 23
rd
 of April and 21
st
 of May in the Drumfork
Community Centre. Anyone who would like to volunteer and conduct the training
please contact us on malestales@yahoo.com.

4. Work has now started on the production of the Helensburgh and Lomond wellbeing
directory. We hope that this will be online by June/July. Anyone who wishes their
groups details to be on the website again please email malestales@yahoo.com.
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