

**FREE
ENTRY**

FRIENDSHIP &
CONNECTIONS

LIFE-SKILLS AND
CONFIDENCE

HEALTH AND
WELLBEING

BETHANY CHRISTIAN TRUST



Bethany
Christian
Trust

MEN'S GROUP

**A SAFE SPACE TO GATHER, SHARE
& CONNECT**

THURSDAYS 10:30-12PM

SOUTH LEITH BAPTIST CHURCH, CASSELBANK STREET,
LEITH, EH6 5AH

E: annmonaghan@bethanychristiantrust.com

T: 07990 078377

Registered Scottish Charity No. SC003783

The Bethany Men's Group is open to any man over the age of 18. It provides a safe and welcoming space to gather, meet friends, build connections, share ideas, try new things and learn from one another. We aim to do this through a varied programme of activities and volunteer support. Light refreshments are provided.

SOME OF THE THINGS WE DO:

- COFFEE AND CHAT
- GAMES AND QUIZZES
- FILMS AND SHOWS
- WALKS AND EXCURSIONS
- DISCUSSIONS AND DEBATES
- ARTS AND CRAFTS
- GUEST SPEAKERS
- SUPPORT AND ADVICE

"I ENJOY THE WELCOME AND FRIENDSHIP, AS WELL AS THE ART, DISCUSSION AND GUEST SPEAKERS."

"I LIKE TO SOCIALISE AND MEET PEOPLE. I BRING IN DOMINOS, CARDS AND JOKES FOR THE BUGLE MAGAZINE."

"THE STAFF ARE NICE AND HELP WITH MATTERS SUCH AS BENEFITS AND ARE GOOD JUST TO CHAT TO."

"GOING TO THE MEN'S GROUP ALLOWS ME TO MEET UP WITH OTHER GUYS WHO ARE IN SIMILAR CIRCUMSTANCES AS MYSELF."

