

BLOKES - BUILD - BLETHER

*A relaxed evening space
just for male carers*

Blokes Build Blether runs from 7pm–9pm, offering a safe, friendly space for male carers to unwind, chat, and enjoy activities designed with them in mind. Whether you fancy a quiet blether, a bit of hands-on building, or a night of games, this group gives you time to switch off and connect with others who understand your caring role.



WHO IT'S FOR

Male carers of any age who support a child, young person, or adult with additional needs.

The group will be led by a male carer and Nourish team member who understands the realities of caring and will provide a relaxed, supportive atmosphere.

ACTIVITIES

- Poker nights
- Lego builds
- Games, activities, and plenty of laughs
- Space to chat, share experiences, or simply take a breather

DATE & TIME

- Weekly on a Wednesday!
- Time: 19:00 – 21:00
- Nourish Support Centre
Elizabeth House
Kirkcaldy
KY1 3WE

Fife Health
& Social Care
Partnership
Supporting the people of Fife together

More Information: 01592 653639
info@nourishsupportcentre.com

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