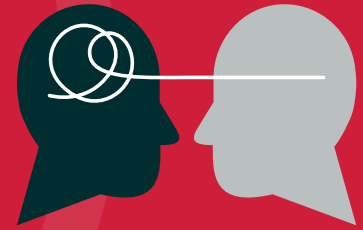


[www.offloadcumbria.co.uk](http://www.offloadcumbria.co.uk)

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offload  
C U M B R I A

we're here  
to listen

## WHAT WE DO

**Offload** is a venture set up to bridge the gap between self and professional help\* **for males aged 18 and over** suffering from mental health issues in Cumbria.

We offer peer support sessions where members of the group share their lived experience and coping strategies with each other to help people move forward in their recovery.

## OUR MEETING LOCATIONS

### WeCan Wellbeing Centre

Carlisle, CA2 5SR.  
*(as part of ICan Wellbeing Group).*

**Weekly on Wednesdays,  
6:30pm–8:00pm.** (Starts May 2024)

**Walk in** - no registration required.

### Penrith Library

St. Andrews Churchyard,  
Penrith, CA11 7YA.

**Weekly on Thursdays,  
12pm–1:30pm.**

### The Lookout

Shadygrove Rd, Carlisle,  
CA2 7LD. *(as part of the North  
Cumbria Recovery College).*

**Weekly on Tuesdays,  
5pm–6:30pm.**

Optional registration -  
Please visit our website for details.

## CONTACT US

If you'd like to get involved or have any questions please get in touch - [offloadcumbria@outlook.com](mailto:offloadcumbria@outlook.com)

**PLEASE NOTE:** We don't currently have a phone number as our volunteers have other full time roles and are unable to facilitate this.

\*Offload is not designed to replace professional help services and we are not trained counsellors, therapists or coaches. If we don't feel we can help, we will signpost you to a more suitable organisation.

SCAN FOR DETAILS

