

***Talk….***

**Talk ourselves well** : **07498 300556** [talkourselveswell@gmail.com](mailto:talkourselveswell@gmail.com)

<https://www.facebook.com/TALKOurselvesWELL>

**Shad Chefs** <https://www.facebook.com/search/top/?q=Shad%20Chefs%20man%20hub%20>

**Off Load Northwest** : **07784 950317** <https://www.facebook.com/profile.php?id=100090320945561>

**Andy’s Man Club** [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club (andysmanclub.co.uk)](https://andysmanclub.co.uk/?fbclid=IwAR3CAG7gaGd2A_fFluHbFDK733Ljgoq4hQQAQFOmySlwpvPRDzlF7NpEdkk) / [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

***Get out and about…***

**Blackburn Rovers Community Trust 01254 372001** [**https://www.facebook.com/BRFCTrust/?locale=en\_GB**](https://www.facebook.com/BRFCTrust/?locale=en_GB)

[Blackburn Rovers Community Trust | rovers.co.uk](https://www.rovers.co.uk/community/)

**Creative Football** : 01254 661501 / [hello@creativefootball.co.uk](mailto:hello@creativefootball.co.uk)

[HOME | CREATIVE FOOTBALL](https://www.creativefootball.co.uk/?fbclid=IwAR2AZW47dzgNHP31Oo0boCGfdamO-P3kCS42bPUiUe4ND0aWJGymD4WgOPw)

**Lads united** : [HOME | LADS UNITED](https://www.ladsunited.co.uk/) / [Adam@adz76@icloud.com](mailto:Adam@adz76@icloud.com)

***Had enough…***

**Samaritans** : [Contact Us | Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/) Call Free **0116 123: 24/7**

**Mental Health Team** **0800 013 0707 : 24/7**

**Lancashire Mind 01257 231660** [Lancashire Mind | Home](https://www.lancashiremind.org.uk/)

***Too Much of a Good Thing …...***

**Red Rose Recovery: 01254 495014** / [Bwd@calico.org.uk](mailto:Bwd@calico.org.uk) / [Spark - sparkbwd](https://sparkbwd.org.uk/)

***Not enough cash….***

**Shelter: 0808 8004444** [Shelter services in Blackburn - Shelter England](https://england.shelter.org.uk/get_help/local_services/blackburn)

**The Oaks: 07803513767** [The Oaks Money Advice Centre | Blackburn Foodbank](https://blackburn.foodbank.org.uk/the-oaks-money-advice-centre/)

[oaksreferrals@blackburn.foodbank.org.uk](mailto:oaksreferrals@blackburn.foodbank.org.uk)

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