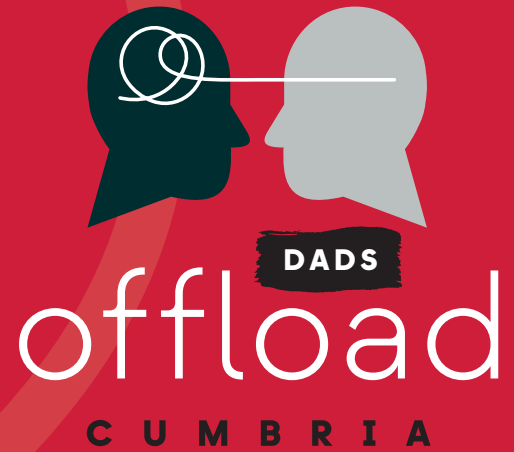


[www.offloadcumbria.co.uk](http://www.offloadcumbria.co.uk)

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we're here  
to listen



#### WHAT WE DO

**Dads Offload** offers a safe space for *dads at all stages of fatherhood* to be able to share experiences within a peer support environment.

Our sessions are **for dads aged 18 and over** living in Cumbria and are designed to compliment professional services and bridge the gap between self help and external professional therapies.

#### JOIN US AT:

**Wigton Rugby Club**, 9 Lowmoor Rd, Wigton CA7 9QR  
**Second Monday** of every month, **6:30pm–8pm**

#### 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.

