



The SUNDOWN Series

— • EVENINGS THAT BRING US TOGETHER • —

THE BBQ & BANTER CLUB



GOOD FOOD.



REAL TALK.



GOOD PEOPLE.



STRONGER TOGETHER.



WEDNESDAY

29TH
JULY



6PM – 9PM



HOLLYHOCK CAFÉ
RECREATION ROAD
COLCHESTER
CO1 2HE

FREE EVENT
EVERYONE WELCOME

An evening for men to connect, share, listen and laugh.
Honest stories. Open conversations. Lots of laughs.
Information, support and a community that's got
your back.

Come as you are.
YOU'RE WELCOME.

REAL
CONNECTIONS.
POSITIVE
CONVERSATIONS.
STRONGER
TOGETHER.

WHAT TO EXPECT



FREE BBQ

Generously paid for by
Essex County Councillor
Lee Scordis



LIVED EXPERIENCE TALKS

Honest stories.
Real impact.



Q&A PANEL SESSION

Your questions.
Open conversation.



COMEDY TO ROUND IT OFF!

Brought to you by
Legion of Laughs



INFO STALLS

Local charities &
organisations on hand
with support and advice.



The
Mental Health
Runner

RUN • WALK • TALK • SUPPORT

IN PARTNERSHIP WITH:

Funded by the
locality budget from
Cllr Lee Scordis



GOOD PEOPLE.



REAL CONNECTION.



STRONGER TOGETHER.

BRING A MATE. START A CONVERSATION. MAKE A DIFFERENCE.