



# COPING THROUGH FOOTBALL

Coping Through Football is a project that provides weekly football coaching sessions for adults of all abilities experiencing mental health issues.

## Join us in Redbridge:

- Mondays from 2.00 - 4.00pm
  - Wednesdays from 2.00 – 4.00pm
- at Powerleague, Fairlop Oak Playing Field, Forest Road, Hainault, IG6 3HJ  
*(a short walk from Fairlop or Hainault tube stations)*

## Join us in Waltham Forest:

- Tuesdays from 2.00 – 4.00pm
  - Thursdays from 2.00 – 4.00pm
- at Douglas Eyre Sports Centre, Coppermill Lane, Walthamstow, E17 7HE  
*(a short walk from Blackhorse Road tube station or St James Street overground)*

## The sessions will:

- Be FREE, fun and welcoming
- Take place on excellent facilities
- Be taken by top quality coaches from Leyton Orient Trust

## They will help you to improve your fitness, feel better about yourself and make friends

*“The group has helped me improve my skills, fitness, and makes me happy.”*

*“Even though I am not a brilliant football player, Monday is ‘football day’ and I look forward to it every week.”*

*“As well as playing I enjoy meeting new people and talking with them. I’ve made new friends, some who I now see outside the group.”*

## For more information you can contact:

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