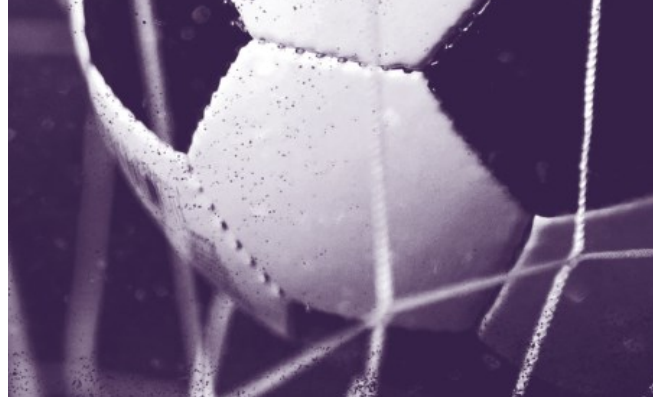


FOOTBALL FOR HEALTH



Football for Health is a project that provides weekly football coaching sessions for young people to support and improve their wellbeing. Open to all abilities aged 12 - 17 years.

Join us in Redbridge:

- Mondays from 4.00 - 5.30pm at Powerleague on Fairlop Oak Playing Field, Forest Road, Hainault, IG6 3HJ.
(Nearest tube stations: Fairlop or Hainault on Central line)

Join us in Waltham Forest:

- Tuesdays from 4.00 – 5.30pm at Douglas Eyre Sports Centre, Coppermill Lane, Walthamstow, E17 7HE

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

“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:

Sonia Smith - Project Coordinator

07538 101450 / copingthroughfootball@nelft.nhs.uk



www.copingthroughfootball.org

