

COPING THROUGH FOOTBALL

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

Sessions will run every:

- Monday from 2.00 - 4.00pm
- Wednesday from 2.30 – 4.00pm

at Powerleague on Fairlop Oak Playing Field, Forest Road, Hainault, IG6 3HJ.

And every:

- Tuesday from 2.00 – 4.00pm at the Douglas Eyre Sports Centre, Coppermill Lane, Walthamstow, E17 7HE
- Thursday from 2.00 – 4.00pm at the SCORE Complex, 100 Oliver Road, Leyton, E10 5JY

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: Keep fit, feel better about yourself, and make friends



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

“Even though I’m not a brilliant footballer, 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.”

How do I get involved?

Simply speak to your named worker and they will refer you to the project



Further details

For more information you can contact Project Coordinator Sonia Smith:
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Or Admin Coordinator

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North East London **NHS**

NHS Foundation Trust

Visit our website for further information: www.copingthroughfootball.org