



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:

Sonia Smith - Project Coordinator

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