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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www.copingthroughfootball.org

LONDON PLAYING FIELDS FOUNDATION

NHS North East London NHS Foundation Trust

LEYTON ORIENT TRUST