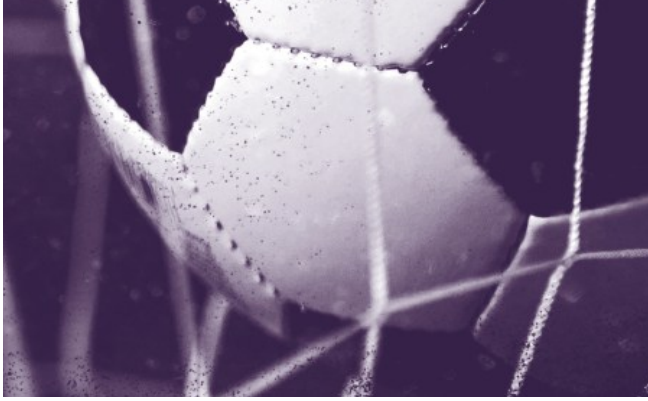
FOOTBALL

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 / nem-tr.copingthroughfootball@nhs.net

COPING THROUGH FOOTBALL

www.copingthroughfootball.org

LONDON PLAYING FIELDS FOUNDATION

NHS North East London NHS Foundation Trust

LEYTON ORIENT TRUST