



# Enjoy Football? Want to Improve Your Mental Wellbeing?

Peterborough United, Inspire Peterborough and Northants FA have teamed up to offer football sessions for anyone who wants to improve their mental wellbeing. The sessions will be fun-based and for players of all abilities, with an opportunity to socialise afterwards. This is a project run in conjunction with Peterborough and Fenland Mind and Cambridgeshire and Peterborough NHS Foundation Trust's Recovery College East.

**Day and Time:** Every Wednesday from 2pm - 3pm, starting on Wednesday 23rd September (PUFC coaches from 23rd September)

**Venue:** Netherton United 3G Astro-turf, The Grange, Mayors Walk, Peterborough. PE3 6HQ

**Cost:** FREE for the first 2 sessions then £2 per session.

On completion of the first 10 week block, all players will receive a FREE ticket to watch a home league match at The Posh! (worth £23)

For more information or to register your place, please email [recoverycollegeeast@cpft.nhs.uk](mailto:recoverycollegeeast@cpft.nhs.uk) or call 01223 884431.

