



# FOOTBALL FOR MENTAL WELLBEING

**FREE SESSION FRIDAYS 1.00-2.00pm**  
**@ Iffley Road Sport Centre**

**Venue:** Oxford University Sport, Iffley Road, Oxford, OX4 1EQ (Outdoor Football Courts)

**Description:** Fun, casual drop-in football session for people with mental health problems. **All abilities welcome!**

This group is provided FREE by mental health charity **Sport in Mind** and Hampshire FA for the benefit of local people.

 **07341267740**       **info@sportinmind.org**



[www.sportinmind.org](http://www.sportinmind.org)



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