



Sporting Buddies

Would you like to be more active, while at the same time talk

Why not get involved with our **Sporting Buddies** project?

We offer a chance to talk and exercise, which are both things that improve your mental health.

Sporting Buddies is a 6-week programme of sports activities using different sports, such as:

- Swimming
- Squash
- Tennis
- Badminton
- Golf
- Netball
- Football
- Personal training sessions

**Donation
of £5**
or **free** to those
who can't afford it.

Contact us: **t** 0121 269 5990 / 07365 807032

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