

MINDS OVER FOOTBALL



Football session Concord Sports Centre

Every Friday
Starting 12 February
1.30 pm – 2.30 pm

Free

- Aimed at Adults 16+ who have or are experiencing mental health problems.
- The session is in a supportive environment with positive benefits such as increasing self-esteem, meeting new friends and staying fit.
- Do not worry if you are a beginner or are not physically fit, the session lets you play at your own pace.

Activity Sheffield
0114 273 4266

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Concord Sports Centre



Sheffield where everyone matters

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