

New Football for Health Sessions.



**FREE
SESSION
EVERY
MONDAY**

Improve your mental health and wellbeing at a friendly football session where everyone is welcome.

When: Every Monday*

Time: 11.00am – 12.00pm

Age Group: Age 18+

Where: The Parks Sport Centre, North Tyneside NE29 6TL

To find out more information or to book please contact **Ashley** or **Ali**:

Email: Ashley.Lowe@nufc.co.uk or call **07580 116 172**

Email: ali.donkin@voda.org.uk or call **(0191) 643 2628**

 @nu_foundation  /NewcastleUnitedFoundation

*sessions are free for 36 weeks but are at a charge of £1 during school holidays

Registered Charity Number: 1124896



Northumberland
Tyne and Wear

NHS Foundation Trust