



KICK START FC



Kick Start FC are a mental health charity that uses the medium of Football Therapy to offer support to men and women displaying symptoms of mental health problems or struggle with social isolation.

FOOTBALL THERAPY

- ✓ 60 minutes of physical activity to lift mood
- ✓ Develop a positive mindset & boost in self-esteem
- ✓ Create a support network to talk about mental health
- ✓ Meet new people and build friendships
- ✓ Have fun every single session



www.kickstartfc.org



@kick_startfc



kickstartfc@hotmail.com



@kick_start_fc



FOOTBALL THERAPY INFORMATION: OPEN TO AGED 16+

Men's Football Therapy

Every Thursday

19:00 - 20:00

Free to attend



Women's Football Therapy

Every Thursday

20:15 - 21:15

Free to attend



Walking Football Therapy

Every Wednesday

18:45 - 19:45

Free to attend

REGISTRATION REQUIRED - All sessions are held at the Aspire Defence Astroturf, Tidworth, SP9 7BN

In partnership with



#HER
GAME
TOO



SAFE HAVEN MENTAL HEALTH PROJECT

