

PARTICIPANTS

1 in 4 adults here in the UK suffers a mental health problem, each person facing a different challenge and requiring different needs.

At Kick Start FC we approach each participant with the individual care they require. Our football therapy sessions encourage participants to get active, develop a positive mindset, build relationships, improve self-esteem, and to talk about their emotions. All of which are fundamentals of building positive mental health.

Last year we supported 167 individuals with peer support through football therapy.

Our Participant Stats

19% Aged 16 - 24

67% Aged 25 - 44

14% Aged 45+

40% of our participants are female

60% of our participants are male

44% of our participants have a diagnosed mental health condition



JOIN US

Aspire Defence Astroturf
Tidworth
Wiltshire
SP9 7BN

Walking Football Therapy
Wednesday 6:45pm - 7:45pm


Men's Football Therapy
Thursday 7:00pm - 8:00pm


Women's Football Therapy
Thursday 8:00pm - 9:00pm

Wellington Academy
Tidworth
Wiltshire
SP11 9RR

Youth Football Therapy
Tuesday 7:15pm - 8:30pm

CONTACT US

 kickstartfc@hotmail.com

 www.kickstartfc.org

Follow us on social media



Please scan the QR code to complete our Kick Start FC Enquiry Form



#TACKLINGTHEMIND



CHARITY NUMBER

1203577





ABOUT KICK START FC

Created with the purpose of supporting men and women who suffer with a mental health problem, We are using football as a platform to encourage people to start 'tackling the mind'.

Based in Tidworth, Wiltshire, we are a small charity that aim to provide support to men and women in our local community that are struggling with a mental health problem.

By using football and the ethos of 'tackling the mind', we are providing people the fundamentals to break down barriers and begin their journey to recovery.



FOOTBALL THERAPY SESSIONS

Since 2020, we have been hosting football therapy sessions and providing a safe space in the form of a football pitch.

With over 250 people registered to our services, we have seen an increase in demand year on year. Our football therapy sessions operate on a weekly basis, are free to attend and ran by a team of volunteers.

Our services are run by a small team of volunteers who donate their own time to host our football therapy sessions. These volunteers boast a passion for helping others, promoting positive mental health, and challenging the stigma that attaches itself to the subject.

WHY ATTEND?

More and more people are beginning to appreciate the positive impact that playing sport or joining a community group can have on their mental wellbeing.

Participating in sporting activities such as football have been proven to help ease symptoms of mental health problems such as depression and stress, offer an increase in self-esteem, and can also help reduce levels of anxiety.

OUR VISION

To create a community where adults suffering from a mental health problem can access peer support and benefit from early intervention to lead an independent, fulfilling life.

OUR MISSION

To provide FREE peer support to those in the local community.

To stick a boot into the stigma associated with mental health and encourage people to get pro-active about their wellbeing.

OUR VALUES

Inclusion

Encouragement

Teamwork

Accessible

Positivity

TESTIMONIAL

"My life has changed for the better since attending the Women's Football Therapy sessions. I couldn't be more thankful to the team. I was so nervous going but everyone is so welcoming and friendly. I always have someone to talk to, and the sessions are a great "pick me up."

Women's Football Therapy Participant