

Course / Group title: Football Group

Description of the course:

Five a side football group which is ongoing. An opportunity for people to play football in a friendly and supportive environment.

Dates & times:

Every Monday 4.15pm to 5.15pm

Venue:

Friesland school, Sandiacre

Benefits of attending the course:

Opportunities to exercise, socialise with others, improve well-being and have fun.

Available to:

Erewash Pathfinder and Recovery Team service users

How to book a place:

No need to book a place but more information can be gained from Paul Collins at Erewash Neighbourhood team on 0300 123 3375

To be included in which section : Keeping Well



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