

Starting 31 July  
**Wednesdays @ 3pm**  
@ **PowerLeague**  
Shepherd's Bush

One hour play and half an  
hour socialising

**NHS**

West London  
NHS Trust

Therapeutic physical activity

# Football for Wellbeing Hub

In partnership with:



## About Football for Wellbeing Hub

The Football for Wellbeing Hub is open to all men in West London over the age of 18, including the community, service users and West London NHS Trust staff. **No prior experience of playing football is needed.**

In partnership with QPR and Footy Addicts, it is run by our lived experience hub - an outreach programme that creates local wellbeing spaces with the aim of moving away from traditional pathways of mental health support. We do this through making ourselves more accessible to the community rather than expecting our community to find support through services. Part of achieving this is through partnerships that build and sustain long-term support networks.

### Aims

- > Social connection and engagement in leisure/social activities.
- > Improve physical/emotional wellbeing and self-worth.
- > Foster feelings of achievement from a challenge.
- > Assist in integration into the community and build transferrable skills for daily life, problem solving and health.
- > Enable and improve independence in daily living activities.
- > Active encouragement, motivation and peer support.
- > A chance to spend time in a sport centre and get familiar with physical activity.

### Sign up to join

Complete the [form online](#) or scan the QR code >



### Get in touch

**Babak:** Babak.Rafiei-Taghanaki@nhs.net or 07483 150 139

**Mary-Ange:** Mary-Ange.Koko@westlondon.nhs.uk or 07484 519 646

PowerLeague, 41 South Africa Road, London W12 7RW