



# MENTAL WELLBEING FOOTBALL SESSION

Stoke City Football Club  
**Community Trust**



Every Friday



Ages 16+ years



3 - 4:30pm



Longton Rugby Club



£3.00 per session

The focus of these sessions will aim to boost mental well-being and aid anyone that may be worrying about their mental health. Welcoming male and females who want to turn up and play!

Phone 01782 592 252

Email [community@stokecityfc.com](mailto:community@stokecityfc.com).