



**Surrey Heath**  
Fridays, 3 - 4pm

# FOOTBALL FOR WELLBEING

Join our Football for Wellbeing group and enjoy the benefits of physical activity, social connection, and improved mental wellbeing in a supportive and welcoming environment.

Whether you're an experienced player or haven't kicked a ball in years, this group is about more than football. It's an opportunity to get active, build confidence, meet new people, and boost your mood while having fun.



[catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)



[groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)



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**Community  
Connections  
Surrey**

  
**catalyst**  
SUPPORTING WELLNESS TOGETHER

