

ALL TO PLAY FOR

Finding life difficult at the moment? Unite with other guys who feel the same and have a shared love of the beautiful game!

- Weekly social football sessions
- Open to men aged over 18
- Learn new skills on and off the pitch
- Please wear appropriate
 clothing



FREE Football

JUST TURN UP

active norfolk

www.wellbeingnands.co.uk

MONDAY

Norfolk and Talking

Norwich 8-9pm Open Academy, Salhouse Road, Norwich, NR7 9DL

TUESDAY

Sheringham 10-11am Sheringham Recreation Ground, Weybourne Road, NR26 8WB

Kings Lynn 1-2pm (This session is run by Alive West Norfolk.) Multi-use pitch, Alive Lynnsport, PE30 2NB

Wymondham 1.30-2.30pm Kett's Park Football Pitches, Wymondham, NR18 OWP

WEDNESDAY

Watton 10-11am Watton Sports Centre, Dereham Road, IP25 6EZ

Norwich 1.30-2.30pm The FDC, Bowthorpe Park, Norwich, NR5 9ED

Dereham 16:30-17.30pm (starting 16th August) Northgate High School (3G pitch at the back of the school), NR19 2EU

THURSDAY

Great Yarmouth 1:30-2:30pm Marina Centre, Marine Parade, Great Yarmouth NR30 2ER

Thetford 10am-11am Breckland Leisure Centre, Croxton Rd, Thetford, IP24 1JD

Norwich 1.30-2.30pm GOALS Norwich, Hall Road, NR1 2GB

> If you have any questions please email Sam Watts at Sam.watts@activenorfolk.org