

ALL TO PLAY FOR

- Weekly football sessions
- Open to men aged over 18
- Learn new skills on and off the pitch
- Meet new people
- Be supported by your team-mates

**FREE
FOOTBALL,
JUST TURN UP!**

MONDAYS Open Academy, Salhouse Road,
Norwich NR7 9DL,
8:00-9:00pm

TUESDAYS Alive Lynnsport, King's Lynn,
PE30 2NB
*This session is run by
Alive West Norfolk*
1:00pm-2:00pm

WEDNESDAYS The FDC, Bowthorpe Park,
Norwich, NR5 9ED
1:30-2:30pm

WEDNESDAYS Great Yarmouth Town FC,
Wellesley Stadium,
Sandown Road, Yarmouth, NR30 1EY
10:00-11:00am

THURSDAYS GOALS Norwich, Hewitt School,
Hall Road, NR1 2GB,
1:30-2:30pm

*Please wear
suitable clothing
and trainers*



**active
norfolk**

wellbeing
Helping you live your life

if you have any questions please email
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or Kelvin (kelvin.colbourn@nsft.nhs.uk)

www.wellbeingnands.co.uk

