

MENTAL HEALTH MATTERS



Mental wellbeing

is really important to focus on with the difficulties of everyday life often getting in the way.

Which is why we're here to support our community with their struggles. You're not alone, let's battle through it together.

Come join in on our weekly drop-in sessions and learn how to get through it using sport.

Physical exercise

is medically proven to reduce the effects of depression. Use sports and fitness as a coping mechanism to help achieve mental clarity. Our Instructors will get you back on track to reaching your goals, however big or small they may be. Experience the power that exercise has on the mind.

Weekly drop-in sessions

Featuring application activities, sports & exercises

BOOK A SESSION

