



Sport In Mind

Registered Charity 1161323

Youth Activities for Mental Wellbeing

Hampshire

FREE!

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Day	Time	Activity	Age	Venue
Tues	4:30 - 5:30 pm	Sport & Games	10-14	The Link, Newchurch Road, TADLEY RG28 4HN
On pause	4 - 5 pm	Sport & Games	10-14	Sports Hall, Everest Community Academy, Oxford Way BASINGSTOKE RG24 9UP
	4:30 - 5:30 pm	Sport & Games	10-14	Sports Hall, Andover Leisure Centre, West Street, ANDOVER SP10 1QP
Thurs	3:30 - 4:30 pm	Sport & Games	10-16	Main Hall, Leigh Park Community Centre, Dunsbury Way, Leigh Park, HAVANT PO9 5BG

Session runs weekly (excluding school holidays)

New joiners must first sign up
Scan the QR code above & email youth@sportinmind.org



@sportinmind



www.sportinmind.org



info@sportinmind.org



0300 102 1400 (free)

Supported by the
Mr Crompton Legacy



Sport In Mind

Working in partnership with



**Hampshire and
Isle of Wight Healthcare**
NHS Foundation Trust