



We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems”. To find out more about sessions in your area - contact Tom 07799 575031

Guildford Sessions

Day	Time	Activity	Instructor	Venue
Thurs	2-3PM	Football	Phil	Astro-turf pitches (AGP1 Pitch A), Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD
Fri	2.30-3.30PM	Tai Chi	Debbie	St. Nicolas' Church Parish Centre, Bury Street, Guildford, GU2 4AW (behind the church)

Farnham Sessions

Day	Time	Activity	Instructor	Venue
Thurs	2-3PM	Yoga	Natasha	The Spire Church, South St, Farnham GU9 7QU (use Victoria Road blue door)



@sportinmind



info@sportinmind.org



www.sportinmind.org



01189479762



Attendee Sign-Up



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