



SCAN HERE

Reading

FREE!



Sport In Mind

Registered Charity 1161323

Youth Activities for Mental Wellbeing

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.

Reading Sessions (Autumn term)

Day	Time	Activity	Age	Venue
Mon	5:30 - 6:30pm	Football	10-14 years	Palmer Park 3G pitch
Tue	5:00 - 6:00pm	Sport & games	10-14 years	Bulmershe leisure centre
Tue	3:30 - 4:30pm	Sport & games	9-14 years	South Reading Leisure Centre
Tue	5:00 - 6:00pm	Tennis & games	10-14 years	Meadway Sports Centre (inside)
Wed	4:00 - 5:00pm	Football	10-14 years	Prospect Park 3G pitch
Fri	4:30-5:30pm	Sport & Games	9-13 years	Morgan Centre, Queen Anne's School

Starts October

Sessions restart from Monday 8th September and run weekly excluding school holidays



@sportinmind



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www.sportinmind.org



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Working in partnership with



Berkshire Healthcare
Children, Young People and
Families services

