

Re-launches 23rd September



**Positive  
Minds;**  
Empower

# PHYSICAL ACTIVITY WELLBEING SESSION

**Ages 9 - 12**

**Girls**

**Thursdays at 6:15 - 7:45pm**

**The Meriden Centre, Garsmouth Way,  
Watford, WD25 9ET**

**Boys**

**Tuesdays at 6 - 7:30pm**

**YMCA, Country Park, College Road,  
Abbots Langley, WD5 0GU**

*Contact [ryan.gunn@watfordfc.com](mailto:ryan.gunn@watfordfc.com) to sign up*



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239

# BOXING



# DANCE



# FOOTBALL



## Starting 23rd September

Positive Minds; Empower is a FREE 12-week Physical Activity Wellbeing Programme offering mental health focused physical activity through a variety of sports in Watford and Hemel Hempstead.

During Positive Minds; Empower there will be an hour long physical activity session, followed by 30 minutes of 'wellbeing workshop' where participants complete activities with a focus of mental wellbeing.

Participants will be referred onto Empower through parents and guardians, schools, family and support workers, healthcare professionals and existing local children services. All referrals must be sent to [ryan.gunn@watfordfc.com](mailto:ryan.gunn@watfordfc.com)