

TUESDAY



NEWBOLD COMYN LEISURE
CENTRE, LEAMINGTON
CV32 4EW

12.00 - 14.00 PM

THURSDAY



MOAT HOUSE LEISURE
CENTRE, COVENTRY
CV2 1EA

12.00 - 14.00 PM

FRIDAY



JUBILEE SPORTS
CENTRE NUNEATON
CV10 7EZ

12.30 - 14.30 PM

MENTALK

MENTALK IS A RELAXED, LIGHT-HEARTED WEEKLY GROUP ACTIVITY SESSION, DESIGNED TO BRING MEN TOGETHER TO IMPROVE THEIR WELLBEING. DELIVERED BY OUR MENTAL HEALTH SPECIALISTS AND PROFESSIONAL SPORTS COACHES

SCAN QR CODE FOR
REFERRAL FORM



**FREE TO
ATTEND**

SKYBLUES
in the COMMUNITY



 **COMMUNITY
FUND**

07845 812 639

GEORGE.HEATON@SBITC.ORG.UK



CHAT • BASKETBALL • FOOTBALL • BADMINTON • TABLE TENNIS • ETC