



We are Sport in Mind - the charity that uses sport and physical activity to improve the lives of people with mental health needs. Our sessions take place every week, throughout the year and are fun, casual drop-in sessions. All equipment is provided and all abilities are very welcome! All we ask is that you fill in a participant form the first time you join a session. To find out more about sessions in your area please visit sportinmind.org or contact Claire on 0118 947 9762!

Monmouthshire Sessions

Abergavenny

Day	Time	Activity	Trainer	Location
Wed	2-3PM	Table Tennis	Neil	Abergavenny Community Center, Merthyr Road, NP7 5BY
Thurs	1-2PM	Yoga	Kate	Abergavenny Community Center, Merthyr Road, NP7 5BY

Newport

Day	Time	Activity	Trainer	Location
Thurs	12-1PM	Tennis	Steve	Regional Pool and Tennis Centre, Newport International Sports Village, Spytty Boulevard, Newport, NP19 4RA
Thurs	3-4PM	Yoga for Men	Kate	The Voice Hub. Access to the room is easiest via the alley way next to the Asaga Noodle Bar, NP20 1JQ

NEW SESSION

Blaenau Gwent Sessions

Ebbw Vale

Day	Time	Activity	Trainer	Location
Wed	12-1PM	Yoga	Elizabeth	Ebbw Vale Leisure Centre, Lime Ave, Ebbw Vale NP23 6GL (Dance Studio)



@sportinmind



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www.sportinmind.org



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Attendee Registration



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board