

# KICKSTART



The Kickstart programme is designed to offer support for individuals aged 18+ experiencing problems with mental health, substance use or who are in recovery. Free weekly structured football sessions are provided at North Lanarkshire Council Venues, and aim to

- ✓ improve confidence, self-esteem, and social skills.
- ✓ provide nutritional advice

There is also the opportunity to represent the Kickstart Utd football team traveling across Scotland playing in the Scottish Mental Health and Wellbeing League



<b>MONDAY</b>	<b>2PM - 4PM</b>	<b>AIRDRIE LEISURE CENTRE</b>
<b>TUESDAY</b>	<b>12PM - 1.30PM</b>	<b>TIME CAPSULE</b>
<b>WEDNESDAY</b>	<b>1PM - 3PM</b>	<b>BROADWOOD</b>
<b>THURSDAY</b>	<b>2PM - 4PM</b>	<b>AIRDRIE LEISURE CENTRE</b>
<b>FRIDAY</b>	<b>11AM - 12PM</b>	<b>WISHAW SPORTS CENTRE</b>
<b>FRIDAY</b>	<b>1.30PM - 3.30PM</b>	<b>TIME CAPSULE</b>
<b>FRIDAY</b>	<b>4PM - 6PM</b>	<b>BROADWOOD</b>

In association with



**North Lanarkshire**  
Alcohol & Drug Partnership  
Rights / Respect / Recovery

**Register your interest -**  
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