

## North Lanarkshire Council - Kickstart

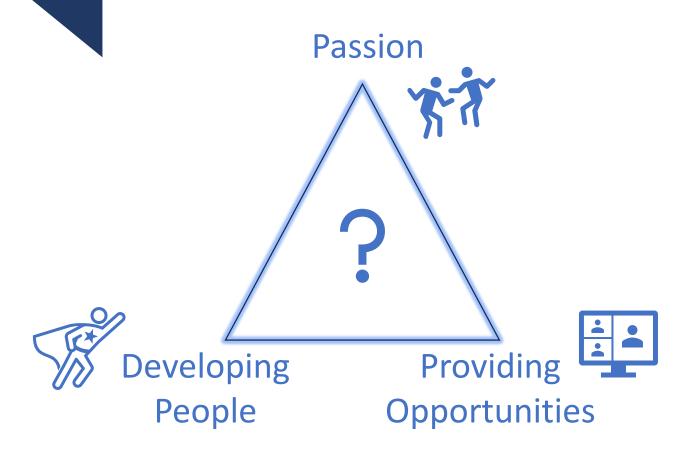
Robyn Gowrie – Sport Development & Participation Officer Scott Currie - Football Development Officer

## Background

- The kickstart programme is designed to offer any mental health, addiction and recovery service users over the aged 16+ the opportunity to attend weekly football sessions at North Lanarkshire Council Venues.
- These sessions are to allow the participants to play football in a fun and safe environment.
- Each session provides 60 120 minutes of structured football activity led by qualified North Lanarkshire Council Coach
- Session includes football drills, fun games and small sided matches



## Our Values



#### Task:

What's your 3 whys?

Discuss with person next to you and see if any match up.

## Benefits

#### **Physical**

More active, more often

Access to workshops such as nutrition, diet & health

Reduction in alcohol use due to training

#### Social

Feeling of being part of something "Part of the team"

Meeting new people

Reduction in isolation

#### **Mental**

Increased self esteem

Increased confidence

Increased motivation to keep fit

# Playing Squad

- Our current squad have won their regional league once and currently participate within the Premier and Championship divisions of the Scottish Mental Health and Wellbeing League.
- Opportunity for everyone and anyone to be part of the squad
- Travel to Dundee, Perth and Edinburgh, Glasgow & Aberdeen to play festivals



### Case Studies

NL Kickstart Programme.mp4 on Vimeo



## How to Register

 https://forms.office.com/r/D MyMtG0J3x





# Football Squad





## Are there any questions?

# "Everybody makes sense, once you know their story"