



North Lanarkshire Council - Kickstart

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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/DMyMtG0J3x>



Football Squad



Are there any questions?

**“Everybody makes sense, once
you know their story”**