



Health & Wellbeing Projects @ Ewood Park

MONDAY

Veterans Football, 8-9pm **£3**
Football session open to anyone who has served in HM Armed Forces
Please contact Chris prior to attending your first session
Location: Blackburn Rovers Indoor Centre.
T: 01254 508256 E: chris.mcgrail@brfctrust.co.uk

Rehabilitation Walking Football **£3**
11am - 12pm
Gives playing opportunities to anyone with physical and mental health conditions aiming to keep fit and active.
Location: Blackburn Rovers Indoor Centre
T: 01254 508256 E: chris.mcgrail@brfctrust.co.uk

TUESDAY

Veterans' Project, 10am-12pm **£3**
Provides veterans and their families with a supportive environment, reducing isolation and improving wellbeing.
Location: Strikers' Lounge, Ewood Park
T: 01254 508256 E: chris.mcgrail@brfctrust.co.uk

Women's Walking Football, 6-7pm **£3**
Improves the physical and mental health of inactive females aged 35+.
Location: Blackburn Rovers Indoor Centre
T: 01254508256 E: chris.mcgrail@brfctrust.co.uk

Men's Walking Football, 6-7pm **£4**
Improves the physical and mental health of inactive men aged 50+ and 60+.
Please contact Chris prior to attending your first session
Location: Blackburn Rovers Indoor Centre
T: 01254 508256 E: chris.mcgrail@brfctrust.co.uk

WEDNESDAY

Community Wellbeing Hub, 9am-7pm **FREE**
Connect and empower adults with mental and physical health needs through effective and coordinated service delivery in direct partnership with the NHS.
Location: Community Wellbeing Hub Entrance, Darwen End, Ewood Park
T: 01254924890 E: eddie.owen@brfctrust.co.uk

Remember the Rovers, 10am-12pm **FREE**
Open to all over 50s with a passion for Rovers, both past and present, and is open to those with dementia, mental health and/or physical difficulties.
Location: Darwen End, Ewood Park
T: 01254 508129 E: ben.howard@brfctrust.co.uk

THURSDAY

Female Veterans Project **FREE**
10.00am-2.00pm
Providing female veterans support to help transition into employment or volunteering. Supporting to build friendships and social network.
Location: Darwen End, Ewood Park
T: 07939347801 E: lauren.yeates@brfctrust.co.uk

Men in Sheds, 10.30am-12.30pm **FREE**
Connects socially isolated men with mental health concerns, with others experiencing similar concerns, through shared interests.
Location: Darwen End, Ewood Park
T: 01254 508257 E: ilyas.patel@brfctrust.co.uk

Jack's Walkers, 11am-12.30pm **£3**
Any adult can join us for a one-hour walk around the perimeter of the hallowed Ewood Park turf, followed by a brew and chat indoors.
Location: Darwen End, Ewood Park
T: 01254508129 E: ben.howard@brfctrust.co.uk

FRIDAY

Age UK: Memory Makers, 10am-12pm **£5**
Specialised activity sessions for those struggling with their memory or with mild to moderate dementia.
Location: Darwen End, Ewood Park
T 01254 266620 E: Mark.Wood@ageukbwd.org.uk

Line Dancing, 10am-11:30am **£3**
Held in our performing arts studio, all are welcome to join our basic to intermediate routines then have a brew and chat afterwards.
Location: Darwen End, Ewood Park
T: 01254 508129 E: Jennifer.calvert@brfctrust.co.uk

Community Walking Football 50+ (open access), 6-7pm **£4**
Available for both men and women, aged 50+.
Location: Blackburn Rovers Indoor Centre
T: 01254 508256 E: chris.mcgrail@brfctrust.co.uk

