



# Worcestershire Football Association Ltd

Craftsman House, De Salis Drive, Hampton Lovett Industrial Estate, DROITWICH, Worcs WR9 0QE

Telephone: 01905 827137; Fax: 01905 798963

Chief Executive: Mrs N.E.Trigg

E-mail: [secretary@worcestershirefa.com](mailto:secretary@worcestershirefa.com) Web: [www.worcestershirefa.com](http://www.worcestershirefa.com)

Registered in England and Wales: Reg.No 3861169

Dear,

The Worcestershire FA is working with Warndon Villages FC to provide inclusive football sessions specifically for adults with mental health challenges. Warndon Villages FC are a FA Community Charter Standard Football Club which is the highest FA accreditation awarded to clubs based on maintaining and raising standards in grassroots football.

Research shows that physical activity is good for our bodies and nationally there is ever-growing information that physical and mental health is closely linked. Therefore we have linked up with the football club to provide these sessions which will be delivered in a safe and positive environment. The football activity adopt a recreational style of 'turn up and play' to support the needs of the participants with an aim of getting more people with mental health challenges, active in the local community and from across Worcestershire. Each session will be delivered by a FA qualified coach from Warndon Villages FC and football kit such as bibs, balls and cones for the session will be supplied.

Each new participant will be asked to complete a registration form to ensure coaches have the correct emergency contact details and gain an understanding of the participants needs. The information shall secondly be gathered to demonstrate the need of funding which will be utilised to enhance the sessions which are being offered at a minimal cost. If new participants need support filling out their registration form this can be presented by the lead coach at the start or during the sessions.

**Players:** All abilities welcome as sessions will be completely inclusive, players must be aged 16 or over for insurance purposes.

**Day:** Every Sunday from 11<sup>th</sup> June 2017 (excluding bank holidays and school holidays)

**Time:** 11am – 12pm

**Venue:** 3g artificial pitch outside, King Georges V Playing fields, Ash Avenue, Worcester, WR4 9TL.

The venue has free parking and is also based close to a bus stop which links to some main bus routes through Worcester that generally run on an hourly basis on Sundays.

**Cost:** £1 per session payable to the lead coach at start of training

**Clothing:** Participants are encouraged to wear suitable clothing for physical activity and bring a waterproof coat in the case of bad weather as sessions will always be outside. All players are highly advised to bring shin pads and wear trainers or football boots (no metal studs please!) It is not vital that players have shin pads for the very first session. No jewellery should be worn.

**Other Details:** Any medication which may be required during the session, such as an inhaler, should be taken to every session but must remain the responsibility of the player themselves not the lead coach.

If you would like more information about any of the above or the session please contact Worcestershire FA Disability & Inclusion Football Development Officer, Jodie Williams.

Email: [Jodie.williams@worcestershirefa.com](mailto:Jodie.williams@worcestershirefa.com) or Phone: 01905 827137 Ex. 215



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