



West London
NHS Trust

Football for Wellbeing Hub

**Therapeutic, safe and inclusive football sessions open
to adults in West London**

Available in men only, mixed gender, and women only sessions

In partnership with:



**Footy
Addicts**



everyone
ACTIVE

About Football for Wellbeing Hub

Football for Wellbeing is a pioneering community initiative designed to address mental health challenges, social isolation, and health inequalities through the power of football and human connection. The project combines therapeutic sessions and competitive play to support recovery, inclusion, and personal growth, while delivering measurable benefits to participants and potential cost-savings for the NHS.

The West London NHS Trust Football for Wellbeing Hub is open to all in West London over the age of 18, including the community, service users and West London NHS Trust staff. No prior experience of playing football is needed.

In partnership with QPR FC - QPR in the Community Trust, Everyone Active - Everyone Active's Neighbourhood Sports Clubs programme and Footy Addicts, it is run by our lived experience hub - an outreach programme to create more local wellbeing spaces.



Aims



To promote social connectedness and engagement in leisure/social based activities.



To improve and maintain client's wellbeing (physical and emotional), and sense of self-worth.



To foster feelings of achievement from a challenge.



To encourage a transference of skills created from the social group to everyday life/problem solving and health promoting behaviours.



To facilitate and promote social interactions in a safe space and to allow for opportunities for clients to have a sense of peer support.



To assist in integration into the community and enable and improve independence in activities of daily living.



A chance to play with other people for company. Encouragement, motivation and support to be active.



A chance to spend time in a sports centre and engage in physical activity.

For more information, get in touch:

Email: wlt.footballforwellbeinghub@nhs.net

Phone: 07484 983 239 (Babak)

Mental health support in an emergency

Call **0800 328 4444**

Available 24 hours a day, 365 days a year.

Football for Wellbeing Hub days and times

Men only: Wednesdays 3 to 4pm, PowerLeague, 41 Shepherd's Bush, Shepherd's Bush, W12 7RW

Women only: Saturdays, 11am to 12:00noon, Amberley Pitch, Downfield Cl, Amberley Rd, W9 2JZ

Mixed gender: Saturdays 12:00noon to 1pm, Amberley pitch, Downfield Cl, Amberley Rd, W9 2JZ

Mixed gender: Fridays 6 to 7pm, Everyone Active, Paddington Recreation Ground, W9 1PD

Sign up to join >

Please complete the [form online](#)
or scan the QR code.



In partnership with:

