



Sport In Mind

October 2023

Southampton

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around. To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact Claire on 0118 947 9762!

Southampton Sessions

Day	Time	Activity	Instructor	Venue
Tues	2-2.50PM	Yoga	Michelle	Big Activity Room, St Marys Leisure Centre, 118A St Mary's Rd, Southampton SO14 OBL
 Fri	12-1PM	Badminton	Ricky	Sports Hall, St Marys Leisure Centre, 118A St Mary's Rd, Southampton SO14 OBL



@sportinmind



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www.sportinmind.org



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Sport In Mind



Attendee Sign-Up

Working in partnership with



Hampshire, Southampton and
Isle of Wight
Clinical Commissioning Group



Southern Health
NHS Foundation Trust