



Get Set to **GO**

Launch Event Saturday 13th June 12.30-4 at The Bike Cabin, Bishop's Meadows, Hereford

- Join us to register free as a participant in the project from 12.30 followed by a free light buffet lunch with hot and cold drinks.
- Entry into our PRIZE DRAW for each participant that registers at the event. First prize is a £50 gift voucher for Sports Direct and two £25 vouchers for the runners up.
- FREE afternoon taster activities include Tennis coaching on the courts, Golf on the putting green, Tai Chi on the meadow, Walking Activities and Group Cycle Rides.

Need some support getting active?

We all know that getting active is good for our bodies - but there's good evidence that its good for our minds too.

Taking up a physical activity can be a fun and enjoyable way of staying healthy. It can boost your confidence, increase your energy levels and is a great way of meeting new friends in your area.

Thats why we created Get Set to Go, an exciting new programme to help improve mental health, through physical activity. Sessions are built around your needs and you'll get direct support from people who understand about personal challenges. We'll help you find the sport or activity that works best for you

For more information contact:

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Get Set to **GO**  **mind**
for better mental health



Get Set to Go aims to improve the lives of people with mental health problems through sport. The programme is funded by sports England and the National Lottery