

FREE ENTRY

STOCKPORT COUNTY FOOTBALL CLUB

COUNTY COMMUNITY TRUST

**COUNTY'S SOCIAL
WELL-BEING GROUP**

**Stockport County, Edgeley Park,
Hardcastle Road, Stockport,
Cheshire, SK3 9DD**

**Phone us to book your place!
Call 0161 266 2700**

- Socialise, make new friends in a warm, welcoming and relaxing environment
- Swap stories, reminisce about past memories, present experiences and future hopes
- Enjoy gentle yoga and art therapy to help relieve stress and tension
- Play Bingo, take part in a quiz, ground tour and gentle exercise around the pitch
- Opportunities to improve your health and well-being making positive long-term lifestyle changes

EVERY WEDNESDAY

• 10.00AM -12.00PM •

Refreshments provided



**Community
Trust**



For further details call 0161 266 2700 or email communitytrust@stockportcounty.com

SIGN UP...



Community
Trust



Bring this form along to your first session

First Name:

Last Name:

Date of Birth:

Address:

Telephone Number:

Email:

Do we need to know of any medical history?

Yes: No: If yes, please let us know below:

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Are you happy for us to take pictures and film sessions, this content may be shared on our website or social platforms?

Yes: No:

We take our responsibilities about handling your personal data seriously, by asking you to provide an email address we will send you a confirmation of your sign-up which will include a copy of our full Privacy Policy.

Alternatively, you can request a copy by emailing communitytrust@stockportcounty.com or giving us a call on 0161 266 2700.