

**Starts 9th January**

**FREE  
TO JOIN**



**EMPOWER  
GROUP**



# PHYSICAL ACTIVITY WELLBEING SESSION

*Contact [ryan.gunn@watfordfc.com](mailto:ryan.gunn@watfordfc.com) to sign up*

## **Girls**

**Wednesdays 5pm - 6.30pm  
Westfield Academy  
9 - 11**

**Thursdays 6 - 7.30pm  
Meriden Community Centre  
12 - 14**

## **Boys**

**Thursdays 7.30pm - 9pm  
Meriden Community Centre  
12 - 14**

**Fridays 6.30pm - 8pm  
Parmiters School  
9 - 11**



**Premier League  
Charitable Fund**



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239

# BOXING



# DANCE



# FOOTBALL



## Starting 9th January - 29th March

The Empower Group is a 12-week FREE programme offering mental health focused physical activity sessions through a variety of sports in Watford.

There will be a range of physical sessions across the 12 weeks for different age groups, followed by 30 minutes of facilitated discussion in the form of a 'conversation café'.

Participants will be referred onto this programme through the school sessions, Schools admins and from existing local children services. All referrals for all sessions must be sent to [ryan.gunn@watfordfc.com](mailto:ryan.gunn@watfordfc.com)