



"WE ARE
UNDERSTANDING OF
EACH OTHER..."

THE GOOD MOOD FOOTBALL LEAGUE

In this story, a man talks about how the Good Mood Football League has supported his mental health, and also how the sport has helped him to become more active and fit. He explains how the people who play in the league understand each other and can identify with what each other may be going through in other areas of their lives. He also talks about how his confidence has increased through being part of the football team. He describes a positive relationship with the coach and states that in the team, he is a friend not a patient.

Scan me to
hear more...



THE #SOFTANDFLUFFY PROJECT

Creative Minds, People's Voice Media and the University of Huddersfield have been working with people from Barnsley, Calderdale, Kirklees and Wakefield to gather stories about the role that creativity plays in people's lives. These stories have highlighted the importance of activities such as art, performance and sports in supporting people's wellbeing. They have been curated into a short film, a series of posters and a report. The project was funded by a Q award.

You can view all of the stories at: www.communityreporter.net/creativitywellbeing

For further information contact Creative Minds: Creativeminds@swyt.nhs.uk / www.creativeminds.org.uk



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