

Get Set to Go has regular Sport and Support sessions every week for people with mental health concerns who want to get more active. We play some sport and then support each other to make plans about how we stay active and what we want to do next.

First session always free! If you want to come along **please give James a call on 01384 442938** as times and venues may change. Here's a list of what we are doing at the moment.

What	When	Where	Useful Notes
Netball (Ladies only)	Monday 9.30am-10.30am Starts 22 nd February	Dudley Leisure Centre, Wellington Rd, Dudley DY1 1UH	Comfortable clothes. Remember, free crèche facilities are available!
Yoga Gentle movement and breathing	Monday 10.30am-11.30am	Healthy Hub in Mary Stevens Park, Heath Lane Stourbridge DY8 2AA	Instructor is Claire Wear loose clothing First 4 classes free And then £2.50
Tai Chi - martial art with emphasis on gentle movement	Monday 11:00am-12:30pm Beginners and Advanced classes	Platters Café Carlisle Hall Victoria Street Stourbridge DY8 1SP	Wear loose clothing and sensible footwear £3 per session
Yoga Gentle movement and breathing	Wednesday 2pm-3pm	Huntingtree Park Halesowen B63 4HY	Instructor is Claire Wear loose clothing First 4 classes free And then £2.50
Healthy Body Healthy Mind Gym, Swim and Sauna	Wednesday 12-5pm GSTG volunteer will be there from 12-1pm	Village Hotel Gym Castlegate Park Birmingham Road Dudley DY1 4TB	Wear sensible clothing. £5 per session
Football	Wednesday 5pm-6pm	Meet in reception at Dell Stadium, Bryce Road, Pensnett, Brierley Hill , DY5 4NE	Wear trainers and comfy clothing. Please bring some water with you.
Football	Thursday 4pm-5pm	Meet in reception at Dudley Leisure Centre, Wellington Rd, Dudley DY1 1UH	Wear trainers and comfy clothing. Please bring some water with you.
Zumba	Thursday 6.30- 7.30	Health Factory 35-37 Market Street Kingswinford DY6 9JY	Instructor is Suzanne Wear comfortable clothing First 4 classes free
Jolly Joggers	Saturdays 10.30am-11.30am Starting 23 rd April	Meet at the Bandstand, West Park, Park Road West Wolverhampton WV1 4PH	Wear trainers and comfy clothing. Please bring some water with you.