

Watford Football Club's Community Sports and Education Trust's Mental Health project

Watford Football Club's Community Sports and Education Trust is working in partnership with the Hertfordshire Partnership NHS Foundation Trust and Herts Mind Network to deliver a sports health project in the Watford area.

The project has been working with people who use community mental health services with the aim of helping them to improve their physical and mental wellbeing. The participants take part in a number of sporting activities as well as looking at healthy living and practical lifestyle tips.

A registered charity since 2004, Watford Football Club's Community Sports and Education Trust's work offers a variety of sporting, educational and leisure based activities. They are dedicated to providing opportunities for all sections of the community and aim to do this by providing safe, enjoy and memorable activities whilst retaining a high level of quality. For further information on Watford Football Club's Community Sports and Education Trust visit <http://watfordfccsetrust.com>.

Hertfordshire Partnership University NHS Foundation Trust is committed to providing excellent health and social care for both people with mental ill health and those with a learning disability. For further information on Hertfordshire partnership University NHS Foundation Trust visit www.hpft.nhs.uk.

Herts Mind Network is a mental health organisation providing a diverse range of recovery orientated services from its seven wellbeing centres and accompanying outreach centres located across Hertfordshire. For further information on Herts Mind Network visit www.hertsmindnetwork.org.