

# Changing Room project to run 12-week programme at Easter Road



The Changing Room project is running a 12-week programme beginning at 6pm on Thursday 27 September for men aged 30 to 64, which uses football to tackle mental health.

Males in that age bracket are invited to sign up for the programme, or request more information on it, by emailing [thechangingroom@samh.org.uk](mailto:thechangingroom@samh.org.uk)

We all have mental health, and by meeting weekly for 12 weeks at Easter Road Stadium, The Changing Room programme aims to help guys better self-manage and understand their own mental health and wellbeing.

The course involves various football-based activities and discussion sessions designed to provide men with a unique,

encouraging experience every week.

Here's what some previous participants have had to say about the programme;

"I'm surprised at how much of a laugh it has been."

"I made assumptions at the start, but football broke down barriers."

"I feel part of a team in this group."

The programme begins on Thursday 27 September at Easter Road Stadium at 6pm with each session lasting 90 minutes. The last session will take place on Thursday 13 December.

To request further information, or to sign up for the project, please email [thechangingroom@samh.org.uk](mailto:thechangingroom@samh.org.uk)