

# Spaces available for Changing Room course



The Changing Room's new 12-week course, which is aimed at men aged 30 to 64, begins on Tuesday 26 February at Easter Road Stadium and a limited number of spaces are available.

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)

In partnership with Hibernian FC and the SPFL Trust, the course, delivered by the Scottish Association for Mental Health (SAMH), focuses on bringing men together to improve their mental fitness and wellbeing.

The popular 12-week course is completely free and presents men with a great opportunity for men who want to look after themselves and improve their social connections and overall wellbeing to come into the football environment at Easter Road Stadium and be part of a team that encourages better mental health.

Football is central to all that goes on within The Changing Room with activities including a Stadium Tour, Walking Football, a motivational guest speaker from the club, pitchside walks and more.

All sessions are designed to be enjoyable for participants to ensure the programme has a lasting, positive impact on the men who participate.

One former participant commented on what the course had done for him; "The impact that The Changing Room has had on me is that I know I'm not alone and I know that I've got a lot of support there. Coming along and enjoying the banter that the

guys have has been a great thing for me.”

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

The Changing Room is a pilot project funded by men’s health organisation, the Movember Foundation.