

ACTIVATE PROJECT

FREE Wellbeing & Basketball Programme for Young People



What's ACTIVATE?

The ACTIVATE project is designed to **support and empower young people** across Coventry.

It's a **6-Week Well-Being & Basketball Programme** with weekly 1-to-1 or small group sessions boosting mental health and personal growth.



Who is ACTIVATE for?

ACTIVATE supports young people aged **10-25** experiencing **wellbeing barriers** including **isolation, grief, anxiety, school avoidance, criminal justice involvement** and more...

All referrals begin with a friendly, confidential chat - no commitment or obligation.

Where does ACTIVATE happen?

- 📍 **Guardian Ballers HQ**
Bethel Church, Coventry CV1 3HB
- 📍 **Moat House Leisure Centre**
Winston Ave, Coventry CV2 1EA

Home visits are not available

Is ACTIVATE free?

Yes, Activate is free to eligible young people and families, **funded by the National Lottery**

The programme **can be extended** based on young person's individual needs

HOW TO REFER

Scan the QR code
Email hello@guardianballers.org
Call or Whatsapp +447311387241

Want to know more?
Visit guardianballers.org



MAKE A REFERRAL



BALL **BE** **BETTER**