

TEAM TALK FOOTBALL



What is Team Talk Football?

It's for men who are struggling with their mental health. Participants are split into mixed-ability teams, so that you can enjoy with your peers a game of football that is competitive, yet friendly and managed. It doesn't matter how good you are at football: your mental health will be positively impacted by:-

- improving your mood;
- reducing stress;
- increasing self-esteem;
- tackling depression and anxiety;
- sleeping better; and
- connecting with new people.

Where do Team Talk Football sessions take place?

All sessions are held on the 3G pitch at the ProAmpac Stadium, Sincil Bank, Lincoln LN5 8LD.

When do Team Talk Football sessions take place?

Sessions are held every Wednesday from 7pm to 8pm and every Thursday from midday to 1pm.

What do Team Talk Football sessions cost?

The Wednesday sessions cost £3 each and the Thursday ones cost £2 each.

Do places have to be pre-booked for Team Talk Football sessions?

No: you can simply turn up and pay on the day. Arrive dressed ready to play, with trainers or astro boots - do not wear studded boots. Bring some water, to keep hydrated.

How can more information about Team Talk Football sessions be obtained?

Please contact the Foundation either by:-

- either calling 01522 563792; or
- emailing enquiries@lincolncityfoundation.co.uk; or
- using the online form at <https://www.lincolncityfoundation.com/teamtalk-football>.

How can donations be made to help Team Talk Football sessions?

There are numerous ways to support the Foundation financially, including before all home games via a collection bucket that can be found at the Trust's pod in the Fan Village. Or you can always use the online facility at <https://www.justgiving.com/charity/lincolncityfdn>.