

# Is your mate

# off his game?

Every year 1 in 4 of us  
will experience  
a mental health problem

Let's talk about feeling  
stressed out!

It may feel like the last thing you want to talk about. In fact, as many as one in four of us will experience a mental health problem this year. In other words, feeling stressed out is pretty common. It's bottling it up that causes the problem. Go Lead is a 6 week sports programme aimed at helping adults understand how leadership skills can help you cope with day to day situations.

Go Lead

Go Stress Free!

A 6 week sports courses to support adults on how to develop and use leadership skills in day to day situations.

**PLAY - LEARN - RELAX**

Football, Sport and learning combined.

Courses running from Jan 2017

Go lead is an introduction to leadership that aims to give learners a new understanding of how they can use leadership skills to help cope with the stresses of day to day work and life.

The course will combine 5 a side football activities (both active and walking) as well as classroom based sessions on subjects such as communication, what is a leader, working with others, improvising techniques and putting it all into practise.

**Are you interested, over 19 and live in Luton?**

Call us in the Community Office on 01582 737568 or email: [learning@lutontown.co.uk](mailto:learning@lutontown.co.uk) for further details.



**Luton**  
Adult Learning

