



FOUNDATION

Social Prescribing Programme

Join us on Monday evenings: 5-6pm for 16-18 years & 6-7pm for 18-25 years
Arc (Unit 2), Verney House, 1 Hollywood Road, London, SW10 9HT



The social prescribing programme aims to support members of the programme's physical and mental wellbeing. With the physical activity part of the session being delivered by trained Chelsea Football Club Foundation staff members. Each session will be tailored to the feedback received in the sessions with the main focus being on making each session, warm, welcoming and fun. Join now and develop skills such as confidence, communication and leadership, as well, as have the opportunity to build new friendships.

Sign up to our new programme by emailing community.enquiries@chelseafc.com if you want to get active, build new friendships and boost your wellbeing!