



## PONTFRACT PIRATES

### MENTAL WELLBEING FOOTBALL THERAPY

ARE YOU 16+ AND SUFFER FROM  
DEPRESSION, ANXIETY OR ANY  
OTHER MENTAL HEALTH  
CONDITION?

**STARTING THURSDAY 16TH MARCH -  
12PM UNTIL 1.30PM AT THE  
HARRATTS NISSAN STADIUM, THE  
HOME OF PONTFRACT COLLIERIES**

**THE SESSIONS ARE ALSO FOR PEOPLE WITH LOW SELF ESTEEM,  
CONFIDENCE ISSUES**

**DO YOU WANT TO MAKE NEW FRIENDS?**

**ALL ABILITIES WELCOME**

**JUST £3 PER SESSION**

**ENJOY STRUCTURED AND ENJOYABLE FOOTBALL SESSIONS, LED BY FA  
LICENSED COACHES**

**CONTACT JAMES GRAYSON - PHONE: 07842 903018 OR BY EMAIL AT  
[JAMESAGRAYSON@YAHOO.COM](mailto:JAMESAGRAYSON@YAHOO.COM) - FOR MORE INFORMATION**

**YOU CAN ALSO VISIT OUR FACEBOOK PAGE**

**<https://www.facebook.com/Pontefract-Pirates-138372742897111/>**



**Pontefract Pirates is an adult & junior football club  
for people with learning difficulties and disabilities.**

**It is associated with Toolstation NCEL Division One  
side Pontefract Collieries.**

**Address: The Harratts Nissan Stadium, Beechnut  
Lane, Pontefract, WF8 4QE**