



Do you enjoy sport?

Would you like to share your activity
with someone else and help to
improve their mental wellbeing?

Join us!

Talking Matters Northumberland, with the support of Sport England and Northumberland County Council, is providing an innovative mental health wellbeing programme for people in North and West Northumberland.

Why is this needed?

Numerous studies have shown the beneficial effects of sport and exercise on mental wellbeing. Regular physical activity can improve mood, lift self-esteem and reduce stress. Very often people lack confidence and motivation to make that first step and that is where you can come in, offering invaluable support.

How can you help?

Whether you volunteer as an individual or as a sports/ activity club member we will 'buddy' you with someone who wants to become more physically active in order to improve their mental wellbeing. Walking, running, visits to the gym or just kicking a ball around - the list is endless. If you have an activity you would like to share with someone else we would like to talk to you about it. You can volunteer for as many or as few hours as you wish. Training will be provided.

To find out more, please contact

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