

# PROJECT TESTIMONIALS

## ALL TO PLAY FOR

active  
norfolk

A social intervention programme for men struggling with mental health issues. Through a weekly drop-in football session, attendees were able to engage with mental health intervention services for improved mental wellbeing.



“I am currently living in a low secure ward at Hellesdon so spend much of my time on the ward. This football group has been a lifeline for me, a stepping stone to getting involved in more activities and meeting new people. Since starting this group I have gained the courage to join the football group “Street Life Soccer”, which never would have happened if it wasn't for you. So thank you very much.”

**Peter, 42**

“Since joining All to Play For I've felt much better about myself after meeting people who have suffered with mental health issues. Feeling like I am not alone in my experience makes me feel much better about myself. Before joining I hadn't played football in many years and since I started I forgot how much I enjoyed it, joining has definitely made me more active. I've met lots of people and everyone is very friendly and welcoming.”

**Perry, 28**