

**SPORTS, HEALTH & WELLBEING**

**ACTIVITY DETAILS**

Adapted Football and multi-sports



###### The Academy Building, North stand Car park, Aston Villa football club, B6 6QE

**COST**

 This session is currently completely free

**TIMES**

 11am-1pm every Thursday (apart from School Holidays)

**DELIVERED BY**

 Aston villa foundation run this session and many other centers come and take part on the day. Click [**HERE**](http://www.avfc.co.uk/) for website

**DETAILS OF ACTIVITY**

* Just inform Sports team if you are interested in taking part and then turn up

Wear appropriate footwear and clothing suitable for sports

* Qualified football coaches onsite
* Bring drinks or change for the drinks machines to make sure that you are hydrated
* Headway staff will not always be present unless we have high numbers of community clients taking part.

**KNOWN RISKS**

 There is always a change of trips and falls and collision with other players, which could cause possible bruising, sprains or possible fractures.

**DIRECTIONS TO VENUE** (if difficult to find)

The academy building is the building situated on the right side as you drive into the main car park for the Aston Villa football club.