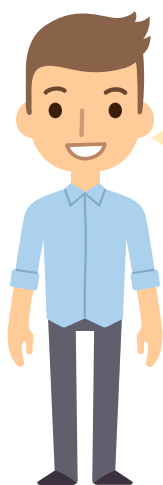


The award winning charity providing free opportunities for adults with mental health issues to engage in physical activity

## CORE SPORT



Core Sport is an award winning mental health charity based in Homerton, Hackney. The charity promotes positive mental health and well-being through creative learning, training, sporting activities and employment opportunities.

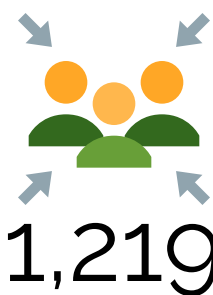


Sports include Basketball, Boxing and Football.

6/7

Members have reported that their improved mental health has been noticed by their family, friends or medical team.

## IMPACT



people have participated over the last three years through a variety of their programmes.



100%

of members have reported health benefits from attending the Core Sport programme.



75%

of members have noticed that they visit their GP and use emergency services less frequently since joining Core Sport.

To find out more about Core Sport's work click [here](#).