Rushden Mind has won funding from Sport England and the National Lottery, to help people experiencing mental health problems across East Northamptonshire to become more active. The award will enable people to try out new sports & activities to improve physical and mental health.

Experience a range of sporting and activity taster sessions, and then progress onto a 12-week programme.

Get Set To Go is delivered in conjunction with our partners -

East Northamptonshire Council
Northamptonshire Sport
freedom leisure
NORTHAMPTON TOWN F.C.
COMMMUNITY

You can refer directly to us.
Call 01933 312800
office@rushdenmind.org.uk
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Rushden Mind is a registered charity - No. 1175836 and limited company No. 6913836