



Sport In Mind

September 2026

Wales

We are Sport in Mind - the charity that uses sport and physical activity to improve the lives of people with mental health needs. Our sessions take place every week, throughout the year and are fun, casual drop-in sessions. All equipment is provided and all abilities are very welcome! All we ask is that you fill in a participant form the first time you join a session. To find out more about sessions in your area please visit sportinmind.org or contact our free, confidential phone line: 0300 102 1400

Cardiff

Day	Time	Activity	Trainer	Location
Tues	12-1PM	Badminton	Luke	Sport Wales National Centre Sophia Gardens, Cardiff CF11 9SW

Rhondda Cynon Taf

Day	Time	Activity	Trainer	Location
Mon	3-4PM	Indoor Fitness for Men	Kevin	Llantwit Fardre Leisure Centre, Church Village CF38 1RJ
Tues	1-2PM	Men's Pickleball	Steve	Llantwit Fardre Leisure Centre, Church Village CF38 1RJ

Aberdare

Day	Time	Activity	Trainer	Location
Fri	10-11am	Men's Fitness	Kevin	Sobell Leisure Centre, Aberdare, CF44 7RP

Ebbw Vale

Day	Time	Activity	Trainer	Location
Wed	12-1PM	Yoga	Elizabeth	Ebbw Vale Leisure Centre, Lime Ave, Ebbw Vale NP23 6GL (Dance Studio)



@sportinmind



info@sportinmind.org



www.sportinmind.org



0300 102 1400



Attendee
Registration



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



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Abergavenny

Day	Time	Activity	Trainer	Location
Wed	2-3PM	Table Tennis	Neil	Abergavenny Community Center, Merthyr Road, NP7 5BY
Thurs	1-2PM	Yoga	Kate	Abergavenny Community Center, Merthyr Road, NP7 5BY

Newport

Day	Time	Activity	Trainer	Location
Thurs	12-1PM	Tennis	Steve	Regional Pool and Tennis Centre, Newport International Sports Village, Spytyt Boulevard, Newport, NP19 4RA
Fri	1-2PM	Tai Chi	David	114 Lower Dock Street, Newport NP20 2AF



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