

**SAVE THE DATE**

**Come along to New Park Village TMC 16 April 2026 between 10am – 1pm**

**New Park Village TMC, Ellerton House, Ellerton Walk, WV10 0UG**



 **Head 4 Health**

**Our Head 4 Health programme aims to support your mental and physical wellbeing. We run a variety of sessions open to all adults aged 18+.**

<p><b>Head 4 Health 8-week cohorts</b> A safe environment to talk whilst engaging in informative workshops and light physical activity.</p>	<p><b>Head 4 Health Football</b> Fun &amp; inclusive football sessions for males aged 18+.</p>	<p><b>Allotment</b> Providing a safe and supportive outdoor space where individuals can reduce stress, improve mood, and build self-esteem through gardening.</p>
<p><b>Extra time sessions</b> Pop in for tea &amp; talk in a judgement free environment with other like-minded people.</p>	<p><b>Check in &amp; chat</b> A weekly drop in aiming to get people talking about their memories of all things Wolves.</p>	<p><b>Walk &amp; Talk</b> A group walk around West Park.</p>

For more information, please get in touch:  
healthadmin@wolves.co.uk | 01902 828366

       
@wwfcfoundation

**Supporting Adult Mental Health in New Park Village**

**In partnership with Wolves Foundation**

New Park Village TMC is proud to be working alongside Wolves Foundation to help support adult mental health in our community. You are warmly invited to come along and explore a range of activities designed to boost both your mental and physical wellbeing.

Looking after your mental health is incredibly important, and with the variety of sessions on offer, this is a great opportunity to discover what support and activities may benefit you. Wolves Foundation will be on hand to discuss your needs and identify how they can best support you.

If you would like more information about these sessions, please contact New Park Village TMC:

 **01902 552670**

 **Newparkvillage2@wolverhampton.gov.uk**

 **www.npv.org.uk**

**We are looking forward to seeing you on 16 April 2026 at 10am**