

Disability Stockport & Stockport Community Foundation
working together supporting Ex-Forces to
help improve wellbeing, quality of life, and
reduce isolation



Disability • Autism • Mental Health Difficulties
All Ages • Sparring • Punch Bags • Boxercise

Stay active, have fun, and enjoy some banter

Join us for

**All
Ages** **Boxability**

at

Brinnington Park Leisure Complex
Northumberland Rd, Brinnington, Stockport SK5 8LS

EVERY 2nd & 4th Friday of each month at 1330

After each session, we'll pull up a sandbag for a brew & banter

Please contact Gav Jones first if you are interested in attending

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text: 07458 306246

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

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