Roots of Resilience

Funder & Partner Summary · Coventry & Warwickshire · Founded 2023

Free, volunteer-led activities supporting men, families and communities.

190+	85+	6	3
MEN SUPPORTED	SESSIONS DELIVERED	FREE PROGRAMMES	COVENTRY VENUES

WHO WE ARE

A Coventry community founded in 2023 by Paul Wykes and Andrew Sedman. We use time outdoors, shared activity and honest conversation to help people build resilience. All activities are free. Recognised with a HOPE Coventry award in 2024: "in recognition and outstanding dedication for meaningful impact."

SAFEGUARDING

- Team members are DBS-checked
- Public, accessible venues; activities risk-assessed
- Clear guidance on behaviour and confidentiality
- Not a clinical or crisis service – we signpost to professional support
- A named safeguarding contact is always available

PROGRAMMES

Walking Football (men 40+) · Men's Monthly peer group · Family Activity · Forest Adventures · Wellbeing Workshops · Physical & Mental Health Awareness visits

GOVERNANCE

Paul Wykes – Co-founder & Strategic Lead
Andrew Sedman – Co-founder & Head of Operations
Barry Stephenson and Joel Clough joined in 2026, bringing procedures and safeguarding knowledge.

Written policies: Safeguarding, Privacy, Equal Opportunities, Community Guidelines and Environmental – reviewed as we grow.

WHERE & WHEN

Walking Football – every Saturday, 9am
Tile Hill MUGA Pitch, Coventry

Men's Monthly – last Thursday of the month, 7:30pm
Massey's Social Club, Broad Lane, Coventry

Family Activity – monthly, next date October 2026 TBC
Pondarosa Park, Jardine Crescent, Coventry

FOR SOCIAL PRESCRIBERS

People can simply turn up, or message us first so someone is ready to welcome them. No referral form, cost or kit needed for Walking Football or Men's Monthly.

SUPPORTED BY

Sport England (funder) · Hub of Hope · Coventry City Council · Parcelforce Worldwide

IN THEIR WORDS

> *"Saturday's at 9am is quite possibly the highlight of my week… I'm beginning to see my fitness improve each week."*
>
> **Walking Football participant**

> *"My daughter said it was nice to see me smiling and enjoying myself! I have found a reason to smile!"*
>
> **Walking Football participant**

> *"A chance to talk, no pressure, no judgement. Just open conversation, in a supporting atmosphere."*
>
> **Men's Monthly participant**

> *"I came away feeling lighter, more positive and with a different perspective on things."*
>
> **Forest Adventures participant**

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