

# confronting fear project



**Are you a woman?  
Experiencing social anxiety?  
If so the Confronting Fear Project is here to support you**

**To participate, get involved or to receive this service  
contact us on 07535 685877  
or email [gkothieno@gmail.com](mailto:gkothieno@gmail.com)**



*Social Anxiety Communities Involvement (SACI) exists to promote the health and wellbeing of people who suffer with social anxiety in the UK.*

**DID YOU KNOW:**

1. *that almost 10% of the UK population suffer a combination of anxiety and depression*
2. *that people in their middle years (35-59) report the highest levels of anxiety compared to other groups*
3. *Approximately 105,000 people in Croydon suffer from anxiety and depression*
4. *that not all those who suffer from social anxiety seek help*
5. *that regular physical activities has been associated with a grater sense of wellbeing and lower rates of depression and anxiety across all age groups.*

Introducing the

# *confronting fear* project

The Confronting Fear Project is a twelve week project aiming to improve mental wellbeing and resilience among 30 isolated women with social anxiety living in Croydon. We will achieve this through a mix of sports activities and peer support group sessions.

To get involved call us on 07535 685877  
or email [gkothieno@gmail.com](mailto:gkothieno@gmail.com)

*everything you want is  
on the other side of fear...*

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