

Gloucestershire FA's

# Walking Football Week



# Be Inspired Get Involved



## Abbeymead Rovers - A Walking Football Club



# Walking Football Week

## Abbeymead Rovers - A Walking Football Club

### Before you started playing - how did you hear about Walking Football?

I read an article in the local newspaper about a group of men who played together many years back who had formed Stroud Walking Football.

### What made you, as a grassroots club, want to deliver walking football?

I could see the potential for many older people in the area to get back into a sport they had loved - as a community club I felt it was something we should be offering- I had no idea it would be so successful.

### How have Glos FA and the FA supported you to deliver your sessions?

Funding to buy the equipment needed to get started. We have been supported by the FDO for this area in terms of coming to the club, supporting new sessions and being on the end of the phone to answer any questions. We have also supported The GFA by helping new clubs and sessions within the county.

### What impact have your sessions had on the community?

We now have over 60 people registered at 3 sessions, including a disability group. Many people who thought their playing days were over, are able to compete in a sport they loved once again. Some of the players have never played football before and the vast majority just want to play for fun, fitness and friendship. We have players who have had previous heart attacks, joint replacements, and who are over-weight. Its giving people a new lease of life.

### Do you have any comments that would be useful for other clubs that are thinking of running walking football sessions?

Do it – people will come to your sessions and will love it. I would be more than happy to talk to any club that want advice or support in setting up a session. You may even get more volunteers from the community to help in other club matters.

