



Your Game, Your County FA

Dementia Friendly Walking Football



Information Leaflet



All you need to know about the Walking Football sessions



DFWF Participant Information Form Guidance



GDPR and Photography Information

Contact: Ray.Sempill@CumberlandFA.com or call: **07807665543** for more info

So... How does the session work?

- Everyone meets in the tea room first to sign in and get their name tags.
- The session starts with some warm up exercises to get the blood flowing and warm up the muscles.
- This is then followed by some football related games to get used to the ball and playing area.
- The players are then separated into team for some small sided, relaxed matches.
- Once the games are over everyone heads through to the tea room for cake and a cuppa.



All Staff and Volunteers are **Dementia Friends**
www.dementiafriends.org.uk



... and what are the benefits?



- Warm-ups** are designed to help improve balance, circulation and help avoid injury. These usually start seated.
- The **football related games** are walking paced, often individual exercises focusing on controlled movement and coordination with the soft indoor ball... Most of all Fun!
- The **social aspect** is paramount for these sessions. We always aim to create a community of people to share stories and laughs.

... Okay, how do I sign up?

Participant Information Forms

In order to sign up for these sessions you will need to fill out a Participant Information Form. The purpose of these forms are so that the coach knows any medical conditions that a participant may have and can form the sessions around the needs of the group.

There are sections on this form that may ask for sensitive information. If you are not comfortable including this information there is an option to leave sections blank.

Photography Information

We sometimes look to take photography/videos at the sessions to promote the fantastic playing environment and encourage more people to get involved.

Here are the photo types you can consent to that are outlined in the form:

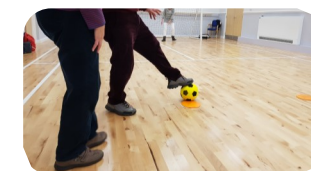
A. I consent to Cumberland Football Association taking photos or videos which can identify me and link me to the Dementia Friendly Football Session.



B. I consent to a third party (*Media i.e. Newspapers*) taking photos or videos which can identify me and link me to the Dementia Friendly Football Session.



C. I consent to Cumberland FA or a third party taking photos or videos which cannot identify me or link me to the Dementia Friendly Football Session.



D. I do not consent to be in any photos or videos taken by the FA or a third party linking me to the Dementia Friendly Football Session.

This means that no photos will be taken of the participant in question