

Gloucestershire FA's

Walking Football Week



Be Inspired Get Involved



Dursley Lions - A Social Club

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How did you hear about Walking Football?

We had seen walking football sessions advertised in the Western Daily Press. Some sessions had been given a feature, and it sounded like a great idea.

What made you as a group of players, want to get involved?

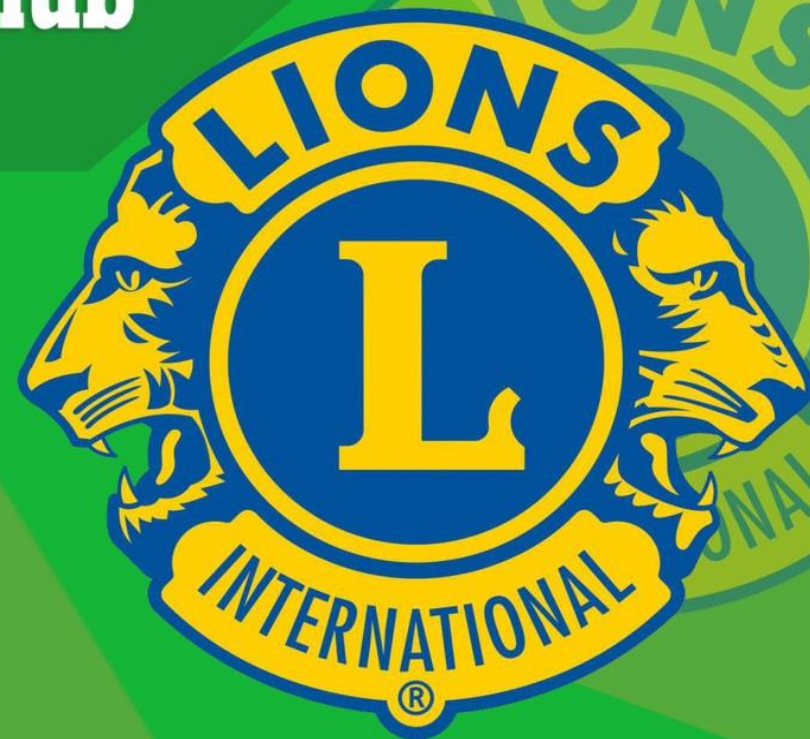
Initially, we wanted to give the Lions Club a means of doing something social and active. Something that would improve our mental and physical wellbeing. Walking football met all that criteria!

How did Glos FA help you set up your session?

The GFA organised a venue, supplied the necessary equipment including session plans and relevant information. There is always someone at the end of the phone for any queries we have as well!

What impact have the sessions had on the group?

We have all had loads of fun and enjoyment and we look forward to each session! Not to mention our fitness is improving as a result.



What would you say to other groups thinking of running walking football sessions?

Get out there and DO! Once it is up and running you won't regret it!

If you or your organisation want to find out more about establishing your own session, get in touch!

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