

Gloucestershire FA's

Walking Football Week



Be Inspired Get Involved



**Freedom Leisure -
A Walking Football Provider**

Gloucestershire FA's



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How did you hear about Walking Football?

Through researching what was going on in the county and finding what sessions GloucestershireFA were already running.

What made you, as an organisation, wish to get involved with walking football?

We wanted to offer something different and engage a new group of local residence and supporting our older adults with community programmes as they are our biggest demographic.

What benefits appealed to you most when deciding to run a walking football session?

The main benefits were to bring together a range of individuals with this new opportunity where the majority have stopped playing sport and wouldn't be that active if not taking part.

What impact have your walking football sessions had on the local community?

They have made a big impact on our local communities and we now have four sessions throughout the district with roughly 50 participants taking part each week. Registered participants are aged between 48-73 years and the session not only improves physical health but has great social and mental health benefits.



freedomleisure
where you matter

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

Be willing to offer a training session either free or discounted at the start of the programme as numbers could be low but once they grow it will easily cover its costs.

Think your facility could host a walking football session? Get in touch to find out how you can join the movement!