



IT'S NEVER TOO LATE TO PLAY THE BEAUTIFUL GAME

CLEVEDON TOWN WALKING FOOTBALL



recreational and competitive sessions run weekly
new and experienced players very welcome!

WWW.CLEVEDONWALKINGFOOTBALL.CO.UK

An Introduction to Walking Football for Social and Community Prescribers

Clevedon Town Walking Football Club is keen to be part of the solution to combatting social isolation and improving general fitness and wellbeing across North Somerset.

As part of the **Together Fund Project** designed to encourage Social Prescribing to help battle loneliness and enhance mindfulness and physical health, we are looking to reach out and welcome new members to our club, and would value your help in making new connections.

Joining our Walking Football Club can provide often-isolated sections of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people and generally improve their social circle and overall quality of life.

Here are a few key points for you to know about our club:

- Walking Football is Safe: no contact, no running, games organised and refereed.
- We play both recreational walking football and competitive football; league games-over 50's, 60's, 65's and 70's and friendly games against other clubs.
- We play 52 weeks a year, 3 x 20min games: short breaks between games for rest and hydration.
- We play at Everyone Active Stadium, Davis Lane, Clevedon. Men's and Women's changing rooms, showers, and we play on a 4G pitch.
- After game social time with Tea, Coffee (and Biscuits!)
- First Session Free, thereafter £4.00 per session. No joining fee. Recreational sessions Mondays and Thursdays. Attend (and only pay) when you want to attend. Sunday sessions for more competitive players. Many players share lifts with each other.
- Opportunities for non-players who may wish to help organize the sessions, club administration, and referee the games.
- Social Prescribers welcome to visit any session and see for yourselves!

While everyone is welcome, players have to have balance and must be able to understand the game, i.e., teams, the rules, and the referees' rulings.

Walking Football will have a positive impact on participants fitness levels, emotional health, self-confidence and self-esteem. The regularity of the sessions helps provide a routine and gets participants in the habit of exercise and socialising again.



Whilst this Project aims to work with the core demographic of men and women over 50, we are also happy to welcome players under 50 who might like to be part of our “Walking Football Academy”, although they will not be able to play competitively against other teams until their 50th birthday.



To ensure that we can provide all new members with a friendly welcome, we would request that anyone referred contacts us to arrange their attendance at a session. Simply call John Walter on 07926 592457 or Pete Condon on 07943 829700

Further information regarding the club can be found on our website at:
www.clevedonwalkingfootball.co.uk

There are also some YouTube interviews with John, Pete and our star England International Steve Marriott on our channel here:
<https://www.youtube.com/playlist?list=PLr25d13zROiOBudSmS8xZLW1izXZ1T-gu>

