

Morton in the Community

Judith Semple

Judy has always kept fit throughout their life, they do a lot of hill walking, climbed Munros and do a lot of cycling. Keeping fit is a major factor in their life in keeping them happy. Walking Football has now added to the list of fitness activities they do in their day to day life. Judy heard about Walking Football through one of their neighbours who asked them to come along to a session, she really enjoyed it and has been going ever since. The main highlight of Walking Football is the fun they have every week, they love everything about it. She has met loads of new people who shes socialises with outside of the sessions, going for coffees and doing other fitness activities. They enjoy getting better every week and getting tips off of the better players around them, she feels like she has improved a lot as a footballer since coming to walking football. Meeting new people, being able to exercise in a new fun and exciting way, being able to speak to people who have the same interests as them on a week to week basis. Judy has also improved as a footballer in the last few years

Angus Bowes

Angus was an engineer throughout all of his working days, he played football at Amateur and Junior level. Angus stopped playing football at 30 years old and didn't kick a ball again til he was 60 at his first walking football session. Angus heard about walking football through the Morton in the Community social media channels, he seen the post from when it was first launched as a project and came along. He has been coming every week ever since. A big highlight of Walking Football is the fact that it brings a lot of people out the house who may not have any other interests, it allows someone who may feel alone to have a purpose to get out of their bed and come along to the walking football sessions. Also, from a health perspective it is very good because men talk to each other about things they may not talk to their partners or family about, like illnesses for example. Even if it is as little as a sore knee or sore back, you are able to get tips from the people around you to get better. We had a talk about prostate cancer at one of the sessions and this raised awareness for people attending, 3 people got checked and found out they had prostate cancer and this allowed them to get the necessary help and they are now on the road to recovery. Apart from that, it keeps you fit. Not just your feet but your mind, and that's very important. Being able to play football again on a regular basis after not playing for so long and building up fitness. Feeling a part of a team again and being able to socialise and have a coffee with friends. Feeling a lot happier being able to kick a ball again in some capacity.