

## Newcastle United Foundation

### **Introduction:**

Thank you for agreeing to provide a case study for the Newcastle United Foundation.

### **Which session do you attend?**

Walking Football League & Walking Football sessions on Monday's & Tuesday's

### **How long have you been attending?**

Since January 2023

### **What did you do before attending Walking Football**

I was going to the gym, but I have not played football for 16 years.

### **What benefits have you experienced to your physical health since engaging with walking football?**

Walking Football has assisted my weight loss journey. When I play Walking Football I tend to sweat more in appose to my work out in the gym with me using different movements and energy systems which is helping me being active in a different way and lose weight.

### **What benefits have you experienced to your social life?**

I like to use Walking Football to help people feel less isolated and more social involved. For example, we have set up a team whatsapp group where I promote people attending more sessions or even setting up external social events for ourselves.

### **What benefits have you experienced to your mental health?**

Yes, I never thought I would never play football again, and it is something that would always missing in my life. When I play walking football I just focus on playing, and enjoying myself and it is a great distraction from other things happening in my life. I could be having a bad day at work, but walking football helps me feel relaxed and gives me something to enjoy myself, which can ultimately change my mood for the rest of the day. I look forward that much to playing walking football, that if for whatever reason I cannot, I am gutted.

### **What do you think of Newcastle United Foundation's Walking Football League?**

Very well organised, and it is a great initiative for the community and I would even be willing to pay to be involved in Newcastle United Foundation's Walking Football League if that was ever required. I love the facilities of Cochrane park and how great the Newcastle United Foundation staff are who make it. I loved the presentation night that we had as it was an reward for my engagement and created a new opportunity to socialise with other teams. It was also nice to see participants there bringing their partners/ loved ones which brought more value to the league. I would like the Walking Football League presentation nights to continue annually.

### **What is the best thing about walking football?**

It gives me confidence to other things physically which creates new opportunities for me to further improve my fitness levels. I also like the fact I can re-visit the days I used to play football which I never thought I would have the opportunity to do again.

**What would you say to someone who is thinking about playing Walking Football?**

Don't make any judgements or assumptions until you have tried it as I think Walking Football has a certain stigma attached to it being that walking football is only for "older" people whereas walking football is a sport which could be used for anyone. Walking Football is very challenging as you have to adapt your tactical approach to suit the tempo of the game.



**Introduction:**

Thank you for agreeing to provide a case study for the Newcastle United Foundation.

**Which session do you attend?**

Walking Football League

**How long have you been attending?**

2022

**What did you do before attending Newcastle United Foundation's Walking Football**

You played Walking Football in Longhoughton which was my introduction to walking football and overall it was a great experience which has allowed me to continue playing football as I have never stopped playing football.

**What benefits have you experienced to your physical health since engaging with the walking football league?**

Being able to continue to play Walking Football, which keeps me active, and something I enjoy doing.

**What benefits have you experienced to your social life as a result of the Walking Football League?**

I like being able to talk to other people at the Walking Football League sessions and check in with other people. I now run a team so that brings with it managerial duties which I enjoy and keeps me busy. On the presentation night I was awarded the female player of the year award, as a result I had a lot of people on the night congratulate me which was lovely and meant the world to me. I feel like I have the confidence to do external things with walking football participants where I am now organising other walking football opportunities outside of Newcastle United Foundation which is nice.

**What benefits have you experienced to your mental health?**

Getting up in the morning and being able to go and play football is massive to me as I have a lot of time to spend on my own in the house particularly. I also have lately lost confidence to drive so sometimes I feel isolated. Being able to get on a bus to play Walking Football in the league gives me a purpose to my day and something to look forward to doing. When I am actually playing Walking Football, I feel free and I love it.

**What do you think of Newcastle United Foundation's Walking Football League?**

It is great, really great for everybody. The Walking Football League provides a great opportunity for older people to play football which is something they probably thought they would not be able to do again. It benefits people in so many different ways, such as new opportunities, and tackling social isolation. The atmosphere is always positive, and it is probably one of the best things I have ever done.

**What is the best thing about walking football?**

It is a great opportunity to still play football as you get older or for someone who perhaps cannot play the normal game.

**What would you say to someone who is thinking about playing Walking Football?**  
Come and do it, come and try it, as it could change your life.

