

## Rangers Charity Foundation



In September I had the privilege of travelling to Madrid as part of the Rangers Charity Foundation Walking Football Squad.

To be able to represent both the Charity Foundation and Rangers on an international stage and being able to mix with players from other clubs from across Europe was an amazing opportunity. The camaraderie, not only within our group, but across all the teams was brilliant to experience and I am still in touch with some of the friends we, made from Germany, Spain and Motherwell! At the age of 64 the Walking Football programme has given me a focus to try and keep as fit and active as long as possible, with the added bonus of meeting some great new friends along the way.

The company on the trip from start to finish was outstanding and I think I speak for everyone who travelled when I say thanks to the Charity Foundation Coaches for their support and encouragement.

A great life experience, and one to tell the Grandkids about, well some of it

Paula McArthur



After taking part in the Rangers FFIT programme, i was introduced Walking football, initially i was sceptical as i had played football at a reasonable level, how wrong was I, walking football has helped immensely with my Physical health, Mental health and welbeing over the past 2 years. I have had amazing experiences competing for Rangers Charity Foundation on several occasions, taking us as far a field Madrid in september 23.

The support and encouragement from the coaches John Joyce and Harry McLaughlin has been amazing, I've enjoyed being part of a team. The banter and laughs has been second to none. I have made friends for life, and we all look forward to competing week in and week out. Due to levels of commitment, we have entered a ladies over 40' team into the league for 2024...