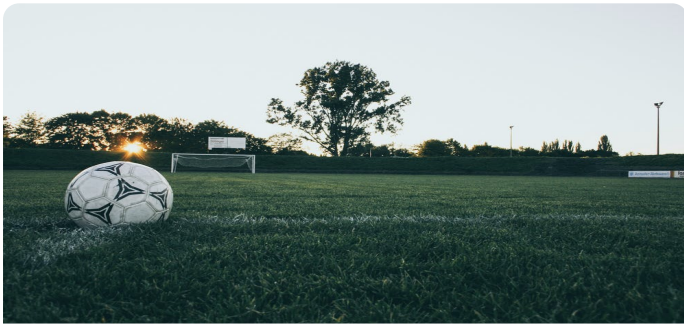


Age UK North Tyneside kicks off new walking football programme



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Age UK North Tyneside has launched a new walking football programme for older people in North Tyneside.

Football is our national game, beloved of millions, and the walking version is a fun, friendly and safe way of engaging in physical activity for both men and women in later life. It's open to all, whether you've played football before or not and regardless of age. It's great for the mind as well as the body and is a sociable sport, giving everyone involved the chance to make new friends and enjoy being part of a team.

This new local scheme is part of a wider Age UK walking football programme supported by both The Football Association and Sport England to help older people in communities like North Tyneside to keep active and to improve physical and mental wellbeing through playing the game.

Age UK North Tyneside's walking football sessions will start on **19.7.2021** and will be held at Wallsend Boys Club, The Parks, North Shields and the Foxhunter's Pavillion. The sessions are open to anyone over the age of 50 regardless of ability or previous experience. All groups and sessions will be COVID-secure and delivered in accordance with Government guidelines.

Dawn McNally, Chief Executive at Age UK North Tyneside said: "We're thrilled to have launched the Age UK Walking Football Programme in North Tyneside, thanks to funding from The Football Association and Sport England.

Being active is good for physical and mental health whatever your age and it's especially important as we get older. It can improve confidence and wellbeing, help older people live independently for longer, and reduce isolation and loneliness. It's been a difficult time for older people in our community during the pandemic, and our walking football programme will be a great opportunity for older people to feel active and socialise again in a safe and fun environment."

To sign up to Age UK North Tyneside's walking football programme, or for more information, please contact Rob Meldrum, Active Age Co-ordinator Tel: 0191 2877027 or email community.development@ageuknorthtyneside.org.uk



Last Updated - 16th September 2021

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