

## **Walking Football – Frequently Asked Questions**

### **Who can participate in the sessions?**

The Walking Football sessions are for young people aged 16-25 and most suited to those with a learning disability. The football coach is experienced in working with children and young people with special needs. The coach uses Makaton to communicate with players and explain the exercises.

There will be a maximum of 20 young people participating along with 1-2-1's and sometimes a few friendly police officers join in too. This is so that the police officers can learn more about people with learning disabilities. Additionally there will be some students from Nash College taking part.

### **Can I take part if I need 1-2-1 support?**

Yes. The sessions are designed to be as meaningful and interactive as possible. Buddies, carers, parents, support staff etc. are all encouraged to actively join in, model new skills, encourage participation and share the fun experience.

### **Do I need to know how to play Walking Football?**

You do not need any prior knowledge of football – just a willingness to take part. If you need a bit of time or support from others or the Coach to join in, that is fine.

### **How fit do I need to be?**

The games are played on a 7 a side pitch. There are no fitness requirements and the sessions are open to any young person including those with physical or mobility challenges. However, because it is played on a grass pitch it is not accessible for wheelchair users at this time. The sessions are very relaxed, meaning that if you need time out for any reason then you can do this.

### **What happens in the Walking Football sessions?**

There are individual, paired and team activities ending with a game of Walking Football. You will practice working with other young people and developing your coordination and football skills. It is a lot of fun.

### **What do I need to wear?**

The Walking Football takes part outside so it is best to wear layers. A t-shirt/hoodie and tracksuit bottoms work well. You do not need football boots - trainers are fine. If it raining slightly then the sessions will still go ahead, so it may be worth packing a light coat.

### **Where is the Walking Football held?**

The Walking Football takes place at The Warren in Hayes. The Warren's grounds are extensive and we ask that all young people have someone responsible for keeping them safe whilst there. If you have any safeguarding questions or concerns please speak with the Coach prior to attending.

### **Can I come along if I need medical support?**

Neither The Warren staff nor the Coach are able to provide medical support other than first aid. If you think you will need someone to administer any medication then you will need to bring someone along with you who can keep it safe while you are playing football. Any questions or concerns please speak with the Coach prior to attending.

### **When does the Walking Football take place?**

The Walking Football sessions take place on Thursday mornings, from 10.45am to 11.45am. They are term time only.

### **What facilities are there at The Warren?**

There is a café that you can use if you want to come a little earlier or stay for some lunch. Water will be available if you would like to top up your water bottle. There is disabled parking on site and there are toilets including a Changing Places toilet.

### **Can I come along for a trial session?**

Yes, your first session is a trial session and is free of charge.

### **How much does it cost?**

Your first session is free. All other sessions are £5 per session.

## How do I book?

After you have completed the Access Sport registration form you will be contacted by the Coach to discuss your needs for enjoying the session. You will then be given a code which you can use to book a trial session on The Warren's website. After your trial session, if you would like to come again (and we hope you do) then you can book your place and pay using the website. If you have any difficulty in accessing the website then you can contact the lovely team at The Warren on 0208 462 1266 or email them on [enquiries@mpthewarren.com](mailto:enquiries@mpthewarren.com)

## Are there any reasons why Walking Football would be cancelled?

If it is bad weather and dangerous to play or if there are not enough people enrolled then the session will be cancelled. The Coach will send a text to the mobile phone number that was given during the registration process. Any monies paid will be carried forward to a future session.

We know that cancelling a session at the last minute is difficult for some young people, so we will try our hardest to ensure this does not happen. Over the winter months we are hoping to erect a marquee so that an activity can take place even if it is bad weather. In this instance Softball Dodgeball will replace the Walking Football.

## Who do I contact if I have any other questions?

You can contact Need2Change by emailing [hello@need2change.org](mailto:hello@need2change.org) or contacting The Warren on 0208 462 1266.

