**For further enquiries about Walking Football please contact
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**Age UK Bucks kicks off new walking football programme**

Age UK Bucks has launched a new walking football programme for older people in the High Wycombe area.

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 High Wycombe to keep active and to improve physical and mental wellbeing through playing the game.

Age UK Bucks’ walking football sessions will start on 3rd June and will be held at Lane End Sports Club on Thursday mornings from 10.00am. These weekly sessions will be coached by staff from Wycombe Wanderers FC. 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.

Bernadette Ashcroft, CEO at Age UK Bucks said: “We’re thrilled to have launched the Age UK Walking Football Programme in High Wycombe, 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 Bucks’ walking football programme, or for more information, please contact Ros 01296 438411

Age UK Bucks is also looking for volunteers to support with its walking football sessions. If you have any free time to help then please contact our office on 01296 431911

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