



HEMEL HEMPSTEAD TOWN FOOTBALL CLUB



WALKING FOOTBALL in partnership with the National League Trust &



HEMEL'S HAPPY FEET – WALKING FOOTBALL comes to Hemel Hempstead

Hemel Hempstead Town FC, are delighted to announce they have been awarded a grant from the National League Trust, in conjunction with Dacorum Age UK (with Dacorum BC) to bring Walking Football to Hemel Hempstead. The project would not have been possible without the generous contribution from the NLT and Dacorum Age UK.

Partners supporting our project:

The National League Trust is a charity that offers grant aid to National League clubs to support and develop community projects. The NLT is funded by the support of the Premier League and the Professional Footballers Association; both have committed to support the NLT until 2019. During this period they will each contribute £1.2 million pounds each per year.

Dacorum Age UK is an independent charity working across Dacorum to improve the quality of life for older people. Their mission is to promote the well-being of all older people and to make later life a fulfilling and enjoyable experience.

HHTFC wanted to provide a service back to the community where we play our football, at the same time we wanted to find a programme that could increase the health and well-being of the participants and reduce social isolation within our community. Our partnership with the National League Trust and Dacorum Age UK just seemed a perfect fit to provide this service.

The answer was to create Hemel's Happy Feet, our Walking Football programme for the 50+.

- Hemel Hempstead, with a population of 80,000 was the largest town in Hertfordshire without a Walking Football programme.
- The sessions will be held at HHTFC in Vauxhall Road on our two Astro pitches.
- We will run two one hour sessions per week, initially two sessions on Thursday evenings between 6:00 & 7:00 PM. If we get enough interest for a daytime session we will arrange this as well.





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The weekly sessions have been running since July; however HHTFC held the official launch event on Thursday 31st August at the club. David Pearce from Dacorum Age UK and Mike Penning our local MP and keen supporter of HHTFC joined Dean Chance, HHTFC Secretary and Walking Football organiser along with some of the Hemel's Happy Feet players to celebrate and launch Dacorum's first Walking Football team.

National League Trust President - Brian Lee

"The Trust is very pleased to award Hemel Hempstead Town funding for their walking football programme, for two reasons. Firstly, the sport can have such a positive impact on participants both in terms of improved fitness and in increasing social inclusion. Secondly, the National League actively encourages its member clubs to develop community projects, both to help their sustainability and also to provide services to their local communities. I am sure that the Club will make a great success of this project."

Dacorum Age UK CEO - David Pearce

"Age Uk Dacorum is delighted to be working in partnership with Hemel Hempstead Football Club in bringing Walking Football to Hemel which we believe will improve the Health and Wellbeing of people over fifty, as well as being a fun and enjoyable activity for participants."

Hemel Hempstead MP - Mike Penning

"I was delighted to attend the launch of the Walking Football at the football club. This is a great initiative to help keep the circulation going and pump the adrenaline. Just because we can't run like we used there is no reason we cannot continue to enjoy the beautiful game. It was a fun evening and the guys all enjoyed it. I would certainly recommend people give it a try!"

Hemel Hempstead Town FC Secretary – Dean Chance

"The club are delighted to be able to bring this project to the people of Hemel Hempstead. As the club look to strengthen our relationship with the community this is an ideal first project. This event will benefit the 50+ in both fitness and the reduction of social isolation. Since we started the project we are getting between 16 and 20 people taking part every week on Thursday evenings."



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Hertfordshire FA – Adam Jones

“Walking Football has been instrumental in getting players back playing football that may no longer be able or not want to play the physical side of the game. This format is ever growing across the country and Hertfordshire. The benefits of Walking Football to participant’s physical and mental health are so important as well as giving them the opportunity to play the beautiful game. It is great to see Hemel Hempstead Town FC drive this area of the game teaming up with Dacorum Age UK and Dacorum Borough Council to deliver.”

For further information, please contact: Club Secretary Dean Chance on secretary@hemelfc.com or 01442 251521.