



Part of The Age UK Walking Football Programme,  
funded by The Football Association and Sport England.



# We're getting the ball rolling again...

Walking Football is back with weekly mixed sessions at Blue Flames Club and women's only sessions at the Linskill Centre.

Learn new football skills and improve your fitness levels with our expert coaches. Then put these skills into practice with small-sided Walking Football games.

To find out more, call us on **0191 287 7027** or email [Community.Development@ageuknorthtyneside.org.uk](mailto:Community.Development@ageuknorthtyneside.org.uk)