

Have you had a cancer diagnosis? Would you like to try Walking Football?

Royal Surrey County Hospital and Surrey FA are piloting a Walking Football project for men and women who are living with and beyond cancer.

Walking Football is an inclusive, fun and sociable 5-a-side version of the game played at walking pace, but with the same excitement of the original game.

Start a new healthy activity with others who have similar experience as part of your overall health plan. Come along and join in, you don't have to know anything about football.

Who?

Anyone who has had a diagnosis of cancer (families are welcome).

Cost?

Free.

When?

Every Friday at 11am.

Where?

Surrey Sports Park,
University of Surrey.

To find out more and sign up, please contact Rob Bryant at Surrey FA:



rob.bryant@surreyfa.com



07740 724 832



www.royalsurrey.nhs.uk/walking-football



Scan to find out more!

Jill and Paul



I have arthritis and my husband was worried about me taking part following my cancer treatment. Once we saw the sessions and how calm they were, I felt I could play and so did he. So much so that he started joining in himself!

Marie



When I saw the cancer walking football group advertised, I thought it was a wonderful opportunity. I feel physically stronger and motivated to exercise. For me, it's been a goal to keep coming back.

Bill



I stopped playing football back when I was 41. These sessions gave me an opportunity to play again and share my cancer story with a fantastic group that I now consider friends.

Stephen



Coming out and meeting new people initially can be quite scary. Cancer walking football sessions have no pressure, it's a good chat and we all get on really well. I'd encourage others to come and give it a go!