



Community  
Sports  
Trust

Realising Potential  
Include, Innovate, Inspire

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# Walking Football for Wellbeing

Join us for an exciting six-week pilot of Walking Football for Wellbeing, where every session is packed with fun, fitness, and friendly competition!

Whether you're returning to the game or trying it for the first time, these sessions promise a lively, supportive atmosphere where you can stay active and connect with others at your own pace.

Participants:	Adults 50+
Day:	Every Monday
Time:	10.30 - 11.30
Location:	Gunnersbury Park Sports Hub 4G Pitch, Popes Lane, London W3 8LQ
Price:	£6 per session   £30 for all 6 sessions

Scan the QR code to complete the consent form.

For more information, please contact:

[health@brentfordfcst.com](mailto:health@brentfordfcst.com)

