

Sport RCT Case Study

Abercynon Walking Football

Abercynon Walking Football first started back in 2017. The sessions were very popular and with some support from us and Game On Wales the group became sustainable. More recently, we have helped them to recover following the Covid-19 pandemic.

The pandemic had threatened the group, so they asked for our help to restart. We supported their new session, providing them with new equipment, access to a facility and marketing. Social media and word of mouth helped to spread the word and soon there was enough demand to start a second session. The group now have over 30 participants attending each week.

The sessions are predominantly aimed at men and women over 50 that do not take part in regular physically activity. Walking Football provides a social pathway back to regular activity for members of the local community. It offers an opportunity for ex-footballers to get back into a game they

played in younger years, albeit at a slower pace. The health benefits from physical activity are widely known, but this project has also seen individuals benefit from the social aspect. New friendships have been made and we have heard some really positive feedback:



“There is a great team spirit developing amongst the players and this continues off the playing field with good social activities. “

“It is great to be involved with an organised team sport again. It’s easy to forget how much enjoyment there is in just putting on the football kit and kicking the football about.”

