



GUILDFORD SAINTS FC

FA Charter Standard Development Club
Surrey FA's: Grass Roots Club of the Year 2020

Can we have our ball back please...

April 2022



NEWSFLASH

Female beginner/social football session

To all our **mum's** – would you like to learn more about the game of football? Join in some **ad hoc fun football sessions** followed by **social time** (meet other mum's who spend time on the sideline watching their children play) which includes **procesoeco and nibbles?**

Lee Maidens one of our girl's team coaches will be holding the first of these sessions tomorrow: **Sunday 1st May 4.30 -6pm @ Brookwood Sports Field, Chilworth**. Venue details attached.

If interested in attending please contact Lee: 07505 864938

Bubbles and nibbles will be provided to participants.



Kit for Cameroon

A big **THANK YOU** to everyone who contributed kit/boots for the shipment outward bound for Cameroon. The **shipment has now left the UK**, arriving in Cameroon end of May. We look forward to news of its arrival/distribution to the children of Cameroon.





SURREY FA NHS WALKING FOOTBALL SESSIONS

From March 2022, Surrey FA, in collaboration with NHS Surrey Heartlands Clinical Commissioning Group (CCG) and Royal Surrey NHS Foundation Trust, will be running **Walking Football sessions** to help inspire and support people with **long-term health** conditions to build physical activity into their lives.

*Taking place every (school term-time) Friday at Surrey Sports Park in Guildford from 11am - 12pm, the sessions are friendly, safe and suitable for all to take part. They are adapted to participants' needs and help individuals build their own journeys to sustaining regular physical activity, regardless of diagnosis and stage of recovery and current activity levels. The sessions are **free of charge for anyone**, and their family, who are looking to stay active in a group setting with a **welcoming and supportive atmosphere**. No experience of football is needed, as the sessions are designed to introduce new players to the game.*

*Walking football has adapted rules, to ensure there is **no running and no contact** with other players. This format allows participants to play without apprehension and at their own pace. It is a great way to maintain physical activity and experience the benefits of exercise in a group setting.*

More information can be found at:

<https://www.surreyfa.com/news/2021/dec/30/nhs-walking-football-sessions>

A reminder that **GSFC** also run **walking Football** sessions: **Monday evening 7-8pm @** Sutherland Memorial Park, Burpham. All abilities welcome, male & female players aged 45+ Turn up and pay & play.

Last but not least **CONGRATULATIONS** to our **U12 Pythons – League Champions 21-22**. Well done everyone, great end to the season.

