



United Cornwall FC - June 2024 Feedback

.....

Our first 18 months!

It has been an amazing first 18 months for United Cornwall FC - from starting on a cold January night in Camborne with just 10 players we have grown in so many ways. Since starting we:

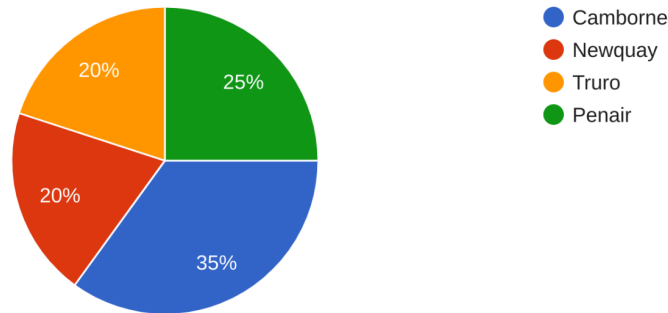
- Now deliver 4 weekly Social Football sessions, each one designed to provide a safe and welcoming space for any adult to play football.
- Have trained and supported a team of 8 fantastic session leads who manage the weekly sessions.
- Have created over 2,750 social footballing experiences.
- Supported over 250 players.
- Developed a calendar of 11 a-side friendlies, for those wanting to test themselves at the next level.
- Been successful in raising funds to help with our Pay as You Can Scheme and in training our Session Leads.



As part of our ongoing development in June 2024 we went out to gather participant feedback. We went out to all of our players and these are the results in full.

Which session do you attend

20 responses



What would you say to a potential funder or sponsor who is thinking about supporting our sessions?

20 responses

Very affordable social football with no previous experience required. Friendly and inclusive sessions for everybody of all ages/ability/gender.

The ufc sessions are now a big part of my week from the second it's ends I want the next week to come round to do it again. It has been a great source of social time and exercise for me all credit to Jack and the ufc team for creating such an awesome community 🙌

United Cornwall has really helped me get back into playing football regularly. Whilst most weeks I am able to pay for the football, I have 2 young children, a home and other bills. I am quite lucky that I still have a little left over but I know of others who aren't so lucky and this gives them a chance to play the sport they love. The leads have a huge impact on players both on and off the field. They are always willing to listen and offer support. The funding would help hugely just to keep playing an option for those who struggle daily. I never used to look forward to Mondays but now I count down the days until Monday so that I can play again. It has built my confidence up so much and has given me the opportunity to meet new people. I do not have any family down south apart from the family I have

built so it can feel quite lonely sometimes but playing with the group has been something very special for me. So thank you

I'm 42 years old and never thought I'd get back into football, after going to the doctor's and getting diagnosed with borderline high blood pressure I had to start getting active again and this has really helped me get back on track.

As someone who hasn't played football since school, 20 years ago, the opportunity to play again and get some exercise with likeminded people is honestly the highlight of my week

A really good way of enjoying football without the over competitive nature of Saturday league football.

I really really like being involved with United Cornwall FC , it has been brilliant from the very first session and continuesly even up to the present day , we have had lots of fun playing football and meeting new friends, it's social as well as sports , we have had unique safe experiences each week at several choices of locations, the leads have been fantastic they are very helpful and friendly and push continuesly to make improvements, , I would recommend this group to everyone .

Great for the individual and community in terms of mental and physical health

A great opportunity to sponsor something that is having a real impact to real people, supporting something that allows everyone a place, without judgement.

UCFC works because it's football without barriers. It offers a safe space for those who've never played to those who've not played for a while - all coming together and enjoy football for what it is, fun. I didn't think I'd play again, but UCFC has given me an opportunity to do that, and I'm really thankful - it's the best night of the week!

United Cornwall FC promotes pretty much every positive social outcome you can think of. Physical health. Mental health. Sports participation. Social cohesion. Overcoming loneliness... you name it. Every week, you have people of all ages, genders, races, all coming together and being active in a supportive and friendly way. It's a great force for good.

In the few weeks I have been coming everyone has been really welcoming, really good fun sessions, helps me out with my Mental Health, wellbeing and getting out to meet people on a weekly basis

United Cornwall FC fills a void we have locally, it promotes exercise, team spirit and has built a community of people that may never have met. Everyone who attends is equal and many people would or could be isolated if it wasn't here.

United Cornwall provides a safe, friendly place for anyone looking to get back in to football, meet new people or engage with their local community.

The great thing about UC is the inclusivity, doesn't matter on standard, gender, size, race ... everyone is welcome and everyone is there for the right reasons.

It's a brilliant way to help people feel part of their community, get fit, make friends and have a laugh without and pressure.

This community football club is reaching so many people of all different ages, genders and abilities and is making such a difference to peoples health and well-being. It has helped me on my recovery from ptsd, anxiety and depression by helping me to feel more confident, get out of the house, engage in exercise and be around other like minded people.

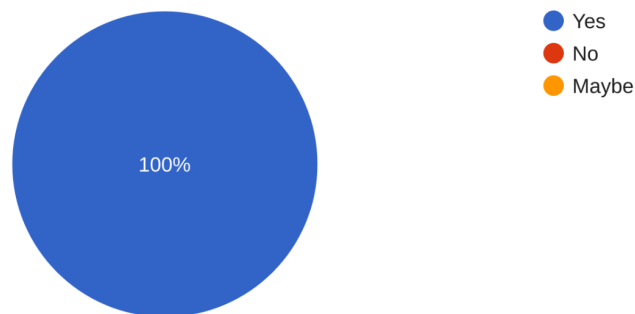
I think ufc is a great setup to bring football to people who normally wouldnt be able to play its a brilliant welcoming atmosphere where your made to feel welcome and feel like you belong there

The physical and mental benefits of playing sport are well known. The current funding/sponsorship model is great as no one is being priced out of taking part and experiencing the benefits for themselves

Cornwall FC has been a brilliant way for me to get back involved with football after a long break following injury, meet some great people and have fun doing sports again.

Are you happy with the Pay as You can scheme and do you understand the reasoning behind it? 20 responses

Are you happy with the Pay as You can scheme and do you understand the reasoning behind it?
20 responses



You're never pressured into contributing more. Everyone pays what they can and even the £15 suggested 'subscription'/'donations' is more than reasonable to several evenings of football a week.

Happy to pay..more than worth the contribution and gives people who struggle the chance to come with no judgement 👍

I have explained this above

Very convenient

Happy with this

Ideal

it is a great way to ensure inclusivity for everyone.

N/A

Great idea; I just need to get around to doing my online banking and sorting it out.

I am lucky to be in a situation where I can afford to pay, and happy to pay a set payment monthly.

I don't know the numbers involved, very few people pay cash at Penair - i'd like to think that lots are paying by BACS.

I think it is fundamental to UCFC and should continue. I also support regular reminders in session lead kick offs about the importance of financial resilience etc.

It's great that some people who can't afford to play football can still join in. I hope my contribution goes towards those that can't afford it

Its a fantastic way of running it not everyone can afford a few quid when times are hard but it still allows you to play and de stress

Again it's important that people aren't priced out of being able to look after their physical and mental well being. I'm fortunate that I have always been able to pay something but the flexibility of how and when you pay is really helpful.

How can we improve?

15 responses

I don't think you can. I love the sessions at Truro and Penair. If anything, the Truro sessions can be a little crowded when busy when having to share the whole pitch but I'd rather play 11 aside on the small pitch then have people sat watching.

Fair and fun.

I think the sessions are really good and dont need much more improvement. I'd like more friendlies from a selfish point of view but i am happy with the current set up.

Not needed

Nope

Not sure if it's feedback, but it'd be great to carry it on over the summer, but not sure what the situation is with Penair. Hopefully it can be moved to another venue for August.

Honestly? The friendly I took part in felt a *lot* more competitive than the weekly sessions. One over-heavy tackle from the opposition, and you suddenly had people demanding to be subbed on to settle the score. Plus lots of solo-runs and the best players passing to the best players, racking up 9 or 10 goals. It was pretty disappointing after the weekly sessions were played in such a fun spirit. Things may well have improved a lot since that match, though.

Only been coming a few weeks so I can't really comment on any improvements, the team leads are doing a great job from what I have seen and heard

Sessions can at times get dominated by more mobile attendees, this could lead to some to feel unable to compete.

all good for me

Carry on as you are

I wouldn't change anything

No is all good

The only thing i would like to see us maybe be able to play the ball above head height

Honestly can't think of any way to improve

If you have attended sessions, but no longer intend to, please could you let us know why? Would you attend if we changed a few things? (Leave blank if still attending)

responses

N/a

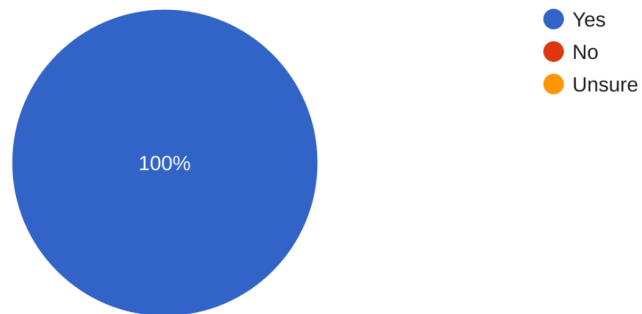
N.a

Knee injury stopped me playing.

N/A

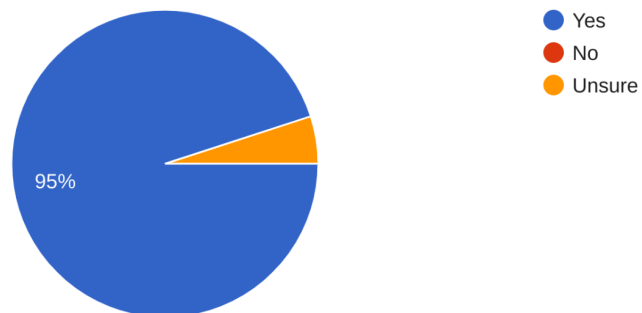
Does attending United Cornwall FC have a positive impact on your wellbeing?

20 responses



Does attending United Cornwall FC make you feel more connected to your community?

20 responses



Please elaborate on the above questions (Positive impact on well being / connected to your community): 18 responses

It's given me the confidence to try 11 aside football again which I've missed.

Great meeting new people in a time where socialising is on the decline..

It has built my confidence up so much and has given me the opportunity to meet new people. I do not have any family down south apart from the family i have built so it can feel quite lonely sometimes but playing with the group has been something very special for me. So thank you

Improved my health

Exercise, friendship

Meeting people from the community that I didn't know prior to playing here.

Just is a brilliant positive group and activity to do

Definitely positive impact and I look forward to these sessions

The sessions have re-enforced how inclusive and accommodating Cornwall can be at it's best, I am always pleased to have attended although physical fitness and age provides it's challenges to me the sessions are always supportive allowing as much or as little as possible,

It gives an opportunity to meet other people, and offers a social setting that doesn't really exist elsewhere.

I live alone, do a sedentary job from home, and these days most people I see for work are through a screen. I'm too old to play football seriously (and never really enjoyed the pressure anyway), and I'm too young for walking football. But United Cornwall FC gets me outside, running around, meeting people, and having fun. It's magic.

Helps my mental health as it is a supportive outlet.

There is nothing quite like lacing up your boots and having a kick about with some like minded folk for clearing the head and regrouping.

I've never been a great footballer but football, and more generally sport has always been a part of my life. Having the opportunity to play friendly, inclusive football is really important to my week.

It's good to get out and still play football

As above

It helps me on my weight loss journey and also mentally has someone who has had a few mental health issues in the past it helps me unwind and be able to process things better

I always come away from a session feeling mentally refreshed. My personal life has been quite challenging at times over the last 12 months so it's important to me that I have that 90/120mins each week to be able to switch off and just focus on the session. Having the WhatsApp group feels like another extension of that and is an example of how inclusive the group is

The sessions have been a brilliant chance to get active during the week but without feeling overly obligated and it is fun so there is more motivation than doing something on my own.

Please use this space to add anything else, including feedback, thoughts and ideas 5 responses

I just want to say Thank you to Jack, Matt and Trudy in particular as they have made me feel so welcome. Without those people this group wouldn't be what it is for the camborne group and they are all very special people.

Hope for UCFC to keep going on and expanding

N/A

When I can't chase the ball because I'm laughing so much, that's UCFC in a nutshell. I'm getting exercise and meeting people, and I'm having fun doing it.

I love the mixed ability and mixed gender aspect of the group and how positive everyone is towards each other. There's also good measures in place to reduce the risk of injuries. I also like the flexible approach to the sessions in terms of how we play (2x6 a side or 1x11 a side depending on numbers). When I started last year there was a fixed rotating goalkeepers which is great for people that don't enjoy playing in goal but didn't suit me as much as someone who really enjoys it, so it's great that this is relaxed as and when there's people happy to play the position