

# Do you live or work in Southwick

and want to rediscover the joys of  
playing football or just get fit? Walking  
Football is the activity for any age.



Change  
the Game

Change the Game - Southwick offers free activities including Walking Football for you to get involved with to help you feel healthier and fitter, as well as giving you the opportunity to meet new people in Southwick.

## Walking Football sessions:

- **Monday 11am-12pm Walking Football**  
at Wearmouth Cricket Club (anyone 16+)
- **Tuesday 10-11am Walking Football**  
at the Beacon of Light (anyone 55+)
- **Friday 11am-12pm Walking Football**  
at Wearmouth Cricket Club (anyone 16+)

Walking Football is a great way to increase your daily activity levels and will help you feel more active to do more things with friends and family.

## To find more:

Scan the QR code below

visit: [www.mysunderland.co.uk/change-the-game](http://www.mysunderland.co.uk/change-the-game)

Email: [changethegame-southwick@sunderland.gov.uk](mailto:changethegame-southwick@sunderland.gov.uk)

All information correct at time of printing.

