



United Cornwall FC - Case Study Tom

Tom moved to Cornwall in 2023 and was looking for things to do.

Moving to new areas is never easy, but access to football allows individuals to be part of a community, building social networks which go on to support each other away from the pitch.

Once settled in Cornwall, improving his fitness and health was a key priority for Tom, and he found that UCFC was just the answer.

Tom attends our weekly Truro College and Penair school sessions



Where did you hear about UCFC and why did you first join?

I found UCFC when searching for a local, casual football club online shortly after moving to Truro. As a dad with young kids, and having not played football for many years, I knew I wouldn't be able to keep up with the time commitment and fitness levels required of competitive teams. I've always played football until I stopped, and it's been a major source of joy for me. The UCFC ethos was exactly what I was looking for.

What were your first impressions?

First impressions were brilliant. The group is very inclusive and not cliquey at all in the way that some clubs can be. I felt welcome by everyone from the first minute and have loved each session ever since.

Why do you continue to attend?

I've found that I look forward to going along to one of the sessions every week. If I'm unable to attend because of work or family commitments, I can feel the impact that missing a session has on my mental and physical health. As a result, I've started prioritising at least a session every week wherever possible. This is such an enjoyable way to play the game we all love and I've made many friends through this group.

Anything else you want to add?

Jack, Ali and the other group leads are fantastic at ensuring that the games are played in a fair, inclusive and safe manner. No-one wants to get injured having a friendly kick around and the ethos of the club is very well adopted by all. Whilst I've not yet been available to play in any of the 11-a-side friendlies that are regularly

organised with other clubs, these are yet another fantastic dimension to this excellent community which shares the ethos of fun, inclusive football further.

Are you happy for this to be used in funding and marketing materials?

Yes absolutely