



# United Cornwall FC

2023 Impact Report



# Overview



*"You have changed my life"*  
UCFC Player



United Cornwall FC are a social football group that meet weekly in locations across Cornwall. Starting in January 2023, we have grown from one session in Camborne, to include weekly games in Newquay and Truro. Our sessions are mixed gender, age and ability, and we have created a welcoming space for individuals to meet weekly. Whether players come to lose weight, improve mental health or just meet others doesn't matter to us.



“You guys are legends, you have changed my life.”

“It's made me fall in love with football again.”

UCFC Player



# Our Impact

*"5 star sessions. Inclusive, friendly and non-judgemental. Something I look forward to every week." UCFC Player*

We gather regular informal feedback from our players, alongside bi-annual player surveys. This allows us to adapt our sessions but also understand and showcase our impact.

**Over 90%** of players state that getting involved with UCFC sessions improves their wellbeing.

**70%** of players state that through attending sessions they feel more connected to their community

United Cornwall FC has seen over **200 players** attend in **70 sessions**, across **3 locations** in 2023.

**100%** of our players support our Pay as You Can scheme. This allows our players to support us when they are doing well, but still engage if times are tough.



# Our Numbers



*"This team has changed my Mondays. I've always hated them but now they are my favourite day of the week" UCFC Player*

We log attendance of our sessions, so we can review our growth and understand the importance of our sessions for those involved. Players also receive a UCFC T-shirt once they make it to 25 appearances.

We run **3 weekly sessions** in Truro, Camborne and Newquay. With another in Truro starting early in 2024.

Camborne (started January 2023) - **1050** social footballing experiences created

Newquay (started July 2023) - **284** social footballing experiences created

Truro (started October 2023) - **90** social footballing experiences

Total - **1424** footballing experiences in 2023



# Feedback



*"It's made me fall in love with football again"*

*"Absolute legends and you guys have changed my life. Thank you!"*

*"Thank You to the session leads, their hard work enables us to play."*

*"UCFC creates a safe space for adults to come together, be sociable, be physically active and enjoy playing football without the pressures and demands of commitment to league football."*

*"UCFC is a great community project that is enjoyed by a diverse group of people for different backgrounds..all the doom and gloom in the world its awesome to have a place to go with positive people."*



# Session Leads

*"UCFC gives anybody - regardless of gender, skill level or fitness - the opportunity to engage in local communities through sport."*  
UCFC Session Lead



In 2023 we have trained and supported a team of 4 Session Leads. This has increased our capacity, whilst also allowing us to react to illness and cancellations. Each Session Lead has received:

- Inhouse UCFC Training, which includes Safeguarding and Policy and Procedure information.
- Suitable First Aid Qualification
- Ongoing support from UCFC Management
- Opportunity to access additional training as needed
- PPE and equipment
- Socials and catch ups

Each session will have a Location Lead, with a group of Session Leads who are able to step in when needed. This scheme is vital to our ongoing sustainability, resilience and success.



# Our Sponsors and Funders



*"All the sessions are brilliantly organised and run by enthusiastic people" UCFC Player*



As we look at ways of growing our reach sustainably we have been lucky enough to receive a range of funding and sponsorships. Our funding is largely to help cover costs of the sessions whilst offering the Pay As You Can Scheme, alongside the development of a Session Lead team.

In 2024 we will continue to look at funding and sponsorship opportunities.





From all at United Cornwall FC -  
Thank You

