

United Cornwall FC

2024 Impact Report



Overview



"When I've had a bad day just the thought of attending a ucfc session helps make the stress go away"
UCFC Player



United Cornwall FC run social football sessions in communities across Cornwall. The sessions are open to all adults, no matter ability or experience. The aim of UCFC has always been to provide a positive space for communities to come together through a sport they love. To develop social and support networks, whilst doing something positive for their wellbeing.

Football for Everyone





“UCFC has helped me with my social anxiety issues. I moved to Cornwall in April this year and have struggled to establish relationships here. But knowing there is something that I enjoy doing, with likeminded people really helps to feel less alone.

As someone with a complex mental health diagnosis, it's great to have something that can provide someone like me with fun and engaging exercise, which really helps. I do not feel judged for being more shy than others or for being less talkative.

I really like knowing that there is something consistent in Cornwall to keep me engaged with (even when I struggle to be consistent with it myself).”

UCFC Player



Our 2024 Numbers

By December 2024, we were running 5 weekly social football sessions.

- Camborne - Cornwall College (2 hours)
- Truro - Penair School
- Truro - Truro College
- Newquay - Godolphin FC / Treviglas Sports Hub
- Helston - Community College.

We have trained and supported 10 volunteers to lead our weekly sessions this year, which allows us to keep costs down, whilst increasing our resilience and capacity.

“United Cornwall gives anyone in the local community the opportunity to engage in social, inclusive sport.”

UCFC Player





Our 2024



Over 3,900 Social Football experiences

Over 200 players

10 volunteers

232 Sessions

Our Impact:

“Ucfc has changed my life by getting to meet new friends and be supported no matter what”

“When I've had a bad day just the thought of attending a UCFC session helps make the stress go away”

“United Cornwall works because it is an inclusive environment for players of any level of fitness and ability across the whole of Cornwall to come together and get fit and have fun.”

UCFC Players



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Our 2024 Impact

"Inclusion is at the heart of the club, all abilities, genders, religions welcome. ." 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. We went out far and wide, and had 39 responses to our feedback.

100% of players state that getting involved with UCFC sessions improves their wellbeing.



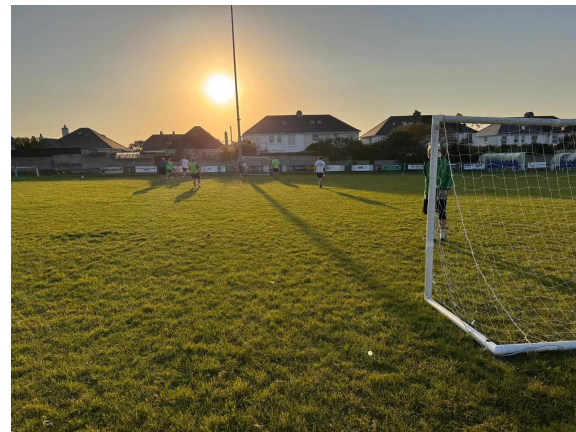
87% of players state that through attending sessions they feel more connected to their community



United Cornwall FC has seen over **200 players** attend in **232 sessions**, creating over **3,900** Social Footballing Experiences.



95% 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.



Outreach in 2024

"UCFC is what some of us call home. From the first session I attended to the most current one I have loved every session."
UCFC Player



Over the past 12 months we have been developing an outreach programme, with the aim of showcasing social football, whilst also promoting our weekly sessions. This has included free sessions and games for St Petrocs (homelessness Charity) and NHS Staff, whilst also playing a number of friendlies against our friends Stargazy FC, Cornwall's first LGBTQ+ team.



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Session Leads

“Since joining UCFC around a year ago I’ve been amazed at the help and support the group have given me and many other players”

UCFC Session Lead



In 2024 we have trained and supported a team of 10 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 - minimum requirement Introduction to First Aid in Football
- Ongoing support from UCFC Management
- Opportunity to access additional training as needed
- PPE and equipment

The aim is for 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 Goals for 2025



In 2025, we want to continue to develop UCFC both on and off the pitch.

Our main focus will always be our weekly social sessions, but by developing a calendar of friendlies and social events, we want to provide spaces for our groups to mix.

New Weekly Sessions:

- Brannel School, St Stephen starting 16th January.
- Tretherras School, Newquay starting 31st January.

More weekly sessions?

We will continue to investigate new opportunities, but prior to booking any more, we would require at least one Project Officer and one Volunteer to commit to delivering these sessions.

“When I was out of work and feeling very isolated, knowing I had football once a week where I could go and spend a few hours really kept me going”
UCFC Player



New Volunteer Roles for 2025

We are currently recruiting for the following volunteer roles:

- **UCFC Ambassadors** - promoting UCFC across Cornish Communities, and supporting new players.
- **UCFC Women Ambassadors** - promoting UCFC to women in Cornwall, and supporting new female players.
- **UCFC LGBTQ+ Ambassadors** - promoting UCFC to the Cornish LGBTQ+ community, and supporting new players.
- **Social Lead** - Helping develop a UCFC Social programme, to engage players and families away from the pitch.

We continue to look at new volunteer roles which will help develop the UCFC project, and are open to working with our players skill sets to do this.

“As a trans player, I’ve felt welcomed and respected from the start, which means so much. The inclusive and supportive atmosphere makes this group truly special.”

UCFC Player



Our Sponsors and Funders



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 2025 we will continue to look at funding and sponsorship opportunities.

“UCFC is a great way to play football without the pressure.”
UCFC Player who hadn't played in 20 years.





Players Feedback - Improvements

The vast majority of the feedback we receive have been positive, but we do ask for areas of improvements so we hope by being open our players can understand what others would like to see at our sessions, I have also put some comments to try and explain UCFCs position best as possible.

Be a bit more strict with play rules and possibly some refereeing - The hope is that everyone in the group buys into UCFC ethos and guidelines. They are in place to help make the games as inclusive and safe as possible. Leads try their best to get everyone involved, but with so many players to manage this is tricky. We will continue to speak about our ethos at the start of sessions, and encourage players to play in the UCFC way, but as a team this needs to come from all involved.

The only thing that I feel is missing is any interaction between players on a personal level - In 2025 we are looking to improve our social schedule, and looking to appoint some Social Leads whose role it is to get players together away from the pitch. There is a capacity issue with this at the moment, and hopefully we can address this soon. We also encourage any player who would like to put on an event for UCFC to contact us and we would be more than happy to support if suitable.

I wonder if there is something that can be done to prevent the sessions being off-putting for people who aren't as technically good - The weekly socials are what makes UCFC special. We want it to be as welcoming for those who are putting on football boots for the first time, as to those who have played all there life. There is a balance to this, as obviously players want to play at a level which is engaging for them. All we can ask is that players are aware of others abilities, and just to give everyone a chance.

I'd like to be able to play a bit longer on a Monday at Penair, appreciate it is a late session, but that would be my only wish - One of our biggest barriers to growing is finding suitable and available pitches in Cornwall. Players are welcome to join additional sessions each week if they are wanting more football, but most spaces are available for an hour only..

There was 2 sessions where I got passed the ball once the whole session and I felt like a complete spare part. - Please be aware of the players on your team, and just try and share the ball around. It makes it a more enjoyable experience for everyone. Leads where possible will try to monitor this, but it works best when everyone in the team is aware.

I think it's important to understand what we offer as non competitive football and stick to our core goals. - Completely agree



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Due to my busy work schedule, Monday evenings are the only time I can attend, so I found it a bit disappointing when the sessions were reduced to just one hour.- This was never an easy decision. We have now increased the capacity in Camborne in the second session and players are welcome to stay for both hours if there is space. The extra hour was added to increase our capacity to work with new players and if it was a case of two players getting one hour of football, or one player getting two hours, then I would always say the more people involved the better. Most weeks 2 hours is currently available to those who want it, but please don't turn up expecting it, especially during busy periods.

I would like to see more balanced teams the runners know the skill of the players that go every week - The score never really matters, and often it isn't counted, but we do understand that the game isn't as enjoyable when it is one sided. Picking teams is a difficult role, and sometimes we may not get it right. If this happens, leads will be aware. It may be that we are waiting to finish the half to adjust things, but you are welcome to have a quiet word if you feel it isn't working.

Maybe some sort of training sessions or drills to help improve our fitness levels and technique. - This is something that we would love to do, but right now it is a capacity issue and finding a suitable pitch to deliver it on. Please watch this space and reach out if you want to help.

I think it would be great if shaking hands at the end of the session with everyone was introduced - Please do take a minute to shake hands and say thanks to the opposite team. I think it's a great way of finishing the game and getting to know others.

More of a structure in terms of finding out what sort of numbers we will be getting - One of the difficulties with drop in sessions is understanding numbers. We do not have a booking system as it would increase our costs, plus when we tried Spond it wasn't used. Please do think about signing up to our WhatsApp community. A shout goes out before most sessions and it allows us to have an idea of numbers.

Maybe the rules could be quickly spoken about at the beginning of newbies' first sessions - Each player should have received a Welcome Pack and Player Guidelines prior to starting. This should hopefully outline our ethos and how the sessions are played. At times though, it will take new players a short time to get used to a new way of playing, and a few sessions to understand the guidelines and if the sessions are for them.



From all at United Cornwall FC -
Thank You

