



## United Cornwall FC- Welcome Pack

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## Overview

United Cornwall FC is an inclusive social football group, which meets weekly in locations across Cornwall and provides a positive social setting for communities to get together.

Our friendly sessions are open to all, and no footballing experience is necessary. We want to use football to create a space for individuals to improve their mental and physical health, whilst also building important friendships and support networks. Whether you come to lose weight, improve your wellbeing or just for something to do, it doesn't matter.

Please contact Grow Cornwall ([jack@growcornwall.com](mailto:jack@growcornwall.com)) prior to your first session.

## Goals

United Cornwall FC comes under Grow Cornwall's Outdoors, Together programme. We will develop opportunities for Cornwall communities to get together in Cornwall's unique outdoors. We will facilitate time and space:

- To provide safe and positive environments for communities to come together.
- To improve the mental and physical health of those involved, in turn reducing pressures and costs of the NHS.
- To build resilient communities, where players encourage each other on the pitch and support them off it.
- To develop a replicable model to support communities across Cornwall and further afield.
- To showcase viable deliverable social, environmental and financial solutions for communities across Cornwall and the UK to not only adopt, but to thrive.



## **Our Ethos - Social Football.**

### **Football for everyone.**

Our sessions are designed to offer anyone the chance to enjoy a weekly kick about. We promote a passing game, which gets everyone involved, and do not allow slide or dangerous tackles. The games are managed mainly by the participants, and only work if everyone buys into our ethos. Please be mindful that there will be a mix of abilities attending.

## **Contact Information**

For more information please contact us on

[Jack@growcornwall.com](mailto:Jack@growcornwall.com) or **07460118199**

## Our Sessions.

Please double check with UCFC prior to attending, as sessions do occasionally change, and we may pause new sign ups at certain sessions during busy periods.



The poster features a background image of a football match at dusk. In the top left corner is the 'GROW CORNWALL' logo with the tagline 'Growing communities and futures'. In the top right corner is the 'UNITED CORNWALL FC' logo, established in 2023. The main title reads 'United Cornwall FC Mixed Gender Social Football Winter 25/26 schedule'. Below the title are three icons: a heart with a pulse line, a group of people, and a football, with the text 'Improve health', 'Meet people', and 'Play football' respectively. A blue box contains the session details, and a blue circle on the right states 'Age 18 and over'. At the bottom, there is a quote from a player and contact information for Jack at growcornwall.com, along with the Community Fund logo.

**GROW CORNWALL**  
Growing communities and futures

**UNITED CORNWALL FC**  
EST. 2023

# United Cornwall FC

## Mixed Gender Social Football

### Winter 25/26 schedule

Improve health    Meet people    Play football

**Our Sessions:**

**Mondays:** Pool School 6-7pm and Penair School (Truro), 8.30-9.30pm

**Thursdays:** Helston Community College, 5-6pm and Brannel School (St Stephen) 8-9pm

**Fridays:** Truro College - 7-8pm (with St Agnes AFC), Newquay Tretherras - 8-9pm

**Sundays:** Cornwall College, Camborne 9-10am \*starting October

“It works because everyone is there for the same reason” **UCFC Player**

Contact:  [jack@growcornwall.com](mailto:jack@growcornwall.com)

**Age 18 and over**

**COMMUNITY FUND**

During busy periods we may restrict how many sessions participants can attend each week. This is reviewed regularly, so please just ask if you have any questions.



## Player Sign Up Form

All players must complete our Player Sign Up form prior to attending their first session. This information allows us to act in case of an emergency. We will also use this information to add you to our monthly email list, which keeps you up to date with everything that is happening. Players can unsubscribe at any time.

If at any time your medical information or contact details change, UCFC should be made aware.

<https://forms.gle/CKHNCv5U7aSkYaNu9>



## Player Guidelines

Prior to joining please read our Player Expectations document to make sure the games are for you.

The weekly sessions are not refereed, and it works best when games are managed between the players. A Lead will be on hand to make sure the sessions run smoothly.

We ask our weekly sessions to be played under the following guidelines, and will let players know if these change.

- **Underhead Height** - We ask players to keep the ball underhead height. This promotes short passing, getting more players involved. If the ball unintentionally goes over head height (through deflection or save) the game will continue. This lends itself to a safer game where players see more of the ball.
- **Side Foot Finishes** - We ask players when finishing to use the side of their foot, and keep the power down when shooting. This is to promote safer play and a more enjoyable experience for the goalkeeper (who may not be very experienced). This is not a challenge to see how hard you can side foot it.
- **5 touch maximum** - We ask players to think about how many touches they are taking. We want games where the ball is passed between players, rather than individuals going on big runs. Please try and keep touches to a maximum of 5, it creates some lovely footballing games.
- **Goalkeeper turns** - We will regularly change goalkeepers throughout the game. If for whatever reason you are unable to play in nets, please let the Session Lead know. If you want to go in goal for more than your go, please also let the Session Lead know, and we will try and accommodate when possible.
- **Offsides / Goal Hanging** - We do not have the capacity to manage offsides, however, we do ask players not to goal hang and move where possible with the last defender.

\*the guidelines above are there to create a more welcoming and enjoyable experience for all involved. The lead is experienced in making the game as enjoyable as possible, and will make decisions based on the game. Respect the leads decision and just enjoy the game.

If no advantage is gained (from an overhead height for example) the lead may just let the game continue.

## Player Sign In

We ask our players to sign into our sessions, this helps track attendance but also allows players to buy milestone t-shirts when they hit them (25/50/100).

For players who plan to play in our friendlies, it also allows us to make sure those playing have been regularly attending sessions in the lead up.

Sign up via the QR code below (this is also available at your sessions):

# Attendance Log:



UNITED CORNWALL FC



## Session Information (Location / Time / Additional Information)

Session	Time and Location	Additional information
<b>Pool School</b>	Mondays 6-7pm Church Rd, Pool, Redruth TR15 3PZ	These sessions are on <b>sand based astro</b>
<b>Penair School, Truro</b>	Mondays 8.30-9.30pm Penair School, St Clement, Truro, Cornwall, TR1 1TN	These sessions are on <b>sand based astro</b>
<b>Truro College</b>	Fridays 7-8pm, College Rd, Truro TR1 3XX	These sessions are on <b>astroturf</b>
<b>Helston Community College</b>	Thursdays 5-6pm Helston Community College, North Site, Church Hill, Helston TR13 8NR	These sessions are on <b>astroturf</b>
<b>Brannel School</b>	Thursdays 8-9pm, Rectory Rd, St Stephen, Saint Austell PL26 7RN	These sessions are on <b>astroturf</b>
<b>Tretherras</b>	Newquay, Newquay Tretherras School,	These sessions are on <b>astroturf</b>



School	Trevenson Rd, Newquay TR7 3BH	
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## Cancelled Sessions

UCFC may be forced to cancel sessions depending on capacity, session lead illness or weather. Players will be made aware through Social Media and the WhatsApp group, and where possible will be emailed. If you are unsure whether a session will be going ahead, please just reach out and we will let you know.

## Friendlies

United Cornwall FC do play occasional friendlies against other groups with a similar ethos. These games are open to all of our weekly players, and teams are picked to get people involved rather than their ability. Game time is shared fairly between the players.

Each game runs a little differently, depending on the opponent and location, but the main aim is just to give our players that special 11 a side experience.



# United Cornwall FC 11 a side - Guidelines



UCFC play regular friendlies, as outreach for our weekly sessions, but also to give our players that special match day experience. We are looking to build a calendar of events against teams who share

**Our Ethos: Football for everyone.**

### Who are they for?

Whilst anyone is welcome to get involved, we want these games to be especially for those who currently don't play league football. We have set guidelines which we feel will make the game as safe and welcoming as possible for all involved.

### Guidelines:

- **RESPECT** - We expect everyone involved to respect all players, managers and officials. Anyone not doing so will be subbed.
- **Fair Playing time** - All involved should get fair match time.
- **No slide or dangerous tackles** - To reduce risk of injury, we want players to stay on their feet, this includes blocking shots / crosses.  
This doesn't include Goal Keepers.
- **Mixed ability and genders** - The games should be open to all, no matter footballing experience or gender.
- **Enjoy and Encourage:** These games work best when everyone buys into our aims. Encourage each other on the pitch, and enjoy it.
- **Additional rules:** All other rules are as set out in FA Guidelines, or as discussed pre-game, please ask for more information.

For more information Contact:  [jack@growcornwall.com](mailto:jack@growcornwall.com)

## Kit List

Kit List	
<b>Astroturf Sessions</b>	<b>Footwear - astroturf (boots or trainers)</b> <b>Shin Pads (strongly advised)</b> <b>Suitable clothing</b> <b>Drink and refreshments</b> <b>Any medical equipment (E.g epipen / inhaler)</b>
<b>Grass Sessions</b>	<b>Footwear - astroturf (boots with studs / blades (winter conditions), any boots (summer conditions))</b> <b>Shin Pads (strongly advised)</b> <b>Suitable clothing</b> <b>Drink and refreshments</b> <b>Any medical equipment (E.g epipen / inhaler)</b>
<b>Sand Based Astroturf</b>	<b>Footwear - astroturf trainers (boots / studs not suitable)</b> <b>Shin Pads (strongly advised)</b> <b>Suitable clothing</b> <b>Drink and refreshments</b> <b>Any medical equipment (E.g epipen / inhaler)</b>
<b>11 a side games / friendlies</b>	<b>Suitable football boots (summer and winter conditions)</b> <b>Shin Pads (required)</b> <b>Football shorts, t-shirts and socks</b> <b>Drink and Refreshments</b> <b>Any medical equipment (Eg Inhaler / epipen)</b>

**\*Shin Pads** - United Cornwall FC strongly recommend the use of shin pads for all our sessions. For our weekly social football sessions we leave this down to personal choice. This is because it is not something we are able to monitor and we want people to give us a try without spending money on equipment. For our 11 a side and friendly games shin pads are required.

**\*Football boots** - For our all weather pitch sessions players should wear astroturf, moldies, trainers or firm ground boots. Metal studs are not allowed. For the grass sessions we recommend hard or soft ground boots depending on the conditions. Please speak to UCFC if you are unsure about what boots to use.

## Before attending

Our sessions are drop in, but before attending please email [jack@growcornwall.com](mailto:jack@growcornwall.com) and make sure that you have completed the Contact Information and Medical form. It is important that this is filled out properly and is updated if your medical situation or contact details changes.



## Donations



# 2025 UCFC Costs

**UCFC 2025 Costs:**

UCFC believes that finances should not be a barrier to playing the sport we love, but this does not mean it is free football. It means players should support us when they are doing OK, but feel no shame in turning up for a game when times are tough. We are able to do this thanks to player payments, sponsorship and the occasional grant.

We are a club run on good will, and it will not be able to continue if players take advantage of this.

For those who are attending without paying, we ask you continue to get your football fix by attending one session per week.

Payment Guidelines	Genuinely can't afford it	Getting by	Doing Well
Weekly Social Sessions.	£0	£3.50	£5

Monthly Payments are also welcome:  
 One session per week: £15 per month  
 More than one session per week: £25 per month

Please pay via bank details below, online or bring cash on the night.

Beneficiary: Grow Cornwall CIC      Sort Code: 309950  
 Account Number: 38485168      Bank Name: Lloyds Bank  
 Contact: [jack@growcornwall.com](mailto:jack@growcornwall.com)

## Session Leads

We are always looking for those who are willing to help out and lead the sessions voluntarily. This allows us to keep costs down for our players, but also increase our capacity and resilience. As a Session Lead you will be provided with all necessary training and equipment to get the sessions on. You will also be able to claim expenses, and play as much donation free football as you can.

If you are interested or want to find out more please speak to Jack or email [jack@growcornwall.com](mailto:jack@growcornwall.com)

## Policies and Procedures

Our Policies and Procedures are available to download via our website ([www.growcornwallcic.co.uk](http://www.growcornwallcic.co.uk)) . We currently have available:

- Behaviour Policy
- Safeguarding Policy
- United Cornwall CIC Risk Assessment

If you require these in hard copy, please speak with a Grow Cornwall staff member

Policies also available on our websites:

[Policies and procedures \(growcornwallcic.co.uk\)](http://www.growcornwallcic.co.uk)

[www.unitedfc.org.uk](http://www.unitedfc.org.uk)

We politely ask that players don't bring their children to our weekly sessions. This is so everyone there can concentrate on the game in hand and to keep everyone safe.

## New Locations and session

We are always open to speaking with individuals or groups who want to look at setting up new locations or sessions as part of United Cornwall FC. All we ask is that these sessions should be open to the community and played in an inclusive environment.

We would be happy to work with you to provide promotion, training and funding help.

## Insurance

We have all required insurances, including Public Liability, Professional Indemnity and Employers Liability. However, you may seek to gain your own insurance if deemed necessary. Please consider this prior to starting (for example - Income Protection or personal injury insurance).

## WhatsApp Community

UCFC has a WhatsApp Community, which is optional for players to join. This helps us to keep players up to date with any changes to sessions, and check to see who is attending. Please note that by joining your contact details become available to others within the group.



## Terms and Conditions

All United Cornwall FC sessions are provided on a donation basis, as explained above. Participants get involved at their own risk and Grow Cornwall CIC / United Cornwall FC cannot be held responsible for accident or injury.

Football is a physically active sport. You should always seek advice from your GP before taking up a strenuous physical pursuit such as this.

Players get involved entirely at their own risk and it is their responsibility to ensure that you are fit and able to take part in the sessions. We ask all participants to complete the Medical and Emergency Contact form prior to attending. Any changes to your contact or medical information should be updated with Grow Cornwall CIC.

These sessions are for adults (18 years and above) and we are unable to work with anyone younger.

These sessions are run by United Cornwall FC volunteers, and Grow Cornwall CIC staff members. Grow Cornwall CIC and its volunteers do not accept responsibility for injury, loss or damage sustained by a participant unless the above injury, loss and damage is proven to have been caused as a direct result of negligence on our part.

