

Hibernian Community Foundation start walking football sessions.



The Hibernian Community Foundation are starting walking football sessions.

Walking football is designed to give you the chance to play the game you love but reduce the chances of injury.

With no running and minimal physical contact, Walking Football is a great way to keep fit, learn skills, have fun and socialise at the same time.

The programme is aimed at over 50's, but players of all ages and abilities welcome.

Participants can practice at a level of activity that best suits your needs, making sure you are safe, comfortable and above all else, having fun.

Sessions cost £3.50 per session (1st one is free!) every Wednesday from 10th May, 6pm-7.30pm at Portobello High School, 1 Milton Road, Edinburgh, EH15 3BY.

Register today by phoning Karen on 0131 656 7062 or e-mailing kmcewan@hiberniancommunityfoundation.org.uk.

The sport is now so popular that a national tournament is scheduled to take place at Glasgow Green in June and a national league started earlier this month with games taking place at Ravenscraig.

Sessions currently taking place in the Edinburgh area include:

Edinburgh City at Meadowbank every Thursday 12.30 to 2.00pm

Hearts at World of Football every Tuesday from 12.00 to 1.00pm

Heriot Watt at Riccarton Campus every Wednesday from 12.30 to 1.30pm

Heriot Watt at Riccarton Campus every Friday from 2.30 to 3.30pm

Hibs at the club's Training Centre at East Mains every Tuesday from 3.30 to 5.00pm

Midlothian at Bayne Memorial Hall, Loanhead, every Wednesday – 14.00 to 16.00

Midlothian at Ladywood Leisure Centre, Penicuik every Friday – 10.00 to 12.00

Contact numbers for all the Edinburgh and Lothian sessions can be found [on the website here](#) and anyone interested should make contact in advance to confirm sessions are on.