EPSOM & EWELL TIMES
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Free community football sessions and more for Epsom and Ewell

22 August 2026

Epsom & Ewell Borough Council is pleased to announce that free community football sessions will be available for young people aged 10 to 16 who live in the borough, from 24 August 2026 to 31 March 2027. This programme will be delivered by YOUfF (Young Ones United Football Foundation) with monthly life lesson mentoring sessions also available for participants.

Community football sessions will take place three days a week at Court Recreation Ground, with dedicated sessions for different age groups and genders. Spaces for up to 21 participants are available in each session and participation will need to be confirmed in advance via the YOUfF Instagram Poll. New players must complete a registration form, either online or in person at the session. For more information and details on how to book, visit this page on the YOUfF website – https://www.youff.org.uk/whatwedo

Monthly life lesson mentoring sessions will take place at St Barnabas Church in Epsom.

The Epsom & Ewell Community Football Programme supports the council's Health and Wellbeing Strategy, which focuses on increasing physical activity, improving wellbeing and reducing health inequalities in the borough.

Councillor Clive Woodbridge (RA Ewell Village)**, Chair of the Community and Wellbeing Committee, said:**

"The Epsom & Ewell Community Football Programme provides a fantastic opportunity for young people to take part in regular physical activity. Sessions will also provide a positive and supportive environment in which to improve their wellbeing and build their confidence.

"As well as developing football skills, participants will experience the benefits of being part of a team, building friendships, learning to be part of a team and developing a sense of belonging.

"This programme supports our commitment to improving health and wellbeing across the borough by providing free, accessible activities for young people. Alongside the football sessions, participants will also have access to mentoring and guidance to help them develop valuable life skills and make positive life choices.

"I'd like to thank YOUfF for partnering with the council to deliver this programme, and I encourage young people aged 10 to 16, and their parents and carers, to get involved and take advantage of this fantastic opportunity."

Yasha Tobias-Browne, Founder of YOUfF CIC said: "YOUfF was created around the belief that football can be so much more than just a game. It gives us a way to bring young people together, build relationships and create opportunities both on and off the pitch. Through Epsom & Ewell Community Football, we want young people across the borough to have somewhere they can just turn up for FREE, play football, make friends and feel part of something positive. From there they can join the monthly mentoring sessions, where they'll learn life skills, learn about qualifications and pathways that can genuinely help shape their futures. We're really excited to be working with Epsom & Ewell Borough Council to make that happen."

For any questions, email the council's Community Development team: cdevelopment@epsom-ewell.gov.uk

About the Epsom and Ewell Community Football programme (EECF)

- Community Football sessions at Court Recreation Ground:
  - Mondays between 4-5pm – years 6-8 (10-13 yrs) for girls and boys
  - Tuesdays between 4-5pm – years 9-11 (13-16 yrs) for boys
  - Fridays between 4-5pm – years 7-11 (11-16 yrs) for girls
- Monthly lifestyle mentoring sessions will take place every Friday between 5-7pm for participants of Community Football.
- More information: https://www.youff.org.uk/whatwedo

About Young Ones United Football Foundation (YOUfF)

YOUfF is a football and mentoring CiC helping young people engage in education and employment. They work alongside a

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number of educational organisations and reach disengaged learners using football and mentoring interventions. Football Educational Mentoring | UK | Y.O.U.F.F

About the EEBC Health and Wellbeing Strategy 2025-2028

The strategy is designed to support all residents, with particular attention given to children and young people, older adults, individuals whose health is affected by broader social and economic factors and those whose personal circumstances may disproportionately increase their vulnerability to poor health and wellbeing. The strategy also includes specific references to those who are disproportionately impacted by isolation, disability, digital exclusion and people with long-term health conditions. (Public Pack) Agenda Document for Community and Wellbeing Committee, 08/07/2025 19:30

Epsom and Ewell Borough Council

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