



Falkirk Foundation

Thanks to the generosity of Falkirk Football Foundation, the Carers Centre has been able to offer free tickets to local carers and their families for Falkirk FC home games for the 2025-26 season. Below are some stories and quotes from the carers who benefitted from this opportunity.

“One of the Bairns! I might be getting converted here!”

Allison

Allison was offered tickets to a Falkirk football match when attending the Carers Café at Falkirk and Clackmannanshire Carers Centre. She attended the Falkirk v Livingston match on 8 November 2025 with her cared for person. At the time, Allison was really pleased to be offered a short break as things had been getting more difficult. She needed some time out, a break away from her caring routine. Allison said that although she took the person she cares for, it was the chance to do something totally different that had nothing to do with caring.

Allison cares for her husband who is in a wheelchair and said that it can be difficult to find things to do in the local area. At the stadium, they were completely looked after. Staff were a fantastic help and even went to get their pie and Bovril at half time! Allison said: **“they were a great help, I wouldn’t have asked for that, but it made a difference”**. This gesture meant that Allison could stay with her husband and didn’t need to leave him to wait in the queue. Allison said that she would have missed out on the pie and Bovril otherwise. They were also given a disabled parking space to use, and they let them in a special door: **“getting around with a chair isn’t always easy, but they made it work”**.

Allison really enjoyed the match and was happy with the result as it was a draw. She enjoys supporting local and was happy to go along to support her local team. Allison used to go to the football but had never been to see Falkirk before being offered Respitality tickets. She was **“amazed at their energy”**.

Allison loved being in with the other fans and being a part of the atmosphere. She felt she was **“in amongst it”** and loved **“hearing the roar of the crowd!”** She was sitting nearby some season ticket holders who attend regularly. She loved feeling a part of that and felt that she was experiencing **“a bit of normality outside of the chaotic life of a carer”**. She has watched football at home on the TV but being in the stadium she was able to see how much goes into the match, and all of the people involved in bringing together a great event. She loved having this insight and experiencing a different view of the game, although she did miss the commentary! Allison said that the pie and Bovril at half time was definitely a highlight too.

After the break, Allison felt really good. She was pleased that they had achieved going to the match together. Going places with wheelchairs can be hard, and attending this match got them out of the house. They mostly leave the house for appointments or to go into town, but Allison said there’s not

much to do. Allison said that if she hadn't been offered the free tickets, she **"wouldn't have even tried it"** with her husband in the chair, but after having such a great experience, they have attended more than once! Heading out to watch Falkirk play was something **"out of the normal"** which is what was nice about it. When they arrived home, she said they had something else to talk about other than caring. She enjoyed having the chance to do something different.

"Wow, the atmosphere. You can't get that on the telly."

What other carers told us:

"We had a great day. It was such a friendly and relaxed atmosphere and was great to spend some time together doing something different."

"It impacted me in a positive way because my husband enjoyed the football and was quite animated which isn't like him. It was nice to have him back again even for a couple of hours."

"It was a great experience. First time I've been to a football match, and they won! I got treated to a meal out after. It was just what we needed to reconnect together. A great day."

"I had never been to a Premier League game before. I was fascinated by the extra police security required and the reaction of the fans. I thoroughly enjoyed the atmosphere of the game and of course the pie and Bovril which is an essential and enjoyable part of attending the football. I felt great having had a break away from caring responsibilities and ready to return to them refreshed."

"As a family we have been struggling with our little girl's health deterioration, so we have all been feeling a little low. We took my little boy as a break away from all going on at home and he had the best time and was so happy afterwards."

"After a hectic week with hospital appointments with my husband it was something to look forward to."



What made the break great?

“The fact that 3 generations of the family got to spend quality time together over a shared interest and that is rarely possible.”

“Getting my husband out the house as opposed to sitting in front of the television.”

“Spending time doing something different.”

“It was local and a nice day out. Really enjoyed it and Falkirk won which was a bonus!”

“Being in a crowd of fans and the shared experience.”

“Taking my mind off of things for a while was really helpful.”

“A moment to enjoy something for myself.”

“The atmosphere at the game.”

“The football was good fun and made me more relaxed.”

*“The game, the atmosphere, the pies n drinks.
No hassle at all!”*



Thank you, Falkirk Foundation:



"I was so grateful to be offered the football tickets, it was great to have some time out. Had a fantastic day, great football and a pie and a Bovril. Thank you so much."

"Thank you so much to Falkirk Football Foundation for your generosity donating tickets to home games. Very much appreciated by everyone lucky enough to get tickets and enjoy supporting their local team."

"Many thanks to you all for this experience"

"Thank you so much for letting our family have this experience and break away from our hectic life at the moment."

"Massive thanks to Falkirk Football Foundation for providing tickets for families to enjoy football matches."

"Thanks, guys, for this. Not sure you know how much this helps carers."

"Thank you so much for your generosity, we had a fabulous day."

"Thank you so much for these tickets. We had a really good day and enjoyed the atmosphere at the ground. An afternoon without having to worry about our caring duties was just what we needed."

"Thank you all so much, thoroughly enjoyed the day."

"Thank you for the opportunity to spend quality time with my son."

"Thank you, Falkirk Foundation, our community is lucky to have you."



The names of carers have been changed.