



### HAPPY NEW YEAR

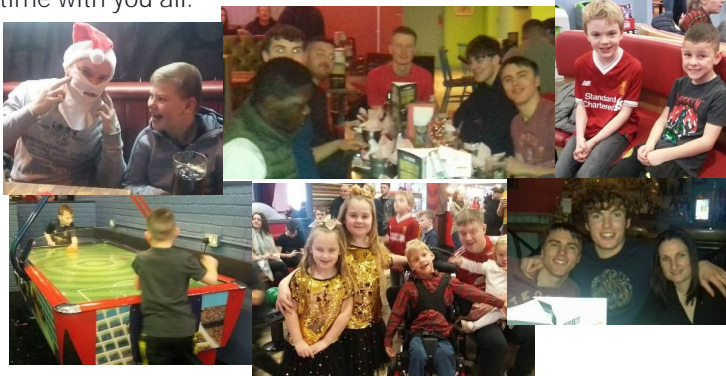


This past 12 months we have seen challenges, changes & the evolution of so many things at CP United...all for the better. It has had such a positive impact on the growth of the club, the charity, the environment, the culture, the support we can give to all involved and most importantly the opportunity for individuals to flourish, shine, be themselves, achieve things they otherwise wouldn't have (as people and as players) ...and ultimately "be the best they can be"

THANK YOU to everyone for your support in 2018. We wish you all a Happy, Healthy New Year and look forward to an exciting 2019.

### CHRISTMAS SOCIALS

We had a great weekend before Christmas with social events going on with some of our players, & their families. Thank you to everyone who came along to each location, it was nice to spend time with you all.



### SANTA RUN



Massive Thank you to all who participated in the CPU Santa run in December. Despite the rain and cold we all had a great time and managed to raise £200 for our charity. We had 4 yr old tots to 80 yr old grandads taking part, which was brilliant to see!! Thanks to players from all age groups, coaches, committee, trustee's & all parents and family members who braved the weather and took part. Thanks to everyone who brought food, donated raffle prizes and bought tickets too! It was a great family day and we appreciate all of your contributions.

### LOOKING FOR HELP PLEASE



The Club are looking to acquire an ISO container to use on the site at Partington to store equipment (The cupboard in the community room is about to explode!!! J). If anyone knows of where we can obtain one or if you know of anyone who could donate one to us then please let us know. THANK YOU J

### FORTHCOMING FIXTURES: ALL GROUPS

WARRINGTON INCLUSION LEAGUE – Next Date: Monday 28<sup>th</sup> January 2019

#### ADULTS:

- Sat 19<sup>th</sup> Jan v MUFC Ability Counts at Partington 10.30am KO.
  - Sun 20<sup>th</sup> Jan v GB amputees at Reasheath College 12.30-2.30pm
  - Fri 25<sup>th</sup> Jan at the Cliff Training Ground v MUFC Ability Counts 7.15pm-9pm
  - Sat 23<sup>rd</sup> Feb at – First Stage of Peoples Cup Venue TBC
  - Sat/Sun 16<sup>th</sup>/17<sup>th</sup> March – Partington – Festival with SWCPU and Rapid Vienna Pan
  - Sat 23<sup>rd</sup> March – Peoples Cup Next Stage (if we qualify)
  - Sat/Sun 30<sup>th</sup> March – Ireland Development Squad Dublin TBC
- ADULTS – Can we please ask that you make note of these dates and try and organise your diaries. THANK YOU J**

#### U16 Advanced Group:

- Fri 25<sup>th</sup> Jan at the Cliff Training Ground v MUFC Ability Counts 6.15-8pm
- Sat 23<sup>rd</sup> Feb venue TBC – First Stage of Peoples Cup
- Fri 15<sup>th</sup> March Manchester Ability counts league, Salford 6-8.30pm
- Sat 23<sup>rd</sup> March – Peoples Cup Next Stage (if we qualify)

#### U11/13 Advanced groups:

- Fri 25<sup>th</sup> Jan at the Cliff Training Ground V MUFC 6.15pm-8pm
- Sat/Sun 30<sup>th</sup> March – Ireland Development Program Dublin TBC

#### OTHER POSSIBLE DATES IN THE PIPELINE:

- 9<sup>th</sup> Feb: Festival at Partington 12-2pm
- 7<sup>th</sup> April: Newtown Festival (U8, U10, U13)
- 14<sup>th</sup> April: GB Amputees at Reesheath College (Adults)
- 11<sup>th</sup> May: South West Festival (may be held in Birmingham...TBC) age groups TBC

#### EXCITING OPPORTUNITIES to play this new year:

To play in the GEORGE Best Tournament in June in Belfast you must be aged 15+.  
To play v Republic of Ireland Development squad in Dublin age 10-14 (advanced groups.) & Adults All info to be given out in January.

### RED JANUARY - Be the Best you can Be" ☺



We are excited to get involved with @REDJanuaryUK @MindCharity this new year. Our family engagement program supports not just our players but their families too and a healthy start to the year is something we want to help with. RED is an acronym for "Run Every Day"...we know this isn't possible for many of you but just doing a little extra exercise can help not only with a healthy body but also a healthy mind. One of our core values is:

"We look after each other...And ourselves"

So we are encouraging all our parents, family members (old & young) to come walk, swim, go in the gym, use the sports hall for group exercises & fun games, run outdoors or just do whatever you feel comfortable with whilst your children train at Partington Sports Village. To register for your free RED laces and learn a bit more about "Red Together" visit the link below.

<https://redtogether.co.uk/>





## COACHES CORNER – THIS MONTH PETE NICHOLLS



Happy New Year to all the CP Utd players and their families! With the New Year comes new challenges; we are progressing on to the next block in our technical programme "In possession". So lots of new things to learn or refine; technical aspects like running and dribbling with the ball, passing and shooting which are all essential for every good footballer.

Something which you might not have thought of though is what happens if you try to dribble, pass or shoot and it doesn't work out? You lose the ball, pass it to the opposition or miss that open goal? What do you do next?

As coaches we have seen this a lot and it boils down to 2 choices:

### 1. An Emotional reaction

- \*You think about the mistake too much
- \*You look to blame another person, the ball, your boots, the pitch
- \*You get angry with yourself and beat yourself up for making a mistake.
- \*You think you're not good enough, and you're scared of making another mistake
- \*You sulk and maybe give up

### 2. A Positive response

- \*You work hard to get the ball back
- \*You listen to your coaches who can help you to correct the bit that went wrong
- \*You are brave and resilient and you try that skill, pass or shot again and again until you get it right
- \*You give your head a shake and forget about your mistake and focus on the next opportunity
- \*You keep going until the final whistle

One option means you lose focus, and so you're not an effective part of the team. The other shows resilience and character, and will probably lead to a positive outcome.  
So which one will you choose?

The best players make lots of mistakes on their football journeys, but it is how they have responded that makes them stand out from the crowd because they have learnt, grown and developed because of these mistakes.

They take their mistakes as lessons, as fuel to drive them on work harder in training, to pay attention to their coaches, watch how other players succeed, to do their extras, to get back up and go again.

Remember mistakes are needed for our brain to figure out the correct skill / technique / movement / decision to succeed in a given situation...

Mistakes are an essential part of learning.

Mistakes will always happen but they are always learning opportunities

So here's to 2019 lets attack it with a positive attitude, here's to making loads of mistakes and responding positively to them.

## WELL DONE



To Shaun Pack who has been on stage as part of the Snow White Production at the Lowry Theatre Salford and Warrington. Well done Shaun J

## SPONSORSHIP AND DONATIONS



After our appeal at the start of the season regarding fundraising, we have had lots of people come forward and offer to help. Every penny raised will help our club/charity to keep growing! Thank you to everyone who has raised money so far and all who have put their names down to do something throughout the next few months.

A VERY BIG THANK YOU TO:

The work colleagues George Shaw's Dad who collected £200 at their Christmas drinks.

Ollie Miller's parents who kindly donated £50 instead of sending Christmas Cards.

Ollie Murtagh and Montague Road Pre-School who raised £140 following their Christmas concert fundraiser.

We now have collection boxes and buckets if you would like one for your shop, office, workplace please see Ruth.



## REMEMBER WHEN SHOPPING AMAZON SMILE



We are happy to share with you all that we are now a registered charity on Amazon Smile.

With Christmas not too far away please help us to raise some money whilst doing your shopping. Using the link below will allow you to

automatically assign us as your preferred charity for Amazon to donate to.

<https://smile.amazon.co.uk/ch/1175709-0>

Thank you for your continued support. Happy shopping.

## CLUB SHOP

For those players who still need kit or need to replace old/lost kit please visit our online club shop. Please follow this link...

<http://www.clubwebshop.com/a-z/clubs/cerebralpalsyunitedfc/>



You will need to register as a member before you can buy anything \*please note you may have to attach the club badge to garments if it is not already assigned to the item. We are now officially a Nike partner club, which means our club shop will stay the same but we get bigger discounts, plus some other benefits which is great!

## SPARE FOOTBALL BOOTS



PLEASE REMEMBER WE HAVE LOTS OF FOOTBALL BOOTS LOOKING FOR GOOD HOMES J THEY ARE IN THE CUPBOARD AT PARTINGTON ALL SIZES – IF YOU ARE LOOKING FOR A NEW PAIR OR LOOKING JUST FOR A SPARE PAIR PLEASE TAKE A LOOK.

## DONATIONS

CAN WE PLEASE REMIND EVERYONE THAT REG FEES & MONTHLY PAYMENTS CAN BE MADE VIA STANDING ORDER: You can do this using the details below. (If you would prefer to pay cash please let us know).

SORT CODE: 30-84-63

ACCOUNT NO: 57958560

ACCOUNT NAME: CP UNITED FOOTBALL CLUB

## Remember Our Club Values:

- Be kind
- Show respect
- Look after one another

