



GREAT START TO THE SEASON

What a great start to the season. Fixtures for both our adults and u16 in their respective ability counts league went very well, with some brilliant football played, goals scored (including an overhead kick from Dan Stephens) and all players representing the club in a great way. We are looking forward to an exciting season in these leagues. Also great to start with games for u14 and u16 v Rochdale girls.



BBC Inside Out program will be on iPlayer for 3 weeks
<https://www.bbc.co.uk/programmes/b0071mrm>

Thanks to all involved



Well done to Josh Troops from our adult team who attended the Trafford sports awards at hotel football after being nominated for the changing lifestyle award. He's working his socks off to be the best he can be. Keep going Josh you are doing amazing things & we are all proud of you.

WARRINGTON INCLUSIVE LEAGUE UPDATE



Unfortunately over the summer vandals set the pitches on fire burning through the wiring for the floodlights. The venue at Orford Jubilee Hub is currently out of use. We have worked with the Warrington Inclusion league to try to source another venue but unfortunately have had no luck. Our only option is to wait until its fixed and then play it as a summer league. We have no dates yet as to when that might be so will keep you up to date as and when we know anything.

SALFORD CITY FC – PARTINGTON



As you are all aware Salford City also share Partington as their home for training, due to their promotion into league 2 this season they will also be playing their u18 games here on some Saturdays throughout the season. This will mean on those days we won't have access to the changing room area until after 12.30pm. **PLEASE help us to manage this situation the best we can by NOT entering parts of the building that have signs up.** It won't be every week but when they are in we all need to be aware of the slight changes. We will still have the community room and toilets are available in the leisure centre. Congratulations to Salford City FC on their promotion and we wish them luck this season.

REGISTRATION AND MEDICAL FORMS

Please fill these in and hand them back to Ruth ASAP. We need these to keep records up to date and for insurance purposes. Thanks for your help with this.

REGISTRATION FEE'S

Each year we ask for a small registration fee this it is £30 PLEASE ensure you pay this by cash or via standing order ASAP as this helps us to cover all the affiliation and insurance cover we need.

MONTHLY PAYMENTS

We do not ask for subs as many people travel quite far to attend, however a monthly contribution of £10 (or whatever you can afford) really does help us to keep things running. You can pay this via standing order or you can pay £3 per session in cash

**FORTHCOMING FIXTURES & EVENTS:
ALL GROUPS – IMPORTANT DATES**

- ***13th October** fixtures with our friends at England Amputee's Reasheath College 12am ko. 10.15am meet CW5 6DF
- ***19th October** My goal Festival for ALL players from each centre to come along and enjoy. We will also have a couple of visiting teams to play with us too.
If anyone is available to help with buffet and setting up on the day please let Ruth, Brian or any of the coaches know. THANK YOU
- ***25th October** - u16 Ability Counts league meet at Salford Sports Village Littleton Road Salford M7 3NQ at 6pm
- ***26th October** Adults Ability Counts league meet at 9.15am Archbishop Beck High School
- ***9th November** u16 game v Ireland CP Juniors At Partington KO time TBC.
- ***16th November** Adult game v Ireland CP Development squad KO time 1pm **Please note time changes** that Saturday at Partington:
-Advanced: 10-11.30am (Extras from 9.15am)
-Tots, Foundation and Development groups: 11.30-12.30
All are welcome to stay and watch the game v Ireland ko 1pm (we would like some mascots and ball assistants for this game too ☺)
- ***23rd November** club day out at St Georges Park. Coach from Partington 8am. Book your place ASAP. See separate info sheet for details. Junior Festival with SWCP and PAN disability teams for all our players from across all centres to attend. Followed by adult game v SWCP
Games are indoor and there will be seats for spectators
- ***29th November** u16 Ability Counts fixtures Salford Sports Village M7 3NQ meet 6pm
- ***30th November** Adults Ability Counts league 9.25am Archbishop Beck School, Liverpool
- ***30th November** - last training session @ Partington before Christmas
- ***7th December** - Santa Run and Children's Christmas Fun Day:



MESSAGE FROM CLUB KIT MAN – BRIAN



When attending football sessions, whether it be training, festivals, competitions make sure you have ALL your equipment – correct boots, shin pads, water, black shorts/ black socks, goalie gloves

It's YOUR responsibility as a player to have all that you need with you at ALL TIMES!

PLEASE MAKE SURE YOU WRITE YOUR NAME IN YOUR KIT ESPECIALLY TOPS & JACKETS AS THESE TEND TO GET THROWN TO THE SIDE DURING A SESSION/GAME OR LEFT IN THE COMMUNITY ROOM/CHANGING ROOMS. ITS VERY DIFFICULT TO KEEP TRACK OF WHOSE IS WHAT & CAN RESULT IN YOU HAVING TO PURCHASE REPLACEMENT KIT ☺ Thank you.





CP UNITED CENTRES ACROSS THE NW REGION

Just a reminder that we have sessions in the following NW regions:

CUMBRIA : KENDAL

Venue: Kendal Leisure Centre, Burton Road, Kendal LA9 7HX
 Time: 5.00 – 6.30 pm
 Contact Pete Nicholls: pnicholls685@gmail.com

LANCASHIRE: BLACKPOOL

Venue: St Georges School, Cherry Tree Road, Blackpool FY4 4PH
 Time: 6.00 – 7.00 pm – Monday night
 Contact Alan Williams: alwhufc@sky.com

CHESHIRE: SANDBACH NB: Change of Venue Address

Venue: Sandbach Community Football Centre, Hind Heath Road, Sandbach CW11 3LZ
 Time: 5.00 – 6.00 pm - Tuesday night
 Contact: info@cpunited.co.uk

LIVERPOOL: WALTON

Venue: Liverpool County FA Soccer Centre, Walton Hall Avenue, Liverpool L4 9XP
 Time: 6.00 – 7.00 pm Monday night
 Contact: info@cpunited.co.uk

Remember you can access any of these centres throughout the week, just let us know you are coming by contacting one of the staff or contacting us via the club email info@cpunited.co.uk

SOME OF THE WAYS WE HELP SUPPORT



Dan Carter: We are very lucky to have Dan Carter as part of our staff, as most of you will be aware Dan is a sports psychologist and can offer support to our players regarding their development and any challenges they may face as an athlete. <http://cartersportpsych.co.uk/>

Maximum Edge: Maximum Edge are a very welcome addition to our club and a long term support to all players, staff and families. Maximum Edge focus on lifestyle management and support. For more information and opportunities to link in with them please contact any of the coaches and we can help you set it up. <http://maximumedge.org.uk/>

Both Maximum Edge and Dan Carter have podcasts which reinforce all what they talked to the players about so please go on their websites and take a look ☺



We had a great day at Formby beach for some fitness work and the start of this seasons lifestyle support program with Maximum Edge. Thanks to Keith and Grant who gave the lads a great experience and

lots of things to think about going into the season. Well done to all the lads who came....

SAFEGUARDING:

Due to the growth of the club this past season we have now expanded our Safeguarding officer posts to three to ensure everyone is cared for and looked after correctly from a safe guarding point of view:-

Colin Scholes – Manchester/ Cheshire/Cumbria

James Trafford – Manchester/ Liverpool

Alan Williams - Lancashire

All the above are now in post and we will be introducing them properly to you over the coming weeks. We will also be sharing our revamped safeguarding procedures with you all soon too.

National Winners 2017
 FA Charter Standard Development Club of the Year



@CP_United_FC

info@cpunited.co.uk

www.cpunited.co.uk



Cerebral Palsy United FC

Registered Charity Number: 1175709

WHATS YOUR GOAL???????



6th October was World CP day and was a great opportunity for us to thank all our players, coaches, volunteers, families and all those who support us. Thank you also to Noah for sharing your fantastic CP goal. 🙌⚽



<https://www.facebook.com/322027507988099/videos/460142631378224/>

WORLD MENTAL HEALTH DAY



10th October was World mental health day...

- Look after each other and yourself
- Be kind to other and to yourself
- Show respect to others and to yourself

Today and every other day just try your best.

Sometimes we might be functioning at 30% for many reasons. If that 30%

is all you have and you are giving it... You are doing enough and you are enough!



WATER BOTTLES – PLASTIC PROBLEM!!!



Every week we seem to be picking up more and more water bottles off the pitch. Most of which are more than half full. If you take a water bottle from the blue box to refill PLEASE make sure you drink all the water and put your bottle in the bin! It is not up to the coaches to pick up after you. Remember

our value about respect! This needs to improve please.

Also it is much better for the environment if you can bring a reusable water bottle. If you are drinking more than one a session bring 2 or 2 reusable water bottles. Using the water from the blue boxes is really for emergencies only. Please think about another of our values and "look after yourself" be prepared and bring enough water.

DOUG'S JOKES



Q: How do you kill a circus?

A: Go for the juggler!



Q: What's the best time to go the dentist?

A: 2.30

Q: Why did the golfer wear two pairs of trousers?



A: In case he got a whole in one

Doug recently won a new joke book (and a jar of piccalilli!) at "Funny Looking Kids: Comedy Club" at The Bluecoat in Liverpool.

<http://www.thebluecoat.org.uk/events/view/liverpool-biennial-2018-beautiful-world-where-are-you/3729>



SPONSORSHIP AND DONATIONS

Sponsorship: We are looking for donations or sponsorship of programs that we run. If you know of any kind businesses who would like to sponsor a program, an event (we attend or run/deliver) or sponsor some equipment (small goals mainly) please contact Michelle ASAP.



Fundraising: We Need your HELP

Last year we had so many family members and friends give up their time and do some fundraising on our behalf. It made such a difference and due to continued growth we very much need your help again. Last season we had lots of great ideas from you all to raise some money; from Cake sales, to running events, to sky diving and much more and we really appreciate all of your kindness and help. We will be putting a list up again in the community room at Partington for people to put their names down and some ideas of how you might be able to help this season. If you don't attend the Partington session but would like to help please get in touch via the club email address

THANK YOU

Michelle had the pleasure of visiting St Damians RC Science College recently to thank them in person for their kind donation of £500. This money was raised on their "share day" in July. Jake Palmer is one of our lovely players and goes to St Damians, during the assembly he got up to speak in front of his whole year about his CP, his football and personally thank his school mates & teachers for raising the money. A big Thank you to Jake for being a great ambassador for our club and charity and being such a fantastic young man. We'll done! Thanks again to everyone at St Damians RC... What a fantastic school who share our club values; Be kind, look after each other, show respect.



Ryan O'Hara's family for filling collection boxes ☺

THANK YOU to Mayday Homecare (Keymengroup) for their very kind donation of £250.00. This has come via Ollie Miller's parents so a big thank you to them for putting CPUFC's name forward.

Thank you to all the mums, dads, family members & friends who have raised money through the football cards too, you are all making a massive difference. (If anyone wants any football cards to use please see Ruth.)

To all who drinks lots of brews and buys their snacks at The Boot Café this all goes back into the club and is a continual source of funds.

YOU ARE ALL AMAZING and WE THANK YOU.

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



CLUB SHOP

As it is the beginning of the season For those players who are new or if you still need kit or need to replace old/lost kit please visit our online club shop. Please follow this link...

<http://www.clubwebshop.com/az/clubs/cerebralpalsy unitedfc/>



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.

The main training club wear is found in the **Training Wear** tab.

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!

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 to yourself and others
- ⚽ Show respect to yourself and others
- ⚽ Look after one another and yourself



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