



### \*\*\*COVID19 update\*\*\*

As you may now be aware the 2019/20 season is finished in terms of all games and training for all Grassroots clubs. This is in line with the FA 's decision and announcement on 17<sup>th</sup> March

#### LEAGUE CANCELLATIONS

All grassroots leagues will be void, which means there are no official winners, no promotions or relegations. We have 2 teams who play in ability counts leagues (Adults and u16) and we understand that people may be disappointed about this situation, but the FA really didn't have a choice other than to void this season if we want any kind of football and normality next season. The reality is that in this unprecedented time football pales into insignificance!! The most important thing in ANY season is always to enjoy the journey, the fun, the friendships, the challenges, the growth, the learning and the development is always in the journey, not in the end if you win a cup or not. You have all achieved so much this season and that can't ever be taken away, you were on course to win trophies and that would have been fantastic and felt really nice, but it is NEVER all about the trophy.....that is only ever just one part of a seasons journey and we have all the other parts. We will start again next season and try to do even better. Playing in PAN disability football leagues is always a big challenge for players with CP/ABI and its one that you have excelled with as teams and as individuals. Be very proud of that and let that and use it in the coming seasons.

#### TRIP CANCELLATIONS

**DUBLIN** – We have requested a refund from Ryanair for the cost of the flights which has been accepted and we are just waiting for this to be processed. We will hopefully be receiving this soon and we will in turn then be able to refund everyone's money.

**BELFAST** – It has now been confirmed that The George Best Tournament in June has been cancelled and we will look again at this for next year.

#### COACHES: FA COURSES

All FA courses have now been put on hold until further notice. If any of your qualifications are due to expire in the next 6 months, the FA will extend your eligibility to coach. Please speak to Michelle for more details.



We have had our FA Charter Standard Development club status renewed for a 4th season. Thanks to everyone who put the work into renewal, all the coaches for keeping their qualifications up to date & attending all the extra coach events we put on to support continuous personal development. Massive thank you to EVERYONE at the club who work every week on and off the pitch to maintain high standards and provide a safe, welcoming, learning environment that helps us to focus on developing people as well as players. ⚽😊

#### KEEPING ACTIVE – VISIT OUR WEBSITE

We can see from the videos/photos sent through that you are all doing well and keeping active.

Please don't forget to do your stretching!!! This is so important to help your CP and stiff muscles.

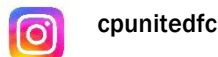
You will see on Facebook we have put up some stretching exercises, help with using a foam roller. You can also look at these links via our website [www.cpunited.co.uk](http://www.cpunited.co.uk)

We have also put on there some links to activities for the family and help on things to do during this time of isolation.

Keep your eye on all our media for help, ideas and support with this for the whole family

#### INSTAGRAM:

We have added another platform to our social media and CP United are now on Instagram. Please follow us on:



**OVERALL:** We will keep you up to date via texts, FB & emails as and when we are given any more information or advice.

Stay calm 😊 Stay safe 😊 Be kind 😊 Look after each other 😊  
... Keep washing your hands! 😊



## WELL DONE

To all who have been taking part in the weekly challenges set via FB, Twitter and Instagram:



Ollie Loughran from our U11's won the School Art Challenge.

Mason Cotgrave from our u12's won the School Baking challenge.



Our adult players have been tasked with picking the winners and it has been extremely hard for them to do!!! Keep up the great work, keep engaging and stay connected

## HOME SCHOOL CHALLENGES:



Anyone who enters the challenges will win a skills ball to practice with. The winner of the weekly will receive a size 4 football

All prizes will be given out when we get back to football.

## CONNECTION IS VITAL:

Thank you for all the videos, photos and challenge ideas you are sending in and sharing across the media platforms and with Michelle to pass on. **PLEASE** keep them coming!!!!

You can send them into: [michellewilcock@cpunited.co.uk](mailto:michellewilcock@cpunited.co.uk)

Whatsapp them to Michelle (PLEASE do not text any video's or photos to Michelle as sometimes they don't come through via text; use whatsapp only)

Or share them on FB in the comments to a specific post or post on Twitter.

## STAYING IN TOUCH - Zoom video chat:

On Saturday 4<sup>th</sup> April we tried our first Zoom video chat for all age groups to dial in and have a video conference with each other. We had a few technical problems with a few people being unable to access and some people taking several tries to access the call. However overall it was extremely successful and all groups have asked to do it again in the coming weeks. Saturdays will be our zoom chat days. All players are invited to join us from all centres (Partington, Liverpool, Blackpool, Cheshire and Kendal.)

Anyone U18 **MUST** get the chat set up by and adult

Anyone U16 **MUST** have an adult in the room at all times whilst on the call.

Information and log in details for this week's call will be shared via text later in the week

## DOUGS JOKE:



Doug's Joke has gone online, you can find his jokes on our social media channels. Well done Douglas for thinking of others and wanted to make people smile.

## COACHES CORNER – James Wilcock



During self-isolation it can be easy to get into an unhealthy/negative routine. At this challenging time, it's difficult to give advice and support as everyone is different in their mentality and in their situation. Some people will be enjoying being at home and not leaving the house, some people will be climbing the walls with boredom and others (like myself) will be going through their self-isolation snacks like there's no tomorrow!

I got a good piece of advice the other day that's simple and fairly broad so can be applied to anything. If it's healthy, having a positive impact and making you and others happy...keep doing it. If it's unhealthy, having a negative impact and making you and others unhappy, stop doing it. Simple structure can massively improve your week and help you to maintain a positive mentality. Setting your alarm and getting up at a regular time, coming up with daily or weekly goals (fitness/educational/tasks) will give you purpose and focus

If anybody needs any support during this time please reach out and we will help where we can. Stay safe and healthy, *James*

## NEW CLUB EMAIL ADDRESSES

Please see below new direct email addresses for the regional sessions For the Liverpool and Partington sessions and any general enquiries please email [info@cpunited.co.uk](mailto:info@cpunited.co.uk)

[michellewilcock@cpunited.co.uk](mailto:michellewilcock@cpunited.co.uk)

[treasurer@cpunited.co.uk](mailto:treasurer@cpunited.co.uk)

[cheshire@cpunited.co.uk](mailto:cheshire@cpunited.co.uk)

[blackpool@cpunited.co.uk](mailto:blackpool@cpunited.co.uk)

[kendal@cpunited.co.uk](mailto:kendal@cpunited.co.uk)

[dancarter@cpunited.co.uk](mailto:dancarter@cpunited.co.uk)

[safeguarding@cpunited.co.uk](mailto:safeguarding@cpunited.co.uk)

## CLUB SHOP

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/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.

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



National Winners 2017  
FA Charter Standard Development Club of the Year



@CP\_United\_FC

[info@cpunited.co.uk](mailto:info@cpunited.co.uk)

[www.cpunited.co.uk](http://www.cpunited.co.uk)



Cerebral Palsy United FC



Registered Charity Number: 1175709



**A BIG THANK YOU TO ANYONE WHO IS A KEY WORKER**



**SOME OF THE WAYS WE HELP SUPPORT**



**Dan Carter:** We are very lucky to have Dan Carter as part of our staff, and as one of our Trustees, 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/>  
[Dancarter@cpunited.co.uk](mailto:Dancarter@cpunited.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 😊

Martin from **Clear Futures** who has been working with us this season to support our mentoring and befriending project with Maximum Edge is continuing his weekly emotional support hub: **TEAM TALK**, but is doing so remotely over the coming months. He has kindly offered it up to not only our older players but ANYONE associated with CP United to use if/when they feel they need some support, or just a chat.

"**TEAM TALK**" is there for people to talk in confidence and also to help people feel less alone in this time of isolation. You can contact him 9am-6pm 7 days a week on:  
[martin@clearfutures.org](mailto:martin@clearfutures.org)

Mob: 073051 99835

facebook: Team talk st.helens



**FUTURE FUNDRAISING EVENTS**

**Junior event**



**Badass Mucker - June 20<sup>th</sup>, Lancaster;** we had planned to enter a team from CP United to raise much needed funds for our charity and football programs. At present we have not had confirmation that this will be postponed but it is highly likely that it will be. However once this is all over we will work hard to set it up again with the organisers. Children will complete a muddy obstacle course over a distance of 2.5K. Children can also be accompanied by an adult. So once we have a date confirmed get your old trainers ready, get some sponsors sorted and let's have some great fun getting very mucky whilst raising some money. For ages 5-15 (they have said if any of our younger Tots players want to get involved they will make them a little course on the day)

As well as people getting individual sponsors, we will also be looking for companies or private businesses to sponsor this club event. At present let's presume this is all on hold and we will confirm for definite once we have it in writing and then work towards a new date.

**Adult event**

**Sponsored Walk – October Half term;** All info to be confirmed in the next couple of months. We would like ALL adult players to take part if possible to help raise money for the club and for upcoming trips and tournaments in 2021. Our junior members and their families are also very welcome to take part in this.

***At present none of this is important, staying safe and well is top priority for everyone. We are just sharing future plans as a bit of light at the end of the tunnel. Once our current situation is over fundraising will become a priority for us as a charity and any help you can give us at that point would be great. Once we have things ready and organised if you can spread the word with any companies/businesses you may know who might like to help that would be great. Also if anyone works at a company where they offer match funding options for charity fundraising events please let us know. Thanks***

**SAFEGUARDING:**

Please note our Safeguarding officers:-  
**Collin 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.  
[safeguarding@cpunited.co.uk](mailto:safeguarding@cpunited.co.uk)



## MONTHLY DONATIONS

During this very uncertain time we feel it is only right to acknowledge that you may have to suspend your monthly donations to CPUFC due to the financial implications of the Corona Virus. PLEASE don't worry if that is the case we can always get them set back up again in the coming months. It's no problem at all if you need to do this we just ask that you please let us know if you do so we can keep track and help people get set up again when convenient. You can let us know by emailing [info@cpunited.co.uk](mailto:info@cpunited.co.uk)

To cancel your monthly standing order at this time.

You can do this using the details below.

**SORT CODE: 30-84-63**

**ACCOUNT NO: 57958560**

**ACCOUNT NAME: CP UNITED FOOTBALL CLUB**

Any queries regarding payments please contact our Treasurer – James Trafford on [treasurer@cpunited.co.uk](mailto:treasurer@cpunited.co.uk)

## EMERGENCY FUNDING

We had some great news last week; we have managed to secure some emergency funding from the STEVE MORGAN FOUNDATION to support our charity for the next 3 months. This funding will allow us to keep delivering remote support and working hard to ensure people stay connected in various ways and don't feel alone during this time of isolation. In normal circumstances All our programs work to support the health and wellbeing of our members, players and families included. If at any point in the coming weeks/months you need some support PLEASE get in touch, you are not on your own, we are a community and we look after each other. As James said in his coaches corner everyone's situation is different and we are all coping as best we can with the different difficulties we face. Any support we can offer we will try our best to do so and we now have a specific budget for that.

A Massive thank you to Steve Morgan Foundation for their help during this difficult time



**THANK YOU** to Catherine Casey from INS who helped us to secure £500 in February from INS community fund. This funding has helped us to buy some new pop up goals which we CAN'T WAIT to use!!! We look forward to welcoming Catherine along to Partington when we get back for a cup of tea and a photo. **THANK YOU INS FOR YOUR KIND DONATION!!**



**THANK YOU** to Ed Percy from Vercors Health Advisory Services for your kind donation of £100.

## AMAZON SMILE



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

Please help us to raise some money whilst doing your shopping in the January sales



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 😊

## 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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Cerebral Palsy United FC



Registered Charity Number: 1175709