



CHRISTMAS DATES - PLEASE NOTE

- Last training/fixture day Partington - 30th Nov
- Last Cheshire date - Wed 11th Dec
- Last Liverpool date - Mon 16th Dec ****
- Last Blackpool date - Mon 9th Dec
- Last Kendal date - Wed 11th Dec

**** The Liverpool 16th Dec** evening will be an LCFA coach development night for local coaches across Merseyside who work in the disability game. We have been asked by LCFA to showcase our work with foundation phase players (age 5-12) so the session that evening will be observed by coaches attending the workshop and allow us to share good practice about working with young players.

RETURN DATES:

- Partington - Sat 18th Jan
- Cheshire - Wed 15th Jan
- Liverpool - Mon 13th Jan
- Blackpool - Mon 13th Jan
- Kendal - Mon 13th Jan (Please note change of day from Wed to Mon)

CP UNITED CENTRES ACROSS THE NW REGION

Just a reminder 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 - Monday night
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 - Wednesday 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

FORTHCOMING FIXTURES & EVENTS:
ALL GROUPS - IMPORTANT DATES

Adults: 25th January Liverpool Ability Counts League (Peoples Cup info tbc)

U16 Man Ability Counts League (Starts back in March)

We have fixtures coming up for younger groups too but will confirm this all in our next newsletter

AGAIN CAN WE PLEASE ASK THAT YOU CHECK YOUR TEXT MESSAGES & SOCIAL MEDIA FOR CONFIRMATION OF WHAT IS GOING ON THAT DAY FOR YOUR PARTICULAR GROUP..

ROUND UP OF OUR NOVEMBER FIXTURES

What a busy month for fixtures ☺

It was great to welcome our friends from Ireland CP academy to Partington during November.

The games with Ireland were great to watch and both sets of players were a credit to both clubs and counties.

Thank you to everyone who helped out with organisation, food, picking up pizza, reffing, chaperoning, being mascots and ball boys, coaching and supporting.

It was great to hear our friends from Ireland have felt so welcomed and looked after the past couple of weeks. Thanks everyone for the work you do



A great day at St Georges Park on 23rd November. Lots of game time across all age groups and lots of lessons and development too. It was a challenging day with so many people off ill with this bug that seems to have hit the club. We hope that all players, coaches and family members who were poorly are feeling much better.

Thank you to Manchester FA for supporting us through your Fund4Football, it enabled us to pay for the pitch at St Georges Park.

Lots of development and games and lots of memories made. <https://youtu.be/wERG7c2HFDc>



Well done to our U16's and Adults in their Ability counts league fixtures this month and a well done also to our



little ones who played in a match v Urmston Meadows side pan disability team.





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 😊



Ways in which we Support: Alongside a busy November Saturday at Partington we had a great time up in Carlisle supporting Cumbria Frame Inclusive football. These little ones loved playing football again. They worked on changes of speed, direction, balancing

skills and lots of 1v1s. It was great to meet everyone and we look forward to seeing you all again 😊

SAFEGUARDING:

Please note our Safeguarding officers:-
Colln 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.

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



DOUG'S JOKES



Q: What do you get if you eat Christmas Decorations

A: Tinselitus! 😊 😊



COACHES CORNER – THIS MONTH
JAMES WILCOCK



Merry Christmas and Happy New Year from everyone at CP United.

Another successful year for the club in all areas of growth and development with home and away international fixtures, new players arriving in all age groups and a great start to the adult league with the team sitting at the top of the table at Christmas. To all the players, enjoy the break and we're looking forward to seeing you back well rested and ready to work hard in the second half of the season.

SANTA RUN & JUNIOR CHRISTMAS FESTIVAL



A fantastic end to the first half of the season with our annual santa run. Lots of fun for everyone. Thank you to everyone who attended and help raise funds for the club 😊

To all the people who helped with food, raffle prizes – Thank you 😊



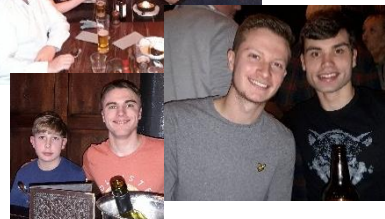
We would would also like to thank everyone at Partington Sports & Leisure for all their support and looking after us so well.



COACHES & ADULT CHRISTMAS MEAL



A lovely Sunday afternoon at Smugglers Cove, Albert Dock, Liverpool for the coaches, staff and some of our adults to finish off the Christmas festivities.



National Winners 2017
FA Charter Standard Development Club of the Year



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. If the company you work for has any events where they nominate a charity for example like the Barclays quiz night. Or if they have any social responsibility nominations Please bear us in mind)

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. In the New Year 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



A big thank you to **Josh Troops** for his kind donation to support our club programs.



A thank you also to **Sue Miller** for the donation of £150 from collections at work 😊

To all who drinks lots of brews and buy 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.

NEW CPUFC FLYERS

We have had some new flyers printed giving some basic information on CPUFC if you would like some copies to give out to your physio/OT or anywhere you think you can pin on a notice board please see Ruth.



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.

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/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 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



FROM ALL THE STAFF, COMMITTEE MEMBERS & TRUSTEES AT CP UNITED WE WOULD LIKE TO WISH ALL OUR PLAYERS AND THEIR FAMILIES A VERY HAPPY CHRISTMAS AND NEW YEAR AND A VERY BIG THANK YOU FOR ALL YOUR SUPPORT.



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@CP_United_FC

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www.cpunited.co.uk



Cerebral Palsy United FC



Registered Charity Number: 1175709