



Cerebral Palsy United Football Club NEWSLETTER

"Be the Best you can Be"

ISSUE 41 – NOV 2019

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 16th 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 22nd Jan
- Liverpool – Wed 20th Jan
- Blackpool Mon 20th Jan
- Kendal TBC

CHRISTMAS SOCIAL EVENTS:



We are holding a Santa Run and Junior Christmas party at Partington - Sat 7th Dec 11am-1pm – ALL WELCOME

Coaches/Committee & Adult Christmas meal – Sunday 8th Dec @ 2.30 pm Smugglers Cove, Albert Dock, Liverpool. If you haven't registered interest in this please do so ASAP.

REGISTRATION AND MEDICAL FORMS

It is now a matter of urgency that we get the registration forms in and the registrations fees (£30 for the season) paid in order to update our records and ensure we can pay for pitch fees in the new year to keep things running. ALL forms need to be completed by 16th Nov (If you would like to pay the registration fee in part payments that's fine just let a member of our team know). **IF YOU NEED ANOTHER COPY OF FORMS PLEASE GO TO:** <http://www.cpunited.co.uk/registration-forms/>

Where you can download the appropriate forms.

These forms should be handed back to Ruth ASAP. We need these to keep records up to date and for insurance purposes. Thanks for your help with this.

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/

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.** We will still have the community room and toilets are available in the leisure centre.

FORTHCOMING FIXTURES & EVENTS: ALL GROUPS – IMPORTANT DATES ANOTHER BUSY MONTH AHEAD OF US



***9th November** u16 game v Ireland CP Juniors At Partington KO time TBC (approx. 11.45 am) All other Groups training times will be the same. Please see your text messages from Michelle and what is posted on FB.

***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 ☺)

(Please note if the weather is bad and the Partington pitch floods on either weekend when we have Ireland over we have arranged a back up plan this will mean travelling to another pitch nearby but we will communicate this the night before so please look out for text messages)

HELP PLEASE – With Ireland coming over we will be doing a buffet if anyone can help with food please contact Ruth on info@cpunited.co.uk or 07927 007190. Thank You.

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..

***22nd November** u16 Ability Counts fixtures Salford Sports Village M7 3NQ meet 6pm (Please note this is a change of date from what was posted in last newsletter)

***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

***30th November** Adults Ability Counts league Meet no later than 9.15am @ Reception, Archbishop Beck School, Liverpool

NB: The pitch at Partington is at the end of its lifespan and will hopefully be replaced within the next 18 months. This however means that if we have persistent heavy rain on a Friday through into Saturday it is likely to flood. This doesn't mean training will be cancelled It just means we will adapt and go inside to play futsal. With this in mind PLEASE always bring your trainers for indoor use with you. (every week just incase)

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.

National Winners 2017
FA Charter Standard Development Club of the Year



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info@cpunited.co.uk

www.cpunited.co.uk



Cerebral Palsy United FC



Registered Charity Number: 1175709



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

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

NEW CENTRE OPENING IN NOVEMBER:

We are delighted to be supporting Cumbria Frame Inclusive Football up in Carlisle to get up and running again. The first session will be on 16th November 2019 10.30-12.30 pm at St James Church Hall, St James Road, Carlisle –



Enquiries to 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 😊

CPUFC – OUT & ABOUT IN THE COMMUNITY



Great day today in Orford for the Warrington school sports partnership Ability Day. Thanks for asking us to deliver the football sessions with its great to support community events and it was fantastic to see Albie from our foundation group taking part.

SAFEGUARDING:

Please note our Safeguarding officers:-

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.

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RISEING STAR OF THE YEAR AWARD



Very well done to Bryan Kilpatrick Elliot at the Sheffield & Hallamshire County FA awards. Bryan from our u14's won the Rising Star of the Year Award for all his hard work and dedication to helping raise awareness for CP football. Cracking little player, cracking little lad. Well done Bryan!!!! You will also have seen him and his CP United team mates on CBBC on Match of the Day Kick About. Bryan took part in the can you kick it competition back in June.

CONGRATULATIONS

Josh Troops won the NWABI network achiever of the year award and will receive it on Friday 15th Nov. Well done Josh working so hard to make positive changes in your life through football.

OCTOBER FIXTURES

Thanks to everyone who helped out on our CP MY GOAL Festival on 19th October.

Thanks to Stoke City CP for joining us for some games. Special thanks to all our older players who stayed behind to help run the day & mentor our younger club mates. You were fantastic and the little ones loved having you help and support.



Great time in Nantwich with our friends at England Amputee FA. Over 30 of our players enjoyed some challenging games in the rain. Thanks to Owen and his team for the warm welcome as ever... Look forward to seeing them all again in February.



COACHES CORNER

It's been a busy season so far with lots going on for all to see in terms of fixtures and training all over the NW. There is also an awful lot going on behind the scenes that you can't see to put us in a better position to sustain the amount of programs and projects we have going on and allow our numbers to continue to grow. Over the coming months we will be looking to collate and gather info and evidence to help us with the writing of funding bids and putting together case studies to further strengthen our case for outside financial support and it will also help us to promote the work we do. We are also going to have to go digital in terms of the info forms we use for registration, medical GDPR and media consent because of the size we now are and the numbers we are dealing with. The benefit of this is not only will it save time and paper from our point of view but also the digital system will collate things for us, bring it all together also help us to produce evidence and data to back up our financial proposals. It will be sent out via email and then follow a link and complete it from there.

I just wanted to give you some notice of this and to ask for your cooperation once we start to get things out to you all.

With such a busy month of fixtures coming up I'd like to also take the opportunity to thank you for your wonderful support and commitment and helping us to create a positive and safe learning environment for all our players. A gentle reminder to keep up that good work at our up coming fixtures :)

Thanks Michelle

SPONSORSHIP AND DONATIONS

THANK YOU

A MASSIVE THANK YOU to Barclays for organising a brilliant Fundraising Quiz Night at the Oh Me Oh My Hotel in Liverpool on 17th October. This was a fundraising event in aid of CPUFC There were 24 companies from around the city who had a brilliant night and helped raise an amazing amount of funds (Final figure to be confirmed). A very big thank you to Anne & Christine from Barclays who organised it – particularly Anne who put forward our name. Anne is Louis Ashcroft's Aunty and had heard about us via Louis and his family. The Ashcroft family were there in full force too supporting the night.

Also a thank you to the company that Ruth works for – Mason Owen - who entered two tables on the night and supporting us throughout the event.



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 Jonty Pattinson and Josh Troops two of our adult squad members who very kindly made donations recently to support our club programs.

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.



BBC YOUTH EVENT – 14th NOVEMBER

BBC Youth Audience are running an event in Salford on **Thursday 14 November**. It will be a day which will give people the opportunity to talk about what they value from media and what more they would like from the BBC. All refreshments will be provided free of charge plus they are offering a **free BBC tour** and a **£25 Love2Shop voucher** to thank people for their time (09:30-16:30 followed by the tour). They are **looking for young people aged 18-24 who live in Greater Manchester and who are happy to give their opinions on the day**.

For more information please contact

http://www.bbc.co.uk/showsandtours/shows/youth_audiences_event_14nov19

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/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 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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