



Cerebral Palsy United Football Club NEWSLETTER

"Be the Best you can Be"

ISSUE 44 FEB 2020

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: 4.45 – 5.45 pm – Monday night

Contact Pete Nicholls: kendal@cpunited.co.uk

LANCASHIRE: BLACKPOOL

Venue: St Georges School, Cherry Tree Road, Blackpool FY4 4PH

Time: 6.00 – 7.00 pm – Monday night

Contact Alan Williams: blackpool@cpunited.co.uk

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: cheshire@cpunited.co.uk

LIVERPOOL: PLEASE NOTE – NEW INDOOR VENUE

Venue: Croxteth Sports Centre, Altcross Road, Liverpool L11 OBS

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

CUMBRIA FRAME INCLUSIVE FOOTBALL

We are continuing our support with Cumbria Frame Inclusive football at Yewdale Community Centre, Hutton Way, Carlisle CA2 7TH : Sunday's 10-12pm on the following dates:

Sun 16th Feb

Sun 1st Mar

Sun 26th Apr

Sun 31st May

Sun 14th June

Sat 11th July



PLEASE NOTE ...FORTHCOMING FIXTURES & EVENTS: ALL GROUPS – IMPORTANT DATES

FEBRUARY:

-Sun 9th Feb – England Amputees

9.30 am meet Reesheath College, CW5 6DF 10.30 KO – Adults

-Mon 24th Feb – Warrington Inclusion League

Meet 6.45pm reception Orford Jubilee Hub U13's

-Sat 29th Feb – Adults Ability Counts League Meet no later than

9.15am @ Reception, Archbishop Beck School, Liverpool

MARCH:

-Fri 6th Mar – Manchester Ability Counts League – U16's

Salford Sports Village 6pm meet

Sat 21st Mar - St Georges Park Festival all club all info tbc asap

-Sun 22nd Mar – England Amputee's u10 u12 u14 u23 v England Amputee's Reesheath College 10am meet (Adults meet 9.30 am)

-Sat 28th Mar – Adults Ability Counts League Meet no later than

9.15am @ Reception, Archbishop Beck School, Liverpool

-Sun 29th Mar – Newtown Festival in Worcestershire U10 & U12 (tbc)

- Mon 30th Mar – Warrington Inclusion League U13's

Meet 6.45 pm reception Orford Jubilee Hub

APRIL:

-Fri 3rd April – Manchester Ability Counts Fixture

6pm meet at Salford Sports Village U16's – this depends on availability due to Dublin trip the next day.

-4th April – DUBLIN TRIP V CP DEVELOPMENT ACADEMY

NB: DIFFERENT DATE FROM PUBLISHED IN LAST NEWSLETTER

– **APOLOGIES** – Please confirm place by 13th February 2020 – please reply to Michelle/Ruth or info@cpunited.co.uk

There will be a **£25 non refundable deposit** and you will need to supply a copy of the players passport.

We will be booking flights for players **ONLY**. Parents/carers will need to sort own travel arrangements (please do not book until the club have booked their group booking otherwise prices will be put up by the flight company and seats will be limited. This trip will be available to advanced groups: Adults, U12, U14,U16's.

-Easter break there will be NO training on Saturday 11th & 18th April . Regional sessions Easter Break:

Kendal, Blackpool & Liverpool No Sessions 13th and 20th April – back 27th April.

Cheshire No Sessions: 15th and 22nd April – back in 29th April.

-Sat 25th April – Liverpool Ability Counts League – Adults

- Sat 25th April – Training back at Partington for all groups

-Mon 27th April - Warrington Inclusion League U13's

MAY:

-Fri 3rd May – Manchester Ability Counts Fixtures (U16's)

-Sat 16th May - Festival all at Bridgewater, Bristol (tbc) All age groups. The plan is to get a coach from Partington (but if you want to meet us there that's fine too).

-Sun 17th May - u23 v England Amputee's at Reesheath (Adults)

-Mon 18th May - Warrington u13 Inclusion League

JUNE:

-Sat 20th June – Liverpool Ability Counts League - Adults

ADULTS: GEORGE BEST TOURNAMENT, BELFAST – still to be confirmed but we do need a register of interest by 29th February 2020. THANK YOU

Fly out Wed Evening 24th June return Saturday 27th June .

Cost to be confirmed but looking at approx. £250 - £280 which will include Bed & Breakfast, Lunches, Evening Meal Thursday night, Flights and Transfers. We will be going out on the Friday for a meal/social event so extra spends will be needed for this. We are trying to keep the costs of all the trips as low as possible but at the moment it is trying to sort the cost of the flights. If you are interested please let Ruth or Michelle or email info@cpunited.co.uk. We really do need to know if you can attend this tournament so that we can organise it.

JULY:

-Sat 4th July - NW champions league tbc – Adults (this depends on winning LCFA Ability Counts League)

-Sat 18th July – Family Day tbc

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..

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



GREAT START TO 2020....

"New players, new teams, new venues".

It's been a busy start to the new year with lots of new players registering. In the last 4 weeks we have had 14 new players come to join us across all age groups and centres. A very warm welcome to you all and we look forward to getting to know you.

We also started our adult development group which we are excited to see grow in the coming months.



Our new venue in Liverpool is at Croxteth Sports and Wellbeing Centre and is perfect. Teas and coffees are available in the café area for parents/carers



just ask on reception for the door to be opened.

Well done to everyone who played at the Cliff v MUFC pan disability teams. A great turn out on a January Friday night and some great football.



PARTINGTON

For those who attend Partington on a Saturday, you will have noticed that the middle doors leading through to the community room have been locked. This is due to security reasons and we would ask that everyone walks around and enters through the side gates and in through the front doors of the community room.

At approx. 12.45 the front gates will be opened to give access for those coming through on frames etc.

You will also note that the disabled toilet's wash basin is currently out of action so we would ask that parents please use the leisure centre facilities and players will have access to the changing rooms.

Can we please reiterate that unless accompanied by a coach or a staff member of CPUFC no parent is allowed in the changing room area.

Thank you.

RED JANUARYstill continuing throughout 2020



For all our players, families, coaches and volunteers we will be supporting **Red January** again this year and taking the concept on again throughout 2020 with our Reds together project. This project focuses on healthy lifestyles and on our **Rest, Exercise and Diet** to support both physical and mental health.

Parents and family members please make use of the time you have whilst your child trains to Rest, take some exercise or do your shopping.

DOUG'S JOKES



*Where does Wellington keep his armies?
 UP HIS SLEEVES 😊😊*



*Why did Jack Horner sit in the corner?
 BECAUSE HE HAD A SQUARE BUM!! 😊*

**COACHES CORNER – THIS MONTH
 DYLAN COADY**



Hi my name's Dylan and I'm a player and a coach at the club. I am currently a student at Liverpool John Moores university in my final year.

I've been involved with the club for many years first as a player and then over time have progressed into coaching. I love being part of the club and the opportunities it gives to the players to socialise, come and play football, and just have fun it's been really nice to see how much the club has grown over the years and has helped shape me into the person I am today.

As part of my final year for university I'm doing research at the club about how the club has had an impact on players wellbeing. Part of my research is to conduct a focus group with 4-6 parents/guardians from the 13+ages to see how the football and the club has helped the well-being of the players. It will take no longer than 30 minutes to complete I would really appreciate your help. If you are interested please email me at D.Coady@2017.ljmu.ac.uk by 29th February 2020 and we'll arrange a date to do the focus group in due course thank you.

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.

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

- michellewilcock@cpunited.co.uk
- treasurer@cpunited.co.uk
- cheshire@cpunited.co.uk
- blackpool@cpunited.co.uk
- kendal@cpunited.co.uk
- dancarter@cpunited.co.uk
- safeguarding@cpunited.co.uk

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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

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 😊

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.
safeguarding@cpunited.co.uk

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)
A BIG THANK YOU TO:



Holly Bush Pub raising £400.00
George Shaw's Great Gran raising £112.00

We have lots of new collection boxes so if you would like one for your local pub/workplace/shop please speak to Ruth.

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
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.



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/>



assigned to the item.

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

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!

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

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

Any queries regarding payments please contact our Treasurer – James Trafford on treasurer@cpunited.co.uk

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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