



Cerebral Palsy United Football Club NEWSLETTER

"Be the Best you can Be"

HAPPY NEW YEAR!

ISSUE 43 JAN 2020

2020 - TRAINING START DATES - PLEASE NOTE

Partington - Sat 18th Jan
Cheshire - Wed 15th Jan
Liverpool - Mon 13th Jan
Blackpool - Mon 6th Jan
Kendal - Mon 13th Jan

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: 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

CONGRATULATIONS to Max who won Lancashire's sport trust inspirational young leader of the year award.



We are very proud of you Max, living our club values and being such a positive young man. It's lovely to hear that Alan your coach at our Blackpool sessions has inspired you too. Keep up the great work buddy and Well done!

Please take a few minutes to watch max's video and listen to him talk so well about our club values. He has some great advice for everyone :)

<http://martonprimary.academyblogger.co.uk/2019/12/12/max-a-truly-inspirational-pupil/>

RED JANUARY



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.



**Welcome back and happy new year.
Another exciting year ahead with lots of growth,
development and fixtures to come.**

FORTHCOMING FIXTURES & EVENTS: ALL GROUPS - IMPORTANT DATES

Adults: The Liverpool Ability Counts League game is Sat 29th February (the January session is not on and the extra game will be played in June)

U16/U14/U12: v Manchester United - Game Fri 24th Jan
Venue: The Cliff Training Ground
413 Lower Broughton Rd, Salford M7 2HU
Meet time 6.30pm
KO time: 7pm
Approx finish: 8.30pm

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..

FORTHCOMING TRIPS - PLEASE SAVE THE DATE:

DUBLIN - DAY TRIP WITH CP FOOTBALL DEVELOPMENT ACADEMY - SATURDAY 4th JULY

Potentially - Adults/U12/U14

Cost to be confirmed.

ADULTS: GEORGE BEST TOURNAMENT, BELFAST

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.

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 in any of the above trips please let Ruth or Michelle know and in the next couple of weeks we will be issuing further information

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



NEW ADULT DEVELOPMENT TEAM

We are delighted to announce that after lots of hard work we are ready to start our Adult development team.

We have our first session this Saturday 18th January at Partington Sports Village M314ES from 11:30am-12:30pm

We have sent individual invites out and are looking forward seeing you all there.

The session will be to build our new team and also offer extra technical training sessions for some of our current players in the existing adult section that we run.

If you are age 15+ and would like to join us for training please get in touch. Once we have the numbers (we are not far off) we will start to play in appropriate games with this group. Look forward to seeing you all there 🏀

STAFF/COACHES DAY



A big thank you to all coaches, volunteers and support staff who gave up their day and came in last Saturday 7th January to catch up and prepare for the second part of the season.

LET US KNOW IF YOU WANT TO GET INVOLVED IN ANY OF THE FOLLOWING PROJECTS/TV PROGRAMS !!!!!

We get lots of information sent through about tv programs looking for young people and also information on local projects, if you are interested in any of the following please let us know:

The ProtoEV STEM Challenge is a motorsport competition where teams of young people from community youth and sports groups (aged 13-19) turn used petrol go karts into high powered e-karts, which they then test and race to see which is the fastest and most energy efficient. This hands-on STEM learning programme leverages the thrill and appeal of karting to engage young people who may have low awareness of careers in engineering and technology. **The top six teams will get to demonstrate their self-build electric karts in the Fanzone area of the London EPrx in July 2020. Duration: Apr - July 2020**

Activities: A programme of kart building workshops will be delivered once a week for 12 weeks, leading up to 1 x test day and the race final in mid-July **The whole programme is supported by the Blair Project, and they will deliver training workshops and provide the resources needed.**



CBeebies are currently casting for the new series of Gigglequiz they are looking for children around the ages of 6-8 years in the Greater Manchester area who are confident and enthusiastic to potentially take part in gameplay as part of the show. They are looking for children who would take part in a gameplay casting session at MediaCityUK and potentially then be in the new series of Gigglequiz.

If you think you would be interested in this please contact us at info@cpunited.co.uk and we can pass on the information to you to contact CBeebies direct to seek further information.

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DOUG'S JOKES



"WHAT DO YOU CALL A FLYING MONKEY?"

A HOT AIR BABOON



COACHES CORNER - THIS MONTH
HAYDEN CHRISTIE



Let me be the first to wish all the players, parents and staff a Happy new year! 2020 brings with it a lot of exciting opportunities and fixtures for all of the players, so I hope you're all looking forward to that.

2019 was an amazing year for the club and I personally made some great memories both as a player and a coach. My work with the Cheshire Centre has been a learning curve for me over the past year, Moving venues and gaining some new faces, including Liz Clarke, who will be helping deliver the Cheshire sessions as the group continues to grow. Liz is hopefully going to be joining us occasionally on a Saturday at Partington too.

But as a player it seems like I am now the old man. I've been playing at the club in both its new and old format since I was 11 and it's been a long 9 years to say the least, as I see all these young players playing and developing it reminds me of how much I love the game of football. I hope to keep working with all players to help them develop as people and players and I'm sure I can learn a lot more from them too. I hope to see you all in the coming weeks and here's to an amazing 2020!"

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 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.

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/>

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:

We are continuing our support with Cumbria Frame Inclusive football and looking forward to seeing them all again soon.

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.

If you think you would be interested in this please contact us at info@cpunited.co.uk and we can pass on the information to you to contact them direct to seek further information.

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

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.



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

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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