



Cerebral Palsy United Football Club NEWSLETTER

"Be the Best you can Be"

ISSUE 45 MARCH 2020

COVID19 update

After the decision in the professional game to cancel fixtures we are continuing to follow the most up to date advice from the Government and the FA. It is not felt that all GrassRoots fixtures need to be cancelled as a matter of course at this time. However due to the nature of our work and the members we have potentially being at a higher risk of contracting the virus we have taken the decision to cancel training at Partington on Sat 14th March along with all the midweek training sessions the following week at our centres.

(This could be extended up to 3 weeks but as the situation is changing daily all we can do is keep you up to date.)

We are sorry for the disruption and inconvenience and no doubt disappointed, but unfortunately it can't be helped.

With regards to our festival at St Georges Park on 21st March we will update you further next week. (as it stands SGP is shut as of today)

With regards to our fixtures with England Amputee's in Crewe on 22nd March again we will update you all next week.

With regards to our fixtures in the Liverpool ability counts league, the Manchester ability counts league and the Warrington Inclusion league all due to take place at the end of March we will also update you next week.

Our trip and fixtures in Dublin on 4th April we will update you all as soon as we know anymore

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 😊
... And keep washing your hands! 😊

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

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 0BS

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

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

MARCH:

Sat 21st Mar - St Georges Park Festival all club – See Info below
-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 U12/U14

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

Meet 6.45 pm reception Orford Jubilee Hub



Awareness



To celebrate CP Awareness month we are hosting a festival and an adult fixture on Saturday 21st March at St Georges Park 🎉

If you haven't let us know if you can come or not PLEASE let us know asap. ***Slight tweak to meet times***

-The coach will LEAVE Partington no later than 8am
-IF YOU ARE MEETING US THERE:

Players from u10, u12, u14, u16, adult development phase please meet at the pitch 2 (David Beckham pitch) pavilion no later than 10am

-Tots programme please meet at pitch 2 pavilion at 10:45am
-Adult players who are meeting us there please be at pitch 2 pavilion no later than 11:30am

Cerebral Palsy United FC Club Trip to



Saturday 21st March 2020

Junior Football Festival: 11:00am-12:30pm

Adults Game v Derby County CP: 12:30pm KO

Please join us for what will be a fantastic day for all clubs involved.

This is a great opportunity for all CPUFC centres to come together at a brilliant venue and play some games.

Please note games will be played outdoors on pitch 2 (David Beckham Pitch) so we advise all spectators to bring a camping chair to watch and to dress appropriately. Registration will take place in the pavilion building and changing rooms/toilets can also be found in this building

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 – Fixtures V CP DEVELOPMENT ACADEMY

Flights booked – itinerary coming out to all in due course.

LIVERPOOL – DUBLIN Ryanair FR 443 – 08.25 – 09.20

DUBLIN – LIVERPOOL Ryanair FR 448 – 20.55 – 21.50

The cost of the trip is £100 – the flights were more expensive but the club have taken the decision to subsidise the extra cost. But if there is anyone who would like to fundraise or donate to this extra cost it would be very much appreciated 😊 We know some people have already offered THANK YOU VERY MUCH.

For those haven't yet paid please pay your **£25 non refundable deposit** asap.

National Winners 2017

FA Charter Standard Development Club of the Year



@CP_United_FC

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www.cpunited.co.uk



Cerebral Palsy United FC



Registered Charity Number: 1175709



EASTER BREAK DATES

Partington – Saturday No Sessions **11th & 18th April** back in **Saturday 25th April**.

Regional sessions Easter Break:

Kendal, Liverpool, Blackpool **6th, 13th** – back on **20th April**

Cheshire No Sessions: **8th and 15th April** – back in **22nd 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 2nd May** – FA Fives – Adults - TBC
- 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 13th June – Bolton Wanderers Community Trust Disability Football Tournament @ Bolton Wanderers FC first team training ground. We would like to enter our adult development group into this tournament. Please let Michelle know by **28th March** If you are available to play in it. (Available to Adult group AND adult development group)

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

ADULTS: GEORGE BEST TOURNAMENT, BELFAST – TBC

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, 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 know or email info@cpunited.co.uk. We really do need to know if you can attend this tournament so that we can organise it. Please let us know by **28th March**

JULY:

- Sat 4th July** - NW champions league tbc – Adults (this depends on winning LCFA Ability Counts League)
- Sat 18th July** – Family Day – We will be looking for donations to the raffle prizes and help on the day ☺

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 26th Apr
- Sun 31st May
- Sun 14th June
- Sat 11th July



COACHES CORNER – This month is all about THANK YOU'S!

This past few months has been a whirlwind of many new players, new venues, organising and attending events across each of our 6 charity programs, writing funding bids, attending meetings, workshops, assemblies and delivering presentations to various people to share information about the work we do, raise awareness and ultimately provide people with opportunities. Managing the charity programs and running the football club side of things is a mammoth task and I would like to use this coach's corner to thank everyone who is contributing and taking on more responsibility as we grow. I can't do it all by myself and appreciate people stepping forward to offer help and also people who I give jobs to do and they just get on with it. It really is helping me personally and the club/charity too. This long list includes, committee members, fellow coaches, players and parents/guardians...So thank you!! I also want to thank everyone who is working hard to bring in what has been a steady flow of much needed donations, it really is making a difference and we need people to keep at it for us! ☺ The more we grow, the more we need to bring in. As you know one of our values is about being kind, we pretty much run and survive on the kindness of people, whether that be donating their time or money to support us and it really is appreciated and proves that kindness really does make good things happen.

Another personal thank you is to all the players (& their families) who came to help me at St Georges Park last week with some work I had to do for the FA. You were little stars and the filming we got done is going to help thousands of coaches across the country to get better and support more players.

Lastly as we have lots of fixtures coming up I would like to take the chance to share a gentle reminder to all parents/grandparents/family members that our policy is we ask you NOT to shout ANY form of instructions from the side lines, please trust our coaches to support your child's development; they really do care and are looking at things long term not just in the moment. We have such a fantastic environment which enables players to learn and enjoy their football and understand their own development. THANK YOU to everyone for helping us to limit the times I have to come and have a little chat ☺ In my actual job I see lots grassroots football environments and we 100% have the best one in terms of the grown-ups remembering that it's not their game. Thanks again for everyone's support in all the different ways you are showing it.

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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GENERAL NEWS



Sorry about all the disruption with the storms this past month but safety comes first and with people travelling from all over the NW and beyond we had to take the advice that was given and cancel. Fingers crossed no more storms (especially at the weekends)

Well done to Ben, Jamie, Sam and Ethan from our Adults on their attendance at the recent England camp at Lillieshall.

Funding update:

Unfortunately we were unsuccessful in securing a grant with Children in Need. We will keep working very hard to try and bring in some dedicated funding to run and manage all the charity programs we have and keep up with the growth.



We had a great time at the Warrington Inclusion league fixtures. Both teams worked really hard and played some great football. 😊🏆

CP Awareness Month



March is CP awareness month.

In the coming weeks we will be sharing some information about Cerebral Palsy, the work we do as a charity and some upcoming fundraising events we have planned for later in the year.

As the club and charity programmes grow (at such a fast rate!) we are working very hard to sustain all that we currently do and keep up with the growth in order to support children, adults and their wider families living with CP (and acquired brain injury).

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 😊

RECENT WORKSHOPS – big thank you to all who have attended the recent workshops run by Maximum Edge and are supporting our mentor program.

Thank you to Keith and Martin from Maximum Edge who arranged for some of our coaches to attend a training session with LFC Academy and observe their coaches at work whilst receiving some great advice and mentoring.



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

CLUB FUNDRAISING

Junior event



Badass Mucker - June 20th, Lancaster; we will be entering a team from CP United to raise much needed funds for our charity and football programs. Please put the date in your diary and we will share more information in the coming weeks. Children will complete a muddy

obstacle course over a distance of 2.5K. Children can also be accompanied by an adult. So 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 are also looking for companies or private businesses to sponsor this club event

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. (unfortunately our adults squad has fixtures on 20th June so can't attend the junior mucker event) Again for this event we will be looking for people to get individual sponsors but also for companies and businesses to sponsor the event itself.

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

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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

THANK YOU'S

THANK YOU

-**Jamie Carragher Foundation** gave us access to a funding pot a while ago and this has now been used to contribute towards hiring out our new venue in Croxteth, along with coaching courses and new equipment.

-**Sudley School;** Michelle had the pleasure of attending a year 2 assembly last month and got to chat with Herons class who very kindly raised £300 at their charities celebration day by organising a beat the goalie completion (thanks Mr Francis the caretaker who was a great goalie too)

-Our lovely coach **Liz Clarke** for organising a collection at the recent ground hopper match v **Sandbach United v Alsager town FC**. A total of £165 was raised and was topped up to £200 by the Sandbach United players. A fantastic example of the wider football family looking after each other. Liz did a great interview as well on The Cat 107.9 FM see link below:

<http://listen.thisisthecat.com/cerebral-palsy-united-fc/>

- Peter from **The Payback Trust** for donating £500.

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

We also have football cards which are good sources of raising funds ... if you would like some please ask Ruth.



PROUD for staying the best! CPUFC has completed the FA Charter Standard annual health check and once again renewed our Charter Standard Development Club status.

A big thank you to everyone throughout the club for helping us

achieve this again.

HANDCRAFTED JEWELLERY ON SALE



On Saturday 14th March – Vania Pack will be displaying her homemade jewellery and crafts in the community room at Partington. All proceeds will be going to CP United.

So this is an excellent time to pick up some

Mothers Days gifts 😊

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

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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