



*****COVID19 update*****

As you may now be aware the 2019/20 season is finished in terms of all games/leagues and training for all Grassroots clubs. This is in line with the FA 's decision and announcement on 17th March.

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 😊
... Keep washing your hands! 😊

WELL DONE

To all who have been taking part in the weekly challenges set via FB, Twitter and instagram:

ENGLISH HOMESCHOOL CHALLENGE WAS WON BY:

Oscar for his poem:

FOOTBALL – A POEM BY OSCAR SIMPSON

**Football is good
Football is fun
Football is off
All because of a cough
What will I Do?**

**We stopped for the flood
We stopped for the sun
We stopped for the flu
Now what will I do?**

**No shouting at the TV
No where to be
No football for me**

**Getting together on Zoom is the only way now
Has this really happened! How?
Can't wait till this ends
I'll be back with my CP United Friends**



SIGN LANGUAGE HOMESCHOOL CHALLENGE WAS WON BY:

Shaun.

Thank you to Bryan in our u14's for donating a brand new football flick play set as one of our home school challenge prizes. A very kind gesture. Well done to Shaun who won it for his fantastic sign language skills.



PE HOMESCHOOL CHALLENGE WAS WON BY:

Harry



BIOLOGY HOMESCHOOL CHALLENGE WAS WON JOINTLY BY:

Joseph and Oscar



HOME SCHOOL CHALLENGES:



Anyone who enters the challenges will win a skills ball to practice with. The winner of the weekly challenge will receive a size 4 football or some CP United merchandise ie boot bag, hat, etc.

All prizes will be given out when we get back to football.

Our adult players have been tasked with picking the winners and it has be extremely hard for them to do!!! Keep up the great work, keep engaging and stay connected .

DOUGS JOKE:



Doug's Joke has gone online, you can find his jokes on our social media channels. Well done Douglas for thinking of others and wanting to make people smile.

KEEPING ACTIVE – VISIT OUR WEBSITE

We can see from the videos/photos sent through that you are all doing well and keeping active.

Please don't forget to do your stretching!!! This is so important to help your CP and stiff muscles.

You will see on Facebook we have put up some stretching exercises, help with using a foam roller. You can also look at these links via our website www.cpunited.co.uk

On our website you can also find activities for all the family to enjoy together. We have also put on there some links to activities for the family and help on things to do during this time of isolation.

Keep your eye on all our website and social media sites for more updates.

CONNECTION IS VITAL:

It's been so good to continue our connection with players and families during this difficult time for everyone. Our Saturday zoom calls, all the videos and photos sent in from players across all age groups have been so uplifting and important to all. The home school challenges have also been great fun and it's fantastic to get to know our players in different ways and outside of the normal football environment. PLEASE keep them coming. We are getting so many comments and feedback about how our posts on social media are helping people to smile, feel connected, feel happy, motivated and inspired. WELL DONE to you all.

You can send them into: michellewilcock@cpunited.co.uk

Whatsapp them to Michelle (PLEASE do not text any video's or photos to Michelle as sometimes they don't come through via text; use whatsapp only)

Or share them on FB in the comments to a specific post or post on Twitter.



ADULT GROUP LIFE SKILLS CHALLENGES

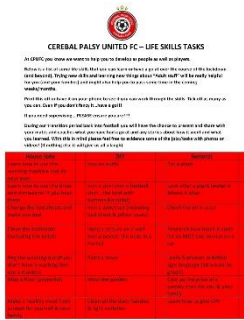
We set some life skills challenges for our older players to do last week. We have had some great "evidence" sent in already of tasks being completed...They are great!! So we decided to make things interesting and have a competition for our older players (15+)

For your chance to win £100 voucher (of your choice) here is what you need to do:

1. Complete ALL the challenges on the list. And record evidence of them as you go ie: a video or a photo. (there are 21 jobs/tasks)
2. Put all your evidence together in a little presentation (your choice.. How you do it ie; Power point/or movie maker. Or just put them all together in a file and send in)

You've got until 6th June to work through them. So a full month. (one a day or every few days. You might even have done some already that you can use. Just get evidence If you want to adapt a challenge that's fine you can make a sub ie paint a wall/ceiling, shed or door if you can't paint a fence.

We will then ask some of our younger members to decide who the winner is. Have fun!!! (remember to get supervision when doing the tasks if need be) £100 could be yours!!



WELL DONE TO KITTY



Kitty from our Foundation Phase Liverpool Group walked 1 k per day as part of a 5k sponsored walk to remember her friend Holly Smallman who sadly passed away last month. Kitty, that is a lovely, thoughtful thing to do and I'm sure Holly would have loved it, especially



your pink bow and trainers. Well done for thinking of others, being kind and completing your 5k 😊

THANK YOU

A big thank you from Michelle for all her Birthday messages, videos, cards and gifts. "it was so lovely to hear from everyone and it made a lockdown birthday much easier.. Thank you!! I miss you all lots"

A special thank you to Olly Millers Grandad Fred Guest. Fred sadly passed away last month but requested that any donations made in his name go to Bolton Hospice and CP United. Fred loved to watch Olly play football and was so proud of him. Thank you Fred for your kindness.

COACHES CORNER – Colin Scholes



Hello everyone
Hope everyone is safe and well.
Well what strange times we are living in, but whilst governments and scientists work out what is happening and what to do, the best thing we can do is to look after each other, from what I have seen over the last few weeks, on videos and our Zoom chats on a Saturday, our club values have really come to the fore and it is a real pleasure to see.

Everyone will have different ways of dealing with what is going on but remember you are not alone, the club is still here for you, our contact details are on the club website so please reach out if you need anything.

We don't know yet when we will get back to training but we will, as soon as it is safe to do so, in the meantime keep doing what you are doing, look after each other and stay safe. COLIN 🤝

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

FAMILY ENGAGEMENT

We have done lots of work over the past 6 weeks to engage and connect with all our players which has been amazing. We are now looking at ways to expand this and support, engage and connect with the wider families.

CPUFC BINGO:

In the coming weeks we will be setting up a night of online bingo for all our families to take part in. This will be lots of fun and we hope you can join us. We will be in touch with all the details

CPU parents/families zoom call; a chance to say hello to your football family friends and have a brew (or something stronger together) we will be in touch with details.

Family Support; just a reminder we managed to source some funding from the Steve Morgan foundation to help us adapt and continue to operate. The funding is also to support any of our families who may need it for specific circumstances, such as shopping and deliveries, (due to illness or social shielding) or urgent finance for essentials. PLEASE know we are here and you're welcome to get in touch if you think we can help.



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



cpunited fc





VE DAY CELEBRATIONS



We had planned on having a VE day themed session at Partington this coming weekend. We hope you can celebrate in your gardens or drive ways and embrace a sense of community and connection.

VE Day - or 'Victory in Europe Day' - marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end.

A BIG THANK YOU TO ANYONE WHO IS A KEY WORKER



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 😊

Martin from **Clear Futures** who has been working with us this season to support our mentoring and befriending project with Maximum Edge is continuing his weekly emotional support hub: TEAM TALK, but is doing so remotely over the coming months. He has kindly offered it up to not only our older players but ANYONE associated with CP United to use if/when they feel they need some support, or just a chat.

"TEAM TALK" is there for people to talk in confidence and also to help people feel less alone in this time of isolation. You can contact him 9am-6pm 7 days a week on:
martin@clearfutures.org

Mob: 073051 99835

facebook: Team talk st.helens

FUTURE FUNDRAISING EVENTS

Junior event



Badass Mucker - June 20th, Lancaster; we had planned to enter a team from CP United to raise much needed funds for our charity and football programs. At present we have not had confirmation that this will be postponed but it is highly likely that it will be. However once this is all over we will work hard to set it up again with the organisers. Children will complete a muddy obstacle course over a distance of 2.5K. Children can also be accompanied by an adult. So once we have a date confirmed 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 will also be looking for companies or private businesses to sponsor this club event. At present let's presume this is all on hold and we will confirm for definite once we have it in writing and then work towards a new date.

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.

At present none of this is important, staying safe and well is top priority for everyone. We are just sharing future plans as a bit of light at the end of the tunnel. Once our current situation is over fundraising will become a priority for us as a charity and any help you can give us at that point would be great. Once we have things ready and organised 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

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.
safeguarding@cpunited.co.uk



MONTHLY DONATIONS

During this very uncertain time we feel it is only right to acknowledge that you may have to suspend your monthly donations to CPUFC due to the financial implications of the Corona Virus. PLEASE don't worry if that is the case we can always get them set back up again in the coming months. It's no problem at all if you need to do this we just ask that you please let us know if you do so we can keep track and help people get set up again when convenient. You can let us know by emailing info@cpunited.co.uk

To cancel your monthly standing order at this time.

You can do this using the details below.

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

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 online 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 😊

CLUB SHOP

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 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!

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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[cpunited_fc](https://www.instagram.com/cpunited_fc)



Registered Charity Number: 1175709