



****COVID19 update****

Due to the national lockdown it was officially confirmed that as of Thursday 5th Nov 2020 all our centres will be paused again for 4 weeks (Please note this could be increased depending on Government and FA decisions in December) If the lockdown ends on 2nd of December as planned then we will be back at Partington on Saturday 5th December IF the centre reopens and staff come back off furlough. (the same will apply for our Cheshire and Liverpool centres) Please note we are still waiting for access to our Kendal, Carlisle and Blackpool venues and promise to reopen these as soon as we can.

We know this is disappointing and will be difficult for some of our members to process. Thank you to everyone who worked so hard to help us become COVID compliant and get 3 out of our 6 centres back up and running.

Thank you also to everyone who attended for making it so easy to manage by following all the protocols we have in place.

This is just a PAUSE!!!! A shorter one hopefully and we will be back. We will keep in touch via Zoom and ensure we all stay connected.

Look after yourselves and each other and if CPUFC can help you with anything please get in touch.

Keep smiling and stay as active as you can ☺

SOCIAL NEEDS:

Due to the very real possibility of having no fixtures this season we are working on a project to enable our players to still access outdoor activities together in order to support (covid compliant) social interaction and mental/emotional health and wellbeing. This project will replace fixtures until we can access them again and longer term potentially run alongside them. We have some in-house activities planned along with some visits to Keppleway outdoor activity centre in the Lake District. All funding has been secured and will update you asap with some more information and dates about these exciting opportunities.

<https://www.keppleway.org.uk/>



CONGRATULATIONS:

Player's player trophies: Well done to our winners for 2019/20 season. Well done to Daniel, Mason, Josh, Charlie, Jake and Olly.



Thank you to Jordan at Morans Trophies in Leigh who very kindly donated some medals for our younger players as a memento of the 2019/20 season. After a year that has seen Jordan's business really suffer his kindness and willingness to make a gesture to our club and young players is very much appreciated and very inspiring. Good luck Jordan and we hope to see you again soon.



Congratulations to Olly Miller who over the summer was awarded the FA's prestigious Bobby Moore award after being nominated in the grassroots hero's rising star category and winning the Manchester Award and Regional award he was put forward for National selection where the panel chose him for this very special award. Olly we are so proud of you WELL DONE!!!!

Olly's story and short video can be seen on our social media channels.

Congratulations to Sandbach United FC who won the Club of the year award at this year's FA grassroots football awards. Sandbach very kindly let us use their fantastic venue for free to deliver our Cheshire Centre from and have raised some money for us in previous months. WELL DONE to everyone at this great club, it was very much deserved.

Congratulations to Hayden Christie on passing his FA level 2 in coaching. Hayden is one of our senior players and also coaches his younger club mates and runs our Cheshire Centre.



Remember during lockdown (the 1st one) we did lots of home school challenges to engage & connect with our youngsters.

Here is Shaun who won the learning some sign language challenge enjoying his fantastic prize donated by his older club mate Bryan. Well done Shaun & well done Bryan for your kindness & taking the time to play with Shaun & show him how to practice with it.

If you won a prize for taking part in one of our home school challenges (a size 1 ball and/or a size 4 football) we now have them in and ready to give out, so when we return please see Michelle, Ruth or Brian and we can make sure you get your prize.





CPUFC - WRISTBANDS

If anyone would like a wristband please contact us at info@cpunited.co.uk

We can send them out to you or we will have them at training once we are back. We will be asking for a small donation to enable fundraising for the club. Wrist bands are available to players and families members/friends.

CPUFC – FACE MASKS

We still have facemasks available if anyone would like one sending out please let us know. They are now available to players and family members/friends. Again we are just asking for a small donation. Thanks



Nike Flyease boots:

We were very excited to be asked by Nike and Sportbible to be part of the launch for the new Nike flyease football boot. This boot has been designed to help players who have a disability and is a game changer for players with CP. Well done and thank you to Ben, Fin, Billy and Anthony for your help with the filming. The launch video can be seen on our social media pages.



Thank you to Nike and Sportbible for this fantastic opportunity to be involved. The boot is currently available in six 6 and up on the nike.com website and on



the Sport's Direct website. It is much easier to get on for players with CP and is such an exciting development in the game of football. Nike also do flyease trainer's which again make it much easier for people with CP to get them on/off :)

CONNECTION IS VITAL:



"Dylan's Diary challenge": If you want to make Vlog (apparently that's a video diary thing!) over the next few weeks of what you have been up to during this 2nd National lockdown it would be really great to hear all about it. You can chat about it, show examples of what you have been up to and how you have been looking after yourself and staying positive. You can also share how you feel and if that is fed up, that's ok, feel free to share that too, it would be great to see how you help yourself or a family member when they feel fed up too. For a bit more of an explanation visit our facebook page to see Dylan's video. Dylan is one of our senior players and also helps to coach his younger club mates Thanks Dyl for thinking of others and how we might all stay connected and help each other through.

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

or send via whatsapp to Michelle

Funding Update and Thank You's

We have been very fortunate in recent months with our funding applications and are so pleased (and relieved!) to have had a few projects funded and some funding that will also help us to keep up with generic running costs etc.



Thank you to Sport England for their recent award of some funding to support us re-starting and delivering at our Partington, Manchester centre. This was supported by their "tackling inequalities fund"

Also thank you to Sported for their help with completing and submitting this bid and for their continued support in helping us to sustain what we currently have and grow. They are a fantastic organisation and great source of support and guidance



In partnership with
THE NATIONAL LOTTERY COMMUNITY FUND

Thank you to the National Lottery for their recent award of funding to cover us over the next 6 months which will enable us to continue to adapt our programs and ensure we stay connected as a community. This support has come through the "Corona virus community fund"



Thank you to Steve Morgan foundation for supporting us throughout the whole of this pandemic so far. Their funding

was a life line and helps us to continue to connect and engage remotely with people during those tough months with lots of zoom and interactive challenges :) We are so grateful to them for this and for also recently awarding us some more funding to continue to meet ever growing social needs and enable us to do things together away from the football pitch. We are so excited to get our outdoors activities project up and running asap. This funding was also matched by DCMS community match funding scheme.

Thank you to Emma and Paul who have given us their time and expertise recently to help us to continue to raise money over the next 12 months and keep delivering as much as we can and adapting when needed...it is very much appreciated!!!!

A very big thank you also to Danny Shiells and his friends; Colin, Ron, Gary, Chris, Danny and Paul for their kind donation last month. A lovely group of friends who put some money together as a group and kindly donated it to us.



Thank you again to INS who made a donation in February which enabled us to buy some new training goals. They arrived this month after a delay due to



covid and we are so pleased with them and can't wait to get using them!

Thank you to Oliver McNabb's Grandma Michelle who has raised some money to support our Carlisle centre. We can't wait to get started again up in Cumbria and look forward to seeing you all soon.

Thank you to all the parents and players who have recently sent in donations – it's amazing and we are so very grateful. Thank you!!



COACHES CORNER



Well; here we are again....unable to see each other in person and play football together. We know it is frustrating for both adults and children alike and we all might be getting a bit fed up of feeling restricted and for some people also feeling a bit lonely.

Please remember even though we can't physically see each other at the moment you are not alone. You are not alone feeling like you might do and you are not alone in terms of having people you can reach out to and share some time with. Our CP United community is always present and staying connected is really important as it helps us to ease some of the feelings we might be having. We are having our zoom catch ups again each Saturday and its lovely to see you all on there. We understand that zoom isn't for everyone, but even if you don't want to put your camera on or microphone on feel free to join the call and use the chat option, or even just sit and see/listen in.

We will be back to football as soon as possible but in the meantime please keep in touch and keep looking after yourselves and others. I know lots of people in the NW haven't actually come out of a type/tier of lockdown since all this started in March and things might be getting a bit overwhelming so during this second National lockdown please be patient with yourselves and with each other and try to understand your own behaviour and the behaviour of others.

Being kind to ourselves and others is so important right now as we are all feeling a bit fed up and understandably overwhelmed. My challenge to you all...young and older is can you do something every day that is kind to yourself and also something that is kind towards others as it really will make a difference to this experience. Keep smiling everyone and please reach out if you need/want to. *Michelle*

CLUB SHOP

Remember you can buy your new kit or replace old/lost kit at our online club shop. Please follow this link...

<http://www.clubwebshop.com/az/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!

AMAZON SMILE



In the run up to Christmas and with many people doing a lot of their shopping on line please give us some thought when you are shopping via Amazon. We are a registered charity on Amazon Smile. As more and more is being purchased online please help us to raise some money whilst doing your

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 😊

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



FUTURE FUNDRAISING:

As you can see from the above funding update there is lots of work going on to try and secure some funding to support us in the coming months and also longer term.

Like any charity we can't rely on funding grants alone. We usually do so well with the help and support of all our members and their lovely families and friends, making donations and doing external events which brings in money via sponsorship.

We also run internal events each year that also help to raise money via sponsorship. In addition to this our income is through monthly donations and very kind adhoc donations from external sources. However due to the situation we are probably not going to be able to do as much as usual or bring in as much as usual in the next 12-18 months.

Unfortunately we couldn't do our summer fundraiser (The muddy run) or our planned October half term sponsored walk fundraiser because of lockdown and we are uncertain of our Santa run in December too. The external events people had planned in ie; Runs, bike rides etc have also been cancelled over summer and we are not sure when these types of events will start again. That is why the above grants have been so important to us.

Because of this we predict monthly donations and adhoc donations will decrease a little over the next 12-18 months too due to the financial strain we are all going to feel. We want to reassure you that this WON'T be a barrier to people accessing the club programs and it's no problem if you do have to pause your monthly donation at any point so please don't worry and please do let us know if you are struggling a bit as we want to help where possible.

We appreciate things are so tight for everyone right now and feel it's only right to acknowledge that, but at the same time wanted you to know that we are working hard to bring in funding to carry on supporting our members and cover everything we need. If there is anything you can do in terms of fundraising in the coming months we'd really appreciate it, but please don't worry if not. We are determined to come out of the pandemic in a strong position as a charity and ensure we do all we can to support you all.

MONTHLY DONATIONS

As we said above 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 month's or whenever possible.

If you do want to make donations 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

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

PLEASE get in touch even if it's just to chat. We are here and don't want anyone to feel alone. We understand lots of people are quite fed up at present and the past 4 months have been such a challenge for everyone in lots of different ways

SAFEGUARDING:

Please note our Safeguarding officers:-
Collin Scholes – Manchester/ Cheshire/Cumbria
James Trafford – Manchester/ Liverpool
Alan Williams – Lancashire

safeguarding@cpunited.co.uk

FRAME HIRE



CP Sport are working in partnership with Quest to provide a rental service to support those affected with Cerebral Palsy and associated impairments, access sport and recreational activity. There are a range of Gameframes which are used for playing Frame Football and for RaceRunning which provide support assistance for users to be upright and walk or run. If you are interested please contact CP Sport at <https://www.cpsport.org/>

Remember Our Club Values:

- ⚽ Be kind to yourself and others
- ⚽ Show respect to yourself and others
- ⚽ Look after one another and yourself



BE THE BEST YOU CAN BE



National Winners 2017
FA Charter Standard Development Club of the Year



[CP_United_FC](https://twitter.com/CP_United_FC) info@cpunited.co.uk

www.cpunited.co.uk



Cerebral Palsy United FC



[cpunited.co.uk](https://www.cpunited.co.uk)

Registered Charity Number: 1175709

