



### \*\*COVID19 update\*\*

A VERY BIG THANK YOU to all our members and their families for your help, support and co-operation over the past year especially with the efforts you've all made to keep in touch and stay connected. Thank you also for your help and understanding with our COVID 19 protocols, you're help with this has made starting back at football much easier as we've all taken responsibility for each other's safety. Please keep your patience into the coming months and continue to follow ALL the protocols in place until we can finally lift them. We will continue to communicate updates as and when we get them and amend our protocols accordingly.

### Centre update:

We are delighted to have 5 out of our 6 centres back up and running. We are still waiting on confirmation from our Blackpool venue regarding a start back date for this centre. We will continue to keep in touch and update you as soon as we know more. The problem we are having is that it is at a school and schools are not allowing external users in at the moment to use their facilities after school hours.

Since the start of the 20/21 season despite being in a pandemic we have seen tremendous growth across our club which is absolutely wonderful to see and we welcome all our new players and their families 😊

PLEASE NOTE THE FOLLOWING FINISH & START UP DATES FOR ALL THE CENTRES IN THE COMING MONTHS:

CENTRE	LAST SESSION 20/21 SEASON	RESTART DATE 21/22 SEASON
Partington	17 <sup>th</sup> July 21	18 <sup>th</sup> September 21
Sandbach	14 <sup>th</sup> July 21	22 <sup>nd</sup> September 21
Croxteth	12 <sup>th</sup> July 21	20 <sup>th</sup> September 21
Kendal	19 <sup>th</sup> July 21	20 <sup>th</sup> September 21
Carlisle	See Below	See Below
Blackpool	TBC	TBC

We are delighted that our **Carlisle Centre** will be restarting at the end of this month. Sessions will be held on a Sunday once a month 1-2pm at Harraby Leisure Centre CA1 3SN please see the following dates/bookings we have for the rest of the year:

- 27<sup>th</sup> June
- 18<sup>th</sup> July
- 8<sup>th</sup> August
- 19<sup>th</sup> September
- 17<sup>th</sup> October
- 31<sup>st</sup> October (TBC)

### GAME OPPORTUNITIES

We had our first game for 18 months earlier this month with 2 of our adult's squads v England Amputee FA. We had a great day, We are look forward to organising more game opportunities in the next season.

### KEPPLEWRAY VISITS



We had an amazing day in the lakes in April at Kepplewray activity centre. Lots of lessons and laughs and amazing memories made for everyone who could make it.



After our water based activities in the morning we had dinner by the lake and then went back to the Kepplewray Centre for land based activities, problem solving and teamwork games. A brilliant day all round!!

We can't wait to go back again on Sunday 20<sup>th</sup> June.

### Marcus Rashford Books

Our Marcus Rashford books arrived this month 😊 ... We set a challenge to read as much as they can let us know each week what their favourite message from the book are.



### New coaches:



A warm welcome to Matty Blackhall and Jordan Sutton Briggs who have recently joined our coaching team at Partington. Both Matty and Jordan are FA level 3/UEFA B licence coaches and have lots of experience across the game at various different levels and different environments. We are very happy to have these two great lads on board and they are very excited to get to know everyone in the coming months. We also have a new coach at our Liverpool centre, Phil Murray is Dylan's dad and is a level 2 coach. We are so happy to welcome Phil to our Liverpool centre and appreciate his quality and commitment.

### Communication:

We are so lucky to have great relationships with all our members and their families and communication all round is really good. This makes running the football programs and charity programs much easier than if people didn't communicate well or co-operate, so THANK YOU so much for all your help with this. As the club has grown again over this past season and is showing no signs of slowing down, it is getting to the point of not only being helpful but pretty much essential for you to let us know asap if you can't make training or games when they start again and any events we are organising. As the numbers grow so does the need to ensure we have the correct amount space available and the right number of coaches, volunteers, and support staff in place each week.





**Family day update July:**

We have **Saturday 17th July** pencilled in as our end of season family day and presentation day. We will wait until after the next COVID update on 21st June before we make a decision about this or start to pull it all together. We may have to run it with protocols in place or we may have to postpone it once again, but we will update about this asap after 21st June. This event is for all our players and families from all our centres around the NW and if we get the go ahead, we hope you can all join us for a day of football, celebrations, picnics...and hopefully sunshine.

**TRIKE**



During lockdown Mason from our u13 learned to ride his 2-wheel bike without stabilizers, this is a pretty tricky thing to do when you have CP! **WELL DONE MASON!!!** Since learning to ride his bike, he no longer needs his Trike and has very kindly decided that he would like to give it to one of his fellow club mates. This is so thoughtful and a fantastic example of him living our club values :) If you are interested in the trike, please speak to Michelle asap. Mason wants to help another person to enjoy riding a bike as much as he does....and he loved his trike!!!!

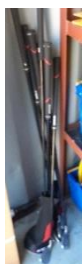


**Tricycles**

The tricycles are available in 5 sizes and share the same distinctive sporty appearance. Comfort and support is provided by the extra wide padded saddle, an essential component that is recommended for a stable seating position. This is complemented by the adjustable high low bend handlebars and seat adjustments which ensure the rider is in the optimal position to pedal and control the tricycle in a confident manner. The secure feeling provided by the broad wheelbase and well balanced handling coupled with the extensive range of positional adjustments ensure that each trike can be tailored to the individual requirements of each rider.

**terrier** Model shown with adjustable trunk height and footrests.  
 A rugged trike for children from 4½ years, this model has 18" wheels and a caliper brake with a parking brake mechanism. The Terrier has a frame folding mechanism option which allows the frame to be folded for transportation and storage.  
 Standard colours: [red circle] [blue circle] [green circle] [yellow circle] Other colour options are available.

**He has asked that whoever takes it might consider making a donation to CP United in his name.**



**STARTER GOLF CLUBS** Jack Heath one of our coaches has very kindly donated a set of starter golf clubs – suitable from the about the age of 12 upwards. Please let us know if you are interested in taking them. Jack has also asked that whoever makes use of them might consider making a donation to CP United. **THANK YOU**

**FUTURE FUNDRAISING:**

Like all other charities during the past 15 months, we have been hit hard in terms of our ability to fundraise both internally with club events and also externally with lovely people taking part in events on our behalf i.e., half marathons, bike rides, sky dives etc have all been cancelled meaning we have been solely reliant on kind donations and writing funding bids. Now that things are slowly getting back to some form of normality and larger group events start to be delivered, we are hoping that our lovely community of club members, family members, local business and supporters could start to work your magic and help us to start to fundraise again into the coming year. Also, if you know of any businesses or you work for a company who donates to charities, please consider sharing our details with them when they are considering making donations as part of their corporate social responsibility. If you need any more information about our club and charity programs to share with others, please speak to Ruth or Michelle. Our target is 10k over the next year which sounds a lot, but if we all pull together, we will soon reach it. To give some perspective 10k is approximately 1/3 of our running costs.

**BOOT CAFÉ - PARTINGTON**

We are pleased to let you know that the Boot Café is back open at Partington for you to get your brews/snack.

**PLEASE SEE BELOW THE PROTOCOLS**

-PLEASE wait until the session is underway and everyone is temperature checked/signed in and the patio area is clear before you visit

-PLEASE wear a mask

-PLEASE use the hand gel when entering and leaving

-PLEASE continue to socially distance

-PLEASE follow the rule of 6. We can only allow a maximum of 4 parents/spectators/family members in the room at a time.

This may be less if the room is in use for sports therapy treatment of players or if someone is using the toilet. (Please be guided by Ruth on this as to whether to come inside or not)

-PLEASE don't congregate on the patio area this needs to be kept clear as it is part of our one-way system for players/coaches/volunteers using the toilet.

**THANK YOU** and enjoy your brews! ☺

**A big THANK YOU** to Luke our sports therapist who has very kindly donated a rather fancy coffee machine to us too!!! Come and try it out ☺☺

**Funding Update and Thank You's**



Thank you to Georgia Scholes who over lockdown walked her way across 874 miles (the equivalent of Lands' End to John O'Groats) mostly on foot with a few bike days thrown in to manage her blisters. Fantastic, effort, commitment, determination and achievement

and she managed to raise £1,070 along the way to help our charity programmes. **THANK YOU TO EVERYONE WHO DONATED AND THANK YOU GEORGIA** 🙏



A big thank you to everyone who donated to the Captain Tom 100 Challenge everyone who took part did great! **THANK YOU**

Thank you to all the organisations who supported us with funding this past year. This has enabled us to keep going, stay connected and start up again stronger than ever.



In partnership with  
**THE NATIONAL LOTTERY COMMUNITY FUND**



**Department for Culture Media & Sport**

**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!!

**National Winners 2017**  
**FA Charter Standard Development Club of the Year**



[CP\\_United\\_FC](https://twitter.com/CP_United_FC) [info@cpunited.co.uk](mailto:info@cpunited.co.uk) [www.cpunited.co.uk](http://www.cpunited.co.uk)



[Cerebral Palsy United FC](https://www.facebook.com/CerebralPalsyUnitedFC)



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



## CPUFC - WRISTBANDS

If anyone would like a wristband please contact us at [info@cpunited.co.uk](mailto: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](http://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 :)

## COACHES CORNER



Well that was different wasn't it!!!! What a crazy 16 months it has been. We haven't done a newsletter for a while and it's good to get back in touch with you all to say hello and to update you on a few things...

it's nice to feel (a bit of) a sense of normality and to be able to "cautiously" talk about plans for the future and also share with you all some of the things that have been going on the past few months.

If you follow our social media pages you will have seen LOTS going on since we first found ourselves in this pandemic and despite the challenges, uncertainties and worries we have come through it and are coming out the other side strong. Our aim was not just to survive it, but to thrive as a club and charity during this time; and due to the hard, tireless, fantastic work of so many people involved with our organisation that is exactly what we have done. I will keep the coaches' corner short and sweet by just taking the opportunity to say THANK YOU!!!!...We are in a good place! I am so thankful and proud of how everyone has pulled together and stayed together.

With that said the next 18 months will be just as challenging but in a different way. With the various initial COVID 19 emergency funding streams coming to an end we can't just rely on grants and funding bids to keep things in a strong, healthy sustainable position and keep up with the growth we are seeing, we will definitely need your ongoing, wonderful help with some external fundraising contributions.

On a personal note, it's so good to be back and see you all and again and see our players enjoying their football and being with their friends.

National Winners 2017

FA Charter Standard Development Club of the Year



[CP\\_United\\_FC](https://www.facebook.com/CP_United_FC) [info@cpunited.co.uk](mailto:info@cpunited.co.uk)

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



Cerebral Palsy United FC



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

## 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/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!

## SPARE BOOTS



We currently have lots of spare football boots ranging from children's through to adult sizes in the container. If you would like a pair, please speak to Brian or Ruth.

## AMAZON SMILE



We are a registered charity on Amazon Smile. As more and more are being purchased online, please help us to raise some money whilst doing your shopping 😊 (it won't cost you any extra)

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 😊 We have received this from Amazon so your help in remembering us

when your shopping is worth it 😊.

## FRAME USERS - INFORMATION



Cerebral Palsy Sport

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 Game frames which are used for playing Frame Football and for Race Running 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/>

<https://www.cpsport.org/events/?category=Rental%20Service>

Here is a link to some skills card for our footballers who use a frame. We hope you have lots of fun over the summer break practicing your skills.....

<https://www.cpsport.org/wp-content/uploads/2021/05/CP-Sport-Frame-Football-Skill-Cards.pdf>



## SAFEGUARDING:

Please note our Safeguarding officers: -

**Colln Scholes** - Manchester/ Cheshire/Cumbria

**James Trafford** - Manchester/ Liverpool

**Alan Williams** - Lancashire

[safeguarding@cpunited.co.uk](mailto:safeguarding@cpunited.co.uk)

## 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. We don't ever want finances to be a barrier to being part of our club and accessing football.

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](mailto:treasurer@cpunited.co.uk)

We'll leave you with some pictures from the past couple of months of our wonderful happy smiling players 😊

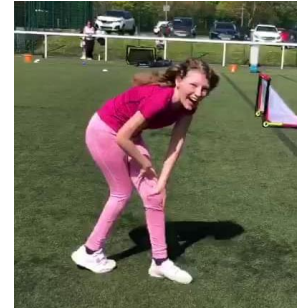


## Remember Our Club Values:

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



**BE THE BEST YOU CAN BE**



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Registered Charity Number: 1175709