



Edition Four
October/November
2024
By Ben Pitkeathly

Community Sports Trust

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

CST NEWSLETTER



JAMES TOSE
COMMUNITY SPORTS TRUST
CEO

A word from the CEO

"WELCOME TO ANOTHER PACKED EDITION OF OUR NEWSLETTER. OUR STAFF HAVE BEEN VERY BUSY OUT AND ABOUT IN THE COMMUNITY AND I HOPE YOU ENJOY READING ABOUT SOME OF OUR HIGHLIGHTS FROM THE LAST COUPLE OF MONTHS. I'D LIKE TO TAKE THIS OPPORTUNITY TO GIVE A SPECIAL THANK YOU TO ALL OUR FIRST TEAM PLAYERS WHO HAVE VISITED OUR PROJECTS. THEIR ENGAGEMENT AND ENTHUSIASM REALLY DOES MAKE A HUGE DIFFERENCE AND IS APPRECIATED BY ALL.

ENJOY THE NEWSLETTER !"

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DELIVERY



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OCTOBER HALF-TERM ACTIVITIES

DURING THE OCTOBER HALF-TERM, WE HOSTED SOCCER SCHOOLS AND GYMNASTICS AND DANCE CAMPS ACROSS THE COUNTY. THE ACTIVITIES TOOK PLACE IN THREE LOCATIONS: CARLISLE, WIGTON AND PENRITH ACROSS THE WEEK ENGAGING WITH MANY CHILDREN IN THE COMMUNITY. IT WAS FANTASTIC TO HAVE DOM SADI AND DAN ADU-ADEJI JOIN US FOR THE PRESENTATION AT CARLISLE TO POSE FOR PHOTOS AND SIGN AUTOGRAPHS.



UTILITA GIRLS AND KIDS CUP

IN NOVEMBER WE HOSTED THE REGIONAL STAGES OF THE UTILITA KIDS AND GIRLS CUP AT THE HARRABY 3G. NINE TEAMS TOOK PART IN THE GIRLS CUP WHICH LED TO A TIGHT FINAL BETWEEN TRINITY SCHOOL AND WORKINGTON ACADEMY. WORKINGTON EDGED OUT TRINITY ON PENALTIES TO CLAIM THEIR PLACE IN THE NEXT ROUND. THE FOLLOWING WEEK 26 TEAMS BATTLED FOR GLORY IN THE KIDS CUP AND IT WAS ST CATHRINE'S CATHOLIC PRIMARY SCHOOL WHO TRIUMPHED WITH A 1-0 WIN OVER BELLE VUE PRIMARY SCHOOL IN THE FINAL. BOTH WORKINGTON AND ST CATHERINE'S WILL REPRESENT CARLISLE UNITED IN THE NEXT STAGE.



GIRLS ETC TRIP TO MANCHESTER UNITED ETC

OUR GIRLS EMERGING TALENT CENTRE U10, U12, AND U14 TEAMS TRAVELLED DOWN TO MANCHESTER FOR GAMES AGAINST MANCHESTER UNITED GIRLS ETC ON NOVEMBER 1. THIS WAS AN INCREDIBLE EXPERIENCE FOR OUR GIRLS TO TEST THEMSELVES AGAINST TOP OPPOSITION. THE FIXTURES ALSO PROVIDED AN OPPORTUNITY FOR THE GIRLS TO PLAY TOGETHER AS A TEAM FOR THIS FIRST TIME THIS SEASON AND DEVELOP VITAL ON-FIELD UNDERSTANDING.



ANTI-BULLYING WEEK

ANTI-BULLYING WEEK TOOK PLACE NOVEMBER 11 -15, AND WE DELIVERED SESSIONS ON THE TOPIC IN ALL OF OUR PREMIER LEAGUE PRIMARY STARS PARTNER SCHOOLS. WE HIGHLIGHTED VITAL MESSAGES, DISCUSSING THE IMPORTANCE OF KINDNESS AND REACHING OUT. SOME OF THE KEY TAKEAWAYS FOR THE CHILDREN WERE UNDERSTANDING WHAT BULLYING IS, THINKING ABOUT THE DIFFERENT FORMS BULLYING CAN TAKE, EXPLORING THE IDEA OF REACHING OUT AND IDENTIFYING DIFFERENT WAYS A PERSON CAN SHOW KINDNESS.



INCLUSION



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KOMATSU CLIMATE HEROES SCOOPS NORTH WEST FOOTBALL AWARD

CARLISLE UNITED COMMUNITY SPORTS TRUST WERE PLEASED TO RECEIVE A HIGHLY-COMMENDED AWARD FOR COMMUNITY INITIATIVE OF THE SEASON – ALL OTHER LEAGUES AT THE NORTH WEST FOOTBALL AWARDS. THE CST'S KOMATSU CLIMATE HEROES PROJECT WAS RECOGNISED AS ONE OF THE TOP COMMUNITY INITIATIVES IN THE REGION AMONGST MANY OTHER VITAL PROGRAMS. STAFF FROM THE CST AND KOMATSU FOREST UK WERE IN ATTENDANCE ON MONDAY NIGHT AT THE POINT AT EMIRATES OLD TRAFFORD TO PICK UP THE ACCOLADE.



SILVER FOXES ONE YEAR BIRTHDAY

OUR SILVER FOXES GROUP CELEBRATED ITS FIRST BIRTHDAY IN OCTOBER, AND BLUES DEFENDER BEN BARCLAY JOINED THEM AT THEIR PARTY. SILVER FOXES ARE WELL-BEING SESSIONS FOR THOSE OVER 65, GIVING THEM AN OPPORTUNITY TO TAKE PART IN A RANGE OF ACTIVITIES SUITED TO THEIR LEVEL OF FITNESS. THE GROUP LOOKED THROUGH OLD PHOTOS, RECOUNTING MEMORIES OF THE YEAR'S ACTIVITIES AND TAKING STOCK OF THE GROUP'S GROWTH IN A SHORT PERIOD.



REMEMBRANCE 2024

THIS YEAR'S REMEMBRANCE FIXTURE TOOK PLACE ON OCTOBER 26 AGAINST CHELTENHAM TOWN, AND MEMBERS OF OUR VETERAN'S GROUP PARTICIPATED IN THE EVENT. THEY LED THE PLAYERS OUT AND LAID OUT A WREATH ON THE PITCH BEFORE A MOMENT OF SILENCE IN MEMORY OF THOSE WHO LOST THEIR LIVES IN CONFLICT. THE CLUB AND CST EDI LEAD TERESA MULHOLLAND WAS PRESENT ON REMEMBRANCE SUNDAY TO LAY A WREATH AT THE CENOTAPH IN CARLISLE CITY CENTRE ON BEHALF OF THE CST AND CLUB.



EFL WEEK OF ACTION

IT WAS WONDERFUL TO HAVE SOME OF OUR FIRST TEAM PLAYERS OUT AND ABOUT DURING EFL WEEK OF ACTION IN NOVEMBER. SAM LAVELLE AND JACK ROBINSON WERE PRESENT AT OUR PREMIER LEAGUE KICKS SESSION, TAKING TIME TO ANSWER ANY QUESTIONS BEFORE REFEREEING SOME OF THE FIXTURES IN THE TOURNAMENT. OUR FOOTBALL FOR ALL GROUP (PAN-DISABILITY SESSION) WERE JOINED BY JON MELLISH AND JUDE SMITH FOR A KICKABOUT AT CARLISLE YOUTH ZONE ON THE WEDNESDAY NIGHT, PROVIDING A LOVELY MOMENT TO CHERISH.



EDUCATION



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NEW DEGREE LAUNCHED

WE ARE EXTENDING OUR EDUCATION PROVISION WITH THE ADDITION OF THE BA (HONS) SPORTS BUSINESS AND MANAGEMENT DEGREE STARTING IN SEPTEMBER 2025. THIS EXCITING BA HONOURS DEGREE, IN PARTNERSHIP WITH THE UNIVERSITY OF SOUTH WALES, PROVIDES A FANTASTIC PATHWAY INTO THE SPORTS INDUSTRY THROUGH A MIX OF REMOTE LEARNING AND PRACTICAL EXPERIENCE OVER THREE YEARS. THIS WILL ADD A FRESH AND DISTINCT OPTION TO THE FLOURISHING EDUCATION SETUP.



A FANTASTIC START FOR RIO

CONGRATULATIONS TO OUR FOOTBALL DEVELOPMENT SCHOLARSHIP STUDENT RIO HAYHURST, WHO HAS ACHIEVED SECOND YEAR LEARNER OF THE TERM AND AN LFE NOMINATION. RIO'S ATTITUDE AND APPLICATION IN BOTH THE CLASSROOM AND FOOTBALL HAVE BEEN SUPERB SINCE RETURNING THIS TERM. HIS WORK ETHIC HAS BEEN OUTSTANDING, ALONGSIDE A BRILLIANT QUALITY OF WORK, WHICH HAS LED TO THIS RECOGNITION.

DA HUMAN MECHANICS WORKSHOP

IT WAS GREAT TO HAVE DA HUMAN MECHANICS IN THE COLLEGE FOR A WORKSHOP LOOKING AT JOBS IN THE HEALTH AND FITNESS INDUSTRY. THIS WAS AN EXCITING AND INFORMATIVE SESSION WHICH PROVIDED DETAILED INSIGHT INTO THE WORKINGS OF SPORTS REHAB AND A POTENTIAL FUTURE CAREER PATHWAY FOR OUR STUDENTS. THEY ALSO ENJOYED A PRACTICAL SESSION LOOKING AT K-TAPING WITH STAFF FROM THE REHAB CLINIC.



FDS FOOTBALL UPDATE

OUR FDS A TEAM HAVE HAD A SOLID START TO THE SEASON, SITTING FOURTH AFTER FOUR GAMES. IT HAS BEEN A TRICKIER START FOR THE B'S, WHO SUFFERED DEFEATS IN THEIR OPENING THREE GAMES, BUT AN 8-5 WIN OVER WIGAN ATHLETIC PROVIDES OPTIMISM. THE C TEAM LIE MIDTABLE, ONLY LOSING ONCE IN THEIR FIRST FOUR GAMES AND DEMOLISHING EVERTON F 6-0 LAST TIME OUT. OUR GIRL'S SIDE HAVE PICKED UP THREE POINTS AND ARE GROWING AS A TEAM WITH PLENTY OF POSITIVES TO TAKE SO FAR.

FEEDBACK



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“I just want to say thank you very much for accommodating our members yesterday visiting the football ground. It's really appreciated. They had a fantastic time and especially loved seeing the players.”

Heathlands Trust

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“Just wanted to say a big thank you to everyone involved in the party yesterday. You have been so helpful in the planning and the guys that held the football session were all a pleasure to deal with. The party was thoroughly enjoyed by all.”

Parent - Birthday Party

THANK YOU TO OUR CHARITY PARTNERS

KOMATSU



kangaroo
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GROUP**

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