



Professional Footballers' Association



Premier League



Community Sports Trust

# Newsletter



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Community Sports Trust

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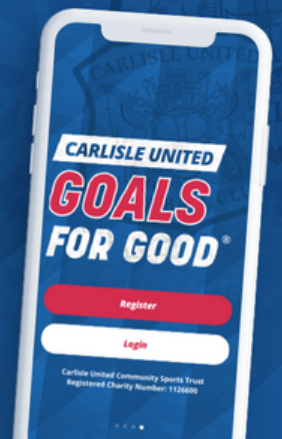
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**GOALS**  
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Community Sports Trust

# A word from the CEO



JAMES TOSE

COMMUNITY SPORTS TRUST  
CEO

“**Welcome** to the fifth edition of our newsletter. As ever, we have had a lot of fantastic delivery going on in our community, and we are delighted to share some of the great work taking place across our community programmes. A personal highlight was being able to reward some of our Community Heroes with a fantastic matchday experience at the recent home game against Gillingham. Lastly, I would also like to take this opportunity to thank all our charity partners. Since we launched the scheme in November last year, we have had a tremendous response and the support from the local business community has been phenomenal and very much appreciated.”

“Enjoy the Newsletter!”

## Carlisle United Community Heroes







## Community Sports Trust

# Delivery

**The** start of December marked the Rainbow Laces campaign, which saw our Premier League Primary Stars' delivery tailored to discuss messages promoting positive and accepting attitudes towards the LGBTQ+ community.

**We** took part in a sustainability-based social action project in the second week of the month in partnership with Brampton Primary School's Year Four classes. This saw pupils sell pre-loved items to encourage recycling while just asking for a donation in return, raising money for the school.

**January** saw Workington Academy take on the best of the North-West in the EFL Girls Cup at Fleetwood Town's Poolfoot Farm. A strong finish to the group stage saw them progress to the semi-final where they lost 2-1 to Bolton Wanderers.

**Our** Girls Emerging Talent Centre U12's travelled to the North-East on February 10 to face Newcastle United ETC. The team were outstanding on the night winning three, drawing one and losing one during a fantastic evening.

**February** half-term saw our Soccer Schools and Gymnastic and Dance Camps take place across the county.

We were at Harraby 3G in Carlisle, Penrith Rugby Club in Wigton and Penrith Rugby Club in Penrith. The half-term activities saw fantastic levels of participation with hundreds of local children supported during the week to have fun and develop their skills. We were delighted to be joined by Gabe Breeze, Joe Hugill and Callum Whelan at our Soccer Schools. Gabe ventured to Penrith to hand out awards and sign autographs. Callum and Joe were also at Carlisle on the final day for the presentation.



EFL Girls Cup



Girls Emerging Talent Centre



Premier League Primary Stars Rainbow Laces





## Community Sports Trust

# Education

**Congratulations** to our Football Development Scholarship Learners and Players of the Term which were announced in December. The first-year Player of the Term was Bobby Watson who has provided the firepower up front for the B and C teams. Amos Bulman was the first-year Learner of the Term showing great effort in the classroom. Second-year Player of Term Ella Winter has been a reliable member of our Girls' team who have gone from strength to strength throughout the season. And finally, Rio Hayhurst has flourished in his

second year of study picking up Learner of the Term.

**Rio's** academic achievements were also highlighted nationally by the League Football Education who selected him as their Learner of the Term. Tutor Jack Stephenson told the LFE: "Rio must be praised greatly for his turnaround in efforts, determination, resilience, and so much more. I really do congratulate Rio for using his enthusiasm as a tool to grow and flourish.

**Our** students have had the benefit of three vital and informative tutorials since the turn of the year. Cumbria Fire

Service spoke to the group about Driver and Road safety. Cumbria Police and The Well Communities discussed the issues around Gangs and County Lines in Cumbria. And the OddBalls Foundation came in to raise awareness of testicular Cancer. **As** part of their Careers in Sport Unit, Year One learners took part in Mock Interviews in late January giving them an understanding of a job application process.

**At** the time of writing our FDS Girls team are four matchdays unbeaten, an amazing effort.







## Community Sports Trust

# Inclusion

In early December participants from our Veterans sessions were invited by the Club and Chief Executive Nigel Clibbens to enjoy hospitality in the new East Stand Boxes as the Blues drew with Crewe Alexandra.

**Taylor** Charters came to our final Premier League Fans Fund session at St John Henry Newman Catholic School which educates on the topic of fan behaviour. Taylor took time to share his experiences of positive and negative fan behaviour as well as learning more about the project.

**Before** the Blues faced Chesterfield at home in mid-December we took

part in a collection for Carlisle Foodbank, 108 Mealbank and the local homeless in partnership with the Club and Carlisle United Community Sports Trust. Supporters and staff provided an outstanding amount of food and clothes in the build-up to the game with multiple bags filled to give to the charities supporting those in need across our community.

**We** hosted a Christmas party for participants from our Veterans Group, Sliver Foxes and EDI Volunteers in Foxys Restaurant on December 19. They enjoyed excellent hospitality from John Watt and Son as well as a quiz.

**Cumbria** Health visited us in January to do crucial health checks with our staff. They were also present in the Northern Competitions Fan Zone before United hosted Swindon Town, doing health checks and handing out free CVD self-test kits to supporters.

**We** were delighted to announce our Premier League Community Captain for 2025 as St John Henry Newman Catholic School Deputy Headteacher, Declan McArde due to his support of PL Kicks and Fans Fund sessions.







Community Sports Trust

# What's On

**Junior Foxes**

Football Sessions for Ages 7-9

£4 per session / £24 full course

Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL

Term-time Mondays 4:00-5:00pm

Block runs between: 24/02/2025 - 31/03/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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

**Little Foxes**

Football Sessions for Ages 4-6

£4 per session / £24 full course

Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL

Term-time Saturdays 9:00-10:00am

Block runs between: 01/03/2025 - 05/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Whitehaven Girls only Easter Soccer School**

Girls only Soccer School for ages 5-14

£30 per person

Whitehaven Football Club, Coach Road, Whitehaven, CA28 9DB

9:00-2:00pm

07/04/2025 - 08/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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

**CST Fun Run**

Sunday 23 March 2025

Run with Olga at 8:45am

A one mile run for ages 5-14 beginning & ending at Brunton Park

£8.00 per person includes a medal & goody bag

Maximum entry of 200 runners

Sign up: [www.runcarlisle.co.uk](http://www.runcarlisle.co.uk)

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Birthday Parties**

Football Session

Party in Foxy's Restaurant

Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL

4-5:30pm Thursdays

Football Session: £60  
Foxy's Party: £6 per child  
\*Max 16 kids

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Maryport Easter Soccer School**

Soccer School for ages 5-13

£30 per person

Netherhall Community Sports Centre, Netherhall Road, Maryport, CA15 6NT

9:00-2:00pm

10/04/2025 - 11/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Football For All**

Part-disability football sessions

£1 per person

Youth Zone, Victoria Place, Carlisle, CA1 1LR

Wednesday's 5:00-6:00pm

For more information: Email: Cameron.Smith@carlisleunitedst.co.uk or Phone: 01228 554169

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**Premier League Kicks**

Football session for all aged 12-18

Free of charge

Youth Zone, Victoria Place, Carlisle, CA1 1LR

Tuesday's and Friday's 5:30-7:00pm

For more information and to sign up please complete the Microsoft Form or Email: Cameron.Smith@carlisleunitedst.co.uk

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

**Penrith Easter Soccer School**

Soccer School for ages 5-13

£30 per person

Penrith Rugby Club, Winters Park, Penrith, CA11 8RQ

9:00-2:00pm

08/04/2025 - 09/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Carlisle Easter Gymnastics and Dance Camps**

Gymnastics & Dance Camps for ages 5-11

£60 per person for each camp

Harraby 3G Sports Hall, Edgehill Road, Carlisle, CA1 3SL

9:00-2:00pm

08/04/2025 - 11/04/2025  
14/04/2025 - 17/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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

**Carlisle Easter Soccer Schools**

Soccer Schools for ages 5-13

£60 per person for each Soccer School

Harraby 3G, Edgehill Rd, Carlisle, CA1 3SL

9:00-2:00pm

Week 1: 08/04/2025 - 11/04/2025  
Week 2: 14/04/2025 - 17/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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**Wigton Easter Soccer School**

Soccer School for ages 5-13

£60 per person

Wigton Rugby Club, Lowmoor Road, Wigton, CA7 9QT

9:00-2:00pm

14/04/2025 - 17/04/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or Email: Sam.Tickner@carlisleunitedst.co.uk or Phone: 01228 554169

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# Thank you to our Charity Partners







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