



Community Sports Trust

Newsletter



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



Community Sports Trust

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Community Sports Trust

A word from the CEO



JAMES TOSE
COMMUNITY SPORTS TRUST
CEO

"Welcome to another packed newsletter in which I hope you all will agree that there has been some fantastic work going on in our community by the brilliant CST staff. One of the most pleasing aspects has been the amount of Player appearances, visiting many of our community projects engaging with all taking part. A particular highlight was the recognition by the EFL for our Komatsu Climate Heroes project. To be shortlisted nationally for the 'Green Club' Award is something that everyone connected to Carlisle United and Komatsu should be very proud of. A huge well done to all the staff involved. Lastly, I'd like to thank all our charity partners for their continued support, and I'm delighted to welcome Tech4 office supplies and Saint & Co who have kindly joined our charity partner scheme."

"Enjoy the Newsletter!"





Community Sports Trust

Delivery

World Book Day in early March provided a fantastic opportunity for a book drop tour around local primary schools with Olga in tow to hand out bags of books to the children. Our road trip saw us visit Gilsland Church of England Primary School, Great Corby School and Kingmoor Junior School, donating over 150 books in the process.

We celebrated International Women's Day in March. Our coaches participated in the FA's 'Biggest Ever Football Session' initiative, delivering sessions to over 100 girls in local schools. At half-

time of the Blues game against AFC Wimbledon, our Girls Emerging Talent Centre players completed a lap of honour, highlighting a project which inspires so many girls in across our community.

Belle Vue Primary School travelled to Cochrane Park in Newcastle to represent Carlisle United in the Premier League Primary Stars Cup. They had a superb day reaching the semi-finals before a tour of St James' Park and some PL Primary Stars-based activities.

After winning the local stage of the EFL Kids Cup, St Catherine's Catholic Primary School took on the best of the

North-West at the Stanley Sports Hub in Accrington and missed out on a semi-final place by a point despite their best efforts.

It was amazing to have the first-ever CST Fun Run at the end of March, with 200 runners taking part in an excellent morning. Jenna Piatak DeMasi and Nick DeMasi were present to start the race and hand out medals.

Our Easter half-term activities took place in five locations across the county with our first girls-only Soccer School in Whitehaven a great success.

World Book Day



EFL Kids Cup



CST Fun Run



Girls ETC lap of honour



Archie Davies Soccer School Visit





Community Sports Trust

Education

Four students on our Football Development Scholarship have been honoured for their work on and off the pitch this term. First Year Learner of the Term went to Jamie Mulholland, who has shown great dedication in the classroom, while Connah Macrae has shone in strong performances for the C team, achieving Player of the Term. Jacob Moore's impressive academic efforts have seen him pick up Second Year Learner of the Term and Jade Taylor's control of the midfield for the title challenging Girls' side means she was named

Player of the Term in her year group. Congratulations to those who achieved awards.

The Community and Education Football Alliance League season is coming to a close with our teams' final fixtures fast approaching. Our A side have twice faced title-challenging Fleetwood Town A in March and April, losing at home before winning in dramatic fashion at Poolfoot Farm, meaning they sit fifth with four games to play. The B's have gained seven points from 12 in the last two months, scoring ten goals in the process, leaving them sixth with three to go. Fixtures have been limited for our

C's in April but picked up six points in March, which sees them in seventh place. And our Girls' team have a chance to win the league with double headers against Birmingham City and Nottingham Forest potentially season-defining.

We have had two organisations speak to our first years regarding scholarship and university opportunities in America as a potential exit route at the end of the course. 219 Sports Group and Future Pro USA gave informative talks on the potential process.



Jamie Mulholland



Connah Macrae



Jacob Moore



Jade Taylor



Future Pro USA talk



219 Sports Group talk



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Inclusion

Participants from our Football For All session had a wonderful time welcoming the players as flag bearers before the Blues faced Walsall on March 7 2025. This was highlighting Level Playing Field's Unite for Access campaign, who aim to create a fairer match day experience for disabled fans. We also got participants from various groups to wear the t-shirts to show support for the initiative.

We have had a host of players attend our Premier League Fans Fund sessions across April. Anton Dudik, Will Patching, Jake Allan

Elliot Embleton, Sam Hetherington, Archie Davies and Georgie Kelly all visited local secondary schools to talk about their experiences of fan behaviour. The attendance of players at these sessions has been vital in conveying the message of how fan behaviour affects the team.

Pupils from James Rennie School, Hexham Priory and Branthwaite Academy enjoyed a pitch tour and football activities before finishing with small-sided matches at the Neil Sports Centre.

A team from our Premier League Kicks sessions ventured to Preston to play in

the PL Kicks Cup tournament. The lads were competitive, picking up a couple of wins.

Social Historian Tony Mason recently visited United in Memories sharing insightful information about the history of Carlisle from the 1900s onwards. Tony also went to our Silver Foxes and Veterans sessions where he discussed Carlisle's floods.

Our Foodbank collection before the Blues played Port Vale was well-supported with numerous bags donated.

Football For All Flag Bearers



Tony Mason visit



Foodbank drop-off



Archie Davies and Sam Hetherington visit Fans Fund



Premier League Kicks Cup





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What's On


Community Sports Trust

Coaching Work Experience

We offer work experience for those aged 14-18 who have an interest in developing their coaching skills

Kick-off your coaching journey with Carlisle United Community Sports Trust



For more information:
Email: Enquiries@carlisleunitedcst.co.uk or Phone: 01228 554169

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Community Sports Trust

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
Email: Sam.Tickner@carlisleunitedcst.co.uk or Phone: 01228 554169

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Community Sports Trust

Football For All

-  Pan-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@carlisleunitedcst.co.uk or Phone: 01228 554169

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Community Sports Trust

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@carlisleunitedcst.co.uk

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Vacancy: Schools Sustainability Workshop Co-ordinator



-  Delivering the Komatsu Climate Heroes project to a high standard
-  Sixteen hours per week
-  Minimum GCSE (or equivalent) in Maths and English.
-  Strong interest in and knowledge of sustainability, climate change and associated issues.
-  Closing date: July 1 2025

For more information or to apply, complete the application form and return to via Email: James.Tose@carlisleunitedcst.co.uk by March 23 2025

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Mental Health Football



-  Mental health friendly football
-  Free of charge
-  Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL
-  Tuesday's 1:00-2:00pm

For more information:
Email: Ryan.Godderidge@carlisleunitedcst.co.uk or Phone: 07512 305865

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What's On



Community Sports Trust

Junior Foxes



-  Football Sessions for Ages 7-9
-  £4 per session / £12 full course
-  Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL
-  Term-time Mondays 4:00-5:00pm
-  Block runs between: 28/04/2025 - 19/05/2025

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

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Little Foxes



-  Football Sessions for Ages 4-6
-  £4 per session / £20 full course
-  Neil Sports Centre, Brunton Park, Warwick Road, Carlisle, CA1 1LL
-  Term-time Saturdays 9:00-10:00am
-  Block runs between: 26/04/2025 - 24/05/2025

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



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Carlisle Girls Group May Soccer School



-  Soccer Schools for ages 5-13
-  £60 per person
-  Harraby 3G, Edgehill Rd, Carlisle CA1 3SL
-  9:00-2:00pm
-  27/05/2025 - 30/05/2025


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






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Community Sports Trust


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Community Sports Trust

Wigton May Soccer School



-  Soccer School for ages 5-13
-  £30 per person
-  Wigton Rugby Club, Lowmoor Road, Wigton, CA7 9QT
-  9:00-2:00pm
-  29/05/2025 - 30/05/2025

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



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Penrith May Soccer School



-  Soccer School for ages 5-13
-  £30 per person
-  Penrith Rugby Club, Winters Park, Penrith, CA11 8RQ
-  9:00-2:00pm
-  27/05/2025 - 28/05/2025

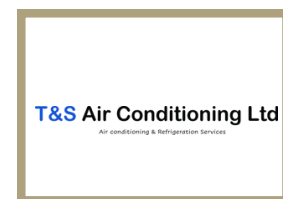
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Thank you to our Charity Partners



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Help its Community!"

