

## **EDI Update CUSG 21/07/25**

### **Armed Forces Day**

The Armed Forces Day held at Brunton Park on Saturday 28<sup>th</sup> June was a huge success, first of its kind held at CUFC with 26 stall holders attending, a mixture of military organisations, local businesses, mental health organisations and charities. Feedback has been great with many expressing that they would like to see the event held at Brunton Park again next year.

Footage from the day available on CUTV link below:

<https://watch.carlisleunited.co.uk/video/826784>



### **Menopause Awareness Video**

A menopause awareness video was filmed on the 12<sup>th</sup> June, which is available on CUTV, Menopause has long been shrouded in silence and shame—many people go through symptoms in isolation, we interviewed Nigel Clibbens CEO whom has a deeper understanding of the menopause having supported his wife through the process and Tish Fisher who runs a

free peer to peer menopause support group at Currock Community centre, we were also joined by one of the groups participants.

This was a light touch conversation on the Menopause discussing,

Ages and Stages

Symptoms

Exceptions to the rule

Support Available.

We hope that by publicly airing these conversations, we can help to dismantle stigma and remind individuals that they are not alone in their experiences. This was also a great opportunity to educate the community and reach the male fan base also, to provide them with an insight to the menopause and how this may affect their loved ones"

We would like to encourage viewers feedback on the video, which will help us to look at further collaboration on future menopause initiatives/videos.

## **Dementia Café**

Dementia café is still going from strength to strength with great numbers each month, the sessions run monthly last Friday of every month. On Friday 27<sup>th</sup> June the activity the participants requested was Karaoke! They all loved the sing song and have chosen a quiz for Julys session.

## **Our EDI Team....**

We are very lucky to have 9 dedicated EDI volunteers; we held a meeting on the 7<sup>th</sup> of July to discuss plans/campaigns for the coming season. We will adhere to the annual campaigns we have scheduled and add some additional awareness campaigns including international men's day in November We will also be looking at adding additional representation to the EDI team from the Armed Forces Community, and People of colour etc.



Coming up:

- Owl Blue-Autism Awareness via Ross Mattinson-
- Promotion of sensory packs
- Work with Jazmine (CUFC birthday party lead) and Bee Unique to look at cheerleading opportunities on a match day with the autism group she teaches dance routines too.
- Ross to look at filming a route to Brunton Park and where you would purchase tickets/seat allocation etc for the neuro diverse community

Nataly Mason to look at HG2 representatives in the National League to invite to games so far, have found representatives in:

- Sutton United
- Hartlepool
- Brackley Town

The EDI team have attended all the women's euros matches held at Brunton Park, a big thank you to them for supporting the women's game and the clubs' initiatives to promote this.

Next EDI Meeting to be held w/c 28<sup>th</sup> July to add/discuss Campaigns to add to fixture schedule 25/26