



Community Sports Trust

Newsletter



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@Carlisle United Community Sports Trust



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



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Index

Page 3 - A word from the CEO

Page 4 - Delivery

Page 5 - Education

Page 6 - Inclusion

Page 7 - What's On

Page 8 - Charity Partner Thank You





Community Sports Trust

A word from the CEO



JAMES TOSE
COMMUNITY SPORTS TRUST
CEO

“Welcome to the latest edition of our fantastic newsletter. Firstly, I’d like to say how delighted we are to have our first uniform sponsor in Ben Hodgson Cars. Ben’s enthusiasm to help his community and his passion for delivering high-quality services certainly align with how we work, so it’s great to have Ben’s business on the front of our staff uniforms. We also welcome Run Carlisle, Aqua Pura, PMS Fabrications and Pirelli Tyres to our charity partner scheme. It really is appreciated by us all to have the support of the local business community.

“Our brilliant delivery staff have been extremely busy over the summer months, and in particular our summer activities programme has been a huge success with us engaging with 1078 kids, delivering ten football camps and three Dance and Gymnastics camps across eight different locations (Carlisle, Cockermouth, Keswick, Kendal, Maryport, Penrith, Whitehaven and Wigton) across Cumbria.

“In education, we have cemented our place as number one both on and off the pitch. Our female football development scholars won the girls’ small-sided league, and in the classroom our education results have gained us number one status amongst all League Football Education clubs with 100% of our Carlisle United Community Sports College learners graduating above their target grades and 100% retention of students.

“Lastly, I would like to congratulate our EDI Lead Teresa and our EDI volunteers for being shortlisted for the Diverse Cumbria Awards.”

“Enjoy the Newsletter!”

Thank you to the London Branch for their donation.





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Delivery

It was brilliant to be involved in Stanwix School's Health Week at the start of July. Our staff were present on three days, delivering introductory sessions on golf and athletics to a wide range of ages. This was key to giving the children experiences of different sports, providing new ways they can keep active and healthy in their free time..

We have also been heavily involved with numerous local schools end of term parties with our staff taking the inflatables to Kingmoor Junior School, William Howard School and Lanercost Primary School.

Our Summer Activities 2025 have been another fantastic success with over 1000 children attending our provision across July and August. We have travelled all across the county to deliver our Summer Activities, taking in eight locations in Cumbria: Carlisle, Cockermouth, Kendal, Keswick, Maryport, Penrith, Whitehaven and Wigton. It's been brilliant to have multiple player appearances across the six weeks with Morgan Feeney, Josh Grant, Sam Hetherington, Jude Smith and Gabe Breeze taking the time to sign autographs and complete a question-and-answer session with our participants.

We have launched our brand new matchday provision Olga's Matchday Kickabout with the first session taking place before the Blues played Boreham Wood at Brunton Park on Saturday 16 August. It was amazing to see many children come down to our free football session and they got to meet Jordan Jones and Sam Hetherington, who came down to sign autographs.

Carlisle Youth Zone invited us to deliver mini-medics to participants at their holiday provision, helping them gain vital life skills.



Stanwix Health Week 2025



Josh Grant visits Carlisle Soccer School



Olga's Matchday Kickabout



Gabe Breeze visits Carlisle Soccer School



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Education

Carlisle United Community Sports College's Girls Football Development Scholarship team have collected their trophy, having won the Community and Education Football Alliance Small Sided Women's North League in June. Eight of the players involved in the title-winning team came down to Brunton Park to collect the trophy and medals, with three unable to make it on the day. The Girls' side pipped a strong Birmingham City side to the title by two points, after an incredible unbeaten run which began at the end of January. They

won 13 out of 18 games across the season, drawing two and only losing on three occasions, scoring 44 goals during the campaign. This was an outstanding achievement, being the first ever solely Girls' team and then proceeding to win the league on the first time of asking despite having never played with each other before the season began.

The 2023-25 Football Development Scholarship cohort had official confirmation of their grades in August. There were some outstanding results that all the learners can be proud of and some exciting times ahead as they move onto higher education, apprenticeships,

scholarships and employment. These provided some outstanding stats as follows: 100% of learners finished above their target grade, 20 learners achieved the highest possible grade, 100% retention of students over the two years and very high value added relating to academic grade. On top of this, all first years are currently above their target grade moving into their second year. For a second year running, all our learners leave with outstanding BTEC results, meaning all 47 students in the last two years have exceeded their targets.

FDS Girls League Champions



Results Day 2025





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Inclusion

Our Veterans and Silver Foxes had an enjoyable trip to Watchtree Nature Reserve at the start of July, where they got their helmets on and cycled around the area before enjoying refreshments in the cafe.

The end of the Football For All season saw the group celebrate another year of fun and football with a visit to Hollywood Bowl. Our participants had a superb time with some impressive high scores on the board. They also enjoyed some food and drink after the bowling.

There was another outing for our Veterans and Silver Foxes in July

as they visited Carlisle Subscription Bowling Club. They absolutely loved the opportunity to work on their bowls skills and learn more about the club.

We have been shortlisted in two categories at the Diverse Cumbria Awards 2025. The Club and CST are together among the final three for the Business Champion Award due to exemplary EDI initiatives on matchdays and within the community. Additionally, EDI Lead Teresa Mulholland is individually shortlisted for the Positive Role Model Award for her coordination of EDI activities. This recognition underlines the dedication of all involved in

championing EDI through impactful events and best practices throughout the 2024/25 season. EDI Lead Teresa Mulholland, said: "I am incredibly honoured to be shortlisted for the Positive Role Model category at the Diverse Cumbria Awards. "This recognition is not just mine - it belongs to everyone in the EDI team."

The good weather meant a trip to Allonby for our Veterans and Silver Foxes, who had a walk along the beach and a well-earned ice cream.





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What's On

Little Foxes
Football sessions for ages 4-6
£5 per session / £40 full course
Neil Sports Centre, Brunton Park,
Warwick Road, Carlisle, CA1 1LL
Term-time Saturdays 9:00-10:00am
Block runs between: 06/09/2025 - 25/10/2025
"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Junior Foxes
Football sessions for ages 7-9
£5 per session / £35 full course
Neil Sports Centre, Brunton Park,
Warwick Road, Carlisle, CA1 1LL
Term-time Mondays 4:00-5:00pm
Block runs between: 08/09/2025 - 20/10/2025
"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Olga's Matchday Kickabout
Turn up and play for **free** before
Carlisle United's Saturday home
games during the 2025/26 season!
Neil Sports Centre, Brunton Park,
Warwick Road, CA1 1LL
Matchdays 12:30 - 2:00pm
Ages 5 - 12
Children must be accompanied and signed in by an Adult with a valid match ticket to be presented on entry
For more information Enquiries@carlisleunitedcst.co.uk

BATON OF HOPE CUMBRIA
Join us at Carlisle United to support the Baton Of Hope Cumbria tour
Brunton Park, Warwick Road, Carlisle CA1 1LL
Sunday 7 September 2025
2:00pm - 4:30pm
The Baton will arrive at Brunton Park from 3:45pm, where the Baton Bearers will take the Baton around the Brunton Park pitch alongside Olga.
The Baton will then depart at 4:10pm onto the next leg of the tour.
Activities on the day:
Walking football in the Neil Sports Centre
Children's mini baton bearing craft session
Face painting
Support organisations on the day:
Every Life Matters
Carlisle Eden Mind
The Well
Samaritans
Cumberland FA
Carlisle Eden Mind Every Life Matters Carlisle Eden Mind The Well Samaritans Cumberland FA



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