

## **EDI Update CUSG 05/01/2026**

### **Saturday 29<sup>th</sup> CUFC V Tamworth**

Guide Dogs UK joined us as part of the 'Persons with Disabilities Day'; they educated the fan base on support available for those with sight loss and their families. They also conducted a bucket collection within the fan zone.

**Carlisle Dance Academy -Saturday 29<sup>th</sup> November** CDA- showcased their Christmas themed routine, a huge well done to the girls considering the awful weather on the day. At the request of the club the girls returned again on Wednesday 10<sup>th</sup> December to perform their Christmas routine for the fans, which once again was a huge hit with the fans.

I am arranging an opportunity for another local dance group, (Studio A) to showcase their provision on **Saturday 31<sup>st</sup> January CUFC V Altringham.**



### **Christmas Foodbank Collection**

We collected various items for the foodbank in the fan zone; these were dropped off to the foodbank via the Community Sports Trust.

### **Christmas Shoebox Appeal - 8 to 19 December**

A huge thank you to those who dropped off items for this appeal, particularly our CUFC Community Sports College students who donated many items as part of their Christmas Jumper day. The shoe box hampers were made up one evening via 108 mealbank volunteers and Teresa Mulholland.







### Wednesday 10<sup>th</sup> December CUFC V Woking

We were joined by North Cumbria Search and Rescue who came to educate the fan base on water safety and carry out a bucket collection, they raised £161 on the evening.

### CUFC First Christmas Gift donations distribution.

The CUFC Community Sports Trust identified three charities to receive some of the toy donations kindly provided by the first team players. Following the first team visit to the Children's Ward we distributed gifts to-Hospice at Home, the Women's Refuge and Safety Net. These charities greatly received the donations and thanked the club for this really kind gesture during the festive period.



### Festive Film

Carlisle United Football Club and Community Sports Trust brought the magic of Christmas to Brunton Park on **Saturday 20 December** when we screened the movie-How the Grinch Stole Christmas in the Fan Zone. It was a lovely Christmas atmosphere in the fan zone, a big thank you to Peter Dunn for all his support with the screening/technical support as well as Carol and Peter from John Watts for the amazing food and beverage provision.



### United in Memories-

Our Festive Themed Dementia café took place with a delicious Christmas lunch provided by John Watts followed by along a visit from Norman Street Primary school for some Christmas Carols.

United in Memories-



### **Saturday 30<sup>th</sup> December-CUFC V Morecambe**

This fixture we invited CUFC Community Sports trust veterans group participants and Morecambe Community trust veterans to enjoy a pre match pie and pea social before the game, this was a great opportunity to find out what provision both clubs provide as well as discussing their military background/experiences. This visit will be reciprocated when we play Morecambe in April, along with a sponsored bike ride to raise money for the veterans' groups.

### **Saturday 3<sup>rd</sup> January CUFC V Wealdstone**

The EDI Team promoted the sensory packs loan scheme as well as Face painting in the fan zone and at the Blues birthday parties.



### **Upcoming events**

#### **Thursday 29<sup>th</sup> January -Wellbeing event-6pm-8:30pm Cumbria Lounge.**

This is a **free** event showcasing organisations that provide mental health support, wellbeing practices such as:

Reki

Meditation

Photo Shoots

Fitness

Perimenopause/menopause support groups etc

Free glass of prosecco on arrival/refreshments/bar open to purchase drinks. To book a free ticket please email: [edi@carlisleunited.co.uk](mailto:edi@carlisleunited.co.uk)

#### **Saturday 31<sup>st</sup> January CUFC V Altringham**

Hospice at Home visit, educating fan base on their services as well as carrying out a bucket collection.

Cheerleading performance via Studio A



**Tuesday 10<sup>th</sup> February CUFC V Scunthorpe**

Level playing field promotion  
Visit from guides and rangers

**Saturday 21<sup>st</sup> February-CUFC V Yeovil Town**

MND Bucket collection and education piece in the fan zone.

**Friday 27<sup>th</sup> February -Carlisle United Community Sports Trust Awards**

An evening of recognition, inspiration and celebration to honour the outstanding accomplishments of our community.



*Wellbeing Event*  
*Thursday 29<sup>th</sup> January*  
*6pm-8:30pm*  
*Cumbria Lounge*  
*Brunton Park*

Join us for an evenings showcase of local businesses/organisations that provide services to support mental health and wellbeing particularly for women going through perimenopause/menopause also for those looking to boost their mental health and wellbeing through various channels of support.

     

Tasters sessions on:  
Holy Fire Reiki  
Indian face massage  
Hand chakra balancing with crystals  
Meditation  
Fitness  
Mental health support  
plus many more....

*Free Entry with glass of fizz on arrival*  
*Refreshments available to purchase throughout the evening*  
*Free Tickets must be booked in advance by contacting*  
*[edi@carlisleunited.co.uk](mailto:edi@carlisleunited.co.uk)*

For further information please contact  
Teresa Mulholland [edi@carlisleunited.co.uk](mailto:edi@carlisleunited.co.uk) 07923244854  
Venue details will be provided with your confirmed ticket order, please provide any accessibility support required when booking