

EDI Update February 2026

Thursday 29th January Wellbeing evening 6pm-8:30pm

The Wellbeing evening was a great success with over 102 participants attending the evening, they enjoyed a free glass of Prosecco on arrival courtesy of John Watts, and took part in taster sessions on:

Dance
Yoga
Meditation
Burlesque
Reki



We had many exhibitors showcasing provision from:

- Reki
- Mindfulness
- Walking Football
- Dance
- Meditation
- Charity provision-Volunteering opportunities
- Endometriosis
- Mental Health Support
- Counselling services
- Menopause Support...Plus many more



The feedback has been really positive, and I will be looking at arranging another wellbeing evening in the Spring/Summer.

<https://www.carlisleunited.co.uk/news/womens-wellbeing-event-roaring-success>

Saturday 31st January CUFC V Altringham

We were joined by Hospice at Home who educated the fan base on their services as well as carrying out a bucket collection, they raised an incredible **£904.80!**



We also provided an opportunity for another dance performance pre match by Studio A on the 31st of January and 10th February.



Teresa Mulholland-EDI lead CUFC

Upcoming events:

Saturday 21st February CUFC V Yeovil Town

- United For Access campaign
- Motor Neurone Disease Association education awareness in fan zone and bucket collection
- Pre Match KO dance collaboration via Northern Heights Dance school



Saturday 7th March

CUFC V Southend United

International Women's Day, Her Game Too, Spotlight Inspirational Women in the community. Raise the Roof campaign. Joined by Express Dance Studio pre match performance.

Potential Iftar/Ramadan event tbc

Saturday 21st March

CUFC V Boston United-Green Football Weekend