



Professional Footballers' Association



Premier League

Edition Ten
Spring Term 2026
By Alfie Irving



Community Sports Trust

Newsletter



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



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Community Sports Trust

A word from the CEO



JAMES TOSE
COMMUNITY SPORTS TRUST
CEO

“Welcome to our tenth edition of our popular CST newsletter. As ever the last few months have been extremely busy with plenty of community delivery and I’m sure you will enjoy reading all about what we have been up to in the last few months. A couple of highlights for me, has been seeing so many of our first team playing squad out and about visiting community programmes and at the end of February we celebrated our impact at our CST awards evening at the Halston. The night was a great success and a fantastic opportunity to showcase all the good work delivered by our brilliant charity. A huge thank you to all that attended and a very well done to all the inspirational award winners.”

Thomlinson Junior School win the Premier League Primary Stars National Girls Tournament Regional Qualifier





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Delivery

It has been a busy start to 2026 on the delivery front with a whole host of events taking place.

We welcomed Regan Linney and Callum Whelan to the final day of our February half-term Soccer School. The lads completed a question and answer session before taking in the final of our Group D tournament. After this, they made their way inside where they handed out medals to award winners before signing autographs for those in attendance.

A huge thank you to both Regan and Callum for their time.

In February, Thomlinson Junior School represented us at the Premier League

Primary Stars National Girls Tournament at the Beacon of Light. The girls participated in a mental health workshop and an obstacle course in the morning, before competing in a tournament in the afternoon. They came out victorious, not conceding a goal on their way to securing a place in the Finals later this year.

Georgie Kelly and Elliot Embleton made an appearance at Fir Ends' Premier League Primary Stars provision last week. They took the time to answer the children's questions on key themes of dreams and goals before taking part in small-sided hockey matches with the children. It was great to see the kids interact with Georgie and Elliot.

In the world of Premier League Kicks, Billy Turner was handed the Community Captain award by United shot-stopper Gabe Breeze. This award was a recognition of Billy's dedication and attitude towards the programme. In addition to this, our Kicks Team faced off against Morecambe at Frenchfields in February. They may have come out on the wrong side of the result, but it was great for the participants to represent the club in the fixture.

We also managed to celebrate World Book Day in March by giving out books to local schools on our Primary Stars programme.

Regan Linney and Callum Whelan attend Carlisle Soccer School



Thomlinson Junior School represent us at the Beacon of Light



Georgie Kelly and Elliot Embleton visit Fir Ends



Gabe Breeze presents Billy Turner with his Community Captain award





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Education

In terms of action on the pitch, it has been a hugely positive start to the year for our FDS programme. Our A Team managed to reach the semi-finals of the EFL CEFA Men's Cup. A 2-1 win against Liverpool in the Last Sixteen at Harraby, courtesy of a Jamie Parkin late winner, earned them a place in the Quarter Finals. They travelled to Bristol to face Exeter City where it looked like they were exiting the competition before a 94th minute equalizer from Ewan Tedford forced penalties, where Freddie Newton was the hero, saving two penalties before Jamie Parkin slotted away the winning penalty to

set up a tie with Grimsby in the semi-final. This would prove to be one step too far though, as after a tight first half at Raydale Park, two quick-fire set-piece goals put Grimsby two-nil up. United fought back but the score finish 4-1 and the A's missed out on a cup final place. A cup run that the lads can be hugely proud of though, and all the motivation they need to make it one step further in next year's competition.

In March, we had Future Pro USA at the college to talk to our first-year learners about scholarship and university opportunities in America. This involved looking at what a scholarship would entail, as well as the application process.

It was a great insight for our students into life in America, as well as showcasing an exit route for our learners.

Our First Years also visited the University of Cumbria in January. They attended three workshops on different areas of the sports degrees offered there. A huge thank you to the University of Cumbria for having us.

Lastly, our Second Years visited Center Paris at the start of March. They spent time in the Subtropical Swimming Paradise, as well as the brand new Entertainment Hive. A brilliant opportunity for our learners.

FDS A Team reach EFL CEFA Men's Cup semi-final



Second Years visit Center Parcs



University of Cumbria visit



Future Pro USA visit our First Years





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Inclusion

We started the year off in January with our Women’s Wellbeing event in the East Stand Hospitality Area.

The evening allowed an opportunity for the over 100 women in attendance to gain an insight into wellbeing provision available to them across the community. It was also especially important in highlighting women’s health and wellbeing, including perimenopause and menopause. The evening provided a supportive and safe environment for conversation. A huge thank you to all of the exhibitors and volunteers who supported such a successful and positive evening.

We have had a wide range of EDI initiatives over the early months of 2026, most notably Unite For Access and Her Game Too. Our home match against Yeovil Town was our dedicated Unite For Access fixture, and players and participants on our projects showed support for the campaign in the lead-up to the game. The Southend game was our Her Game Too fixture. Morgan Feeney, Ryan Galvin and Archie Mair showed their support in the lead-up to the game, and our Girls Emerging Talent Centre also demonstrated their allegiance. Carlisle United Ladies attended our Premier League Kicks Girls Session at Harraby in the run-up to the game to answer questions and take part.

Over the past couple of months, Ryan and Teresa have been organising a veteran-led bike ride alongside Morecambe Community Foundation before the game at The Mazuma Mobile Stadium on Easter Monday. Cyclists will be setting off at around 6am from Brunton Park and hoping to arrive at Morecambe for roughly 2:15pm. The ride aims to raise vital funds and awareness for veterans’ projects run by both Carlisle United Community Sports Trust and Morecambe Community Foundation. Good luck to all of the cyclists and all of the support staff.



Women’s Wellbeing event



Morgan Feeney shows support for Her Game Too



David Ajiboye and Freddie O’Donoughue support Unite For Access



Carlisle United Ladies visit Premier League Kicks Girls session



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Awards Evening

We hosted our awards evening at the Halston on Friday 27 February to celebrate individuals across all of our provision. The event brought together CST staff, trustees, sponsors, club staff and award winners for an evening of celebration. There were a total of eight awards given out across the evening, spanning the wide range of provision that we offer.

The Harry Armstrong Award - Callum Logan

This award was named in tribute to Harry Armstrong, a former USW student who we sadly lost to suicide in 2019. This award honours a student who has excelled on one of our degree programmes in partnership with the University of South Wales. Our Community Sports College deliver two university degree programmes in partnership with the EFL and the USW - the BSc Sports Coaching & Development and BA (Hons) Sports Business & Management. These blended learning degrees allow students to study locally at our college while also experiencing university life through residential in Cardiff.

Volunteer of the Year - Charlotte Crosbie

This award celebrates a volunteer whose commitment and dedication to the Equality, Diversity, and Inclusion volunteering team; has helped to drive positive change, challenged barriers, and helped create a more inclusive community.

The Football For All Award - Marcus Tiffin-Farrar

Football for All is our PAN Disability football group and this award recognises and celebrates a core member of the group who shows enthusiasm, teamwork, helps others, leads by example and most importantly embodies the spirit of Football for All.

The Inclusion Award - Joan Short

This award celebrates an individual who demonstrates remarkable enthusiasm, resilience, and true community spirit shown within our Inclusion provision. By staying active, embracing connection, and inspiring others through their commitment.

Community Impact Award - Keith Richardson

This award celebrates a veteran who continues to serve with the same dedication and resilience shown in uniform. Through tireless community involvement and unwavering commitment to others, this honouree has created a profound and lasting impact, setting a powerful example of service beyond self.

Girls Emerging Talent Centre Player of the Season- Chloe Brown

We deliver an FA Girls' Emerging Talent Centre for 80 local female players — a high-quality development programme designed to support talented female footballers aged 8–16. The Centre provides a structured pathway where players can access high quality coaching while continuing to play for their local grassroots clubs. This Award celebrates the high achievement of one of the ETC participants.

Football Development Scholarship Student of the Year - Rio Hayhurst

This award went to a student who has excelled on the Football Development Scholarship — which is a two-year, full-time Level 3 Extended Diploma in Sports Coaching and Development. This unique course gives 16–19-year-olds the chance to train like professional footballers while gaining a high-quality education.

Community Hero Award - John Halpin

This award recognises an individual who goes above and beyond to make a positive difference in our local community. It celebrates someone whose dedication, compassion and commitment have had a lasting impact on the lives of others. Whether through working or volunteering their time, supporting others in times of need, or inspiring positive change, this person embodies the true spirit and values of Carlisle United Community Sports Trust.



A huge thank you to Barbara Abbott for taking photos of the evening



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