



Professional Footballers' Association



Premier League

Edition Eleven
April/May 2026
By Alfie Irving



Community Sports Trust

Newsletter



Enquiries@carlisleunitedcst.co.uk



01228 554169



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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 - Cumbria Sports Award win

Page 8 - PFA Community Champion





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A word from the CEO



JAMES TOSE
COMMUNITY SPORTS TRUST
CEO

"Welcome to our eleventh edition of our CST newsletter. It has been an incredibly positive period across our Delivery, Education, and Inclusion programmes. From unforgettable experiences at Brunton Park, major fixtures for our students, and some impactful community events supporting mental health, veterans, and PL kicks youngsters from across the north of England. A particular highlight has been hosting so many participants on our annual 'Play on the Pitch'. We had over 700 primary school age children visit us for our Premier League Festivals and our first ever soccer school on Brunton Park. As always none of this would happen without the support of the football club and the amazing hard work and dedication from the CST staff. So, I'd like to take this opportunity to say thank you to all involved.

Lastly I'd like to congratulate the whole CST team for winning the 'Inclusion in Sport' Award at the Cumbria Sports awards and congratulations to 1st team player Callum Whelan for winning our 'PFA Community Champion' Award"

'Enjoy the newsletter'

Rob Elliot greets Brunton Park Soccer School attendees





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Delivery

It has been a busy few months for our Delivery department with a whole host of events going on over the course of April and May.

We had player appearances from Luke Armstrong, Freddie O’Donoghue, Elliot Embleton and Junior Luamba at our Easter Holiday activities. New manager, Rob Elliot, also decided to pop along to our Brunton Park Soccer School on his first day in charge. A huge thank you to all of the players and Rob for their time.

It has been a wonderful couple of months for our Premier League Kicks participants, as they were involved in two tournaments. The first of which was held at Goodison Park. The lads had a great day, enjoying a mental health workshop and a picture

with the Premier League trophy, alongside action on the pitch. Fast forward to May, we hosted our own Premier League Kicks Cup on the Brunton Park pitch. Teams representing Middlesbrough, Blackburn and Sunderland joined us in Cumbria. Congratulations to Blackburn who were victorious in the final and a huge thank you to all of the teams for making it such a special occasion.

Our Girls’ Emerging Talent Centre season finished with a bang in May. All age groups took on Westmorland ETC at Brunton Park to close their campaign. An unforgettable experience for our girls, with some of them playing on the Brunton Park pitch for the first time. A huge well done to all of our players for such a fantastic season.

In the world of Premier League Primary Stars, we had the immense privilege of having Thomlinson Junior School represent us at the Premier League Primary Stars National Girls’ Tournament at Molineux in May. Despite narrowly missing out on qualification for the semi-finals in a tight group stage, we managed to win the Fair Play Award for our behaviour and attitude across all the matches. Massive thanks go to the children, staff and parents at Thomlinson Junior School for such an excellent day.

We also hosted three days of football at Brunton Park as part of our Premier League Primary Stars Football Festivals. It was amazing to see over 700 local pupils have the chance to play on the pitch over the course of the three days.



Thomlinson Junior School represent us at Molineux



Dance and Gymnastics Camp attendees with their certificates



Premier League Kicks Cup at Goodison Park



Our Girls' Emerging Talent Centre play on Brunton Park



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Education

It was a great end to the academic year for our Learners at our Community Sports College, with the Brunton Park pitch very much at the centre.

All Learners had the opportunity to train on the pitch in May, with a round-robin tournament taking place to bring a close to training sessions for the season. The winning team consisted of Harry Reay, Tommy Edmondson, Louie Titterington, Warren Fisher, Callum Long, Max Barwise and Callum Tiffin.

Our C Team then got the chance to play a league fixture on the hallowed turf against Liverpool. This was an incredible experience for the lads, and they played fantastically, managing to pick up a point in a 2-2 draw with Logan Riley and

own goal on the scoresheet for United.

It was also excellent to have our Learners help officiate games at the Premier League Primary Stars Schools Festivals at Brunton Park in late May. It was a hugely valuable experience for our students, as they were able to gain work experience whilst helping our Delivery department deliver a successful three days of football.

Massive congratulations to our most recent learners and players of the term. Our First Year Player of the Term was Charlie Gardner and our First Year Learner of the Term was Ellis Rushton. Our Second Year Player of the Term was Jay Kirkpatrick and our Second Year Learner of the Term was Abbie Thoburn. Well done to all of the winners for their hard work over the term.

In late April, we had the privilege of welcoming the Army to the college. It was wonderful to hear from Matthew Hemings about his experience, the benefits and the sporting opportunities on offer. Learners then ended the day with some team building activities and archery tag.

Looking ahead to next year, we hosted an open day for prospective first-year learners. The morning involved time in the classroom for the students, who looked at match analysis, football coaching, sports nutrition and fitness testing. The afternoon was a fun and competitive training session at Brunton Park. It was wonderful to see so many highly motivated and hardworking learners ahead of September.

FDS A Team in action



Open Day



Our FDS Cohort for 2025/26



Training on the Brunton Park pitch





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Inclusion

April started with our Veterans Bike Ride from Brunton Park to the Mazuma Mobile Stadium ahead of the First Team’s Easter Monday fixture with Morecambe. Veterans representing both Carlisle United Community Sports Trust and Morecambe Community Foundation cycled the 80-mile trip together to raise funds for both club charity’s veterans’ programmes. Massive congratulations to all of the cyclists, as well as everybody who made the event possible. Over £2,500 in vital funds was raised, which will hugely benefit both groups.

We were delighted to invite Eric Coupland to give a talk on woodwork at our May iteration of United in Memories. Eric talked to our attendees about woodworking, alongside showing

participants, some of his work. A huge thank you to Eric for his time.

Brunton Park was also pivotal in our inclusion delivery, as we hosted a men’s mental health tournament on the pitch. Nine teams took part in the tournament representing: Carlisle United Supporters’ Trust, Andy’s Man Club, United Utilities, GDB Civils, Man v Fat, Silent Footprints, Tubby FC and World Group. There was a group stage format before semi-finals and a final. Tubby FC were the eventual winners, defeating World Group on the final on penalties, after knocking out Silent Footprints in the same manner in the semi-final. It was a wonderful occasion with so many of the players talking openly and honestly about mental health with each other. A huge thank you to all the teams for

being so supportive of the event and bringing attention to a vital cause.

Our Veterans and Silver Foxes made the most of the lovely weather at the end of May by visiting Watchtree Nature Reserve. It was fantastic to see so many smiles on faces, as our participants cycled or walked around the site. This was then followed by a social in the café with plenty of tea, coffee and cake consumed.

Finally, we were hugely honoured to be invited down to present awards at the annual Carlisle Boccia tournament at Harraby 3G in late April. It was excellent to see so much positivity from all of the competitors. A huge well done to everybody who took part and congratulations to all of the winners.



Carlisle Boccia tournament at Harraby 3G



Riding for our Own Veterans Bike Ride to Morecambe



Men’s Mental Health Tournament action



Silver Foxes at Watchtree Nature Reserve





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Cumbria Sports Award Win



We were awarded the Diversity and Inclusion in Sport Award at April's Cumbria Sports Awards 2026 at Energen Campus in Workington.

We were nominated in the category alongside West Cumbria Women & Girls Touch Rugby and Workington Town Community Trust.

The award recognises all of the exceptional work across the charity to include all members of our local community. Projects such as the Premier League Kicks programme, the Football For All project, Veterans sessions, Walking Football and Netball, Mental Health Football, as well as the monthly United in Memories Dementia cafe, evidence the range and quality of provision across the board.

The Club and Trust also work collaboratively on Matchdays to showcase and highlight various EDI initiatives in the Northern Competitions Fan Zone. Each game has a designated EDI theme, and all activities on that day will highlight that topic.

Read more online 





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PFA Community Champion



We were delighted to present Callum Whelan with our PFA Community Champion Award for the 2025/26 season before our home game with Brackley Town.

Congratulations to Callum, who has been a great ambassador for the club in the community this season.

Watch Callum's video here 





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Play on the Pitch



We were delighted to host our annual Premier League Primary Stars Football Festivals on Brunton Park in May. The festivals allowed local primary school pupils the opportunity to play on Brunton Park over the course of three days, with participation and fun at the centre.

There were three tournaments across the week for Years 3 to 6 with over 700 children playing football on the hallowed turf during the festivals.

Carlisle United Community Sports Trust CEO, James Tose, said: “When local school children play at Brunton Park, they’re not just playing football – they’re creating memories, raising aspirations, and experiencing the pride of representing their school at the home of Carlisle United.”

Director of Delivery, Quality Assurance and CPD, Carl Carr added: "We had a brilliant few days for our 'Play on the Pitch' week, with over 700 primary school pupils from across Cumbria getting the opportunity to play at Brunton Park. "More than 70 teams took part over three days with inclusiveness, fun, enjoyment and participation at the heart of the experience. "The feedback from the players that took part, and the teachers who attended, was really positive. I'm sure it's an experience they'll cherish and remember for a long time."

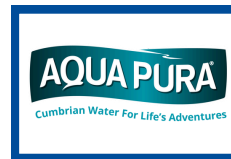
Watch the video here 





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