

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## YOUTH CUP FINALS 2021-22



**Friday 13 May 6:30pm - Under 18 Mixed**

**Saturday 14 May 11:00am - Under 12 Mixed**

**Saturday 14 May 2:00pm - Under 14 Mixed**

**Sunday 15 May 11:00am - Under 12 Girls**

**Sunday 15 May 2:00pm - Under 14 Girls**



**ENGLAND  
FOOTBALL**



# Cumberland FA

## County Cups

### A Message from the Chairman of Cumberland FA

#### Season 2021-22

##### **Chairman**

Fred Conway

##### **Vice Chairman**

John Rogerson

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Steve Poole

John Taylor

Ian Parker

Adam Pattison

Jackie Hayhow

Ben Snowdon

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Fred Dandy, Andrew Jenkins,

Albert Murphy, John Taylor, John

Twentyman, Geoff Turrell, Jack

Williamson, Tommy Jackson, Tony

Barnett, Brian Taylor

##### **FA Representative**

Fred Conway

##### **Chief Executive**

Ben Snowdon

Cumberland Football Association  
Limited

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[www.CumberlandFA.com](http://www.CumberlandFA.com)

On behalf of Cumberland Football Association, I would like to welcome you to the 2021-22 Youth County Cup Finals weekend.

With no Cup competitions since the 2019-20 season and with the phased return of football over the last 18 months, we have seen how important the return of football across the County has been to everyone, from players, volunteers, referees and supporters.

Our sincere thanks are also due to the volunteers of the host venues Workington AFC and Keswick FC, who's support has enabled us to provide the County Cup Final match day experience for these five Finals.

Special mention to the match officials who we wish good luck for the Finals. We hope all those in attendance give them support and show respect throughout.

We're expecting some entertaining and quality football to be played over the weekend, we hope you all enjoy the experience.

Mr Fred Conway  
Chairman, Cumberland FA

# Cumberland FA Cup Finals

## Season 2021-22

DATE	COMPETITION / VENUE	FIXTURE	OFFICIALS
Sunday 20 March	<b>Under 16 County Cup</b> Penrith AFC	Cleator Moor Celtic U16 - 7 Crusaders U15 - 0	Referee: Austen Davidson Assistant Referees: Georgia Vyse & Geoff Ellison 4th Official: Jake Davidson
Sunday 20 March	<b>Under 16 Girls County Cup</b> Penrith AFC	Northbank 1970 U16 Girls – 2 Cockermouth U16 Girls - 1	Referee: Georgia Vyse Assistant Referees: Jake Davidson & Austen Davidson 4th Official: Geoff Ellison
Tuesday 26 April	<b>Cumberland Cup</b> Penrith AFC	Carlisle City FC - 4 Wetheriggs United FC - 0	Referee: Scott Henry Assistant Referees: Tommy Linford & Scott Taylor 4th Official: John Mulligan
Sunday 1 May 7:00pm	<b>Sunday Cup</b> Penrith AFC	AFC Scotby – 2 Inter Pirelli – 2 Inter Pirelli win 4-2 on penalties	Referee: Mark Hunter Assistant Referees: Dan Forbes & Barney Pannone 4th Official: Colin Varty
Friday 6 May 7:00pm	<b>Women's Cup</b> Penrith AFC	Stanwix Ladies – 0 Penrith AFC Ladies – 1	Referee: John Burns Assistant Referees: Georgia Vyse & Dan Reed 4th Official: Adrian Asbridge
Friday 13 May 6:30pm	<b>Under 18 County Cup</b> Workington AFC	Penrith AFC U18 v Whitehaven AFC U18 Yellow	Referee: Neil McCrickard Assistant Referees: Cameron Sealby and Ben Whitfield 4th Official: Trevor Bethwaite
Saturday 14 May 11:00 am	<b>Under 12 County Cup</b> Keswick FC	Stanwix U12 v Warwick Wanderers U12 Reds	
Saturday 14 May 2:00pm	<b>Under 14 County Cup</b> Keswick FC	Seaton FC U14 Utd v Unisun Athletic U14	
Sunday 15 May 11:00am	<b>Under 12 Girls County Cup</b> Keswick FC	Unisun Athletic JFC v Whitehaven AFC U12 Yellows	
Sunday 15 May 2:00pm	<b>Under 14 Girls County Cup</b> Keswick FC	Whitehaven AFC U14 v Stanwix U14 Girls Hornets	





**Carlisle City Under 17's player Danny Boy Lynas** was diagnosed with Cancer earlier this year and his friends are showing their support by participating in a number of hikes to raise funds for Teenage Cancer Trust.

Danny has been unable to play football or attend school as he is undergoing treatment.

**As a #FootballFamily we're asking for donations on entry to the remaining Cumberland FA County Cups to show our support for Danny in his brave fight.**

Please drop any loose change into the buckets around the grounds over the weekend so we can pass it onto the charity page set up by Danny's friends.



Although the Government has now removed all remaining COVID-19 Protocols, there are still steps we can all take to reduce the risk of catching and spreading COVID-19.

Click [HERE](#) to see The FA's latest information on this and the latest government guidance issued 23<sup>rd</sup> February on 'Covid-19 Response: Living with Covid-19' can be found [HERE](#)

**No alcohol or pyrotechnics or flares are allowed and in line with FA regulations action will be taken against clubs if this occurs at the final.**





**SHOW SOME**

**RESPECT**

**#SHOW SOME RESPECT**



ENGLAND  
FOOTBALL

**RESPECT**



Building society with mutual respect



# GRASSROOTS FOOTBALL AWARDS



**NOMINATE YOUR  
HERO  
NOW**



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**It's time to celebrate the people who make Grassroots Football in Cumberland great for everyone!**

**NOMINATE BEFORE 16 MAY 2022!**

Visit [www.CumberlandFA.com](http://www.CumberlandFA.com) for more details

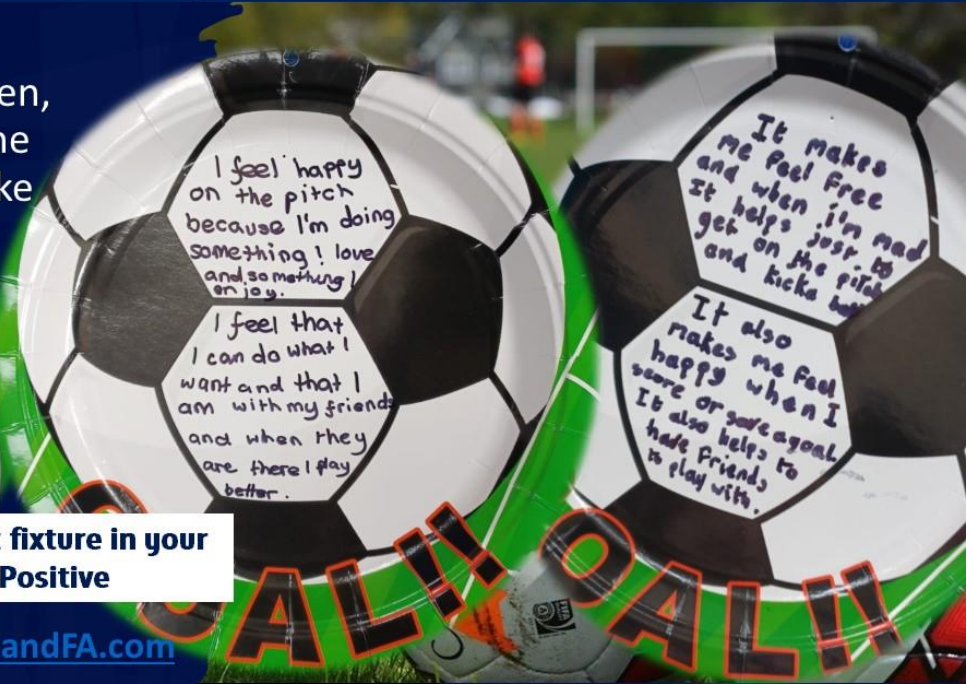
## **THE CATEGORIES**

**Grassroots Coach for Youth**  
**Grassroots Coach for Adults**  
**Grassroots Club of the Year**  
**Grassroots League Grassroots Volunteer**  
**Rising Star (25 and under)**  
**Grassroots Grounds Team**  
**Grassroots Project**  
**Grassroots Match Official**  
**The Spirit of Grassroots Football Award**



## #WeOnlyDoPositive in Cumberland

During our recent consultation with children, they told us some of the POSITIVE things they like about football.....



**Make Positivity a Permanent fixture in your Football! #WeOnlyDoPositive**

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)

We recently consulted with youth players in Cumberland and asked them several questions about their experiences in football.

We'll be sharing more of the results soon, but in the meantime here's some of the feedback we received.

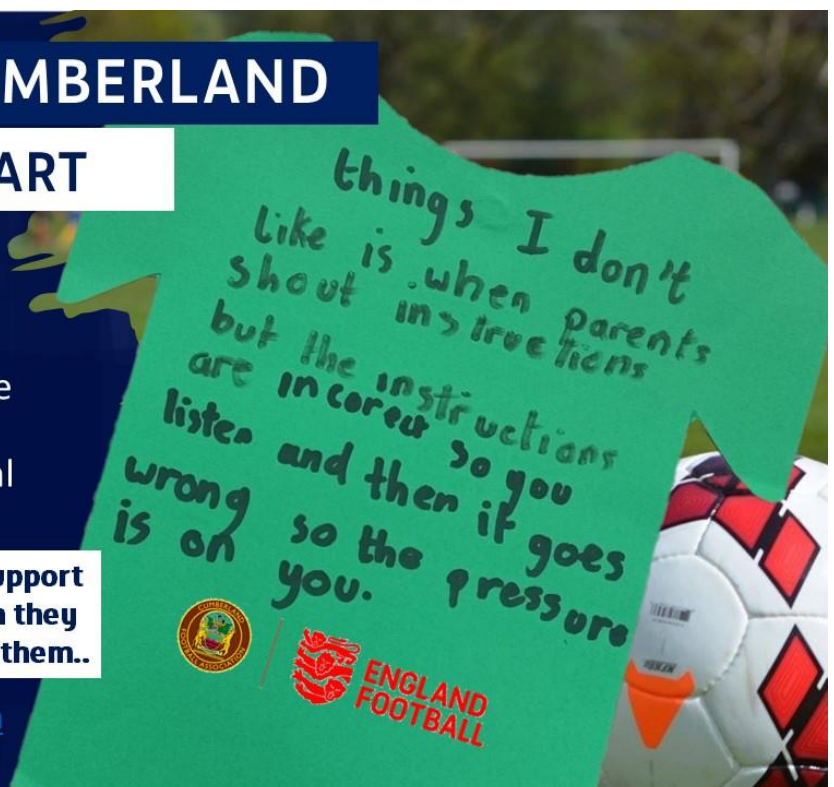
## SPECTATORS in CUMBERLAND

### PLAY YOUR PART

During our recent consultation with children, they overwhelmingly told us that "Excessive shouting and pressure from the side lines is what NEGATIVELY impacts their mental well being the most!"

**We're calling on ALL SPECTATORS to support the Mental Wellbeing of children when they are playing THEIR game by listening to them..**

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)





## REFEREE ARMBAND INITIATIVE

The armbands act as a visual reminder to Coaches, Players and Spectators that the Match Official is New to Refereeing or a Child.

Ben Snowdon, Cumberland FA CEO commented on what the new armband initiative brings to Cumberland Football:

"The armbands were devised as part of our commitment to Safeguarding. They act as a visual reminder to coaches, players and spectators that the individual wearing them are new to refereeing, have less experience and, like everyone else learning something new, will make mistakes.

**They support the FA Respect programme and our responsibility to creating the safe and positive environment that in turn leads to an enjoyable experience for all."**



## RESPECT NEEDS YOU



**The FA's Respect Programme is based on a collective responsibility to promote what is good about football and deal with anything that diminishes the nation's favourite game.**

**Whether you're a Referee, a Player, a Coach, a Parent, a Spectator or a Club or League Official we all have a responsibility to create a fair, safe and enjoyable environment in which children can play football.**

**For more information visit**  
**<https://www.EnglandFootball.com/explore/inclusive-football/Respect>**



# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**

# UNDER 18 CUP FINALIST

2021 / 22

## PENRITH AFC U18



### Route to the Final

Round 1	<b>Penrith AFC U18</b>	4 – 2	Warwick Wanderers U17 Reds
Quarter Final	<b>Penrith AFC U18</b>	3 – 0	Cleator Moor Celtic u18
Semi Final	Workington Reds Junior U17	1 – 1	<b>Penrith AFC U18</b>
		2 – 4 Pens	

MANAGER: Karl Collinson | COACH: Ali Morrison | ASSISTANT COACH: Liam Byrne

SQUAD: Harvey Reay, Josh Fabi (c), Lennox Thwaytes, Kenzie Fleming, Jake Ferguson, Rio Howard, Harvey Forster, Harry Dinsdale, Adam Prentice, Reon Morrison, Aaron Mossop, Bradley Fearn, Josh Padgett, Callum Wills, Alfie Brunskill, Lewis Burdon, Lewis Newton, Darcy Lee, Leo Swinson

The majority of the team have played together for many years through the age groups in the Penrith and District Junior League and have formed a formidable team with 4 new players joining this season.

**Kendal College Sport Westmorland Under 18 League 2021-22 Champions and Runners Up in the Westmorland Cup.**

**Nine of the squad have made their debut for Penrith AFC 1st team in the Northern League this season.**

**County Cup Finalists 3 years ago, the team are aiming for a different outcome this time around.**





## UNDER 18 CUP FINALIST

2021 / 22

### WHITEHAVEN AFC U18 YELLOW



#### Route to the Final

Round 1	Kingstown United U17	0 – 3	Whitehaven AFC U18 Yellow
Quarter Final	Dearham Rangers U17	1 – 3	Whitehaven AFC U18 Yellow
Semi Final	Langwathby United	0 – 5	Whitehaven AFC U18 Yellow

**COACHES:** Brian Derbyshire, Fran Ball, Dan Pape, Lee Reay & Lewis Rose

**SQUAD:** William Derbyshire, Lucas Crosby, Nathan Clarke, Kai Savage ©, Jack Rose, Dan Routledge, Taylor Hamblin, Kyle Bayliff, Cyran Corlett, Stuart Lace, Lewis Roberts, Robbie Furness, Ryan O'Neill, Alfie Lachlin Leeson, Mason Fatilofa, Will Rose, Sol Ball, Robbie Wilson

Whitehaven Amateurs Under 18's have been together since Under 6's and a large portion of the County Cup Final squad are the original players who started all those years ago.

### West Cumbria Youth League Under 18 Champions 2021-22



Brian Derbyshire commented "Over the years we have witnessed them grow and mature together which makes where they are today an amazing achievement in itself."



# Chat, listen, share, understand.

We can all feel lonely at times. And that's ok.

## Mental Health Awareness Week

9th of May - 15th of May

Join our mental health and wellbeing community today to **chat with a professional** and **connect with peers** by visiting [kooth.com](https://www.kooth.com)

## Mental Health Awareness Week is 9-15 May 2022.

Across our social media we've been raising awareness across the grassroots football community of the impact of loneliness on our mental health and the practical steps we can take to tackle it together.

Visit our website [[click here](https://www.kooth.com)] to find out more.

## ADVICE FOR ANYONE HAVING A HARD TIME

During our recent consultation with children, we asked them:

What advice they would give to other kids if they were having a hard time.

### WHO TO TALK TO:

Talk to your Coach

Talk to your Parents / Carer

Talk to your Teammates / Friends

Talk to your Teacher

Ring Childline on 0800 1111

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)

my advice for anybody  
Struggling at the moment  
Would be to talk to  
someone you trust  
as they can help  
you or talk to you  
because they might  
have felt something  
similar and can  
help you find ways  
to cope with your  
struggles.





# UNDER 12 CUP FINALIST

2021 / 22

STANWIX JFC



## Route to the Final

Round 1		BYE
Round 2	<b>Stanwix JFC</b>	9 – 0 Penrith AFC Puma's
Round 3	<b>Stanwix JFC</b>	3 – 0 Northbank JFC
Quarter Final	<b>Stanwix JFC</b>	5 – 0 Cockermouth JFC Yellow
Semi Final	<b>Stanwix JFC</b>	6 – 0 Cleator Moor Celtic Greens

## COACHES: Mark Eagling & Graeme Lupton

SQUAD: Taylor Stevenson, Shay Thomlinson, Aiden Robinson, Thomas Corrieri, Tom Andrews, Charlie Eagling, Fletcher Ulliyart, Max Porowski, Eden Varah, George Lupton, Bailey Murphy, Liam Kenyon

The team has been together for 6 years and have developed a fantastic team spirit.

The players work really hard for the team, both in training and in games and the football ethic is to play attractive, flowing and pressing football.

League Cup Champions 2 years ago, the first Stanwix mixed Under 10 team to win the competition!



# UNDER 12 CUP FINALIST

2021 / 22

## WARWICK WANDERERS RED



### Route to the Final

Round 1		BYE
Round 2	Dalston JBR 2000	1 – 6 <b>Warwick Wanderers Red</b>
Round 3	Workington Reds JFC	3 – 4 <b>Warwick Wanderers Red</b>
Quarter Final	<b>Warwick Wanderers Red</b>	3 – 1 Castletown Utd
Semi Final	<b>Warwick Wanderers Red</b>	2 – 1 Windscale Blues

**COACHES:** Chris Williams, Sam Bell, Anatoliy Petrov & Jamie Tinnion

**SQUAD:** Josh Thompson, Lucas Tinnion, Ashley Vickers, Nathan Wardle, Alfie Calvert, Jason Beaty, Evan Williams, Luke Bell, Jack Slack, Johnny Rowling, Zane Kirkwood, Daniel Petrov

The majority of the team have been together since the Under 7's and have developed consistently as a team with season 2021-22 being their best season yet!



Chris Williams commented on his team “This is a fantastic squad who all attend training on a regular basis and over the years have become good friends.”



# UNDER 14 CUP FINALIST

2021 / 22

SEATON FC U14 UTD



## Route to the Final

Round 1	<b>Seaton FC U14 Utd</b>	8 – 2	<b>St Bees U13</b>
Round 2	<b>Crusaders U14 Blue</b>	3 – 3	<b>Seaton FC U14 Utd</b>
		4-5 Pens	
Round 3	<b>Gillford Park U14 Gillies</b>	1 – 4	<b>Seaton FC Utd</b>
Quarter Final	<b>Seaton FC U14 Utd</b>	7 – 4	<b>Northbank JFC U14</b>
Semi Final	<b>Seaton FC U14 Utd</b>	6 - 2	<b>Whitehaven AFC Yellow</b>

**COACH** Megan Hay | **ASSISTANT COACH:** James Robinson & Peter Murphy

**SQUAD:** Owen Ackerly, Connor Bell, Cinar Cakmak, Lewis Dobson, Jayden Fulton, Seb Hay, Finley Holdsworth, Callum Irving, Jack Jenkinson, Oliver Johnston, Riley Murphy, Kieran Robinson, Liam Routledge, Jayden Tallentire, Owen Winthrop

Seaton Under 14s FC started up as an Under 8 team and have progressed in the West Cumbria Youth League.

Megan took over the team in 2018 and they have made steady progress over the years enjoying a strong league campaign this season.



# UNDER 14 CUP FINALIST

2021 / 22

## UNISUN ATHLETIC U14



### Route to the Final

Round 1		BYE
Round 2	<b>Unisun Athletic U14</b>	H – W Penrith AFC U14
Round 3	Carlisle Centurions U13 Blue	0 – 9 <b>Unisun Athletic U14</b>
Quarter Final	<b>Unisun Athletic U14</b>	H – W Carlisle City JFC U14
Semi Final	Dalston JBR U14	1 – 3 <b>Unisun Athletic U14</b>

**COACH: Colin Denovellis | ASSISTANT: Mike Bell**

**SQUAD:** Joe Reid, Kieran Bell, Tyler Harris, Sam Cowx, Aser Mohammed, Thomas Towns, Freddy Barrett, Michael Dodd, Jake Robley, Jack Dalton, Bailey Whitfield-Lane, Ollie Karge, Joey Holmes, Spencer Thomlinson



The team began their football journey in 2014, starting their first season as Under 7s in the Carlisle Glass Longhorn Youth League. 5 of the original players are part of the weekend squad.

*“Getting the opportunity to play in a County Cup final together has made all the hours of hard work worth it.”* Manager Theo Oghani



*If we behave positively  
during practice and matches,  
our children will too.*

*By setting a good example, we'll help  
build a supportive environment in which  
everyone can enjoy themselves.*

## Play Your Part (Code of Conduct)

### Spectators and Parents/Carers

Play your part and support  
The FA's Code of Respect:

**I will:**

- Have fun; it's what we're all here for!
- Celebrate effort and good play from both sides
- Always respect the Referee and coaches and encourage players to do the same
- Stay behind the touchline and within the Designated Spectators' Area (where provided)
- When players make mistakes, offer them encouragement to try again next time
- Never engage in, or tolerate offensive, insulting or abusive language or behaviour
- I will make myself familiar with safeguarding practices & review guidance on **physical contact** (5.6) & **Acceptable Behaviours When Working With Young People** (5.7) documents on the safeguarding section of [EnglandFootball.com](http://EnglandFootball.com)

**I understand that if I do not follow the Code,  
I may be:**

- Issued with a verbal warning or asked to leave
- Required to meet with the club committee, league or CFA Welfare Officer
- Obligated to undertake an FA education course
- Requested not to attend future games, be suspended or have my membership removed
- Required to leave the club along with any dependents and/or issued a fine

*we ONLY  
do  
Positive.*



Building society with mutual respect



# UNDER 12 GIRLS CUP FINALIST

2021 / 22

## UNISUN ATHLETIC GIRLS



### Route to the Final

Round 1		BYE	
Round 2	Abbeytown JFC	1 – 3	<b>Unisun Athletic Girls</b>
Quarter Final	<b>Unisun Athletic Girls</b>	3 – 0	Allerdale Girls Panthers
Semi Final	Cleator Moor Celtic	1 – 1	<b>Unisun Athletic Girls</b>
		1 – 3 Pens	

### MANAGER: Craig Coady

SQUAD: Macey Austin, Rebecca Bell, Erin Blythe, Scarlett Bowman, Imogen Coady, Abbie Handford, Ellie Lindsley, Lola McAleney, Mischa Proudfoot, Naomi Tait, Ella Whiteley

Since the team were formed at Under 8's, the girls have enjoyed a lot of success and are looking to add the County Cup to the League and League Cup which the team have won this season!

Victory in the County Cup Final would mean the team have gone the full season unbeaten!



A number of the players from the team were part of the UniSun team who won the North West Regional Futsal tournament in Manchester and represented the Club in the National Finals!



# UNDER 12 GIRLS CUP FINALIST

2021 / 22

## WHITEHAVEN AFC YELLOW



### Route to the Final

Round 1	<b>Whitehaven AFC Yellow</b>	8 – 1	Moor Row JFC Red
Round 2	Silloth JFC	1 – 7	<b>Whitehaven AFC Yellow</b>
Quarter Final	<b>Whitehaven AFC Yellow</b>	2 – 0	Workington Diamonds Red
Semi Final	Cockermouth JFC	1 - 3	<b>Whitehaven AFC Yellow</b>

### COACHES: Carl Robinson & Adam Robson

SQUAD: Kelci Rogers., Sydney Smith, Sammie Jo Kerrush, Zara Robinson, Marcie Seath, Lola Cross, Amelia Whitefield, Libby McKee, Kate Salmon, Ava McCluckie, Lacey McAvoy

**This season has been the first opportunity for the WAFC U12 girls to play in the County Cup and were really pleased to have made the Final.**

**The girls have had a great deal of success in the West Cumbria Youth League over the years and have also previously won the Cumberland FA Pokémon Futsal competition.**

**This season the girls have competed in the WCYL mixed competition with a great deal of success finishing fourth in the League.**



# UNDER 14 GIRLS CUP FINALIST

2021 / 22

## WHITEHAVEN AFC U14



### Route to the Final

Round 1	<b>Whitehaven AFC U14</b>	1 – 0	Abbeytown JFC U14
Round 2	Northbank JFC U14	1 – 6	<b>Whitehaven AFC U14</b>
Quarter Final	Cockermouth JFC U14	0 – 1	<b>Whitehaven AFC U14</b>
Semi Final	<b>Whitehaven AFC U14</b>	3 – 1	Unisun Athletic U14

**COACH:** Rob Campbell | **ASSISTANT COACHES:** Mark Kegg, Paul Greeson & Graham Gill

**SQUAD:** Lauren Glynn, Millie Clark, Erin Duffy, Lilia Gill, Tilly Gregg, Oakley Hocking, Molly Butler, Molly Blair (Captain), Ella Beadsmoore, Destiny Campbell, Sophie McKee, Aarleah Robertson, Katie Kegg, Abbie Kegg, Ava Greeson, Kacey Currie, Sophia Conway

**The team was the first Whitehaven AFC U7/U8 ALL girls team for the Club. The Girls have been successful over the years winning the West Cumbria Youth League outdoor and Futsal Competitions.**

**In the 2019-20 season as Under 12s, the team became the first Whitehaven AFC Girls Team to win both the Cumberland FA County Cup & Cumberland FA County Futsal Cup in the same year, going on to represent the County in the Regional Competition.**



**The Girls are also very active charity enthusiasts and have over the years raised approximately £10,000 for good causes including the Macmillan Cancer Support Team locally and for workers in the Covid wards at West Cumberland Hospital. Some of the girls now are investing their time back into the club as young coaches, supporting the U6, U7 & U8 Lionesses Teams.**



# UNDER 14 GIRLS CUP FINALIST

2021 / 22

## STANWIX JFC U14 HORNETS



### Route to the Final

Round 1		BYE
Round 2	<b>Stanwix JFC U14 Hornets</b>	9 – 1 Crusaders U14
Quarter Final	Allerdale Girls Puma's	1 – 4 <b>Stanwix JFC U14 Hornets</b>
Semi Final	Stanwix U14 Wasps	0 – 3 <b>Stanwix JFC U14 Hornets</b>

**MANAGER: Nigel Mitchinson | COACH: Neal Porter**

**SQUAD:** Darcie Mitchinson, Anna Thompson, Katie Blaylock, Judith Graham, Aimee Porter, Gracie Kitney, Rhea Shaw, Ellie Metcalfe, Rhian Beattie, Rachel Darling, Eliza Strutt, Kenzie Ridpath

The majority of the team have been together from the age of 8 with a few players coming and going since then.

The team finished runners in the Carlisle Glass Longhorn Youth League this season and reached the League Cup Final last season.

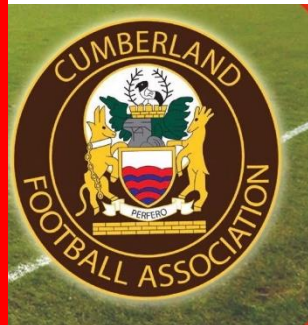


Manager Nigel Mitchinson said “They are a great team of girls who work hard to support each other on the pitch and enjoy playing together. “

The Cumbria Veterans League offers more than 500 Over 35's an opportunity to play weekly throughout the summer months.

The League operates in two sections keeping the mid-week fixtures local while the League Cup and Cumbria Veterans Trophy offers cross county ties.

Get in touch if you're interested in 'pulling your boots back on!' [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com)



# Cumbria Veterans League

Formed in 2011, the **Ability Counts League** offers regular playing opportunities to disabled players aged 16 and over. Fixtures are held once a month between March and October, with teams from across Cumberland taking part at a central venue in Carlisle.

With continued support from Cumberland Building Society the League has been renamed 'The **Cumberland Ability Counts League**'

The Cumberland  
In partnership with



The **Cumberland Walking Football League** began across Cumberland in 2019 with players aged 50+ playing regular festival and league fixtures at central venues.

Contact [Ray.Sempill@CumberlandFA.com](mailto:Ray.Sempill@CumberlandFA.com) for more details or 07807 665543



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When it comes to making goalposts, we are one of the industry leaders. Our goals are built, tested and delivered by our team of experts, guaranteeing you a perfect product, every time.

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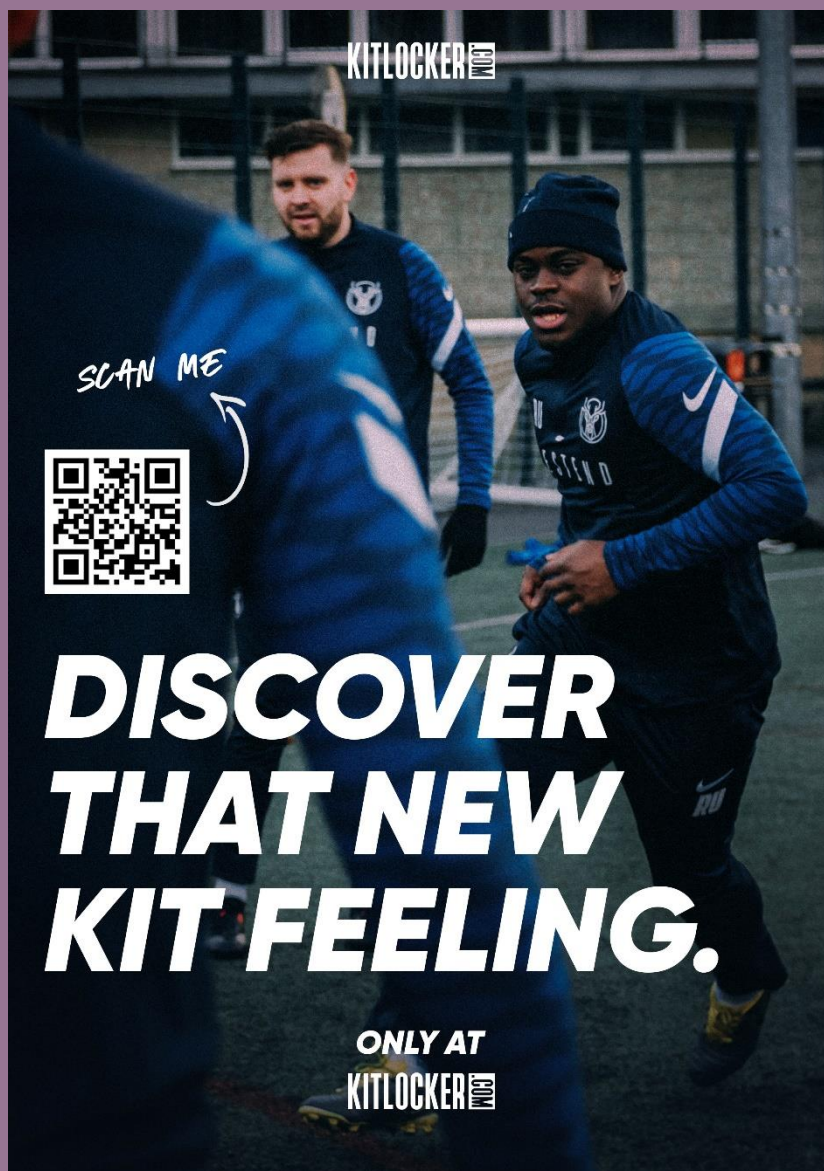


**10% OFF**  
**NETS**  
& ACCESSORIES

This offer includes all ball stop and pitch divider netting!

PROUD TO SUPPORT CUMBERLAND FA  
VISIT [MHGOALS.COM](http://MHGOALS.COM) OR CALL 01502 711 298





## GET IN TOUCH

If you're interested in joining a team or starting your own team, then please contact us on [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call us on 01900 511800

## THE ANDREA BUGGY WOMEN'S LEAGUE

Every  
life  
matters...



Supported by Every Life Matters, Cumbria

The 9 v 9 midweek league is played from April to September offering regular playing opportunities for girls and women aged 16 and over across the County.

For 2022 there are 11 teams playing weekly with almost 200 female players enjoying the format of the game.

It's open to all ages (16+) with many players returning to the game or starting their football journey in the League.



# Every life matters...

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

For the past couple of seasons, Cumberland FA have been working in partnership with Every Life Matters who promote suicide safer communities and provide bereavement support across Cumbria.

We're asking Cumberland Teams to help raise awareness of Every Life Matters, Cumbria amongst players and volunteers as well as having the open conversations which could ultimately support someone in need.

## Every Life Matters Training Courses Summer 2022

**FREE Bitesize Online Training**

### Suicide Awareness

Learn more about suicide and what we can all do to help

- 1 Getting informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support

**FREE 1 Hour Information session**

### Supporting childrens mental health and wellbeing

#### For Parents & Carers

- 1 Mental Health
- 2 Self-harm
- 3 Suicide

**FREE Half Day Online Training**

### Self-harm Alertness

- 1 Getting informed
- 2 Cycle of self harm
- 3 Coping Strategies
- 4 Safe Plan

**FREE Half Day Online Training**

### Emotional Resilience

Develop and enhance your own emotional literacy as a way to support others

A Continuing With People Training Module

Delivered by:  
**Every life matters...**

**FREE Half Day Online Training**

### Suicide First Aid

Understanding Suicide Interventions

#### For people living or working in South Cumbria

Delivered by:  
**Every life matters...**

**FREE Half Day Online Training**

### Suicide Alertness

- 1 Getting informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support
- 6 Checking in
- 7 Looking after Yourself

**FREE Two Hour Online Training**

### Safety Planning

- 1 My Reasons for Living
- 2 Making my Situation Safer
- 3 My Warning Signs
- 4 Lifting My Mood
- 5 My Emotional Support
- 6 My Distractions
- 7 Professional Support

**Orange Button Training**

### Orange Button Training

Healthier Lancashire & South Cumbria

All these courses are fully funded for people living or working in Cumbria (except Youth MHFA which is heavily subsidised) and can be booked via:

[Every Life Matters Events | Eventbrite](#)

Almost £2000 has been raised by the grassroots football community across the county to support the local charity.

Find out more on how you can support your Club members and donate by clicking [HERE](#).



Our partners at  
**Koolpak UK**  
have extended our ongoing  
partnership, meaning #Cumberland  
#Clubs can continue to benefit from  
their specially discounted first aid  
supplies

**ORDER NOW**  
**Before prices go up on 1 June**  
<http://bit.ly/3g6qdLx>

**KOOLPAK<sup>®</sup> + SPORT**  
FIRST AID

Prices for Koolpak branded products held **AGAIN**  
for the 2021/22 Season

First Aid Supplies for Grassroots  
Football at Discount Prices

Some Hygiene  
& Infection  
Control Products  
Reduced

**“ IS YOUR FIRST AID KIT RESTOCKED FOR  
THE START OF THE NEW SEASON? ”**

Koolpak has once again teamed up with your County FA to offer you special  
discounted prices for our best-selling First Aid essentials so that you are  
prepared for when you need to treat an injured player

**Koolpak Original Ice Pack**  
- As low as 59p per pack

**BEST  
SELLER**

Prices  
include  
VAT.

**Alcohol Hand  
Gel - £4.24**

**Multi Surface Disinfectant  
Wipes - £7.33**

**Team Sports First Aid Kit  
- £20.45**

Visit the Koolpak Web Portal via the link on the County FA website, to see  
the full range of products available at great discounted prices

**RECORD | ANALYSE |** The Veo Camera enables football clubs, (big & small) to record & analyse their matches automatically!

## Veo Cam and Analysis Platform

**£25/month\***

+ Veo Cam from £699



\*billed annually

**veo**

With the football season drawing to a close our partners Veo Camera are already getting ready for next season!

Veo are launching a new lower cost subscription as well as offering £200\* off the camera for any new customers and a whopping 50%\* off for current users.

\*Valid until the end of May 2022



# **ANYONE CAN VOLUNTEER IN FOOTBALL**

Grow the game and become a BT Playmaker

*Who encourages respect for  
players and supporters  
on your match days?*



[illegible]

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