



Colchester United Community Sports Trust

Community Inclusion Programme

**FREE FOOTBALL
SESSIONS**

inside>right
**Football
Foundation**

**FIRST SESSION AS
SOON AS WE GET 8
PLAYERS!**



A Social Health & Wellbeing Football Programme for
Service Veterans



Visit our website;
www.cucst.org.uk



Introduction

The aim of the Inside Right football project is to encourage ex-service men and women aged 20–50 years old to meet up in a fun and friendly environment and become a part of our weekly football sessions at Colchester United Football Club.

Our sessions will offer the opportunity to:

- Play football matches weekly in a structured environment
- Keep fit and healthy
- Socialise with other ex-service men and women
- Get involved with football coaching through volunteering
- Take part in FA Level 1 coaching courses
- See behind the scenes at the Weston Homes Community Stadium (home of Colchester United F.C.)
- Links to job centre and advice on C.V. writing
- Gain support in accessing social health & wellbeing services and welfare support

Colchester United is one of only five clubs nationally to be delivering this project alongside:

Chelsea, Everton, Lincoln City and Portsmouth.

Session Notes

Participant details (via a Referral Form) will need to be completed for the football sessions. A form should be attached to this leaflet or it can be downloaded from our website, or completed on the day of your first session.

There is no charge for the football sessions as this is a programme funded by The Football Foundation, The Royal British Legion, Comic Relief, The Ministry of Defence, ABF The Soldier's Charity and the RAF Benevolent Fund.

All sessions are outdoors on 3G Astroturf on the six-a-side pitches next to the car park at Weston Homes Community Stadium.

Our friendly team of staff & volunteers are;

- Qualified coaches
- CRB checked
- First Aid qualified

Activity venue & dates

The Inside Right Football Sessions will commence as soon as we have enough players interested in the programme. Register your interest by looking on our website or contacting a member of staff.

* Proposed times only

Weston Homes Community Stadium, United Way, Colchester, CO4 5UP				
* Wednesdays	2:00pm–3:30pm	Inside Right Football Session	18 years upwards	Free

Notes;

- The sessions are open to any ability and to both men and women
- You may bring a friend to the session if you wish
- Football sessions start at 2:30pm (proposed time)
- Please advise staff of any injuries or medical information which may affect your participation in the sessions
- If you do not want to join in, please feel free to come along and watch
- There is no charge for the sessions
- Please contact a member of staff if you are unsure about kit

Meet time;

We will meet in the Community Café prior to the session starting. Community Café is to the left of the main reception at the stadium.

Typical session;

- Team warm up
- Structured games
- Matches
- Cool down & stretch

Post session;

There will be an opportunity to socialise in the Community Café with other players and project staff both before and after the football session.

Session dates;

Dates and time to be confirmed.

We advise that all participants bring;

- Completed referral form
- Appropriate footwear (trainers or moulded football boots recommended)
- Appropriate sports clothing (relevant to weather conditions)
- Shin pads (we recommend that these are worn for all football sessions)
- Plenty of soft drinks (the Community Café has vending machines with a small selection of drinks and snacks)

No need to pre-book on our sessions

As long as you have completed the referral form, you can just turn up for the session at the specified time and venue.

If you would like to find out more information about the programme, please contact a member of staff below.

If there is no referral form with this leaflet, the form can be obtained by;

- Downloading from our website
www.cucst.org.uk
(Community Inclusion page – Inside Right section)
- Contacting a member of staff
- Or you can complete the form on the day

We look forward to seeing you at the football sessions and joining our Inside Right Team

For further information please contact:

Insideright@cucst.org.uk

David Streetley – Community Inclusion Manager

Email: dstreetley@cucst.org.uk

Mobile telephone: 07771 652434

Zoe Rushen – Community Inclusion Officer

Email: zrushen@cucst.org.uk

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Company Registration Number: 4199424 England
Registered Charity Number. 1088619

‘Changing Lives And Communities Through Sport’