



# Colchester United Community Sports Trust

## Community Inclusion Programme

**FREE FOOTBALL  
SESSIONS**

inside>right

**Football  
Foundation**

**FIRST SESSION  
WED 3<sup>RD</sup>  
NOVEMBER 2010**



**A Mental Health & Wellbeing Football  
Programme for Young Service Veterans**



Visit our website;  
**[www.cucst.org.uk](http://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.)
- Watch Colchester United play at a home match
- Gain support in accessing mental 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-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 commence on Wednesday 3<sup>rd</sup> November 2010 at Weston Homes Community Stadium.

## Weston Homes Community Stadium, United Way, Colchester, CO4 5UP

Wednesdays	2:00pm-3:30pm	Inside Right Football Session	20-50 years old	Free
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### Notes;

- The sessions are open to any ability and to both men and women
- You may bring a friend to the session during the first month
- Football sessions start at 2:30pm
- 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

### Meet time;

We will meet in the Community Café at 2pm. Football session will start at 2:30pm. (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 after the football session.

### Session dates;

First session; - Wednesday 3<sup>rd</sup> November 2010  
Last session before Christmas; - Wednesday 15<sup>th</sup> December 2010  
First session of 2011; - Wednesday 5<sup>th</sup> January 2011

**There will be no session on Wednesday 17<sup>th</sup> November due to staff training**

### 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](http://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](mailto:Insideright@cucst.org.uk)

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Zoe Rushen - Community Inclusion Officer

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Registered Charity Number. 1088619

‘Changing Lives And Communities Through Sport’