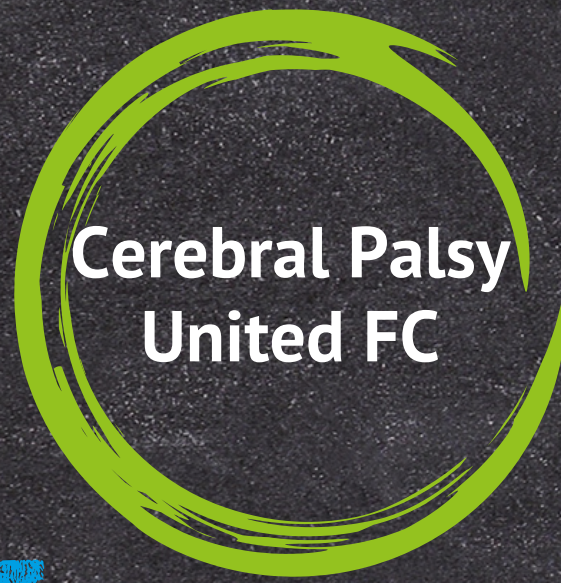




Greater Manchester  
Moving > ^ < v



Cerebral Palsy  
United FC

# Together Fund

## Phase 4 Case Study

### Purpose

Cerebral Palsy United FC (CPUFC) is a football club that provides adult football provision for people with cerebral palsy (CP) in Greater Manchester.

The club aims to improve the mental and physical health of individuals with CP and create a sense of community through football. The funding provided to CPUFC has helped the club survive through the difficult period of covid-19 and a cost of living crisis.

The increase in prices and growth in numbers of people accessing the provision meant that the club had to find money to hire more space and obtain more equipment and kit. The funding has enabled the club to sustain the sessions and grow in terms of numbers attending.



Trafford

### Outcomes

- Improved mental health
- Increased physical activity.
- Improved depth and width of friendships.
- Increased resources for the club to continue provision.
- Improved perceived confidence.

**"Physically it has helped me with my confidence and educated me around my capabilities and how to manage my CP to get the most out of my body as an athlete."**

**"Playing at CP United with other players who have CP like me made me feel more comfortable, at ease with myself and around others. There was no judgement and I improved a lot in not only my football ability but also confidence."**

### Impact

The adult football provision provided by CPUFC has made a significant impact on the mental and physical health of individuals with CP. Many participants feel more comfortable, confident, and at ease with themselves and others.

The quality of coaching and appropriate challenges have helped them improve their football skills, physical fitness, and mobility. Additionally, the club has helped them create new friendships and a sense of community.

The club has created a safe and inclusive environment that allows players to feel comfortable, confident, and at ease with themselves and others. Additionally, the club has helped them create new friendships and a sense of community. The funding provided to CPUFC has helped the club survive through difficult times, sustain the provision, and grow in terms of numbers attending.