

I trust this finds you well.

I am excited to pass onto you an exciting new program we have launched here at CUFC Community Sports Trust. The program is designed to help the pupils of our county as we emerge out of what has been a trying and challenging year for all. Please see below all the details regarding our new 'Wellbeing Days' and the goal of putting the health and wellbeing of our local primary school pupils front and centre.

The wellbeing days are available to book in for delivery immediately as pupils transition back into a healthy routine.

Thank you.



COMMUNITY SPORTS TRUST

WELLBEING DAY

Pupils will educate their body and mind in our brand new wellbeing workshop.

MINI MEDICS FIRST AID

Taking care of yourself and others

POSITIVITY PILATES

Educate the mind - Educate the body

PSHE WELLBEING LESSON

Developing strategies to cope in a challenging society

COURSE COSTS

£240 for a class to complete the full day

For more information
or to book your
wellness day call
01228 554169 or
email

schoolsport@carlisleunitedcst.co.uk





About our Wellbeing Day workshops...

CUFC CST is launching a new 'Wellbeing Workshop' for our counties primary school pupils. Our exclusive workshops are relatable to children's imaginations and give them a sense of wellbeing. The structure is easy, enjoyable and highly interactive. Guaranteed to make the children feel good, empowering them mentally and physically to be the best version of themselves. The workshop lasts for a full day, however we are flexible and will always try our best to accommodate your individual needs.

Mini Medics First Aid - Morning session

Through our covid safe Mini Medics first aid course, pupils get hands on practical skills that last a lifetime. Skills that could make a real difference if and when they are needed. The first aid course covers the following topics:

- Asthma
- Resuscitation
- First Aid Kit Use
- Contacting Emergency Services
- Choking
- Recovery Position
- Shock
- Wounds and Bleeding
- Defibrillation
- Safety in the home

Positivity Pilates - Afternoon session 1

Ks1 and Ks2 specific Pilates sessions are designed for children, delivered around music and a story. The benefits of Positivity Pilates for children are:

- Posture
- Mobility
- Breathing
- Stress and Anxiety levels
- Concentration
- Coordination
- Body Awareness and Confidence

PSHE lesson - Afternoon session 2

PSHE sessions look at different ways in which to lead a healthier life in today's world. Sessions can be focused around any of the following:

- Nutrition and Hydration
- Resilience
- Self-Esteem
- The Belief System (breathing, wellness, stillness)
- Positive Relationships / Kindness

"Inspiring people to participate, develop and achieve their goals through the power of sport"



Carlisle United Community Sports Trust

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