
CASS Football Team

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New CASS Football Team Up and Running

The idea for the team was developed by CASS Project Workers Rachel Holliday, Craig Hewitt and Andrew Blaney. It developed out of necessity due to the lack of options in the West Cumbria area to access healthy and fulfilling activities. Our experience in working with Service Users highlights the

positive effect meaningful use of time has on individuals who are socially and financially excluded. This has proved to be the case again with very positive feedback being received for the team members.

One team member stated, "The reason I come here every week is because for one hour a week in my life I can concentrate on the ball and nothing else. I have so much stuff going on that depresses me and gets me down like the drugs, all the stuff I've done in the past and where I'm gonna live....yet when I come here nothing matters and we are all in the same boat....a load of lads enjoying a good game of footie"

The idea was initially piloted for a 6 week period and has seen huge success with Service Users from CASS, Turning Point and The Rising Sun Trust attending regularly and with Cumberland FA providing a referee for competitive games. To date, the CASS Football Team has played two competitive games against the UKAEA (Sellafield) Police. The team has performed extremely well and were only narrowly beaten by an established team.

We are planning to keep developing the team and welcome any new team members. At the request of Service Users, the sessions are ran in a very loosely structured way and is inclusive for all people, regardless of ability. Anyone interested in taking part are welcome and can be arranged by contacting Rachel or Craig on 01900 870870. We would also be interested in any suggestions for funding opportunities to allow us to develop the team and activities for Service Users in general.