

Record-breaking year for the Upbeats: over £49,000 raised!



Over 180 supporters gathered to take on Charlton Athletic Community Trust's (CACT's) annual 9-mile Upbeats Walk, sponsored by DNEL Events.

CACT's annual event was its most successful yet, bringing in over £49,000 for the programme which supports young people and adults with Down's syndrome. CACT's Official Events Partner DNEL Events sponsored this year's walk and helped to make it such a success.

All the money the walkers have helped to raise will allow CACT to continue to provide vital opportunities to the Upbeats over the next 12 months, from their regular football training sessions to playing in tournaments across the United Kingdom. There will also be more opportunity to offer Upbeats a range of social and employment-related activities throughout the year.

The Upbeats and visiting Everton in the Community (EITC) players even got to play each other on the pitch. There was so much talent on display, with Everton winning the first game and the Upbeats winning the second thanks to a hat-trick from William Ely, it was a memorable meeting for all involved.

Dean Holden became Charlton's first ever manager to do the walk. Men's first-team player Ryan Inniss presented medals to the Upbeats and EITC players after their games.

During the matches, CACT Ambassador Dave Berry interviewed a range of Charlton faces as well as a few of the Upbeats.

Our recent evaluation report found that, after attending sessions, 100% of Upbeats participants have:

- Improved their social skills
- Made new friends
- Improved their emotional wellbeing

It's not too late to donate to support the Charlton Upbeats programme, which is entirely funded by voluntary contributions!

[Donate to the Upbeats programme here!](#)



KWisdom Developments to sponsor CACT Golf Day



CACT is delighted to announce that KWisdom Developments will be the Title Sponsor of the 30th Anniversary Committee's Golf Day on Friday 12 May.

100% of the proceeds from the event will be donated to support the important work of CACT which sees the organisation work with over 25,000 people each year across South East London and Kent.

A range of Charlton Athletic names past and present will be in attendance, including Men's First-Team Manager Dean Holden, and legends Alan Curbishley, Scott Minto, Steve Brown, Bob Bolder, and Jonathan Fortune.

Red, White and Black Day: 30 years since Stephen Lawrence's murder



CACT dedicated the Red, White and Black Day fixture on 1 April to Stephen Lawrence's life and legacy, together with the Stephen Lawrence Day Foundation, Charlton Athletic Football Club and University of Greenwich, as this year marks 30 years since his murder in Eltham.

Ahead of the event, CACT co-hosted two free webinar sessions in March celebrating Stephen Lawrence.

On Monday 27 March, Charlton Athletic men's first team players Sean Clare and Michael Hector joined the club's Head of First Team Player Care Tracey Leaburn for a webinar around the theme of 'All Together, All Different, All Charlton', hosted by Charlotte Richardson.

On Tuesday 28 March, Dr Leroi Henry, a University of Greenwich Senior Lecturer, hosted a webinar with Paul Elliott CBE, the FA's Equality, Diversity and Inclusion Special Advisor to the Chair and CEO; Jess Neil, CEO of the Stephen Lawrence Day Foundation; and Sunder Katwala, Director of British Future.

Come along to our free walking event!

On Saturday 20 May, in partnership with Peabody and The Mason Foundation, we are having a special one off walk around Thamesmead, to celebrate National Walking Month and all the wonderful benefits of walking.

Greenwich Get Walking

NATIONAL WALKING MONTH

Saturday 20th May. 10.30am - 1pm.
Meet at Sporting Club Thamesmead
London SE28 8NJ.

Come along for a walk around Thamesmead's green spaces and a hot drink after. No need to book, just turn up!

Everyone welcome, get out and celebrate walking with this big free walk!

Call 0800 470 4831 or email robin.sheddon@cact.org.uk for more info

In partnership with

Peabody

The Mason Mile

live well greenwich

WELLBEING WALKS

ROYAL Greenwich

Meet at Sporting Club Thamesmead, London, SE28 8NJ, at 10:30am.

We will then head out and spend a few hours exploring Thamesmead's green spaces including Crossway Park and Southmere Park, where there is plenty of exciting wildlife, Southmere Lake, and other sites to discover.

With the weather expected to improve over the next few days, it's an exciting time to get involved with our walking programme!

[Find out more](#)

Holiday courses return for May half-term!

MAY HOLIDAY COURSES

Tuesday 30th May to Friday 2nd June

BOOK NOW
CACT.GIVES/COURSES

All of our coaches hold FA or UEFA coaching qualifications, have attended Safeguarding and First Aid training and had DBS checks and references carried out.

South East London & Kent

CACT's holiday football courses are available to book now!

The courses will be taking place in New Eltham, Thamesmead, Bromley, Maidstone, Ashford and Sevenoaks.

Book a place on one of the courses today!

[Book a place](#)

CACT is also running a girls-only course in New Eltham.

Charlton legend Bob Bolder is running a goalkeeping course for 2 days too (1 & 2 June), for all young goalkeepers to sharpen up their skills.

[Book here](#)



Variety of Charlton faces to play Pompey

legends on 20 May



Dale Stephens, Danny Haynes, Scott Wagstaff, Danny Green and Paul Hayes are the latest Addicks to have signed up for the legends match between Charlton and Portsmouth at The Valley on Saturday, May 20th.

The quintet, who were all part of Chris Powell's title-winning squad in 2011/12, join fellow legends John Humphrey, Bob Bolder, Peter Garland, Garry Nelson, Sasa Ilic, Chris Solly and Chris Perry who will also be part of the action on the day.

More players will be announced in the coming weeks as we build up to the final event in a season of celebrations arranged by the 30th Anniversary Committee, commemorating the 30th anniversary of the Addicks' historic return to The Valley and 30 years of community work.

In fitting fashion, the game harks back to the historic meeting between Charlton and Portsmouth on December 5th, 1992 – the Addicks' first fixture back at The Valley following a seven-year exile.

The game is not to be missed, and 25% of proceeds from the game go to CACT!

[Book your tickets here](#)

CACT needs your help

CACT works with over 25,000 people each year: improving their health, reducing crime in their communities, offering them food and energy support, and improving their education and employment opportunities. An organisation-wide Impact Report calculated that CACT's programmes generate an incredible social value net benefit of £49.6 million.

We are proud of our history of supporting the local community and are looking forward to continuing this support in 2023. But this vital work would not be possible without donations from people like you.

If you can, please consider setting up a monthly direct debit to CACT. In doing so, you will be directly helping thousands of people in South East London and Kent who need our help the most.

Become a Friend of CACT



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