



**MACCLESFIELD FC COMMUNITY SPORTS TRUST
FITNESS FOR THE FUTURE PILOT 2025
IN PARTNERSHIP WITH MACCLESFIELD TOWN COUNCIL**

MACCLESFIELD FC COMMUNITY SPORTS TRUST



Macclesfield FC Community Sports Trust is the charity element of the Football Club that links our Macclesfield and Cheshire East Community into the Club's community ethos in a range of different projects, events, and social activities.

MFC CST is a charity governed by the Charities Commission and has been positively impacting lives within the area since 1997.



OUR MISSION STATEMENT

To be the focal point of the Macclesfield & Cheshire East community by creating positivity, opportunities, and custom-made support that makes a positive impact on a range of age groups.

WE WILL BE PROFESSIONAL, PASSIONATE & INSPIRATIONAL

OUR AIMS & OBJECTIVES



To sustain and create growth of the Community Sports Trust at the heart of our community by providing health and educational opportunities to all of Cheshire East in accordance with local needs and wants.

To build links between the Football Club and all sections of the community to offer innovative and exciting programmes as a tool to inspire individuals and local communities to improve health, wellbeing, education and employability.

To work with individuals and partner organisations to establish strong links to enable the Trust to deliver programmes and projects that inspire individuals to improve achievement and employability.

Promote social responsibility and provide support to those who need help and to create respect for our local community and make positive, sustainable contributions.

FITNESS FOR THE FUTURE JANUARY TO MARCH 2025

Macclesfield Community Sports Trust have been piloting the Fitness For The Future Sessions over the first quarter of 2025, in collaboration with Macclesfield Town Council.

The sessions have been split into 3 groups

FITNESS – Walking Football Sessions for Male & Female participants 50 +

DISABILITY – Pan Disability Sessions for participants with Learning disabilities – Main age group 12 to 18

SUPPORTED MENTAL & PHYSICAL HEALTH – Sessions across the Macclesfield are in Supported Housing Networks and linked in with local disability groups. Main age groups are varied but average 30 +

These sessions have been running once per week since the start of January 2025 with the following impact and numbers over 12 sessions.

FITNESS : 124 participants = Average of 10.3 per session

DISABILITY : 81 Participants = Average of 6.75 per session

SUPPORTED / CARE SUPPORT : 92 Participants = Average 7.6 per session

TOTAL ENGAGED = 297 PARTICIPANTS



We believe that we could engage with over 1000 participants over the course of the year with further support from Macclesfield Town Council and would be looking to extend the partnership throughout 2025

FITNESS FOR THE FUTURE NEXT STEPS 2025/6

The pilot for the scheme has gone superbly well over a short period of time and we would like to propose that this continues further over the next 6 to 12 months :
Below are 2 costings for the projects to continue from July 2025 to end of 2025 and also end of June 2026

Activity Monthly Cost Staffing cost Total

Mayfield Centre Multi sports – Supported Housing Project

£40 a week Staffing

£0 Venue Hire

£160 per month = £960 for 6 months or £1,920 for the year

Pan disability

All Hallows £45 a week Hire

£40 Staffing

£340 Per month = £2,040 for 6 Months or £4,080 for the year

Walking football Lifestyle Fitness, Macclesfield College

£48 per week venue hire, £40 Staffing

£352 Per month = £2,112 for 6 months or £4,224 for the year

6 Month Total = £5,112.00

12 Month Total = £10,224.00