



# cpp news

April 2017

## Hello!

We have a jam-packed newsletter this month, full of interesting articles and facts.

This edition focuses strongly on sport with the 'Football Frenzy' article and information about the Jubilee Sailing Trust and All-Aboard!.

We shine the 'Spotlight' on our trustee, Claire, and are delighted to introduce you to baby Tom – Donna (our admin worker) and John's bundle of joy. He really is a lovely little boy and we look forward to meeting him at our summer events!

Other news:

- In addition to our annual big family sailing day, we are pleased to announce that Evening Club adult members can look forward to a summer evening sail around the docks on 27th June with All-Aboard!.
- We have welcomed member, Sasha, to our board of trustees – she will feature in a forthcoming newsletter.
- The boiler has been repaired at Seals Starfish Club so our Saturday swimming sessions for children are up and running again.
- We are happy to report that our grants scheme has been reinstated – please contact the office if you would like further information about the scheme.

We have also:

- Revamped the website.
- Set up an aquarium trip for young members in early April.
- Been busy setting up our Facebook site – full details to come in our next newsletter.

Don't forget, we are always keen to feature our members, so if you have an unusual or interesting hobby or have been anywhere different recently get in touch and star in a future newsletter.

Happy Easter – enjoy your holidays!

Cathy  
X



## Swimming Legend Retires

*Sascha Kindred OBE, one of Britain's most successful para-swimmers of all time, has retired.*

*Kindred, who has cerebral palsy, has won thirteen Olympic medals competing in six summer games. This inspirational athlete has finally hung up his trunks, saying that choosing to retire has been a tough decision but he knows that now is the right time to bow out.*

### SATURDAY SEALS RETURNS

*Familiar faces, as well as some new families, are again enjoying the Saturday morning fun at the Claremont swimming sessions. Who knows – maybe there's a budding Sascha amongst them!*

**0117 965 5028**  
office@cerebralpalsyplus.org.uk  
www.cerebralpalsyplus.org.uk



## FOOTBALL FRENZY

### Powerchair Football with Patrick

Goals Beyond Grass (GBG) are delivering powerchair football sessions in Bristol and have already had sufficient interest to set up Bristol's first ever powerchair football team!

Powerchair football is an all inclusive competitive disability team sport. It's played by 2 teams of 4 players, all in powerchairs, on a basketball size court with a 13" ball. The rules are pretty simple and the team that scores the most goals wins!

If you would like to get involved in the session as a player, a coach, volunteer or just want to see what Powerchair Football is all about then email: [info@goalsbeyondgrass.co.uk](mailto:info@goalsbeyondgrass.co.uk) or call Brian on 07789751516.



### Frame Football with Nick

Frame football is a unique version of the beautiful game especially for those who use a frame – typically, but not exclusively, those with CP.

Games are 4-a-side and the rules are pretty similar to those of standard football.

The Bristol club originated in Keynsham nearly 2 years ago. We now play indoors at Whitchurch every Saturday morning with players aged from 3 to 9, but all ages are welcome.

In March we took part in a frame football tournament at the home of the England football team, St George's Park in Burton on Trent.



It was a great day – all the players received a medal and everyone had a smile on their face, including mums and dads watching their children play football – something many of them thought would never happen.

The next tournament is in July back at St George's Park.

For more information contact Nick Dewfall on 07411013526 or [nickdewfall@aol.com](mailto:nickdewfall@aol.com)

## Setting sail with the Jubilee Sailing Trust

When asked why Nik Royale finds sailing a remarkable experience, he explains that it is how he feels respected for being himself.

'It's the difference between living and existing,' says Nik. He believes, like the thousands of people who sail with the JST each year, that the reality of life aboard *Tenacious* and *Lord Nelson* – the JST's two special purpose built tall ships – is what it should be everywhere; 'Each individual on board is judged on their ability, not their disability'.

Nik went on to explain that one of his most memorable experiences with the JST was being asked to be an Assistant Watch Leader.

This role required him to take responsibility for all the individuals in his Watch and to support the permanent

crew with their responsibilities. Nik recently been told that he was not deemed suitable for the role because of his disability. On board, the fact that he has a disability is not seen as a

...Each individual on board is judged on their ability, not their disability.

The JST have created environments on their ships where diversity is celebrated and incorporates unique facilities like wheelchair lifts and adapted equipment to enable everyone on board to play an active role in the ship's operation.

Sailing is a part of the crew has aided Nik already



## Spotlight on CLAIRE HANCOCK

Hello, my name is Claire Hancock and I recently joined the Cerebral Palsy Plus trustee team.

I am an independent occupational therapist and have worked with adults and children with a wide range of disabilities in hospitals, schools and in the community. I specialise in treating people with acquired brain injuries and hand conditions. I am also a case manager, organising rehabilitation for

people who have been affected as a result of an accident or negligence.

I live in Bristol with my husband and our mini schnauzer. I was born and bred in Bristol, a big music fan and love attending festivals and live music. I hope my children would play an active role in dance in front of the camera. It is a great privilege





# he ust

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TRUST  
changing lives



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accomplished leader as the UK's only  
qualified indoor climbing instructor with  
cerebral palsy - in further developing  
his team working and leadership skills,  
challenging his own boundaries as well  
as supporting others to challenge theirs.

Having sailed over 1700 nautical miles,  
making many great friends along the way,  
Nik is now looking forward to his next  
voyage on *Lord Nelson* this summer.

*If you want to experience a remarkable  
adventure like Nik, why not join the JST  
for a voyage! A full list of their voyages  
and further information about life on  
board is available at [www.jst.org.uk](http://www.jst.org.uk)*

*Bursary funding is available in certain  
circumstances; contact [sales@jst.org.uk](mailto:sales@jst.org.uk)*

*for more information. They  
also offer fundraising  
packs and support to  
help you fundraise  
towards your  
voyage.*

*For more  
information  
contact  
[fundraising@jst.org.uk](mailto:fundraising@jst.org.uk)*

If you fancy giving  
sailing a try in Bristol,

*All-Aboard!* sailing club run weekly  
drop-in sessions for the over 55s,  
Thursdays 10.15am-12.30pm, for £6.

Activities are flexible depending on the  
individual and all equipment is provided -  
just wear comfortable clothing.

You don't have to book, but it's best  
to let them know you're coming.

[admin@allaboardwater  
sports.co.uk](mailto:admin@allaboardwatersports.co.uk)

## on ANCOCK

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e to have been

asked to become a trustee for Cerebral  
Palsy Plus, it is a wonderful charity  
and the other trustees have made me  
feel so welcome. Charity trustees are  
responsible for governing a charity and  
directing how it is managed and run. It  
is my first experience of being a trustee  
and I have a lot to learn, so please be  
gentle with me! I hope to do the role  
justice and very much look forward to  
meeting all the members.

## Did you know?

### about monthly Bristol discos...

NEW BEGINNINGS  
BRISTOL LIMITED

Ever fancied a bit of  
a boogie but not sure  
where to go? Well, the New Beginnings Centre  
in Bristol run a disco every month for adults with  
learning difficulties.

**When:** 7-9.30pm 11th April, 9th May, 13th June  
(check website for further dates)

**Where:** The Chase Inn, 63-67 Regent St, Kingswood,  
Bristol, BS15 8LQ.

**Cost:** £5 on the door (support workers go free).

**Further info:** [newbeginningsbristol.co.uk/page/  
activities](http://newbeginningsbristol.co.uk/page/activities) or 011794220304

### about Facebook groups for holiday plans...

Planning a trip away can be stressful, especially  
when trying to find a special place that's both  
attractive and accessible.

The following Facebook groups offer a great forum  
to share and discuss holiday destinations with  
wheelchair access:

[facebook.com/groups/caravanstorentwith  
disabledaccess/?notif\\_t=group\\_r2j\\_approved&notif\\_  
id=1488374289854649](https://facebook.com/groups/caravanstorentwithdisabledaccess/?notif_t=group_r2j_approved&notif_id=1488374289854649)

[facebook.com/groups/237089879750950](https://facebook.com/groups/237089879750950)

### about Disability Law Service...

Disability  
Law  
Service

Have your rights been  
neglected? Are you in need of legal advice?

This online legal website offers free legal advice to  
people with disabilities and their carers to ensure  
that they have access to their rights and justice. For  
more information, go to their website at: [dls.org.uk](http://dls.org.uk)

## Spring at the Golden Hill Community Garden

There's lots going on this spring at the  
Golden Hill Community Garden:



**Thursday the 20th April**

*Inclusive Family Holiday Adventure  
Day packed with music, games,  
sensory trails, cooking pizza, dens,  
and treasure hunts for only £5 a child.*

Plus a new **Family Sunday Club** set in the lovely  
surrounding gardens.

Contact Lucy at [ghcgarden@gmail.com](mailto:ghcgarden@gmail.com)

# Winter's Leap

## by Timothy Raine



Timothy Raine has just published a new children's and teen's novel: the story of Tommy, a young man, with mild cerebral palsy, and how he learns more about himself and society.

*Winter's Leap* is humorous and warm as well

as sad at times. Readers share in Tommy's thoughts as his day unfolds – his deepest concerns and observations about life – and then a tragic event befalls him.

Author Timothy Raine currently working as a support worker in a day centre helping deafblind individuals, says of his inspiration for the book, "I feel that our society can be unforgiving with everyone wrapped up in their busy lives. Empathy, courtesy and manners can wither on the vine of humanity amongst this complexity. I want my story to generate feelings of compassion".

### COMPETITION TIME

For a chance to win a free copy of this great read, just send a drawing of your favourite winter item to the Cerebral Palsy Plus office (address below).

The first six drawings we receive will be the winners, so don't delay!



## Give-it-a-go Day

**SUNDAY 21ST MAY 2017**

Royal Bath and West Showground,  
Shepton Mallet BA4 6QN

Spring into action with a day packed full of fun and sports for people of all ages with all disabilities.

The events will include: discus, shot, light ball, 60m run, fly casting, short mat bowls, bean bag target, javelin, 60m walk, 60m wheelchair dash/slalom, air rifle, table tennis and skittles.

*With hot food vans, raffles and medals to be won, it looks like this could be a great day out!*

### Want to try something new?

*Want to enjoy activity in a fun and inclusive setting?*

*Go along to Coombe Dingle Sports Complex BS9 2BJ, every Tuesday 12.30-1.30pm.*

*Just bring comfortable clothes and £3.*



## IT'S A BOY!!

We received the exciting news that our members John and Donna (who also works in the office) gave birth to a beautiful boy, Tom.

Congratulations to the happy family and welcome to the CPP family Tom!

**Don't forget...** We are always here to help our members and love to hear from you. Contact the office on **0117 9655028** or **office@cerebralpalsyplus.org.uk** for information, advice and details of our popular grant scheme. And get in touch if you've any interesting hobbies or have been anywhere unusual – you could be the star of our next issue!

A huge thank you to Foot Anstey Solicitors for sponsoring our newsletters, and Colourtone (Taunton) for the design and print.

Cerebral Palsy Plus, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

