



cerebral palsy plus
listening to individuals

CPP NEWS

September 2014

The Newsletter of Cerebral Palsy Plus

Hello!

I hope you all had a lovely summer and enjoyed the good weather while it lasted.

CPP has been busy over the summer and we have had some fantastic days out and activities.

The school holidays started on a high with a well attended Sailing Day. 80 people tried sailing, canoeing, power boats and the fully accessible boat the *Aiming High* which toured the Docks. Everyone thoroughly enjoyed the day and we had the usual fantastic support from the volunteers at Sailability. If you missed it this summer, make sure you come along next time as it's always a really good day out.

We also held our first Multi Sport Day in partnership with Ignite Sport and members enjoyed wheelchair football, tennis, cricket, boccia, hula-hooping, jenga and team games.

There was something for everyone and everyone who attended welcomed the chance to try new things. As it was very popular and good fun we will organise something similar again so that everyone who wants to can have a go at the activities offered.

Evening Club members also enjoyed a day trip to Weston-super-Mare in August. While some of our younger members sampled the sensory room, animal assisted workshop and art session laid on by Sensory Heaven who are based here in the Vassall Centre. Don't forget Sensory Heaven give CPP members a 10% discount so you can contact them if you wish to use their facilities or book their services.

Finally, we had a stall at the Vassall Centre Open Day and enjoyed a fun day in the company of Daleks, Minions and Captain Jack Sparrow!

I hope you enjoy this edition of the newsletter which is full of interesting, fun and useful information as usual.

Love
Cathy



Bend it like CPP



Nick & Abbie at Sailing Day



Archie enjoying a foot spa



Danny getting artistic



Donna & Jack Sparrow

VOTE FOR CEREBRAL PALSY PLUS!

We have been shortlisted for a Lloyds Bank Community Fund award where we could receive up to £3,000. This would make a huge difference to us, so please vote today by:

text 'Vote DHX' to 61119

twitter Tweet #commfund DHX

email <https://communityfund.lloydsbank.com/communityfund>

visit a Lloyds Bank branch

Voting opens 9am Tues 2nd Sept 2014 and ends 11.59pm Fri 10th Oct 2014.

To find out more search Lloyds Bank Community Bank

Please ask your friends and family to vote for us, too!

Many thanks

did you know?

WECIL's Advocacy Services

An advocate can offer support and information during the assessment process with health and social services. An advocate will work alongside you and keep you informed!

Contact them today on:

tel 0117 947 99 22

email disabledpeopleshelpline@wecil.co.uk

Opening times: Monday to Friday 9am – 5pm

Home Fire Safety Visits

20 of our members have had a Home Fire Safety Visit by Avon Fire & Rescue. It's not too late to request one yourself.

Contact Cathy or Donna on:

tel 01179 655 028

email office@cerebralpalsyplus.org.uk

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This year our newsletters have been kindly sponsored by Foot Anstey Solicitors and designed by Colourtone, Taunton so a huge thank you to them for making it happen.



The disabled access review website and app

The goal of *Euan's Guide* is to provide a friendly, honest and empowering alternative to hours of web searching and phone calls and, most importantly, remove the 'fear of the unknown' when visiting a venue for the first time."

It is free to use and is very much designed as a positive resource and knowledge bank for disabled people and their friends and families.

We are delighted to be endorsed by JK Rowling: "I'm delighted to endorse *Euan's Guide*, and to congratulate him on launching this pioneering website. I know, through meeting many people with MS who have disabilities, that there is a dearth of independent and unofficial information about venues and their accessibility. A friendly and straightforward guide, with information

from users themselves, is an empowering development to be heartily recommended."

Please help us by reviewing your favourite accessible venue on euansguide.com.

Euan MacDonald
founder and himself a powerchair user

The Bruce Foundation

We are a newly registered charity with a specially-designed, purpose-built, wheelchair-accessible motorhome available for hire for disabled, disadvantaged or elderly people along with their families, friends or carers. It sleeps up to 6 people, has a lift for access, a scissor-action hospital bed, a

wet room and a ceiling hoist from above the bed into the wet room. The motorhome is available for self-drive hire (depending on the licence and experience of the group), or static hire for which we drive it to a campsite of the group's choice (within 2 hours from base in Newbury, Berkshire).

Cost £750 per week
To find out more please call or email Rebecca Bruce on **01264 356451** enquiries@brucefoundation.org.uk and we'll be happy to chat things through with you.



James' story

My name is James Blackwell. I was born with Cerebral Palsy and although my parents were told that I would struggle to walk let alone play sport they, along with myself, were determined for me to make the most of my life and through support, physiotherapy etc... I have.

Only close friends and family knew I had Cerebral Palsy. For my own personal reasons, I have kept this to myself and I have struggled discussing it with others but towards the end of last year I made the decision to be open about it. I'm not sure if it was the fact that I was due to marry and my fiancée at the time wasn't aware but I decided to tell her and whilst taking a huge weight off of my shoulders it has opened up a whole new world to me.

I have started playing for the England CP Football team (I wasn't aware that there was such a thing) and having just participated in the European Championships, in which we finished 5th overall (our highest position in 22 Years).

I am now putting my all into training in the hope that I will be involved in the CP Football World Championships in England next year, as well as competing for Team GB in Rio in 2016.

I was totally unaware of the support networks out there for those with CP and I would definitely recommend getting involved. Hopefully my story can help inspire others.

If I can help in any way, then please feel free to contact me at jblackwell195@hotmail.co.uk.



James in action

I wish to be in Blighty by Graham J. Bowman

I wish to be in Blighty that's where I long to be,
But now I'm in a meadow far across the sea.
Joining with the lads seemed so fun and gay,
But the future for us now here seems very grey.

As a band of comrade fellows marching along,
With a spring in our steps and a cheerful song.
The battle field will soon be upon us I heard the captain say,
All the lads start praying for tomorrow's fateful day.

After marching for many hours we came across our trench,
Bedding is very poor and the smell is quite a stench.
I hope this fighting madness will very soon stop,
When day break comes we'll go over the top.

Silence has fallen on this sodden muddy ground,
No one can hear a bird or any other sound.
Now my dear I've just got time to say,
I'm fighting to save Blighty's day.



Graham is an Evening Club member who was so inspired by the centenary of the First World War that he wrote this poem.

Festivals can be done in a wheelchair... even abroad!!



Hi, I'm Ashley Jenkins and I have quadriplegic, cerebral palsy.

In July I went to a festival called Tomorrowland In Belgium which is one of the biggest EDM (Electronic Dance Music) festivals in the world and I just want to share my experience with you in this three part trilogy about camping abroad and the festival lifestyle, including any tips I may have.

The ways to travel to Tomorrowland vary from train, coach and plane but I chose to drive which was easier for me but a bit of a longer journey. I had a lot of stuff to take and it all fitted in my car but if I had chosen to fly, I would have had to have left a lot of stuff behind.

I opted for general disabled camping, commonly known as 'Dreamville', which was right next to the first aid tent and is the closest campsite to the entrance of the dance stages but there are other "glamping" options. I had pre-arranged an area for us so no need to fight for a spot with the other 35,000 people wanting to camp. The walkways are all wooden planks so no wheelchairs getting stuck in mud. The first aid tent had disabled open showers and toilets, and a charging point for my wheelchair. Carers and family could also use these.

In general, I was very impressed with the staff and they were always ready to lend a hand.

Keep an eye out for Part 2 of my journey as I take you out of Dreamville and through the festival gates.

Ash will continue his adventures in our next newsletter...



Spotlight on Charlie

CPP would like to say a big "Thank You" to Charlie who ran his first half marathon in August competing in the Severn Bridge half marathon, raising nearly £900 for us.

Charlie made a fantastic time despite sustaining an injury during training and we are all very proud of him.

Thank you Charlie!

If you would like to support CPP by running, jumping, swimming or anything you can think of, call Cathy or Donna in the office and have a chat about how we can support you or promote your event.

Grants update

CPP runs a Success Grant Scheme but from the beginning of 2015 we will be changing the way we look at grant applications.

They will be considered by the Management Committee three times a year: in February, June and October at Management Meetings.

This will mean we will need to receive applications by the 1st January, 1st May and 1st October if they are to be considered at the Grant Meetings.

We are also changing our Grant Criteria which will mean that applicants can apply for only one grant in a three year period.

Details of other changes will be publicised on our website and included in the next newsletter.



Gabriella

"It's a lovely chair, we are very happy with it and it now feels she is part of the family watching TV and relaxing in her p-pod chair."

MANAGEMENT COMMITTEE TREASURER REQUIRED!

Voluntary role requiring expert accountancy skills, but no Payroll, and attendance of 10 Management Committee meetings per year

*Please contact the office for more information:
0117 9655028 or e-mail office@cerebralpalsyplus.org.uk*

Don't forget.....

We are always here to help our members and love to hear from you.

Contact the office for information, advice and details of our popular grant scheme.

Call us on 0117 9655028 or email us at **office@cerebralpalsyplus.org.uk** for more details.

Also, send us your photos and top tips and you could be the star of the next newsletter!