



cpp news

February 2017

Hello!

Welcome to the first newsletter of the year – I hope 2017 is going well for you all.

We have lots of good ideas for the coming year and would like to hear yours – especially if you have any thoughts about where you'd like to go or activities you'd like to try.

It was lovely to see so many of you at our last trip to the Wild Place at Cribbs Causeway and at our AGM which was held at the Avon Riding Centre.

Both these events went really well.

Families braved the weather and had a great day socialising and enjoying the Wildlife at the Wild Place. We had a picnic in the play area and enjoyed the spooky trail that was set up for Halloween.

The AGM was a great success with many members attending for the first time enjoying the raffle, the falconry and the generous lunch. Thanks to all those who attended. It is always nice to meet you.

At the end of 2016 we were very fortunate to have member, Ash, fundraising for us with his mile long swim at Hengrove pool. Ash raised over £2000 for CPP and got us into the local news, so WELL DONE ASH!

Since Christmas we have said a temporary 'Good bye' to Donna who is taking maternity leave. Donna will be back in 2018.

Meanwhile, her post is being covered by two new recruits, Nicky and Nyika, both of whom have written about themselves in this edition of the newsletter.

Welcome to them both!

Don't forget this is your newsletter so feel free to send in your photos, tips and hints or ideas for future articles. We love to hear from you.

Cathy
X



Santa Run

Congratulations to our santas!

On 3 December, 18 brave CPP runners dressed in amazing santa outfits and ran either 5km or 10km. They all did a fantastic job and raised over £2500.

Well done and thank you runners! If you fancy giving a fun run a try, we are currently looking for volunteers to do another run in the summer. All abilities are welcome.

Please contact Clodagh if you're interested at c_tunney@hotmail.com

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GLAD TIDINGS OF GREAT JOY WE BRING

We are delighted to be able to share some really good news!

In the run up to Christmas we received a number of very generous donations.

Grants from the Robert McAlpine Foundation, the Barbara Ward Children's Foundation, The Utley Family Charitable Trust, the Green Hall Foundation and a number of smaller trusts will enable our charity to provide and develop our projects, services and activities in the coming year. Getting this much needed help is wonderful and greatly appreciated.

As you know, we welcome and seek ideas and suggestions from members and their families about the activities and services they would like us to provide.

Please email Cathy or give her a call if you have any ideas or suggestions or tell us about it whenever you attend any of our meetings, activities or events.



Our Annual Gene

On the 28th November, members, families and friends celebrated a wonderful year with Cerebral Palsy Project's Annual General Meeting planned for 2017.



The CPP Annual Meeting took place on a beautiful day but extremely cold. Surrounded by the beautiful scenery at Avon House, members gathered for the events of the past year.

Boccia Success

On the 31st January, the evening club ran their first ever Boccia night.

It was a roaring success with lots of members joining in and having a great time.

The reds seemed to have the beginners luck. We look forward to more Boccia filled nights!



Spotlight on the NYIKA and NICI

Hello – my name is **Nyika Suttie** and I am going to be covering many of the admin duties at CPP whilst Donna is away.

I am currently studying for a Masters degree in Special and Inclusive Education at Bristol University and have a background in working with young people with learning difficulties and disabilities.

I will be in the office on Monday afternoons and Tuesdays and will cover duties around fundraising and the website, as well as setting up social media pages for the charity. I am very excited to be working in the office and I hope I will get to meet as many members as possible during my time here.



General Meeting

Members and staff all gathered to celebrate our success and look forward to the events



General Meeting was beautifully clear – and sunny – November day.

The picturesque Riding Centre, 30 minutes away, was used to reflect on the year, meet the new

members of the CPP team and discuss plans for future activities.

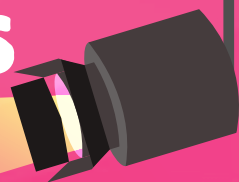
It was also a great opportunity to share memories such as Sacha's amazing experience as a 'Beauty Unseen' role model, and applaud achievements and fund-raising efforts such as Ash's mile swim and Clara's half marathon.

After the official business was dealt with, everyone wrapped up warmly and went outside for a fabulous falconry display.

We were given a superb demonstration of a range of different birds, including owls and various falcons – and even got to hold them.

Large amounts of food and a raffle topped off the day – what a great way to celebrate CPP success, and what an enjoyable way to hold an AGM!

Meet the Newbies



Hello – my name is **Nicky Smith** and I am a Masters student studying Applied Neuropsychology.

My new role at CPP includes helping to run the Tuesday evening social club and also helping out with admin duties, including organising this fabulous newsletter.



This is my first time living in Bristol but I am absolutely loving it. I enjoy running and cycling, but also love baking and eating the food I bake.

I am really enjoying my new role here so far, and I look forward to meeting more of you soon!

Did you know?

about the University of Bristol Phab Group...

They are inviting people with disabilities aged 16-25 from the community to come along and have fun with Bristol University students of the same age. There will be a diverse programme of activities such as film nights, arts & crafts, quizzes and games. Siblings and friends in the same age range are also welcome.

Starts Tues 21 February

When: 7:30-9:30pm, every other Tuesday

Where: University of Bristol Multi-faith Chaplaincy

There is no charge for attending but please email phab@bristolphab.org if you are interested in joining them!

about Disabled Gear...



DisabledGear.com is an easy-to-use and free website used as an advertising platform to buy and sell second hand disability equipment and mobility aids. It also has a new products section including new technology to the market.

The site is free no matter what is being sold so may be a great painless way of buying and selling second hand equipment.

that VocaliD are looking for voice donors...



Tobii Dynavox are looking for people to donate their voices for communication software so that people are able to have unique voices.

VocaliD is an innovative new product that allows individuals to create a unique, synthesised voice from only three seconds of sound recording, blending a user's own vocal quality with a matched voice donor.

They are collecting all types of voices, accents and vocal qualities to create as large a database of voice donors as possible, to truly capture the diversity of the human voice.

Visit here if you would like to donate your voice: https://www.tobiidynavox.com/en-GB/product/Software/vocalid/vocalid_voicedrive/?lang=en-GB&savecookie=False&marketcookie=True

Evening Club Christmas Party

On the 13th December 2016, CPP Tuesday Evening Club held their annual Christmas party.

The evening was a festive treat with buffet food, music and even a surprise visit from Santa and his Elf bearing gifts for all club members and staff!

It was great to see so many members socialising and enjoying themselves.



STOP PRESS...

Our grant scheme is now open again after a temporary break. Check out our website for more details.

TRUSTEES WANTED!

Cerebral Palsy plus is currently looking for new trustees with or without experience of working with a charity before.

We are looking for a special trustee with buildings maintenance experience to oversee or project manage the maintenance of an investment property in north Bristol for which we hold the lease.

We are also looking for trustees with experience in governance, finance and fundraising.

If you have any of these skills please do get in touch.

If you think you have skills that would be of interest to us and useful to our organisation please contact Cathy in the office on 0117 9655028 for an initial chat or email office@cerebralpalsyplus.org.uk



Doing the Bump

We all wish Donna and John well for the future and look forward to hearing their news!

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!*

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