

Making Dreams Come True – All About Sport!



I love sport and all that it gives me. Exercise, fun, teamwork and probably most of all, friendship. Sport is great for mental health and should be accessible to all. Several of our clients are also passionate about sports.

Billy was born with cerebral palsy and attends mainstream secondary school. Billy is independently mobile and uses a wheelchair for longer distances. He has always been a big football fan and player. Recently Billy was invited to take part in the Regional Emerging Talent Programme for the FA para football during half term, which was being held at the home of England Football at St George's Park. He performed extremely well; the competition was very high, and he was utterly exhausted at the end! Following this, he has been invited to attend the Regional Emerging Talent Trails in Middlesex which is the next step of the trials with the end goal being to play for the Cerebral Palsy England Team. Keeping my fingers crossed for him!

Karl has fine motor problems and learning difficulties and also suffers from visual problems and epilepsy but that doesn't stop him from doing martial arts with his Dad. With funds from a claim they have bought a suitable house for Karl and the garage has been set up as a gym to allow them to train together.

Whatever your sporting passion and at whatever level, we want to help you achieve your goals and celebrate your abilities. What all the young people featured in this article have in common is the strong will needed to make their dreams come true and they have trusted us to help them make them happen.

Jackie Linehan, Enable Law
jackie.linehan@enablelaw.com

Names changed to retain anonymity and confidentiality.

THANK YOU:

Our wonderful member **Leo**, his dance teacher and mum recently met our fundraiser Karen to hand over a cheque for £550 which was raised at the Glastonbury & Street Musical Comedy Society's recent production of Pricilla Queen of the Desert. Leo, who also dazzled in CPP's Got Talent, starred in this show! Thank you to all the cast and crew for their support!



Dates for your Diary!

Dates for our upcoming events in September/October.

Sunday 3rd September

We will be running a Frame Running session on the following date at the Bristol Family Cycling Centre, Bamfield Road, BS14 0XD from 11am-1pm. It's a lovely fun way to get some physical exercise! Email us at office@cerebralpalsyplus.org.uk to book!

Wednesday 4th October

We will be hosting a collection at Morrisons Fishponds (BS16 3US) to celebrate World CP Day. (Times TBC) We are looking for volunteers to help us on the day - please email Karen at fundraiser@cerebralpalsyplus.org.uk!

With thanks to all our sponsors whose generosity and support help us to put on the best events we can.

Follow our Instagram to keep up to date with all our events and activities.

@cerebralpalsyplus

Follow us on social media and make sure you're registered to receive our weekly bulletins to keep up to date with all the latest news!

Please contact us at the details to the side if you are interested in attending an event or have any enquiries.

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HELLO

Welcome to our Summer newsletter, which is jam-packed with lots of news and information for you.

We continue to be very busy after a fun-filled Summer of events. These include our accessible Sailing Day, a dedicated Gympanzees session, an exciting Family Fun Day, monthly frame running sessions and a Young Adults' trip to see the Greatest Showman in an outdoor cinema. We've loved seeing you all this Summer, and we hope you've had a great time!

Additionally, we also have our Tuesday evening Friendship Club, which has weekly Zoom or in-person meetings and our children's hydrotherapy swimming club.

For this edition of our newsletter, we interviewed our team member John, who has been involved with our Friendship Club for many years. The club recently celebrated its 50th Anniversary, which is an amazing feat!

Many members have been attending this club since its inception and have formed life-long friendships, but we also

have new additions to the group, and it continues to grow!

You may notice a few changes in how we get in touch over the next few months as we are implementing a new membership database - MemberMojo.

If you have not received our weekly bulletins by email recently, you may want to check your spam/junk folders, as there may be some minor hiccups as we get the new system up and running.

We are also in the process of designing a new website that will link to our social media feeds, so it will be even easier to keep everyone up to date with upcoming events and other useful information. This will hopefully be live in the Autumn - watch this space for more details!

On another note, if you like the sound of the book featured in Book Club Corner, email us and we will send you a free copy.

Finally, we are currently looking for travel escorts to assist at our Friendship Club. Check out the job description on our website/Facebook page and get in touch if this interests you.

Best Wishes,

Cathy

BOOK CLUB CORNER: THE SONGS YOU'VE NEVER HEARD BY BECKY JERAMS AND ELLIE WYATT

The Songs You've Never Heard is a contemporary YA novel about a girl who learns to find her voice. At first glance, Meg McCarthy is an ordinary 17-year-old living in Brighton, but, as the younger sister of superstar Caspar McCarthy, her life is anything but ordinary. As well as living in the shadow of her spoilt older brother, Meg also has to deal with her cringe-worthy parents, hordes of fans asking for selfies, and an endless stream of online hate. Music is her only escape, but her talent is her best-kept secret. That and her crush on BandSnapper, a.k.a. Matty, who must never know the true identity of her online persona LostGirl. When Meg meets her confident co-worker, Alana, she is inspired to put herself out there. However, it soon becomes clear that Meg isn't the only one who needs a helping hand in learning the power of her voice.

Written by Becky Jerams and Ellie Wyatt, *The Songs You've Never Heard* is an accessible and inspiring novel for young adult readers. It discusses heavy topics such as drug overdoses, mental health issues and the pressures of social media in a realistic manner which leaves readers feeling empowered. A first of its kind, *The Songs You've Never Heard* is a "booksical" (a book musical), with a soundtrack containing the songs featured in the novel available on Spotify!

With thanks to Clock Tower Publishing (an imprint of Sweet Cherry Publishing) for kindly gifting us this book in exchange for a review. We have plenty of copies available in the office, please get in touch with if you're interested us at:

office@cerebralpalsyplus.org.uk



Don't forget... We're always here to help and love to hear from you.

Contact the office on **0117 9655028** or office@cerebralpalsyplus.org.uk for information, advice and details of our 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 Enable Law Solicitors for sponsoring our newsletters (rebranded from Foot Anstey) and Carly Press (Wellington) for the design and print.

Cerebral Palsy Plus, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ. Registered Charity No.1070079

The CPP Friendship Club turns 50!

In 2022, our longest-running venture, the CPP Friendship Club, celebrated its 50th birthday. Since its inception in 1972, the Friendship Club has strived to combat social isolation in our older adult members, giving those with varying needs and disabilities the chance to meet like-minded people. Over the years, a wide variety of entertainment has been enjoyed by our members, including a male voice choir, pianists, Boccia sessions and more. The club also goes on regular trips out, including a trip to Weston-Super-Mare every Summer and a visit to Bristol Hippodrome to watch the pantomime at Christmas.

Since the 1970s, the club has gone from strength to strength, with life-long friendships being formed between members and staff alike, who work tirelessly to ensure that the club is an enjoyable and relaxing place. The Friendship Club's longevity was demonstrated during the COVID-19 pandemic. The forced transition to Zoom calls during lockdown did not deter the club in the slightest, with members still meeting up weekly on Zoom

in 2023! After eighteen months, the club also returned to their regular Tuesday evening meetings at St Anne's Boardmill Social Club.

Although it's known as the Friendship Club, the club has become something resembling a family, and it's particularly sad for all involved when the group loses a member. Recently, we said goodbye to Glyn, a greatly-valued member who had been going to the club all his life.

The key ethos of the club is that everyone is welcome, which is something that John Honeywell, who has been running the club since the beginning, hopes will remain true many years in the future. For John, his favourite memory of the past five decades of the club is being able to witness first-hand the positive impact it has had on our members. When asked to describe the club in one word, he chose "joyful", demonstrating the importance of such a positive space for those that need it the most.



Club leaders
John and Marilyn

ATEGI SHARED LIVES SCHEME



Have you heard about Shared Lives yet?

Shared Lives is a support service for adults with additional needs aged 18+ who want to live independently in their community, whilst living in a family environment. It's an alternative to supported living or residential care.

Over 10,000 Shared Lives carers use their own home and family life to share it with someone who needs support around the UK. Working at home, you can earn between £350 – £650+ a week with tax relief, training, regular breaks and a UK support network. And you get to see the amazing difference in someone's life – it's the ultimate 'work from home' job!

Shared Lives support is based on shared interests, lifestyles and a sense of humour. It's a bit like fostering – but for adults. It feels like an ordinary life for someone who needs support – and doesn't feel like a 'job' for you!

Want to know if you've got what it takes to be a Shared Lives carer? Take our quiz at www.ategi.org.uk/eligibility-wizard. Find out more about becoming a Shared Lives carer with Ategi at www.ategi.org.uk/becoming-a-shared-lives-carer.



Do you want a
job where you
make a real
difference?

Become a
Shared Lives
carer

#SharedLives

www.ategi.org.uk

New Table Top Cricket Club in Bradley Stoke

Join in with **FREE and inclusive Table Top Cricket Sessions** at Baileys Court Activity Centre, Baileys Court Road, Bradley Stoke, Bristol, BS32 8BH.

Fridays, 6pm-7pm. Age 12+. All abilities are welcome.

A chance to make new friends, challenge yourself and improve your skills.

Please contact esmejaneburrows@gmail.com / 07973 755121 if you have any questions.



Warmley Wheelers



Warmley Wheelers provides cycling for people with health conditions and supported needs. Traditionally, that was mainly people from the learning disability community, but now we have a much broader scope with a vast range of people using our bikes. We offer specialist equipment and a safe, friendly environment to support people who would normally find it difficult to ride a bike.

We are based in Warmley, alongside and with direct access to the Bristol to Bath railway path. We also have two forest trails. Our lower trail offers a flat one way trail, where users can build confidence and independence. Our upper trail is a mixed trail with stone and dust track, unused road and path across the common of 500 metres. Both trails offer something different to the cycle path.

We have a range of specially-adapted bicycles for people with disabilities or additional needs – these include a platform bike for wheelchairs, side-by-side tandems, recumbent bikes and a variety of trikes. We also have a selection of solo bikes, allowing carers to be part of the ride too.

Our users have said: "I love it as it gives me a cool sense of freedom, I just can't get enough of it. The first time I came I was just over the moon, it just made me feel amazing." - Polly

Please visit <https://www.facebook.com/warmleywheelers/> for more information.



World CP Day Friday 6th October 2023

To celebrate the upcoming **World Cerebral Palsy Day** in October, we are working with Scope to light up several landmarks green across the UK to mark the occasion. We are incredibly excited to announce that both the **Wills Memorial Building** and **City Hall in Bristol** will be going green for World CP Day this year. Don't forget to check them out!



CP Adult Advice UK



On 14th February 2017 CP Adult Advice UK was born.

Within a couple of weeks, we had over 200 members. Since then, we have grown from strength to strength, and we are now supporting close to 1400 Adults with CP. Our group is a safe space for adults and their partners who know they can discuss anything, and ask anything without being judged.

We are a supportive network with extensive scope for like-minded people on anything and everything, big or small, related to CP, from mobility, to nutrition, friendships, relationships, accessing public spaces, work, recreation, holidays, continence and physical and mental health.

It's a peer-to-peer support group with no professional input, and our members are really proactive and supportive to each other.

We are also very proud to be working in collaboration with Scope and CP Plus on projects such as the Go Green Campaign for World CP Day. We started out with getting Blackpool Tower and Coventry's Lady Godiva illuminated in Green. Last year we illuminated 13 iconic public buildings and landmarks across the UK. This year we have even bigger plans.

Thanks to Scope funding, our group has a Zoom account, and we are able to host a weekly Zoom session, which is enjoyed by our members. The idea was initially to hold our Zoom fortnightly, but it was so popular we introduced weekly sessions, and they are generally well-attended, and always lively.

If you would like to join us, you can find us at:

www.facebook.com/groups/CerebralPalsyAdultAdviceUK