

Fundraising News

Recently, we have received a £10,000 grant from the National Lottery Community Fund for our Friendship Club. We would like to thank them and all National Lottery players for this fantastic contribution to our services, which will allow us to fund more events for our older adult members.



Dates for your Diary!

Dates for our upcoming events

Easter/Spring Soft Play

We will be hosting a soft play party for under 16s on **Wednesday 3rd April** at the Imperial Sports Ground. Stay tuned for more information!

Gympanzees Easter Sessions

We will be holding two Gympanzees sessions on **Tuesday 9th April** at Venturer's Academy, Hareclive Road, Withywood BS13 9JW.

CPP's Got Talent!

On **Sunday 19th May** we will be holding another CPP's Got Talent Show at the Gloucestershire County Cricket Ground. Applications will open soon, please keep an eye on the bulletin for more information.

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.

@cerebralsyplus

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 below if you are interested in attending an event or have any enquiries.

0117 9655028

office@cerebralsyplus.org.uk
 www.cerebralsyplus.org.uk
 Cerebral Palsy Plus CPPBristol



cpp news



HELLO

Happy New Year! I hope you all enjoyed the holidays and are having a great start to 2024.

Here at CPP, we are very excited about the forthcoming year and the team is looking forward to seeing you at one of our events soon.

2024 will see the launch of our new improved website and we have exciting plans for future events and activities. We have some old favourites coming up as well as some exciting new ideas.

We always try to respond to our members' ideas and wishes, so if you have an idea that you think would work as an activity please get in touch.

As always, we are keen to promote our grant scheme. Please contact us if there is something that may be of use to you that you need some

assistance in buying and we will advise.

We also wish to remind members that if you are struggling in this climate of rising prices and costs, please do email or phone and we will do what we can to assist.

Keep an eye on our weekly bulletins as this is where we promote local information and let you know about things that are going on that may be of interest to you.

Finally, just a reminder that we are always keen to have member and supporter involvement. There are many ways you can get involved as a volunteer through fundraising, volunteering at events or becoming an ambassador or trustee.

The team are always ready to discuss ideas with you.

We look forward to hearing from you.

Love,

Cathy

HOBBS REHABILITATION

Hobbs Rehabilitation Intensive Neurotherapy Centre combines hands-on concentrated rehabilitation services alongside state-of-the-art neurotechnology to help clients significantly speed up their recovery process. Based in Bristol, the centre offers an intensive outpatient service of up to 80 hours of therapy over 4-8 weeks which is designed to improve patient outcomes.

Their unique approach combines the use of Tyromotion's whole-body Tyrosolution and world-renowned personalised rehabilitation therapy by their multi-disciplinary team of clinical experts. They are one of only two providers with all of this equipment in the UK, and their methods are designed to help with conditions such as multiple sclerosis, Parkinson's disease and cerebral palsy.

For more information and to register for a pre-assessment, please call **01275 371262** or complete the form at: www.hobbsrehabilitation.co.uk/contact-us



Don't forget... We're always here to help and love to hear from you. Contact the office on **0117 9655028** or office@cerebralsyplus.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

Our trip to Pineapple Dance Studios!



On Tuesday 17th October, we travelled to the world-famous Pineapple Dance Studios in London, where we took part in an inclusive afternoon of dance led by our wonderful member Leo and his talented teacher Christina Andrea Choreography.

Leo and his family kindly fundraised to make this possible, and their efforts meant that we were able to hire a mini-bus and create an unforgettable and magical afternoon for some of our members.

We are so grateful to everyone involved for making this happen, including UP - The Adult Cerebral Palsy Movement, and the CEO and founder of Pineapple, Debbie Moore OBE, who believes dance should be accessible for everyone! And of course, a huge thank you goes to Leo himself, who inspired the event and welcomed us with open arms!



My experience at UWE Bristol

Everyone always talks about how the university experience goes by in the blink of an eye, but it's difficult to believe how true that is until you're almost at the finish line.

I've loved every single second of my university experience. Well, okay, perhaps I haven't loved the long hours spent in the library, the early morning traffic on my commute, or the last-minute rush to finish assignments. But for the most part, I've really enjoyed it. Every minute of my English Literature with Writing course - the lectures, the books, the chatting with other students - has felt incredibly rewarding.

As I navigate my final year, I find myself mourning something that hasn't yet ended. I haven't left university yet - so why does it feel like I have? I think it's because the end - something which felt aeons away on my fateful first day in October 2021 - is now in sight. I am constantly asked about my post-graduation plans and what I would like to do next. There is an overwhelming sense of imminent change and uncertainty, which is scary for anyone to face head-on, let alone students taking their first steps in the Big Wide World.

I will be spending my last few months at university immersing myself in children's books, partly because they are my chosen dissertation topic, and partly because they make me feel like I'm 8 years old again, reading by torchlight under the covers.

My number one piece of advice for those who have just started university (or those who will be starting soon) is to hold tight. It really does go by faster than you think.

By Jasmine Noble

Jasmine is a third-year English Literature with Writing student and an Admin Assistant for CPP



BRISTOL DISABILITY EQUALITY FORUM

The Bristol Disability Equality Forum is an organisation run by and for Disabled people. We create community meet-ups and events to bring Disabled people together, encouraging everyone to show their support and make friends.

Membership is free and open to all Disabled people who live, work or study in Bristol. This includes people with physical impairments, neurodiversity, mental health difficulties, health conditions or other impairments.

The Forum's vision is for a society where Disabled people are respected and valued, have independence, choice and control over their own lives, and are fully included in their communities.

We run many groups including Making Change Happen, Roll and Stroll and Community Climate Action.

Get in touch by calling **0117 9140528**, emailing **bristoldef@gmail.com** or by visiting our website: **www.bristoldef.org.uk**



BRISTOL CITY CEREBRAL PALSY FC



Bristol City Cerebral Palsy Football Club are flying high after a prestigious award and international football tournament success.

Bristol City Cerebral Palsy Football Club are celebrating their huge success after recently returning home from Copenhagen where they participated in the Cerebral Palsy International Football Festival. The Festival was attended by clubs from Denmark, Norway and Ireland, and Bristol City Cerebral Palsy FC were selected to represent England, with the FA supplying them with England shirts for the event. The team had a great tournament, with the senior team returning home having won all of their games.

"We were able to take a senior and a junior squad to Copenhagen, and everyone played their hearts out. It was fantastic to see them competing on an international stage - we are extremely proud of all our players," said Nick Bunyard, Head Coach.

"It was wonderful to see so many children with cerebral palsy come together to celebrate their passion for football and have the opportunity to play in an international tournament," said Matt McKay, Assistant Coach.

Off the pitch, the club has been celebrating a prestigious award for Bob Young, its founder and coach. Bob was named the FA's National Coach of the Year - Disability Pathway at a ceremony during the Community Shield fixture at Wembley Stadium. Since he established the club a few years ago, it has grown from 6 players to over 35 and has become a place for children with cerebral palsy to play football and make friends.

Bob said, "It's amazing to receive this award and I am truly humbled - but although it has come to me, it really is an award for absolutely everyone. The families are just incredible and everyone works so hard." Bob initially established the club for his son Casey to have the

opportunity to play football with children with similar challenges. "Casey loves football but was playing in a mainstream club; he could not get close to the ball because he was playing with children who did not have a disability.

"I wanted to establish a club for children with cerebral palsy so everyone had the opportunity to play on a level playing field. Since then I have found the community aspect of the club is vital for both parents and players" he explained.

Training is at the Imperial Sports Ground in Bristol every Saturday, which is attended by more than thirty families. It is continuing to grow, and several players are now on the England Talent Pathway.

The Club's ambition is to build on this success, and it plans to host the International Cerebral Palsy Football Festival in Bristol next summer. All families are working hard to raise funds and secure sponsorship for the event, which will benefit children not just from the Bristol area, but from across Europe too. For more information on Bristol City Cerebral Palsy FC, please visit **www.bccpfootball.co.uk**



OUR NEW WEBSITE IS NOW LIVE

Exciting news! Behind the scenes, we have been busy overhauling our website, and our new site is now live! You can visit it by heading to **www.cerebralpalsyplus.org.uk**.

We want to extend a special thanks to Global's Make Some Noise for their generous grant towards our new website. Without them, this wouldn't have been possible!



We would also like to thank Shake and Speare for their website design.

