



cerebral palsy **plus**

listening to individuals

2024-2026
TWO YEAR STRATEGY

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Executive Summary

Cerebral Palsy Plus is a Bristol-based charity working for and with children and adults with cerebral palsy, their families, and their carers.

At Cerebral Palsy Plus we recognise the very different needs that cerebral palsy can create. Since we were established in 1960, we have worked with thousands of people with cerebral palsy, ensuring our motto of 'listening to individuals' remains at the heart of everything we do.

Our services are free of charge to our members and membership itself is free.

We strive to meet the emotional and practical needs of our members by offering companionship, support and encouragement, as many are socially or physically isolated due to their disability.

This is achieved through a range of services including an information and advice line, an adult evening club, a young adults group, activities and our grants scheme. We also support local organisations involved in the care of those with Cerebral Palsy.

Aims

To provide companionship for isolated disabled people in the community throughout Bristol, North Somerset and South Gloucestershire.

To enhance the quality of life of those with cerebral palsy to enable them to live as independently as possible.

To provide direct support for families to alleviate the pressures of caring for a family member with cerebral palsy at home.



**INFORMATION
AND ADVICE
LINE**



**ADULT EVENING
CLUB**



**YOUNG ADULTS
GROUP,**



ACTIVITIES



GRANTS



Vision, Mission, Values



Vision

We envision a world where disabled people can live full, independent lives whilst accessing the same opportunities as everyone else



Mission

Supporting our members to fulfil their potential, irrespective of their circumstances or needs. Creating opportunities for connection, fun and personal development.



Values

INCLUSIVE : ENSURING THAT EVERY INDIVIDUAL FINDS THEIR VOICE, SUPPORT, AND OPPORTUNITIES TO THRIVE.

COMPASSIONATE: ILLUMINATING INDIVIDUALS' STRENGTH AND RESILIENCE WITH UNDERSTANDING AND EMPATHY.

EMPOWERING: CEREBRAL PALSY PLUS: FOSTERING A FUTURE WHERE ABILITY DEFINES TRIUMPH, NOT LIMITATIONS.



What is cerebral palsy?

Cerebral palsy affects 1 in 400 people in the UK and is a physical condition that affects muscle control, movement, posture and coordination. It is usually caused by an injury to the brain before, during, or shortly after birth, such as a lack of oxygen or illness. It affects each person differently, varying from mild to severe.

It's easy to focus on the limitations that people living with cerebral palsy can face, but we know they can lead rich and fulfilling lives if given the right support and opportunities. We exist to celebrate differences and strive to help our members reach their full potential.

"MY CEREBRAL PALSY HAS MADE ME BRAVE AND TAUGHT ME TO NEVER GIVE UP. WITHOUT MY CP, I WOULDN'T HAVE GOT INTO HORSE RIDING – SOMETHING THAT HAS IMPROVED MY PHYSICAL AND MENTAL HEALTH ENORMOUSLY. I KNOW MY CONDITION MAKES ME DIFFERENT FROM MY FRIENDS AND FAMILY, BUT I WOULDN'T HAVE IT ANY OTHER WAY." – CPP TRUSTEE



What we do

We currently support over 450 members and their families and carers, which is more than ever before. We are keenly aware of the issues still being faced by people living with cerebral palsy in Bristol. Through listening to our members' needs, we aspire to work towards a society in which they can thrive.

Our membership is growing and our activities are regularly fully booked with a waiting list.

Our members' input and feedback on our services and activities are at the heart of our plan and priorities for the next three years.

"HAVING CEREBRAL PALSY MEANS I PRESENT TO THE WORLD DIFFERENTLY, SOME DAYS I LIKE IT, OTHER DAYS I DON'T. I FIND, UPON MEETING ME, A LOT OF PEOPLE UNDERESTIMATE ME AND MY ABILITIES. THIS GIVES ME THE DETERMINATION THROUGHOUT LIFE TO PROVE PEOPLE WRONG. I BELIEVE ALL MY PERSONAL EXPERIENCES ASSIST ME TO DO MY JOB BETTER AS I CAN RELATE TO MEMBERS ON A PERSONAL LEVEL." - CPP STAFF MEMBER



Priority 1 – TRANSPORT

Accessing public transport is a huge barrier for disabled people which can exacerbate social exclusion. In fact, according to the Bristol Quality of Life Survey 2023, 26% of disabled people in Bristol say that transport issues prevent them from getting involved in their community, this is significantly worse than the Bristol average of 13%.

We are increasingly hearing from our members that the cost-of-living crisis is putting increased financial pressure on them, leaving many to struggle financially. This means that they often can't afford transportation and must miss out on the social activities that are so vital for their wellbeing.

In response to this, we provide taxis and minibus transport to members to enable them to attend our Friendship Club and take part in activities throughout the year. We aim to ensure all our members can access our activities and make connections.

OBJECTIVE 1: WE WILL SHARE AND PROMOTE TRANSPORT OPPORTUNITIES TO OUR MEMBERS VIA OUR NEWSLETTER, AND WEBSITE AND CREATE VIDEOS SHOWING THE TRANSPORT AVAILABLE TO OUR MEMBERS.

“CEREBRAL PALSY PLUS PROVIDING TRANSPORT FOR OUR DAUGHTER TO ENJOY FAMILY DAYS OUT IS PRICELESS! WE PERSONALLY COULD ONLY ATTEND ONE OR TWO DAYS OUT A YEAR DUE TO LACK OF FUNDING, BUT BECAUSE OF CEREBRAL PALSY PLUS, WE ARE ABLE TO ATTEND EVERYTHING ON OFFER, WHICH ARE MUCH-NEEDED BREAKS THAT ENRICH OUR LIVES” – MOTHER OF A YOUNG CPP MEMBER



Priority 2 – VOLUNTEERING

We rely on the goodwill of volunteers.

We wouldn't be able to run all of our clubs and activities without our dedicated team of volunteers. Many of our volunteers have been supporting us for years, but as our membership grows, the need for volunteers grows with it. We understand that looking after our volunteer team requires time and energy. That's why we are looking to bring someone on board to make sure our growing volunteer team feels supported and valued.

We understand that disabled people face barriers to finding work and are twice as likely to be unemployed. Wherever possible, we provide work experience in our office to our members to help build their skills and confidence to enter the workplace.

OBJECTIVE 2: TO MAKE SURE WE CAN CONTINUE PROVIDING EXCITING AND ENRICHING OPPORTUNITIES FOR OUR MEMBERS, WE HAVE RECENTLY RECRUITED A PROJECT COORDINATOR WHO WILL MANAGE AND RECRUIT OUR VITAL TEAM OF VOLUNTEERS. THEY WILL ALSO RESEARCH AND COORDINATE NEW VOLUNTEER OPPORTUNITIES FOR PEOPLE WITH CEREBRAL PALSY.

"THE SUPPORT I RECEIVE IS ABOVE AND BEYOND EXPECTATION. ANY ADVICE I NEED THERE IS ALWAYS SOMEONE TO POINT ME IN THE RIGHT DIRECTION" – CPP MEMBER



Priority 3 – EMPLOYMENT

We understand the challenges that face those living with CP to find work and are committed to finding employment opportunities for our members.

Three members of our paid staff live with Cerebral Palsy (one of which started as a work experience placement) and we want to make sure that we continually provide opportunities and support for Disabled staff to a high standard.

OBJECTIVE 3: WE WILL RESEARCH POTENTIAL EMPLOYMENT SCHEMES FOR PEOPLE WITH CEREBRAL PALSY, BUILDING CONNECTIONS AND PARTNERSHIPS WITH LOCAL ORGANISATIONS TO DEVELOP AN EMPLOYMENT SCHEME FOR PEOPLE LIVING WITH CP.

OBJECTIVE 4: EXPLORE CEREBRAL PALSY PLUS ATTAINING THE STATUS OF DISABILITY CONFIDENT EMPLOYER

“WORKING WITH CPP HAS ALLOWED ME TO BECOME PART OF AN INCREDIBLE AND UPLIFTING COMMUNITY AND ENCOURAGED ME TO FEEL PROUD OF MYSELF AS A PERSON WITH CEREBRAL PALSY. GROWING UP I’VE ALWAYS STRUGGLED TO ACCEPT MY DISABILITY, BUT NOW I EMBRACE IT – WITH ALL THE TRIUMPHS AND CHALLENGES IT BRINGS.”– CPP STAFF MEMBER



Priority 4 – CONNECTION

In 2022, as well as our weekly friendship and swimming clubs, we facilitated 15 one-off activities throughout the year. This included a talent show, sailing excursions, a Christmas party, and a Family Fun Day. We also piloted six frame running sessions, which were a huge success. Our membership continues to grow, and activities are often fully booked.

We currently serve those living within a Bristol postcode. Many of our activities take place within Bristol, which can sometimes mean that our members living in North Somerset aren't able to attend. We want to organise more activities and expand the range of events across Bristol and North Somerset, so nobody misses out.

OBJECTIVE 5: START ONE NEW CLUB IN NORTH SOMERSET BY APRIL 2025.

OBJECTIVE 6: PROVIDE 10 MORE ACTIVITIES BY DEC 2024.

OBJECTIVE 7: ADD 5-10 NEW ACTIVITIES TO THE OFFERING BY DEC 2024, AND INCREASE OUR GEOGRAPHICAL REACH TO NORTH SOMERSET BY MARCH 2025.

"IT IS A LOVELY FAMILY BONDING EXPERIENCE WHICH IS SO IMPORTANT FOR OUR PHYSICAL AND MENTAL HEALTH. IT IS SO MUCH FUN TO BE TOGETHER" - PARENT OF MEMBER ACCESSING SWIM CLUB



Priority 5 – GRANTS AND COST OF LIVING

We have a grant scheme open to all CPP members. The scheme offers financial support to those seeking things which help them thrive, such as mobility equipment, a contribution towards a holiday, or physiotherapy sessions. In 2023, we awarded 19 grants totalling £17,416.

In response to the cost-of-living crisis, we started the Cost of Living Fund for any members experiencing financial difficulties. Since launching the fund, we have awarded 10 payments totalling £2,500.

We will continue to offer grants to members for equipment, therapies, holidays and anything else which would improve their quality of life. We will also continue to offer Cost of Living Fund grants to individuals and families to support with the increasing cost of living.

OBJECTIVE 8: WE WILL ANNUALLY REVIEW THE GRANT SCHEME TO ENSURE IT MEETS OUR MEMBERS' CURRENT PRIORITIES AND NEEDS, AND CONTINUALLY PROMOTE THE SCHEME TO ENCOURAGE MEMBERS TO APPLY.

“HE REALLY DID ENJOY HIS TIME AWAY AT CALVERT AND HAD EXPERIENCED SO MANY NEW ACTIVITIES. WE HAVE TO THANK CPP FOR THE GRANT SO HE WAS ABLE TO GO AND WITH THE CARE SUPPORT HE NEEDED.”– PARENT OF CPP CHILD MEMBER IN RECEIPT OF GRANT

GET INVOLVED

Our vision is a world where disabled people can live independent and full lives with the same opportunities as everyone else. To achieve this, we need your help.

PARTNER WITH US

WHETHER YOUR COMPANY WANTS TO RAISE ITS BRAND PROFILE, MOTIVATE STAFF OR DEMONSTRATE ITS CORPORATE SOCIAL RESPONSIBILITY – A PARTNERSHIP WITH CEREBRAL PALSY PLUS CAN OFFER THIS AND MANY MORE BENEFITS.



DONATE

DONATING IS QUICK, EASY AND SECURE. YOUR DONATIONS WILL MAKE A REAL DIFFERENCE TO PEOPLE LIVING WITH CEREBRAL PALSY IN OUR COMMUNITY, HELPING TO REDUCE THEIR EXPERIENCE OF SOCIAL EXCLUSION AND IMPROVE THEIR QUALITY OF LIFE. PARTNER WITH US.



FUNDRAISE FOR US

FUNDRAISING IS A FANTASTIC WAY TO GET INVOLVED AND SUPPORT BRISTOL'S CEREBRAL PALSY COMMUNITY. THERE ARE SO MANY THINGS YOU COULD DO TO RAISE MONEY, FROM TAKING PART IN A CHALLENGING EVENT LIKE THE BRISTOL 10K, OR EVEN ORGANISING YOUR OWN BAKE SALE, QUIZ NIGHT OR FOOTBALL TOURNAMENT.



VOLUNTEER WITH US

WE ARE LOOKING FOR INDIVIDUALS WITH LOTS OF ENTHUSIASM, FREE TIME AND A COMMITMENT TO OUR CORE VALUES TO BECOME TRUSTEES, ORGANISE FUNDRAISING EVENTS OR HELP AT ACTIVITIES.




LEAVE A GIFT IN YOUR WILL


LEAVING A GIFT IN YOUR WILL TO CEREBRAL PALSY PLUS WILL HELP TO ENSURE THAT EVERYONE LIVING WITH CEREBRAL PALSY IN BRISTOL AND THE SURROUNDING AREAS CAN CONTINUALLY ACCESS LIFE-CHANGING SUPPORT. NO GIFT IS TOO SMALL. YOU COULD DONATE A SPECIFIC AMOUNT OR YOU COULD DONATE A PERCENTAGE OF YOUR ESTATE.





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 MEET THE TEAM



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