



cpp news



Welcome to the first newsletter of the New Year.

Just to reflect back over 2019 a moment – it was a fantastic year for CPP.

We held a number of activities including meals and cinema trips targeted at our Young Adult Members and they were well received and well attended.

This was in addition to our existing adults evening club and family activities and we are happy to say that more members than ever before joined in with our activities last year.

We finished the year with our first big Christmas Party – what a night!

100 people ate, drank, danced and partied the night away at the zoo entertained by magicians, caricaturists, photographers and a glitter tattooist.

We all had the best night and lots of zoo animal themed fun.

We will definitely do it again, and we hope you will all join us to make it a fantastic event.

This newsletter contains an invitation from JJ, a member and ambassador for Forest Green Rovers.

If you would like to join him at a match please let us know in the office for future reference.

Cerebral Palsy Plus is looking for Youth Ambassadors – young

members who would like to get involved and give us ideas. So, if you are 15-25 years old and think you would like to get involved in making CPP even better have a look on the website under “volunteer” or talk to us in the office on 0734 2328925

It would be a great experience to add to a CV.

CPP is adapting to the current challenging situation with the coronavirus and at the current time all clubs and activities are suspended until further notice.

Staff are working but they are working from home to offer you support and signposting.

We are here for you and you can call us on the mobile number 07432 328925, email us on office@cerebralpalsyplus.org.uk or private message us through our facebook site.

Get in touch if you want to know more about our services or just want to have a chat with a staff member. We will continue to send out useful information and keep in touch with members, Stay healthy in these challenging times and keep in touch,

Love Cathy
and all the
CPP team

Cathy
X

HAPPY MEMORIES

It is with sadness that I have to tell members about the recent sad loss of long term Evening Club members, Clifford Shortland and Emily Hyde.

They will both be missed by all their friends at the Friendship Club.

Clifford for his cheery help around the club and Emily for her banter and good humour.

Emily painted a wonderful picture last summer that was inspired by the club's trip to Weston and we will use this to produce a CPP thank you card.



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SUPERHERO TRI

Hello, my name is JJ.

In August 2019, I completed my first ever SUPERHERO TRI at Lake Dorney (near Windsor). It was a smashing, exciting and fun day. I took part in the sprint event – 150m swim in a chilly lake, 3km cycle and 1km run. You can also take part in the half tri or the full tri if you want to. The SUPERHERO TRI events are really inclusive. It is open to all disabilities and you can go around in a team, with a sidekick or by yourself. I loved doing the cycle part on my tandem and met Jonnie Peacock. I raised £250 for CP Plus. Thank you for helping me get my tandem.

If you are interested in taking part, check it out:

www.superheroseries.co.uk



The Farmers Pilgrimage (part 2 of 4)

Fictional serial by CPP member Graham J Bowman

CHAPTER TWO

Continued from September CPP News

The next day, Erwin Paxton decided the family should make the pilgrimage to the Abbey Church of St Peter in Gloucester to visit the shrine of King Edward II, as there had been many reports of miracles recently. They would have liked to have taken the coach, but they had no way to pay the fare. Because Erwin was a farmer and was very fit he gave the children piggy backs in turn, while his wife carried a bag with some clothes. The weather was a bit overcast when they started their journey. They walked and walked, but soon it started drizzling with rain, and the track beneath them was getting very soft and muddy. Erwin said to his wife, "I think we should think about finding somewhere we can rest for the night". A few miles further on they came across another farm and it was getting dark quite quickly. Mr Paxton knocked on the door of the farmhouse and explained his situation to Mr Jacobs the farmer. "I'm very sorry", said Mr Jacobs, we haven't got any room in the house, but you're very welcome to sleep in



the barn, I'll get you some blankets".

Mr. Paxton had a restless night because he was very worried for his family. Erwin found a sack in the corner of the barn that Mr Jacob used to gather his hay. He wrapped this around himself and went for a walk in the meadow behind the barn trying to calm his mind while his wife was trying to comfort the children.

The following morning, they were woken by the sound of the cockerels. Mr Paxton thanked the family for letting them stay the night and then they carried on walking. There was still a bit of drizzle in the air, so the track was still very soggy. Mr Paxton

was still tired, but he pushed himself because he knew they had to keep going.

In the middle of the following afternoon the sun crept through the clouds just as dusk was approaching, and they watched the sun go down over the horizon. They arrived at the gates to the city of Gloucester and could see this great big church built in white coloured stone right in front of them, which dominated the view of the city. Here they met another family who were also going to visit the Abbey. "Hello" said Mr Paxton, "have you come far?" "Please allow me to introduce my family. We have come from the Wye Valley."

To be continued

Invitation from JJ...

I am honoured to be a Forest Green Rovers Ambassador this football season.

FGR are in League Two and are based in Nailsworth, near Stroud. If you would be interested in coming to watch a FGR match with me in Spring 2020, please let Cathy and Donna know in the Cerebral Palsy Plus office. More details to follow in the near future.

FGR



Did you know?

about Special Effect...

Special Effect is a charity that will



loan adaptive gaming controllers and custom make them if these do not meet the individual's needs. For more info visit www.specialeffect.org.uk

about Whizz-Kidz...

Whizz-Kidz's mission is to transform the lives of disabled



children by providing the equipment, support and life skills they need. Our new employability project is helping young disabled people to get workplace ready. Whizz-Kidz's work experience placements are a great opportunity for young wheelchair users to:

- Improve confidence and independence
- Build on skills and experience
- Boost CV and gain valuable employability skills

Our work placements allow young people to spend between 2 and 10 days in a corporate environment. These placements are hosted by a huge range of different small and large companies, in a variety of sectors. Each employer's accessibility is assessed by Whizz-Kidz to make sure our young people arrive at their placement feeling comfortable and confident. Whizz-Kidz will provide support before, during and after placement to ensure the placement is successful.

For more information please email d.noott@whizz-kidz.org.uk, call 07884694881, or visit www.whizz-kidz.org.uk

CPISTRA Outdoor Recreation Camp 2019



CPISTRA, the Cerebral Palsy International Sports and Recreation Association, held its inaugural outdoor recreation camp in September 2019.

The camp saw 20 adults with cerebral palsy come together for a week of activities including canoeing, high ropes, giant swings, cycling, bush craft and sailing. All activities were fully accessible meaning everyone be challenged and take part.

Participants said afterwards how the activities were empowering, that they loved being able to spend time with other people with CP and that they met as strangers and left as friends.

In 2020, CPISTRA will be running two fully accessible outdoor recreation camps, one for adults and one for young people to attend with their families. The adult camp will be at the Calvert Trust in the Lake District from the 31st August – 4th September and has a few spaces remaining. The inaugural family camp will be at the Calvert Trust in Exmoor on the 7th – 10th August and is for children and young people with cerebral palsy and related conditions to attend with their families. This will provide an often much needed break from routine for families and allow for quality time while every member of the family gets to take part in the same activity. It will show the children and young people what is possible in terms of outdoor physical activity, and will allow them and their families to socialise with their peers.

Registrations are open for both camps.

Contact lauren.milstead@cpisra.org for more information on either camp today!



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!



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