



cpp news

August 2017

Hello!

Welcome to the summer edition.

There is so much going on over the summer it is hard to know where to start.

We are looking forward to the annual family sailing day on Thursday 3rd August and a family Health and Well Being and Multi Sport day on 24th August. Please contact the office for more details if you are interested in coming along to these.

We have just begun a regular social group for young adults aged 18-30 years and we are very keen to hear about your ideas for places to go or things to do if you are in that age group. Do get in touch if you have any thoughts about what we should organise next.

Meanwhile, our long standing Tuesday evening social club for adults continues to thrive and members have enjoyed a recent boat trip on the docks and boccia, skittles and games evenings. We always welcome new members so call the office if you are interested in going along.

Don't forget we are online now and have a CPP Facebook and Twitter page. Do 'like us' and follow us to keep up to date with what's going on.

In September we say good bye to Nicky who has worked at the evening club and produced this fabulous newsletter for a year. We wish her good luck and every success in her future career.
Thank you to Nicky!

Cathy
X



JUMPING INTO SUMMER

Axis Trampoline Club now run trampolining sessions for people with a wide range of needs including sensory, developmental and physical disabilities. These sessions can help improve flexibility, control and strength.

Other than that, it is heaps of fun. Sessions run on Wednesday afternoons. For more information, check out their website at: www.axistrampolineclub.co.uk/disability-sessions



A walk on the wild side

On the 14th of July, CPP's young members stepped into a magical wild evening at Bristol Zoo.

This twilight event, included lovely picnic on the grass followed by a stroll around the zoo's many animals including the new addition of a baby gorilla. We were blessed with beautiful weather, a jazz band and lots of smiles all round.

We hope to put on other events like these for our young adults. If you would like to get involved, please contact the office.



0117 965 5028
office@cerebralpalsyplus.org.uk
www.cerebralpalsyplus.org.uk



ENJOY THE CYCLE OF SUMMER!

The Bristol Family Cycling Centre

Based on the site of the former Whitchurch athletics track in Hengrove, the Bristol Family Cycling Centre gives people of all ages and abilities the chance to ride in a safe, traffic-free environment.

Visitors can bring their own bike or try one of ours (subject to sizing and availability). We have a wide range of bikes available, including: standard two-wheeled bikes for children and adults; a platform bike for wheelchair users; a wheelchair bike (a regular bike with a wheelchair attached); and side-by-side tandem bikes for two (for those with visual impairment or not confident with steering and braking). We also have bikes fitted with tag-alongs and trailers to carry small children.

During term time we run many sessions for special schools and groups of people with physical difficulties or learning difficulties. We also have lots of drop in sessions all year round – just turn up and ride! We have trained Bikeability instructors on hand to provide encouragement, help and advice.

For more information about our sessions, location, bikes and prices visit our website at www.betterbybike.info/familycyclingcentre, see our Facebook page (@Family Cycling Centre) or call us for a chat on 01275 832800.

From now until 16th September, first time visitors to the Centre can have one FREE visit on Wednesdays 1-2.30pm during the open sessions.



NEED THE KIT?

Check out Tomcat Trikes – their special needs bikes are custom built with a lifetime support and an unconditional guarantee. They offer a range of different bike options including hand propelled trikes, trailers and standard trikes. Have a look at their different bikes and options at: www.tomcatspecialneeds.co.uk

For ideas on assistance with the cost of a Tomcat Trike, contact the office on 01179655028.



I have cerebral palsy and use an electric wheelchair. I have been a member of the management committee for the last three years and I am Vice Chairman. I became involved with CP Plus in the late 80s when I moved to Bristol permanently. I was assessment officer for the computer programme, funded by Bristol Spastic Society. This provided computers to

Disability Sports & Bath and West Show

The 43rd Royal Bath and West Show Disabled Open was held on 31st May and 1st June at the showground.

I've been attending since 2011 when Lisa Welsh, invited me to 'The Welshie Women'.

I met Lisa in 2005 at Gwent competing at my first England (DSE) table tennis. We've remained friends and I started volunteering at the West Show Sports for the Disabled in 1985 and is now the

The Games cover a wide range of disciplines such as air sports, boccia, fly casting, pre-arranged club, short mat bowls, table tennis, slalom, swimming, table tennis, triathlon.

Competitors and their



Spotlight on SHARON

people with cerebral palsy from the age of 2 to adulthood. I have been a member of the management committee for the last three years and I am Vice Chairman. I became involved with CP Plus in the late 80s when I moved to Bristol permanently. I was assessment officer for the computer programme, funded by Bristol Spastic Society. This provided computers to

I have a number of o

at the Royal NOW by Ian Thomas

al Bath and West Show Sports for the
n Championships was held between
3rd June 2017 at the Shepton Mallet
in Somerset.

ng these games
a friend, Lisa
to join her team,
nders’.

Grantham while
Disability Sport
ennis event – and
is ever since. Lisa
t the Royal Bath and
the Disabled Games
e Vice Chair.

de variety of sporting
rifle, basketball,
recision javelin and
shot putt, skittles,
le tennis, tennis and

supporters are well

looked after with lodgings provided for
them at the Wincanton Racecourse ground.
Breakfast and dinner are also available for
the duration of the tournament.

This year I met competitors who’d travelled
from as far afield as, Guernsey, Birmingham
and Berkshire, as well as some from Devon
and Bristol. I also got to meet the local
basketball team – the Yeovil Lynx!

At these Games I took part in the boccia, fly
casting, precision club, shot putt, skittles
and table tennis. And how did I fare?
Well, I managed to finish runner up in the
boccia, table tennis singles and table tennis
doubles (with partner, Kathy Hancock).

*If you’re interested in any of the sports Ian
participates in, please contact him for more
information via the CPP office.*



on HUGHES



l palsy from the age
have been involved
society (now Scope)
nally since I was
as Secretary of the
society and later as a
I remain involved
airman of the

degrees and

diplomas including a Masters Degree in
Special Education and a Post Graduate
Diploma in Careers Guidance. I worked
as a careers advisor for 20 years in
Bristol until Connexions was abolished.

I find the work of CP Plus inspiring
because we enrich the lives of people
and families of all ages by the activities
we organise. People are so important
and so is the work of the charity.

Did you know?

about Remap...

Remap is an
amazing national
charity that helps
improve the
independence
and quality of
life of people by designing
and making equipment to
specific individual needs.
They can tackle most projects
where the client cannot source a
piece of equipment to help them in
their daily activities or where something needs to
be modified. Their aids and services are supplied
free of charge. Contact Colin on 01275 460288
bristol.chairman@remapgroups.org.uk
or Ray 0117 9628729 bristol.secretary@
remapgroups.org.uk



about The Owl Therapy Centre...

Nicola Lathey – Macmillan author and
top Speech and Language Therapist –
heads The Owl Centre; a group of private
multi-disciplinary clinics. The Owl Centre
aims to help individuals through different means of
therapy including counselling, clinical psychology,
dramatherapy, dance-movement psychotherapy and
music therapy. They have recently launched The Owl
Centre for Adults’ Independent Therapy following
the success of the children’s therapy centre.

If you would like any more information on any of
the services offered, please visit their website at:
www.adults.theowltherapycentre.co.uk

about Time 2 Share’s summer activities...



Time 2 Share has an exciting
summer planned for families as well as all their
usual groups.

Zookah Group (16+): First Friday of every month,
doing various fun activities around Bristol.

Dinner Group (12-18): Third Friday of every month
with a different theme each time.

Family Climbing: 19th August – hurry as
places are limited.

August Day Trips: Weston-super-
Mare 7th, St Fagan’s 16th, Bath
Park 25th, Cattle Country 29th

Contact Nicki at Time 2 Share
0117 941 5868 or email [Groups@
time2share.org.uk](mailto:Groups@time2share.org.uk)



Launch of Enable Law



Enable Law, the largest medical negligence and mental capacity practice in the South West, launched in May 2017 as a separate business entity within the Foot Anstey Group.

Enable Law is the result of strategic rebrand to provide greater clarity for clients. As well as the new name and visual identity, Enable Law is also supported through a contemporary digital presence, including a new website.

Andrew Hannam, Bristol based partner at Enable Law, said: "We are really proud of our new identity with Enable Law – this project, which has been developed over time with input from our clients, employees, and partner organisations, is much more reflective of the work that we do and will help us reach more people who may not have been aware they could access support."



The team is made up of over 90 specialists in the areas of medical negligence, including brain injury claims such as those that may cause cerebral palsy. Negligent acts that can lead to cerebral palsy claims include:

- Failure to diagnose or manage an infection/illness in the mother or unborn baby
- A delay in delivery leading to oxygen deprivation
- Failure to diagnose or manage an illness in the baby in the days after birth

Children with cerebral palsy may have widely differing and complex needs. Caring for them will have a huge impact on family life. Adaptations may need to be made to your home; you may require a new vehicle and 24 hour care may be necessary to assist you in caring for your child. These are costs that most families cannot afford.

Claiming may be the only way you can give your child the best possible quality of life. If you require any further information on progressing a claim due to negligent acts, please visit www.enablelaw.com or call us on 0800 044 8488.

Enable Law kindly sponsor the CPP Newsletter.



THE SWITCH-OPERATED TOY LIBRARY

Based at Claremont Primary School, Bristol

The Toy Library at Claremont Primary School has over 200 toys specifically adapted for switch use.

Switch-operated toys are designed especially for children who have a physical impairment, which means the switches are activated by pressure. This then gives the children the opportunity to interact with a toy and experience play. There are many toys to choose

from including moving vehicles, singing and dancing cuddly toys, speaking and flashing number and alphabet boards, as well as sensory items such as fans and vibrating pillows. The library is available to both individuals and organisations within Bristol, South Gloucestershire and North Somerset.

It may be possible to have toys delivered to specialist centres, schools or to your home, or you can collect directly from the centre: Claremont Primary School, Henleaze Park, Westbury-on-Trym, Bristol BS9 4LR

CPP are members of the Toy Library so contact us if you wish to trial a toy.

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!*

A huge thank you to Enable Law Solicitors for sponsoring our newsletters (rebranded from Foot Anstey) and Colourtone (Taunton) for the design and print.
Cerebral Palsy Plus, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

