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# cpp news

January 2016

## Hello!

Happy 2016 Everyone. I hope it has got off to a good start for you.

Since our last newsletter, it has been a busy time for CPP as we held our Annual AGM and some adult members visited Westonbirt Arboretum to see the autumn colours.

The AGM was very successful with over thirty members and supporters attending. Everyone who attended enjoyed a lovely buffet lunch and a truly spectacular science display put on by Bill Bailey from *Adventures in Science* (see opposite). Put it in your diary for 28th November this year as it's always a great occasion and a lot more fun than you might think!

The adult members' trip to Westonbirt proved very popular – with some members taking advantage of the services of the very knowledgeable guide, while others just enjoyed a ramble around the grounds.

One member, Abby, took a

lot of beautiful photos on the day and has kindly sent them through to use in the newsletter (see opposite). Abby is very interested in photography and will write a piece for a future newsletter about her hobby and the trip to Westonbirt.

We are also pleased to welcome two new members of staff to our team – Olivia and George. We are featuring George in this newsletter but will introduce you to Olivia next time.

We are now looking ahead and starting to plan our forthcoming activities and events.

We will let you know what's happening as soon as we can and look forward to seeing as many of you as we can in the near future.

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# Introducing member Katie Mobbs

## PART 2

### KATIE'S FIVE TIPS FOR JOB HUNTING



#### 1. Think about what you are passionate about

Everyone aspires to enjoy their work, whatever it may involve, so it is important to consider what kind of job would allow you to do what you are interested in.

#### 2. Think about how you can get some practical work experience

I have found that previous experience is one of the key qualities that employers look for in potential employees. Do some research and find out whether local businesses offer work experience or work shadowing schemes (for any budding lawyers out there, Foot Anstey offers a work experience scheme!). If this is not possible, are there any local charities or organisations that might offer opportunities to volunteer? I first discovered my interest in law when I got involved in the mobility charity Whizz Kidz as a teenager. I was able to work as part of a team of ambassadors for the charity, campaigning on a local and national level to try to achieve positive change for disabled children and young people across the UK. I also participated in a work experience scheme which gave me my first exposure to the law and from then on, I was hooked!

#### 3. Think about what support and advice you might need in order to achieve these goals

If you are in education, talk to your careers advisors and ask for their help in finding suitable placements. Otherwise, organisations such as Scope, offer specialist advice, specifically for people with CP. They also have job and volunteer vacancies advertised on their website. There are also many local organisations that can offer support with CV writing and interview skills.

#### 4. Preparation and forward-planning is key

Do your research thoroughly before interviews – make sure that you know about the organisation you are applying to and that you can explain why you think you would suit a particular role. On a practical note, if your job involves travelling, plan your route in advance and if necessary look into booking rail assistance. Also if you disclose your disability at an early stage, your employer can take steps to support you when you start work.

#### 5. Last but by no means least, whatever you choose to do, HAVE FUN!

# The Stephen Harrison Academy (SHA)



The Stephen Harrison Academy (SHA) is a social enterprise aimed at providing mentoring programmes for children and young people with learning disabilities.

We work with disadvantaged groups of children with a variety of diagnoses including cerebral palsy, autism, Aspergers syndrome and ADHD, who are experiencing learning difficulties and behavioural problems. The children have complex needs and are at risk of exclusion. We specifically provide activity based learning

and support, using snooker, for children with additional needs. Our research has shown that this is very successful with 100% of the young people enjoying

## ...our research has shown that this is very successful...

playing and learning through snooker at the Cue Club and 87% enjoying being part of the group.

Our aim is to create closer communities by enabling children and young people

with learning disabilities and well-being issues to develop confidence, improve their self-esteem and become socially included. We have been running the service since 2008 with 300 children benefitting from attending the provision. All the children have a learning disability and are aged 8-18. The children learn to play snooker to a decent level and take part in the UK Snooker Awards which earns them accreditation.

We produce case studies where the child has turned 18 and has the opportunity to become an academy volunteer, ensuring a smooth transition into adult services.

SHA organised the UK Junior Disability Snooker Championship at the Green Room in Sheffield on 24 October 2015.

[www.snookerskills.com](http://www.snookerskills.com)  
[snookerrooms.weebly.com/uk-junior-disability-snooker-sheffield-2015](http://snookerrooms.weebly.com/uk-junior-disability-snooker-sheffield-2015)  
[snookerrooms.weebly.com/donate-charitablegivinguk.weebly.com](http://snookerrooms.weebly.com/donate-charitablegivinguk.weebly.com)



# More funding gives disabled people a sporting chance!

Access Sport Bristol has recently been awarded funding through Sport England's Community Sport Activation Fund to continue and develop the Ignite Programme, focusing on increasing opportunities for disabled people.

Access Sport will continue to support community sports clubs through funding, equipment, networking partnerships, marketing and promotion and training to ensure disabled people have positive experiences within sport and activity.

We will now be able to work more closely with organisations such as CPP to increase opportunities within their groups. We also want to train new volunteers and coaches to help sustain the activities.

The funding will enable more events such as the multi-sport/activity day delivered with Cerebral Palsy Plus recently. *Keep an eye out for the next one in the New Year!*

In the last few years Access Sport has supported clubs including All Aboard and iDID Climbing to help them reach more people. Whilst continuing to promote sailing, tennis, cricket, multi-sport and climbing, we are also developing a new range of sports including rugby, swimming, table tennis, and Boccia.

#### NEW: BOCCIA

Now on at Henbury Leisure Centre, Fridays 7-8pm



### Access Sport would like to hear from you about your ideas:

What would you like to see more of?

What barriers do you face accessing sport/activity?

How can Access Sport help?

Do you have any new activities you would like to try?

Please contact Julia Williams to feedback on these questions, or for more information regarding the Ignite Programme clubs, sessions or training.

[julia.williams@accesssport.co.uk](mailto:julia.williams@accesssport.co.uk)  
07917 753937



## Did you know?

### that Bristol and Clifton Golf Club are running 4 special sessions...

Starting on Saturday 5th March 2016, then every week up until the 26th March.

Sessions will be held at Bristol and Clifton Golf Club, starting at 10am and lasting roughly 1 hour, at a cost of £5 per person.

Booking is essential if you wish to attend.

Contact 01275 393031 for more information or email [bristolandcliftonproshop@gmail.com](mailto:bristolandcliftonproshop@gmail.com) to book a place.



### that Kingswood Leisure Centre is starting a 'learn to swim' programme for children with disabilities...

Catering for children with physical disabilities (e.g. cerebral palsy, visual impairments, dwarfism, multiple sclerosis, muscular

dystrophy, spina bifida and amputees) who may find it difficult to fit into mainstream lessons.

The focus will be on gaining water confidence and developing swimming techniques.

Children of similar abilities will be taught together in very small groups, with carers invited to support swimmers in the water if necessary.

The first session will involve a basic assessment and a one to one discussion with teacher, Louise Johnson.

Louise can be contacted on 07947 296466 if you wish to discuss any aspects of the lessons prior to booking.

Kingswood Leisure Centre  
Church Road, Staple Hill,  
South Gloucestershire BS16 4RH

Tuesday evenings, £5.15 per lesson  
0300 333 0300 to book



# Spotlight on George

*Hello! I am one of the new staff members with CP Plus and am happy to be working here.*



My role will be as a travel escort for the evening club on Tuesday evenings as well as being an activity development assistant. This will involve working alongside Cathy and Olivia to try and organise the very best activities for our members.

Away from CP Plus, I am a Master's student at the University of Bristol studying Applied Neuropsychology and hope to become a paediatric clinical neuropsychologist. I don't really know what it means either, but the title sounds pretty cool. I am also a massive sports fan, my favourite being rugby. But I'm more than willing to have an impassioned discussion about croquet if that's what you prefer.

I became particularly interested in working for CP Plus after feeling dissatisfied with other job opportunities. I wanted to do something I could be proud of and feel like I was actually contributing to something worthwhile. I'm hoping my experience in New York at a summer camp for children and adults with disability will prove useful to me in providing great ideas for CP Plus in the near future.

*I look forward to meeting you all!*

George Goldie

## *Pink Elephant Dinner*

Cerebral Palsy Plus would like to say a big 'Thank you' to **Andrew Hannam** from **Foot Anstey** solicitors for putting us forward as the charity of the evening at a recent Pink Elephant Club dinner held in Bristol.

We were delighted to receive the cheque and you can be sure it will be put to good use.



**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](mailto:office@cerebralpalsyplus.org.uk) for information, advice and details of our popular grant scheme. Also, send us your photos and top tips and you could be the star of the next newsletter!*

*A huge thank you to Foot Anstey Solicitors for sponsoring our newsletters, and Colourtone (Taunton) for the design and print.*

Cerebral Palsy Plus, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

