



in this issue

cpp news



Hello!

I hope everyone is enjoying the recent good weather.

It has made us start planning for the school summer holidays and we have booked another of our fabulous family sailing days at Baltic Wharf on Tuesday 7th August.

We are also arranging a family trip to see 'Alice in Wonderland' at the Wild Place on Monday 20th August. We will be sending out invitations but do get in touch if you would like to come along to these activities. We also hope to have another exciting Multi Sport day but the date is yet to be confirmed.

Cerebral Palsy Plus is also involved in the fantastic Vassall Centre Summer Fête on Wednesday 25th July. The fête is a great day out for everyone, with stalls, games, entertainments and lovely refreshments. We will be running the book and DVD stall so do come along and say hello and grab a bargain.

The photos this time are from

our Easter activity at Avon Wildlife Trust, Sims Hill.

This was a fantastic day out where we cooked and prepared a delicious meal from scratch on an open fire and enjoyed wild life focused activities.

Please get in touch if you have ideas about places we could visit and we will see what we can do.

We are very pleased to welcome two new trustees to our board – Sonia Fu and Julia Williams.

We know that they both bring a lot of skills to

our team and look forward to introducing them to members in future newsletter editions.

We are always looking for members and family carers to join our board, so if you're interested, do get in touch.

I look forward to seeing you at an event soon.

Cathy
X



WE'RE ON A ROLL!



The Rolls-Royce Apprentice Association has chosen CPP to be one of their two charities to support throughout 2018 and hopes to raise £3,000 for us. We were nominated by CPP member, Ian – thank you!!

The Apprentice Association (AA) is open to all Rolls-Royce employees – from apprentices to those who've been with the company for 30 years.



"The AA aims to provide a strong social network to integrate everyone on the Bristol site and ensure the activities we arrange appeal to a broad range of people. We really want to raise inclusion in the workplace, disability awareness and challenge stigmas within our company and Ian Thomas is such a good role model, promoting diversity within the Bristol site."



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RMR REHABILITATION



RMR has been working in the Bristol area for the last two years and, over the last 6 months, has started working with clients affected by cerebral palsy (CP), including pre/post selective dorsal rhizotomy (SDR).

Rowan Morgan Ruffley (pictured) says: "We understand that CP presents many challenges,

specific and unique to the individual and that treatment is ongoing. Our goal is to help clients improve both mobility and stability when tackling daily challenges.

At RMR, we make a promise to continue to develop our understanding of CP and the latest treatment techniques by working with physiotherapists and undergoing regular training updates. We believe this approach is paramount to the long term success of our clients and firmly separates us from other members of the fitness industry.

We aim to provide each of our clients with not just improved physical abilities, but also to build their self-efficacy and increase their confidence and sense of independence."

Initial assessment (2hr): 1½hr plus ½hr with paediatric physio and trainer: £70

RMR also works with adults.

For more information please contact:
rowanmorganruffley@gmail.com
07518 964332
www.rmr-rehabilitation.co.uk

RMR Rehabilitation is giving CPP members a 50% discount on their initial assessment. Please mention our newsletter when booking!



Communication is key

But, for some, communication can be extremely difficult and frustrating...

This is why a small team in South Wales have come up with a unique communication and activity aid for all abilities from age 4 upwards. It's called 'Chabble' and utilises the team's own patented 'TouchPhrase' technology that will assist thousands of people around the UK who have a condition affecting their voice, speech and movement, or who simply get frustrated and need a little extra help communicating.

'Chabble' breaks down barriers as no voice or keyboard is required. Instead, thousands of emergency statements, everyday pre-set phrases and multi choice answers are loaded onto a 10" tablet enabling conversations by the simple touch of one finger. Feelings, emotions, daily needs and personal choices are all instantly available together with a touch drawing board for quick easy communication, cognitive development or fun activities.

For those who find phrases difficult or are too young to read, a comprehensive selection of editable albums loaded for each user says it all in large pictures. With categories such as: 'where I want to go', 'what I want to eat', 'my favourite TV' and 'things I want to do', individual pictures can easily be taken or uploaded and all personal items and needs simply

understood with one touch. The 'Chabble' system promotes person-centred care, facilitating respect and dignity.

The 'Chabble' team assesses each individual's requirements and spends time loading the tablet and teaching the user and, as importantly, their family or carer how to use the system. They then add a range of activities and favourites like films, music, games, etc, as well as messenger services to ensure the maximum enjoyment.

To date, 'Chabble' is enjoyed by over 3000 users and their families.

The cost for the communication package starts at only £8.95 per week and includes installation, training, software, a 10" tablet, hard case and accessories together with an on-going service to support users in their homes with regular free updates and a personal



DON'T FORGET!

You can apply for a grant from CPP to help towards the cost. CPP would also like to know if anyone needs a new communication aid as we are looking into whether we could offer a joint grant scheme – please contact the office if you're interested.

contact. This month, the package includes a free iPad and software for a phone to help people going out.

Martin Harris, the founder and inventor of Chabble, has also set up a non-profit arm called 'Lost Voices' to assist with funding for those who may find the cost difficult. He would like to hear personally from anyone interested in a free demonstration with no obligations. Contact him on 0330 229 0036, martin@unitalktd.com or visit www.chabble.co.uk

A PRAYER by Maggie Rigg

Let there be taxi drivers who know how to be with my grandson and others like him; how to roll his wheelchair as efficiently as a tea trolley into a taxi safely without spilling sighs or dropping swear words.

Let them not pass us down the rank as though we are infectious, in the hope that there will be other drivers willing to take us, or tell us to get out when we ask to strap him in, because they say they haven't been trained, an excuse that's

worn thin as ribbon.

Let there be smiles on their faces and kind words at each click of the safety strap-downs at the front and back of each wheel hook, a joke shared as the seat belt is adjusted, the door firmly locked shut.

Amen

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Did you know?

about the Sensory Support Service Helpline...



The Sensory Support Service is a group of qualified specialist teachers and other professionals who have knowledge and experience working with children and young people (CYP) with any kind of sensory impairment (SI).

They aim to promote the achievement, inclusion, well being and quality of life of CYP with SI.

What they do:

- provide support to families from the time of diagnosis
- provide a range of training to anyone involved with CYP with SI from raising awareness, to in-depth information about meeting a child's needs and teaching specialist skills
- provide advice to educational settings
- assess pupils' needs specific to sensory impairment, including language assessments, functional vision assessments, etc

The Sensory Support Service has a helpline available to anyone who requires information and advice about meeting the needs of CYP with SI.

Helpline 0117 9038441
sensorysupportservice@bristol.gov.uk
www.sensorysupportservice.org.uk

My holiday to Villamoura

by Olivia

In November 2017, myself and my partner travelled to CPP's accessible apartment in Portugal for a week of 23° winter sun!

I was lucky enough to be successful in applying for a small grant from CPP to help with flight costs after filling in a grant application. We also received reimbursement for airport transfers.

The apartment is part of the fantastic Four Seasons complex in Villamoura. Everyone there was friendly and the staff were accommodating.

Situated on the ground floor, the accommodation allows for easy flat access to the pools, restaurant and bar. It's amazingly spacious and sleeps six, with a kitchen, diner, living room, a twin and double bedroom with two bathrooms and a courtyard.

About a 5 minute walk from the apartment is the area known as the 'old village'. It's very pretty and here you'll find restaurants, bars and a small supermarket.

We visited Villamoura harbour which is a 15 minute drive from the Four Seasons. The harbour has restaurants, bars and shops, and it's great to walk along as it's very flat. Also, not to be missed is the local town of Quartera with its long promenade and lovely view of the beach!

I'd definitely recommend a holiday here – you'll have a fabulous time and feel so relaxed you won't want to come home!



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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