



cpp news



Hello!

Hello and welcome to our first edition of 2018.

We are very pleased to have Donna back in the office after her period of maternity leave and would like to thank Nyika for covering for her in 2017.

Donna had a beautiful son – Tom – who will shortly be celebrating his first birthday!

The year started with some sad news as a longstanding member and valued trustee, Sharon Hughes, passed away on the 5th January.

CPP sends condolences to all Sharon's family and friends, she will be greatly missed.

On a happier note, we are planning our activities for the year and currently have Circus Starr tickets for June 2018 and an Easter Activity Day for families planned.

Do get in touch if you would like more information about these events.

The adults' evening club has also started planning its timetable of events including an evening sailing trip and a science show in addition to the usual programme of meals, bocchia, club nights and skittles.

If you are interested in a Tuesday Night Social Club that is based in East Bristol call us for more information.

In this edition we are very pleased to have an article about a members' love of kite flying, a competition to win a book and a write up of staff member, Olivia's, experience of the wellbeing rooms in Hamilton House where she had a massage treatment.

We are also pleased to feature two poems written by our former chair, Maggie Rigg.

Don't forget if you have an interesting hobby or pastime and would like to write an article for your newsletter we would love to hear from you. Members always enjoy hearing about what other members enjoy.

Finally, remember we are now on social media, so find us on facebook or follow us on twitter!

Cathy
X

NOW WE'RE TALKING...

Makaton! Nyika, our travel escort, recently went on a 4 week course to learn Makaton.

Makaton is a communication tool which uses signs and symbols in conjunction with speech to give a visual reference for the spoken word.

We know many of our members use Makaton and we're excited that we will be able to have better conversations with them in the future!

CPP Trustees Wanted!

If you think you may be interested in helping to run this much loved charity, contact the office to discuss in greater detail. We would welcome applications from members and carers.



☎ 0117 965 5028

✉ office@cerebralpalsyplus.org.uk
 🌐 www.cerebralpalsyplus.org.uk
 📱 Cerebral Palsy Plus 🐦 CPPBristol

STUDY TO HELP PEOPLE WITH CEREBRAL PALSY

A team from the University of Brighton launched a study in November to find out more about the lives of those with the condition.

The university's senior lecturer in occupational therapy, Paul Boyle, wants to hear from people with cerebral palsy who are aged between 18 and 25 and who use wheelchairs all the time.

They will be asked if they would be willing to write about their experiences and want to be interviewed.

The study aims to explore the lived experience of transition from adolescence to adulthood for young people with CP and, in doing so, throw light on what might promote positive life opportunities.



Anyone interested in taking part in the study should contact Paul Boyle: p.boyle@brighton.ac.uk or 01273 643874

Bristol Boccia Club gets major Volunteer Boost



Irwin Mitchell has pledged to run the Boccia Club at Henbury Leisure Centre.

The Bristol law firm is providing trained volunteers to help support more young people to participate in the sport.

Boccia is an inclusive disability sport, similar to bowls, involving rolling balls towards a target. The Boccia Club is run by Access Sport and is a member of the Boccia England Club.

Sessions run Friday 7-8pm at Henbury Leisure Centre, Avonmouth Way, Bristol.

For more information, contact bocciabristol@IrwinMitchell.com or 0117 926 1571.

This year Irwin Mitchell is encouraging others to **Be Part Of It** and pledge their support for disability sport – whether taking part, volunteering or simply watching local teams in action.

For more information please visit

www.irwinmitchell.com/dqdi/pledge



Letter to Louis

BY ALISON WHITE

What the publishers say:

It is a beautifully written and moving memoir about a mother's love for her son who was delivered by emergency caesarean section at 32 weeks' gestation.

He suffered severe brain damage, and has cerebral palsy and learning difficulties.

This is the story of Louis's journey to adulthood: the pain and uncertainty about Louis's future following his birth and whether he

would be able to walk or talk, his progress helped

by music therapy his voice, the resp both within and o to him, the impact within the family, strains and the joy sensitivity and hu

It is also a touching family life, their m to Wales with their Louis, Natasha and



Spotlight JOHN W

Here is an article I wrote for 'The Kiteflier' magazine (Kite Society of Great Britain). I thought it might encourage some members to take up a new hobby. It also says a great deal about me and what makes me tick.

THE JOY OF KITE FLYING

My name is John Winfield - 62 year old guy with severe cerebral palsy and osteoarthritis and wheelchair user.

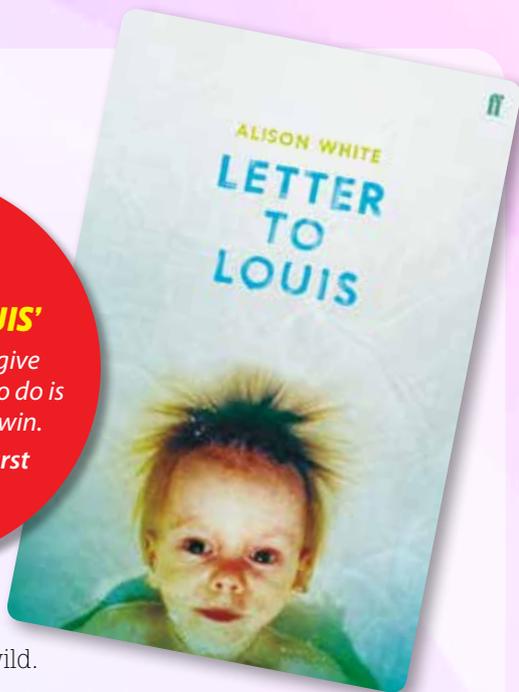
The doctors and experts on my early life always said I'd never be able to fly a kite into my 40s!

Until I was 17 years old I was never old enough to believe them all

WIN 'LETTER TO LOUIS'

We have one copy to give away and all you have to do is contact us about it to win.

But be quick as it's first comes only!



which unlocked
ponses of those
outside the family
on relationships
the challenges,
rs written with
mour.

g portrait of
ove from Scotland
r three children,
d Jack, where they
still live today.
And how
they built a
house to meet
Louis's needs
and were able
to allow their
two younger
children to run

wild.

We have had such
positive feedback from writers
and indeed carers, and it's been
gaining traction in the press:

'Above all, this book is a plea for
understanding, for the rest of
society to pause for a while when
they encounter someone like
Louis or his parents... This book is
essential reading for anyone who
has ever moaned about their taxes
going to pay for disability services:
it should be legally required reading
for anyone in the medical profession
or anyone with the power to decide
about cuts to those devices.'
Louise Doughty, 'The Observer'.

on INFIELD

I
- I am a
e cerebral
d I'm also a

ncerned with
would not live

as daft
! Fortunately,

I then discovered kites and I have never
looked back.

I love art in the sky and single line kites
of all shapes and sizes.

I have too many wonderful kites made
by even more wonderful kite makers, to
mention here!

This hobby has gifted me so much joy
and fun over the years - I guess I am just
a crazy kite flying nut!

Did you know?

about the Wellbeing Rooms at Hamilton House...



**Cerebral Palsy
Plus employee,
Olivia, went to
the Wellbeing
Rooms in
Hamilton House
recently to experience
a massage treatment.**

She says, "Before I came, I hoped to feel
relaxed and my tension relieved - I think that
was achieved!"

I always feel quite tense because I carry a lot
of weight through my upper body. Cerebral
palsy affects the muscles so therapies like
massage would be a good way of supporting
the relaxation of the muscles and more
movement if done regularly. It's just good to
have a nice relaxing time because life can be
stressful!"

To find out more about the full range of
treatments on offer at the Wellbeing Rooms,
visit their website: wellbeinghh.org or call
01179249599.

Home visits are also available by request and
you can apply for grants through Cerebral
Palsy Plus for courses of sessions.



POETRY by Maggie Rigg



This space is reserved for a wheelchair

*This space is reserved for a wheelchair
or a large shopping trolley like a box on wheels,
a toddler in a pushchair or a passenger who
disregards the sign that reads
This space is reserved for a wheelchair.*

*This space is reserved for a wheelchair.
or a traveller with a large rucksack,
a DIY enthusiast with shelves (flat pack)
covering the sign that declares
This space is reserved for a wheelchair.*

*This space is reserved for a wheelchair.
or a dog who cannot read (his owner can),
a shopper laden with groceries in plastic bags
concealing the notice that demands
This space is reserved for a wheelchair*

*This space is reserved for a wheelchair
so can we board this bus?
Sorry love says the driver our policy
is first come first served, which denies us,
The space that's reserved for a wheelchair*

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An inconvenience

*Many of them are dotted
around the town
silver doors displaying
the blue badge sign
insides almost as sterile as
an operating room.
For him the main attraction
is to play with the tap
because the transfer
from wheelchair to toilet seat
is a big handicap
impossible without hoist
changing table or toilet seat
these accessible loos are only
useful for those who can stand
on two feet.*

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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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