



**cerebral palsy plus**  
listening to individuals

# CPP NEWS

June 2014

The Newsletter of Cerebral Palsy Plus

## Hello!

It's nice to see some sunshine isn't it? It feels as though summer could be here.

We are planning our summer activities for our family members and urge you to hold the dates in your diaries for our holiday events:

### **23rd July – All Aboard Party**

An annual event for our family members – join us down on the docks for a day “messaging about on the river”. Come and try sailing or join us on the accessible boat, *Aiming High*. This is a popular event and enjoyed by all the family.

### **August 19th – Sensory Heaven Taster Day**

A small scale day for young members (under 11 years) accompanied by one parent or carer due to space constraints. The day will be based in Fishponds and participants can sample the sensory room at Sensory Heaven and also enjoy Art and Laughter workshops. This will be booked on a strictly first come first served basis. For more information on Sensory Heaven, see back page.

### **August tbc – Multi Sports Taster Day**

This is going to be a great day! We will have the Rose Green Centre in Whitehall for a Multi Sports Taster Day kindly put on for us by the IGNITE sports team. There will be something for everyone. Come and try Football, Cricket, Boccia, Table Tennis, and Tennis and team games. Indoor and outdoor activities will be available. Bring a picnic and enjoy meeting up with old friends and making new ones.

### **September/October tbc – SS Great Britain Trip**

For our Adult members (like David, pictured) we are planning a day out when the school holidays are over – watch this space.

### **Other items of news:**

#### **Silent Auction – Paint Ball Tickets**

We are very fortunate to have Paintball Gift Vouchers donated to us for fundraising purposes from Delta Force charity paintball. Each Paintball voucher is worth £100 and



David Cording

entitles 10 people to participate in a full day of paintball action at one of their 40 centres (paintballs are not included in the voucher).

We are proposing to have a Silent Auction for these vouchers and will be happy to sell to the highest bidder with the money raised going to the CPP funds. If you would like to bid please send your bid and contact details to us either via e-mail (marked Silent Auction) or by post by 4th August 2014.

#### **Good Luck!**

#### **Questionnaire Re Services**

Enclosed in this newsletter you will find a questionnaire about CPP services. We would really welcome your feedback on what we do and what matters most to you so please respond.

#### **Email Addresses**

For convenience lots of members are now choosing to keep in touch with us by e-mail. If you would like us to correspond with you in that way let us have your e-mail addresses and we can update the records. If you would prefer to receive your newsletter via e-mail do let us know.

**Love**  
Cathy

## did you know?

### **The Music Train**

The Music Train (Wednesday 18th and 25th June, Wednesday 2nd July, Tuesday 22nd July) offers a train ride and live music both on the train and in the buffet or marquee afterwards. The sessions include high quality musicians who write their own music as well as singing excellent covers.

There will also be two Music Train events included in the South Gloucestershire Discover Festival Saturday 4th October and Wednesday 29th October.

Special Prices for all the Music Train events: £3.00 adults, £2.00 children/concessions, carers go free.

#### **Contact details**

[www.avonvalleyrailway.org/musictrain](http://www.avonvalleyrailway.org/musictrain)  
email: [avonvalleymusictrain@gmail.com](mailto:avonvalleymusictrain@gmail.com)

### **Carriages**

Carriages is a social group for adults with additional needs who meet once a week in the afternoon in a static carriage or in the marquee at the Avon Valley Railway. The group have an opportunity to take part in art, craft and musical activities. The weekly sessions are every Thursday from now until 17th July. Time: 1.30-3.30pm Price £2.00 (More dates to be confirmed in the Autumn).

#### **Contact details**

Avon Valley Railway, Bitton Station, Bath Road, Bitton, Bristol BS30 6HD, tel: 0117 9325538.

*For more information about the Music Train or Carriages, and access arrangements, please contact Liz Gray on 07800 884080 or 01173827284.*

*“Disclaimer: Cerebral Palsy plus takes no responsibility for any items or equipment or services posted on the website, distributed through our email list or covered in our newsletter. We are not able to attest for their quality, legitimacy or suitability in any way.”*

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

T: 0117 965 5028

E: [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)

W: [www.cerebralpalsyplus.org.uk](http://www.cerebralpalsyplus.org.uk)

# Update from Donna *My Avon Fire & Rescue Home Safety Visit*



I had my visit one evening and it was the most useful 10 minutes I have spent of 2014 so far. A Firefighter phoned us booking in a time a few days before, explaining that they hoped to be able to make it but were on-call. On the day, we saw the fire engine drive up the street (which will no doubt intrigue any kids in your household) then three friendly Fire Officers appeared at the door. One Firefighter, sat down to explain and ask questions about our usual night routine, which bedrooms were slept in and discussed the possibility of evacuating or staying put in the event of a fire and said they would make sure the Fire Service Contact Centre knew which bedroom we would be in and that they knew disabled people lived in the house. The other two Firefighters put up new fire alarms. The

experience cleared anxieties I had and I am definitely going to book another when we move!

Did you know that People with Speech or Hearing Impairments can now text the emergency services. You just need to register beforehand. For more info, visit <http://www.emergencysms.org.uk/> I have just registered.

I have started to answer the phone for Cerebral Palsy Plus using my communication device. If you have already spoken to me on the phone, thanks for your patience! If you haven't yet spoken to me, I'll look forward to dealing with your phone call!"

***Best wishes,  
Donna***

## ***Andy Wright and Qigong***

Until the age of 8 years I was reliant upon a wheelchair due to athetoid cerebral palsy. Only when I joined a Bristol Scout group did I get out of the wheelchair and start to walk. As a family we lived in Yate and later Henleaze. I attended Claremont school (Henleaze) and Thomas Delarue in Kent. I spent the 1980's unemployed because I was unable to secure a job. The Job Centre Advisor told me, age 17, to go home and claim benefits!

I took up karate following a broad daylight mugging in 1985. After 3 years of regular training at a local club I passed 1st Dan Black Belt. The following year, 1990, I started teaching able-bodied children and adults in my own club. For the next 20+ years I travelled the world (Russia, USA, Malta,

Australia) teaching and grading students; my own current level being 6th Dan (2010).

During the late 1990's my holistic health career began with shiatsu, reflexology and qigong. In 2009 I moved to teach people and groups who fall into the "unhealthy" category as my day job. That same year I won a Wiltshire Council Award for improving health. I now undertake public speaking and promotion of qigong to groups.

*Andy could run qigong taster sessions for Cerebral Palsy Plus if enough people were interested. Please contact the office on 01179 655 028 or email [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk) if you would be interested in attending a taster session.*



# Homewashduvet *Patented • Award Winning*



This duvet has been on sale for 10 years, it allows home washing and drying.

It has four panels connected by zips, each covered by small flaps, for comfort, appearance and a cosy feeling.

- Can be washed and dried in home washing machines and dryers
- Doesn't need dry cleaning to be washed at launderette
- Can be part washed – useful for small accidents
- Is environmentally friendly – no more 'dumping' dirty duvets in landfill sites
- Is hygienic – can be washed regularly
- Appeals to busy parents/carers dealing with regular bedwetting

The duvet is offered at wholesale price for CPP Members plus £3.00 for admin.

Call on 01256 324475 and mention CPP, or write to Homewashduvets, giving size, tog, filling required with a delivery address and cheque for the full amount. website [www.homewashduvets.com](http://www.homewashduvets.com)

## Prices

*10.5 tog (synthetic filling or duck feather and down)*

*Single £39.00, Double £48.60, King £57.00, Superking £65.40 plus £3.00 admin*

*13.5 tog (synthetic filling or duck feather and down)*

*Single £41.40, Double £52.20, King £60.60, Superking £69.00 plus £3.00 admin.*

***These prices offer a great reduction from the website prices!***

## Woodlarks Campsite



Camping sounds such a fun thing to do, and the good news is, it doesn't have to be a dream too far.

Woodlarks exists so that anyone, whatever their disability, can enjoy camping at an affordable cost in a glorious setting – 12 acres of field and woodland, with tents and accessible support buildings including state-of-the-art showers and toilets.

Clive, much restricted by CP, says 'There's no place like Woodlarks. This is a magical place. It provides us with the ability to do things, the physical help. Love, fun and laughter, that's what it's all about, and care as well.'

Every summer Woodlarks hosts week-long holidays; two for children, six for adults of different age groups, and a seventh for music-makers. Volunteer helpers enable everyone to join in the multiple activities.

A popular feature is the open-air swimming pool, heated up to 32°C with hoist and ramp. For thrills, a zip wire with a secure chair runs amongst tree tops. Or you can get away into the peace of the woodland, with easy access paths to BBQ sites and a bird hide.



For details contact Sarah  
01252 716279  
[woodlarks103@btinternet.com](mailto:woodlarks103@btinternet.com)  
**[www.woodlarks.org.uk](http://www.woodlarks.org.uk)**

# CPISRA World Games



Cerebral Palsy Sport England and Wales are delighted to announce that the 2015 CPISRA World Games will be hosted in Nottingham.

We have invited member nations to attend the CPISRA World Games, which will take place from 7-16 August 2015. We plan to stage a world-class event for all levels of ability and are looking forward to welcoming the world.

The CPISRA 2015 World Games will be held in the heart of the historic city of Nottingham, England with the

majority of events taking place on the new iconic Harvey Haddon Sports Complex Site, with the support of Nottingham City Council.

The competition programme will include Athletics (including Racerunner and Slalom); Bowls; Football (Under 19); Football Female; Swimming; Table Cricket and other Adapted Sports.

Tickets aren't available yet but do keep updated by visiting the website <http://www.cpsport.org/cpisra-world-games-2015>

## A Little Bit About Sensory Heaven



We are a community based activity centre that promotes diversity, inclusion and wellbeing in the Bristol area. We provide a huge selection of activities and holistic therapies in a safe homely environment that can be accessed by everyone!

Not only are the activities we provide of the highest quality and lead by professionals, they are fun, innovative and designed to be based on positive outcomes for both groups and individually.

We believe in the benefits of feeling part of a community but also understand that individual time is just as important.

Sensory Heaven are proud to be able to provide a safe, accessible space that boasts both a light and dark sensory space, a tranquil holistic therapy suite, a comfy lounge area, creative space and a kitchen.

Activities and workshops include:

- Aromatherapy and holistic treatments
- Expressive art workshops

- Animal assisted activities
- Gentle martial arts
- Cookery workshops
- Mummy and baby massage
- Laughter workshops (a right giggle!)
- Multi-sensory activities
- Many more great workshops!

For further information please contact us on 0117 9656004 or visit [www.sensory-heaven.co.uk](http://www.sensory-heaven.co.uk) alternatively just pop along to the Vassall Centre and drop in!!

The beds in the treatment rooms are adjustable and they heat up!

Sensory Heaven are pleased to offer CPP members a 10% discount on production of this newsletter.

### TREASURER REQUIRED

**Accountancy skills desirable but no payroll is involved.**

*Please contact Cathy in the office for more information:  
0117 9655028 or e-mail [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)*

### Don't forget.....

We are always here to help our members and love to hear from you.

Contact the office for information, advice and details of our popular grant scheme.

**Call us** on **0117 9655028** or email us at **[office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)** for more details.

Also, send us your photos and top tips and you could be the star of the next newsletter!