



cpp news



What a fabulous summer it was! Glorious weather, a host of great activities and the appearance of lots of great personalities on the TV.

Congratulations to Lee Ridley, aka 'Lost Voice Guy', on winning *Britain's Got Talent!* It was heartening to see him performing on national TV as well as actress/comedian, Rosie Jones, appearing in 2 episodes of *Silent Witness* and actor, James Moore, in *Emmerdale*. Lee's success inspired us to book Laurence Clark, a comedian who has CP, to perform at our AGM this November. Look out for the details – he's hilarious!

The wonderful weather held for our well attended fantastic summer outings...

This year's Sailing Day was another success thanks to Irwin Mitchell Solicitors' sponsorship and the hard work of the *All Aboard* team.

We had a brilliant session at the new inclusive play centre, *Gympanzees*, in Emersons Green. The range of equipment proved very popular so we're hoping to host another such day next Easter.



Our final summer trip was to the *Wild Place* for an open air performance of *Alice in Wonderland*.

Many thanks to our funders, sponsors, volunteers and helpers – without you, we couldn't put these days on!

This summer, we were also fortunate to have our former chair, Maggie Rigg, fundraising for us with the launch of her poetry book, *Spillweir*.

This is a collection of poems about her grandson and his experiences – it gives an incredible glimpse into the life of a child with cerebral palsy.

The book is £7.99, £5 of which goes to CPP – thank you, Maggie, for your generosity! Please contact Donna at office@cerebralpalsyplus.org.uk or on 01179655028 to

buy your copy. It's also on sale at www.lulu.com for £8.99.

Cathy X



EVENING CLUB NAME CHANGE

In March, our long standing Tuesday Evening Club became the **Friendship Club**.

Club members were asked to think of potential names and a vote was held to find the favourite.

Winner, Maggie, received a Marks & Spencer voucher.

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Vision
West of England

Hello, my name is Marc and I am the Activities and Development Officer for Vision West of England.

We are a new charity based at the Vassall Centre that has been set up to ensure blind and partially sighted people get the information, advice and support needed to remain independent.

We are doing this in several ways, we have monthly coffee mornings at our Bristol Hub, drop in sessions at the Central library and social meetings on an ad-hoc basis all over the city.

In the coming months we will be putting on sporting events, technology focus days, more drop ins across the city and much more.

We are also very proud of our resources team who can support you with any IT queries you may have and provide some bespoke training.

To find out more, please contact us on 0117 9659754 or email marc.gulwell@visionwestofengland.org.uk

Eye of the Tiger

My story about my journey as a disabled fitness instructor.

My name is Dawid, I'm 21 years old and I moved to Bristol from Poland with my mum 12 years ago for a new start in life.

My passion for fitness began at 14 years old at my local gym, and since then I have gone on to complete a level 2 Fitness Instructor qualification at college in Bristol.

Although this qualification doesn't allow me to receive money from my clients just yet, it has given me a fantastic opportunity to gain an experience in the fitness world, and given me a greater understanding of people's different abilities and needs for their fitness

programmes. Through my part-time work I have started up my own fitness business which is currently in its early stages which I am looking to grow in the near future. To take the next step I am looking to complete a Personal Trainer course, and I am currently looking for funding to help with this.

Alongside my fitness work I am also interested in starting my own football team, as to my knowledge is not one currently in the area. I have been collecting names of people who would be interested in joining, and I am still looking for a partner to help with this team as a possibility.



Spotlight on DAVID THREADINGHAM

Hi, my name is David Threadingham and I recently became a Trustee for CPP.

I attended university in Bristol and have never left. I'm a chartered building surveyor working for Irwin Mitchell within their court of protection team. I specialise in the adaption of properties for people with disabilities working throughout England and Wales. It's an extremely rewarding career and I have been

fortunate to meet so many wonderful individuals.

Originally from Cheltenham I am a partner, two year old dog and I have a cat. When I'm not working I enjoy riding my motorbike – I have been riding for the last ten years which is a hobby I also play squash on a regular basis. It is a privilege to be involved



MY WORK EXPERIENCE

Hi, my name is Jasmine M. I'm 15 years old. From the start of 2017 I had the pleasure of doing my work experience at CPP.

I decided to reach out to CPP back in 2017, and I was delighted when they had said yes.

Everyone was so welcoming, and I was accepted. I also got to meet so many lovely people that help keep this brilliant

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My message to you readers is to never give up, and don't let your disability stop you achieving your dreams!

If you would like to contact me, my email is drfitness2018@gmail.com

INGHAM

me truly inspirational

enham, I live with my daughter and Maisie running around can be found on my en racing off road for ch I thoroughly enjoy. a regular basis.

working with this

fantastic charity and seeing the difference they make to so many members lives.

The trustees recently had the pleasure of listening to Ian's ideas for fundraising and promoting the charity through Royal Royce Apprentice Association, as CPP are one of their chosen charities for the coming year. Ian's enthusiasm and passion was truly inspiring and I am very much looking forward to working with members of the charity I have yet to meet.

EXPERIENCE AT CEREBRAL PALSY PLUS

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I had various jobs throughout the placement, like preparing newsletters, franking, updating the website and Facebook, and contacting people for potential newsletter articles.

This placement has allowed me to develop my confidence and communication skills, and I also learnt how to respond to people professionally. It was interesting to see how much effort and preparation goes into running a charity, but it was a great decision to work here and I'd be happy to do it again anytime.

Did you know?

about Accessible Bristol...



Lonely Planet has released its first guide to Accessible Bristol – a comprehensive guide to the city aimed at disabled visitors.



The Bristol guide is the first in new collaboration between the travel company and national access information provider, Disabled Go.



Accessible Bristol includes:

- Comprehensive transport information tailored for people with disabilities
- Lonely Planet reviews of all major tourist sites supplemented with detailed access information collected by DisabledGo.com
- Lonely Planet reviews of eating, drinking and entertainment venues supplemented with detailed access information collected by DisabledGo.com
- Detailed access reviews of 18 accessible hotels
- At-a-glance, easy-to-understand access symbols for all venues
- Live links to full, detailed access reviews on www.disabledgo.com for all venues

Take a look at this link for the full release www.disabledgo.com/blog/2018/05/lonely-planet-release-first-guide-to-accessible-bristol/#.
Wv1iaHeZMOo

And I would walk 100 miles... TO RAISE MONEY FOR CPP!

Hi to all at Cerebral Palsy Plus! Here we are (Jodie and Damian) at the start and finish of our 100 mile non-stop walk along the South Downs Way, raising money for you to carry on helping people.

A year or so ago, I had the idea to walk the South Downs Way in one go – I had walked it some years previously, but over 3 days staying at B&Bs along the way. The thing I remembered from that walk was how difficult it was to get up and going the next day as fatigue had set in overnight. So my theory was that if you kept walking, your knees, hips, feet, etc wouldn't have time to seize up... sort of right.

So the date was set for the last day of June 2018 – as close to a full moon as possible to aid walking at night. I undertook the challenge with a great old friend of mine, Damian Maynard, who lives in Norway and spends a lot of time hiking, cross country skiing, etc. Damian wasn't entirely sure we could complete the challenge – but I guess that's the point of a challenge.

We set off from Winchester at 7am along the old pilgrimage route with constant rain for the first 25 miles – but then,



in the afternoon, the sun came out and the views over the South Downs were amazing!

As night fell, we rested our feet for 10 minutes, popped on some warmer kit and put on the head torches... *great – torch not working!* So for the 11 miles before sunrise, all we had to guide us was the light from a tiny little torch that had been sent free in the post.

At 3.15am, halfway, we trudged exhausted onto a bridge at Amberley and decided it was time for a 45 minute rest. I remember lying down on the cold metal bridge, contemplating the next 50 miles and getting more and more concerned about the state of my feet – 2 large blisters were cultivating quite nicely on the pads of my feet just before my toes. The next 20 or so hours were going to be painful.

Damian also had issues with his feet and was extremely

tired – I suppose it was then that we both 'hit the wall'. I knew this time would come – when your head is telling you to stop and shut everything down. I had tried to prepare for it during training, and had found that my best motivation was focusing on my two nephews, Archie and Max, who, even at their young age, had fought huge battles.

It worked – the sun came up and my wife, Jessie, who ran the support vehicle for the last day, met us with breakfast, coffee and heaps of encouragement. We trudged on... and on... and on... and eventually reached Eastbourne at 1am on Saturday.

It was a great challenge and the hardest thing Damian and I have done to date. My feet took a bit of a battering but recovered within 3 days, and Damian finished with just 2 small blisters.

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!



A huge thank you to Enable Law Solicitors for sponsoring our newsletters (rebranded from Foot Anstey) and Colourtone (Taunton) for the design and print.