

in this issue



cpp news

July 2015

Hello!

I hope you are enjoying the lovely summer and making the most of the good weather.

Here at CPP we have been very busy hosting a popular trip to Noah's Ark Zoo Farm for families and organising the annual *All Aboard* party and a Shooting and Archery session.

Families also enjoyed a chance to go to Circus Starr in June and we are attending the Vassall Centre Summer Fayre where we are hosting a chance to try inclusive table tennis.

We have recently seen a long standing trustee, Sara Maggs, leave us and we would like to thank her for all her hard work. We are pleased to welcome Miriam Grazier to our board.

Look out for a spotlight piece from Miriam in a future edition and read about Clodagh, our new treasurer, inside this edition.

Our Adults Evening Club has a busy time ahead with an August visit to Weston-super-Mare and a summer fundraising cabaret night at St Anne's Social Club.

Contact the office for more details of the fundraiser if you would like to attend.



Enya at Noah's Ark Zoo

Don't forget we are still running our Grant Scheme and trustees will consider requests three times per year – February, June and October.

If you want to have an application considered for a grant, please make sure we receive the application in January, May or September. Get in touch with Cathy or Donna in the office if you have any questions about grants or any of our other services.

Cathy
X



Madeleine's Colour Run

CPP would like to thank our trustee, Madeleine, and her colleagues from Thompsons Solicitors for completing a Colour Run on our behalf and raising over £200!

If you would like to fund raise for us and want to run, swim, cycle, walk or hold an event, please get in touch and we will support you however we can.

0117 965 5028
office@cerebralpalsyplus.org.uk
www.cerebralpalsyplus.org.uk

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

Epiphany in Care

New Care & Support Service Provider



Hello my name is Rebecca Kelly and I am pleased to announce the arrival of a new care and support service, *Epiphany in Care*.

Epiphany in Care offers a practical, personalised and flexible service to adults who require care, support or assistance in their own home or whilst out in the community. The organisation offers domiciliary care and supported living services to adults who have a learning difficulty, a mental health condition, sensory impairment or a physical disability.

Our aim is to improve the quality of life of individuals who use our services by enabling them to maintain their independence, promote their ability to make informed choices, support and encourage individuals to enjoy their life and to play an active part in their communities.

Services we offer include: personal care, emotional support, continence care, meal preparation, shopping and attending health or care appointments, support to access your community during the day and in the evening.

Epiphany in Care is registered and regulated by the CQC. Our services are available to individuals who self-fund, receive direct payments, or are funded by the local authority.

The organisation is also looking to recruit care and support workers who share our vision. We welcome applications from individuals who are over the age of eighteen and have experience in this field.

For more information on our services or career opportunities, visit www.epiphanycare.co.uk or contact us on info@epiphanycare.co.uk 07979877742

We look forward to talking to you.



Turning the big 50 by Graham J. Bowman

I find it difficult to believe that I turn 50 this year. Sometimes I remember things that happened several years ago and they're like a distant memory, and other times as though they happened yesterday.

Monday, 22 June 2015, a milestone day for me because I have reached 50. I had been wondering if I would like it – not that I could do anything about it if I didn't; it's not like buying something from a magazine where you can send it back if you're not happy!

A few weeks prior to my birthday, I noticed a brown cardboard box in the

conservatory which was posing a mystery to me. At first my imagination ran wild and I thought it may have been the Black Box from the airplane

...it's not like buying something from a magazine where you can send it back if you're not happy!

that came down in the Alps! Dad wouldn't say much about it, just that I would like it.

Michael arrived and moved the mysterious box into the front room, where he helped me unpack it. There to my surprise, emerged what some may have mistaken for an electric fan heater – a brand new BOSE Wave Music System III. I had only ever seen one of these on the back of a TV guide – I was amazed!

I switched on my Wave Music System with the remote control and read the manual until it was time to go for lunch.

We went to The Cottage Inn – an old traditional English pub by the docks, complete with oak beams, a log fire, and, more importantly, no TV showing sport! I had a good look at the menu and treated myself to the chicken and leek pie, complemented by half a pint of Butcombe bitter which went down a treat!

After lunch, we embarked on the ferry for a round trip to St Augustine's Reach, enjoying the weather and all the activity on the river that day.

I polished my day off with a comedy DVD and a glass of wine. Cheers!



Did you know?

about Greendale Villa accessible holiday home in Florida...

Greendale Villa has six bedrooms, four bathrooms, a private pool and is 10 minutes from Disney, but, best of all, it is fully adapted for guests who use wheelchairs.

The master bedroom on the ground floor has a ceiling hoist and tracking into the adjacent wet room where guests can choose from a shower chair, or a height adjustable shower trolley.

The pool is accessible either via the gentle beach entry slope, or, by using the pool hoist.

Set in a safe and quiet gated community, you can choose to hit the parks, in the morning and return to chill out by the pool in the afternoon.

Owned by a UK family with a disabled son, great care has gone into making sure Greendale Villa is a real home from home.

For more details visit: www.greendalevilla.com or the Greendale Villa Facebook page.



Spotlight on Clodagh

I joined the management committee in November as Treasurer in response to an email that went to everyone in my office from Cathy. My day job is a corporate finance advisor for Baker Tilly accountancy firm. I advise shareholders and management when they buy and sell businesses. It is a great job. It gives me an insight into lots of different businesses in lots of different sectors. It is interesting to find out what makes these businesses successful and what challenges they face.

When the email came, I was looking for an opportunity to be involved in the running of a charity. CP Plus hit a chord immediately because my sister, Coleen, has Cerebral Palsy. She lives in the Midlands, and has lots of people caring for her there – so it feels a bit like if I can

do something for people with CP in Bristol, it is a way of thanking all those people in the Midlands.

Since I joined the committee, the highlight for me has been to see the videos at the AGM produced by members Ash and Tegan. It is nice to be inspired by the amazing things people do.

While I am involved with CP, I'd like to see more committee members join as some of our long-standing committee members are moving on, so we need more people and I'd also like to see a social club for 18-30 year olds with CP. If you can help with either of these things, please get in touch.

Clodagh pictured left with her sister Coleen

Bradley Stoke Youth FC (BSYFC) Community Disability Football

In August 2012 the club met with the local branch of the National Autistic Society (NAS) to discuss how BSYFC could provide football coaching to children with disabilities. After initial discussions the club presented a plan to allow children the chance to participate in football with no cost to the parents.

Sept 2012: The first football coaching session started.

Oct 2012: The club is a highlighted service provider on the NAS website – BSYFC is the only provider for 6 to 11 year old children with disabilities in the area.

Nov 2012: The club expanded sessions to children with autism, Asperger syndrome, autism spectrum, hearing impairment, high functioning autism, moderate learning disabilities, physical disabilities, cerebral palsy, visual impairment, and Down syndrome.

May 2013: BSYFC disability football is integrated into BUDS and SUDS – Bristol Union of Disability Sports (BUDS) and South Glos Union of Disability Sports (SUDS). The club is recognized by the GFA as a disability football service provider.

June 2013: The club is awarded the FA Chartered Standard Community Club of the Year.

April 2015: BSYFC football coaching sessions continue on a fortnightly cycle at the Bradley Stoke Community School on the outdoor astro facility and continues to grow. The sessions are now being used as a learning/training mechanism for young coaches interested in developing their skills in this area. Every child still receives a certificate and prize after every session. The sessions are still free to attend.



Interested in giving the football skill sessions a go?

Then contact Martin Lee
mlee1@btopenworld.com
07785 384618

We will try to adapt our sessions to try and allow all children a chance to play football.

BSYFC is a FA Chartered Standard Community Club and all coaches are FA Qualified and FA CRB checked. Coaches are members of the FA Licensed Coaches Association.

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 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.