



*in this issue*

oodles



# cpp news

June 2017

## Hello!

Welcome to the June edition of the CPP newsletter – summer is on the way!

Since our last newsletter, we have enjoyed a fabulous day at the aquarium in central Bristol for our family members – see the lovely photos inside.

Early in May, some of our young adult members aged 18-30 enjoyed an informal get together over a drink at the Watershed. This was the first time the group had met together socially and they were full of plans for future excursions and activities. We will try to make some of these ideas happen and would be delighted if other young adult members wanted to join in. Look out for our emails and keep an eye on our Facebook page and website for upcoming events.

Staff members, John, Nyika and volunteer, Ian, have been on boccia leaders training courses organised by Boccia England, so we are now back in a position to offer sessions for adult members. We held two really popular events last summer and hope to repeat the fun again this year – look out for the dates.

You will be hearing from us very soon if you have children as we arrange our summer holiday events, including the ever popular sailing in August.

Finally, a heads up about the date of the annual Vassall Centre Summer Fayre, held here in Fishponds on 26th July from 11am to 2pm. This is a great day for all the family with stalls, games, activities and food. We will circulate the flyer when it's available but meanwhile you may like to 'save the date'.

I look forward to catching up with lots of you at events over the summer.

*Cathy*  
X



## Clodagh's 10K

Our amazing trustee and 17 other CPP supporters took part in the Simplyhealth Great Bristol 10k on 7th May. The route ran from the Millennium Square and around the harbourside towards the beautiful Clifton Suspension Bridge. In a fantastic effort from everyone, they raised over £1,300 for CPP.

WELL DONE RUNNERS!

## WE'RE ONLINE!

We're excited to announce the launch of our very own CPP Facebook and Twitter Page. Keep updated on our events and activities. Find us on Facebook and give us a Like by searching 'Cerebral Palsy Plus', and follow us on Twitter at [twitter.com/CPPBristol](https://twitter.com/CPPBristol). There's also a Facebook page just for young adults – search CPP Young Adults Group.



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# GINA'S STORY

## Adaptive Martial Arts



Adaptive Martial Arts CIC (AMA) has been created by, with and for the community who have physical limitations or considerations.

The aim is to offer opportunities for people if they feel uneasy about trying martial arts as a form of sport for exercise. Gina, CEO of AMA, has found many benefits of participating in various martial arts and is keen to share her experiences with others who may benefit.

Gina suffers from a rare neuromuscular condition, dystonia, which causes her muscles to spasm uncontrollably. She finds the exercise not only helps her maintain her physical health, but her mental well-being, too. martial arts has been a constant in her life providing her with self-confidence, an emotional outlet, support, focus, self-esteem and has helped her cope with some of the darkest days in her life – as well as providing some of the highlights!



The coaching team consists of high calibre and experienced experts in their field. The coaches are experienced in MMA, Wrestling, Thai Boxing, Kick Boxing, BJJ, Powerlifting, and Strongman. There's also a great knowledge base in exercise and physiology – even sport performance at a Master's Science Degree level. You can rest assured of the high quality of coaching of the team!

AMA is currently launching many taster sessions at various locations to assess the demand and location for classes. If you would like a class near you, be sure to let them know! AMA also offer 121 sessions, seminars, sign posting, online coaching and more! For more information look at [www.AdaptiveMA.co.uk](http://www.AdaptiveMA.co.uk)



# Oodles

## Using social media for awareness and engagement

Oodles is a Bristol based UK start-up organisation that provides a way for people to support local charities and for charities to have engagement with their supporters. We asked Tina Pullinger, how this amazing idea came about.



in Bristol city centre. I would often walk down to pick up sandwiches every day we would have a 'chugger'. For those who don't know the term, 'chugger' is a combination of the words 'chug' and 'mugger'. They are people who are often working on commission.



The concept behind Oodles was born, as many ideas are, out of a moan between friends. When I was working

...I approached the issue as one that a geek can, with requirements from stakeholders.

use unscrupulous sales people up to direct commission. The moan happened in a room where we were approached within 15 minutes.



# Spotlight

We welcome our newest ambassador

Hi everyone, my name is Sash.

I moved to Fishponds a year ago and I love it – independent from my family... at last! (although they are brilliant!)

I'm very chatty and enjoy meeting new people. My ideal job would be helping other disabled people, especially near my own age – that would be perfect. CCP are fab. Through them, I've made

new friends and done some things. CCP introduced me to Unseen who were looking for models from the South in a fashion show. I was chosen and loved it. I went to Star College to study drama, which I enjoyed, and gained a degree. During my time at Star I did a BBC TV documentary which aired over 3 weeks

## Media to raise funds

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We discussed fundraising strategies, why donors donate, the imbalance between large charities and local charities, and so on. We concluded that there must be a better way! I approached the issue as only an IT geek can, with requirements and stakeholder analysis!

Most charities and donation platforms use IT to make the process as quick and easy as possible. This is great for existing donors, but it does nothing to engage people that don't currently donate. As well as making the process easy, Oodles rewards users with achievements and encourages them to be proud of their contribution by telling all of their friends. It provides an incentive for people to donate and get hooked on the feel good factor!

If you would like to follow them, visit Facebook and Twitter @oodlesappUK or [www.oodles-app.com](http://www.oodles-app.com)

## on SASH

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...great fun. Now I'm desperate to join an accessible drama group here in Bristol. My favourite pastimes are going to the pub and doing Karaoke to name but a few – and I absolutely love swimming. I once swam a mile for charity and I'm currently looking for someone to take me swimming once a week. I'm looking forward to making many more friends through my role with CCP.

## Did you know?

### about Bristol Disability Equality Forum...

Bristol Disability Equality Forum is a disabled people led organisation that works to make Bristol a more accessible and fairer place for those with a disability.



They are launching a new project to support those who feel intimidated by disability benefit assessments. They need disabled volunteers to accompany others and provide moral support at these meetings. All training, supervision and refreshments will be supplied and all reasonable expenses paid.

Bristol Disability Equality Forum can't provide advice about claiming ESA or PIP but the new project will provide trained volunteers to accompany claimants to assessments.

If you would like to be involved, either directly helping people or with administrative back-up, contact Juley, Volunteer Co-ordinator on 0117 914 0528 or [volunteering.bristoldef@gmail.com](mailto:volunteering.bristoldef@gmail.com)

### about Zumba classes...



New Beginnings are starting a new Zumba exercise class – so you can have fun and be healthy at the same time!

Led by a professional Zumba teacher, the classes are for adults with learning difficulties and are accessible for wheelchair users.

- Mondays 12.30 - 1.30pm
- First session FREE and then £3.50 per class
- At Staple Hill Methodist Church, 101 High Street, Staple Hill, Bristol BS16 5HQ

### about Las Piedras holidays...

These accessible holidays in Andalusia, Spain offer beautiful, relaxing breaks in a stunning rural location. With barrier-free facilities, they are entirely wheelchair friendly and include accessible airport transfer, swimming pools and Jacuzzis with hoists, as well as amazing local cuisine and views.

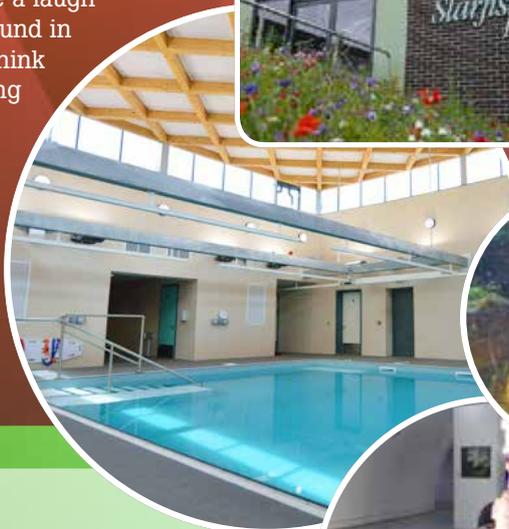
For more information visit: [disabledholidaysinspain.com/accommodation/las-piedras-hotel/](http://disabledholidaysinspain.com/accommodation/las-piedras-hotel/)



## Seals Starfish Club

Cerebral Palsy Plus runs a Saturday morning swimming club for children from 4 months old up to 16 years old – suitable for children who have any kind of disability.

Children attend with parents and carers and any siblings are welcome too. This is a lovely chance to have a laugh and splash around in a pool. If you think you fancy giving it a try, please get in contact with Olivia, our activities worker, at [eveclub@cerebralpalsyplus.org.uk](mailto:eveclub@cerebralpalsyplus.org.uk)



## Bristol Shopmobility

Fancy shopping, visiting a friend, need to visit the hospital, or do you find it difficult to walk in and around the city centre? Bristol Shopmobility can help.

They offer a wide range of equipment, both electric and manual, including scooters and wheelchairs. They also have a Maclaren buggy available for younger users. Visit their website for daily and long term hire: [admin@bristolshopmobility.co.uk](mailto:admin@bristolshopmobility.co.uk)



## NEW RESEARCH

The National Institute for Health Research is funding a new study at the School for Social Care Research at the University of Bristol to seek to understand more about the challenges faced by the lesbian, gay, bisexual and trans (LGBT) disabled community.

Next to nothing is known about the use of self-directed social care support by disabled men and women from the LGBT community. This new project however hopes to address this knowledge gap by discovering more about the needs and experiences of LGBT disabled people.

If you are an LGBT disabled person living in England and organise some or all of your own social care support and would be interested in taking part in the research, please contact David Abbott: [d.abbott@bristol.ac.uk](mailto:d.abbott@bristol.ac.uk) 01173310972

## UNDER THE SEA

On Wednesday 12th of April, families and friends joined us on a wonderful day out to the Aquarium. We adventured around the maze of tanks and displays. We were also able to see the giant botanical house; which is the only one in the UK. We saw hundreds of amazing different aquatic creatures including rays, sharks, puffer fish and penguins. There were lots of smiles all round and we hope everyone had as much fun as we did.



**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](mailto:office@cerebralpalsyplus.org.uk) for information, advice and details of our popular 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.  
Cerebral Palsy Plus, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

