

in this issue



AVON VALLEY RAILWAY
HERITAGE TRUST



cpp news

October 2016

Hello!

It's been a very busy summer for Cerebral Palsy Plus.

In July, we trialed Boccia sessions for adult members, in partnership with the Ignite Programme of Access Sport. They went down very well, with several members going on to join the Henbury club. As it was so popular, we intend to run more afternoon sessions before Christmas.

We hosted three really successful family days out: another incredible Sailing Day at the All Aboard Centre, kindly sponsored and supported by Irwin Mitchell Solicitors; a Health & Well Being Day provided in partnership with the Ignite Programme; and a picnic at the Avon Riding Centre which included a chance to try falconry, pat a pony and woodland trails on an accessible path.

Hundreds of members and their families enjoyed these days out, trying new activities such as sailing, hand massage, wheelchair football and accessible bikes.

And we had a lot of fun meeting you all and hope to see more of you at forthcoming events.

In other news, we have merged with the Seals Starfish Club and are now providing term time Saturday morning hydrotherapy sessions at Claremont School pool for the under 16s. Places are limited and membership and assessment are necessary, but please contact Olivia on 07342 328925 for more information.

The last few months have been active for fundraising as well: read the article about Ash's mileathon swim; Sasha Parker promoted Cerebral Palsy Plus at the 'Beauty Unseen' fashion show – a fabulous event showcasing designer fashion, dance and the models' chosen charities; and Clara successfully ran the London Half Marathon, raising hundreds of pounds for us.

Maybe, you would like to do a fundraising event for CPP? Get in touch if you have an idea and we could discuss how to promote your event or publicise your project.

Cathy
X



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



SOUTH GLOS PARENTS & CARERS



Seeking new members



South Glos Parents & Carers exists to help improve the services received by our children (0-25) and their families.

We represent all those with any kind of Special Educational need and Disability. We work to make all of our voices heard.

We offer support, sign posting to services and advice, coffee mornings and groups whilst feeding into consultations and working with health, education and other services. The team is made up of parent carers who really understand some of the challenges and the many joys.

Membership is free, quick and easy and without obligation. Members are sent newsletters and given the opportunity to contribute to the feedback we take to service providers by means of surveys and social media.

Please visit our website or Facebook page, we are a friendly bunch with so much to offer who want to hear from you and represent your views.

www.sglospc.org.uk



Ash's Swim-mile

On 5th September, Ash Jenkins (26) one of our members, who has Cerebral Palsy, swam for four hours at Hengrove Leisure Centre to raise money for Cerebral Palsy Plus and the Freeways 5000.

The remarkable thing about this is that, just two years ago, Ash, a wheelchair-user with multiple impairments who lives in Keynsham, was essentially, a non-swimmer.

Despite the severity of his impairment, Ash loves to live on the edge and is a self-confessed adrenalin junkie.

He has already completed a 700ft bungee jump off a bridge in a large canyon in South Africa, and had close and personal encounters with great white sharks, whilst cage-diving in the Atlantic Ocean at Gansbaai.

However, despite his previous awe-inspiring accomplishments, his breath-taking progress from being a non-

swimmer to undertaking a challenging swim has been a triumph for Ash and his family.

When questioned about the feat, Ash said:

...Ash loves to live on the edge, is a self-confessed adrenalin junkie.

"It's amazing how far I've come. I started swimming in 2014 and could barely swim 800m. Now I'm doing a mile! I feel like I'm doing a mile! I feel like I'm doing a mile!"

**Add to this at: uk.virginmoneygiving.com/fundraiser-web/fundraiser*

Spotlight on IAN THOMAS

I am an independent, outgoing and social person who lives life to the full.

I joined the charity in November.

This approach was instilled into me from my teenage years when I attended Thomas Delarue School, Tonbridge, Kent, (a boarding school for teenagers with physical disabilities) run by Scope between 1977 & 1983.

Upon leaving school I started a Youth Training Scheme at Rolls-Royce military aero engines and was offered full employment in September 1984.

I am still working for the company as a Business Analyst.

My main passion is sport that was introduced to me by my family at Bristol.

Further sporting opportunities were provided at school.

From a late age I started to compete in disability sports. I was introduced into 'Special Needs' judo in 1980, years travelling and competing in Europe, which was a great experience. Upon judo retirement, I started to play sports, competing at a high level in the Bristol league and in various tournaments.

For more info see the website that I wrote for the charity. I was also a Service Table Tennis player.

athon

of our
one mile in
raise money
Trust.

aking this immensely
as amazed both his
y and friends.

out this latest

es to live dge and onfessed junkie.

I've come since I
November 2014. I
metres, and now
el honoured to

[undraiser/showFundraiserPage.action?userUrl=ashleyjenkins&pageUrl=5](#)



have the support of those around me, it really motivates me. It's my own 'Mount Everest' but one thing's for sure, I'm going to smash it!"

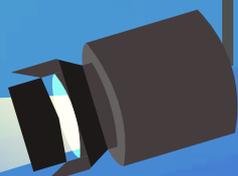
Cathy, Development Manager at Cerebral Palsy Plus said "Ash has very kindly raised thousands of pounds for our charity. He is an absolute star and never ceases to amaze us!"

Ash raised over £5000*.

A big thank you to him and to all the people who kindly sponsored him!

Brilliant work Ash – we think he is amazing too!

nt on OMAS



or them today as a

life is my love of
roduced to me when
ootball match with
City in 1973.

opportunities came at

started participating
I ventured
judo for 4
l competing
as great fun.
nt I changed
t table tennis
e and disability

ne article
Bristol Civil
is club *bristol-*

cssc-tabletennis.weebly.com/uploads/3/0/3/7/30371987/ian_thomas_on_disability_sport_-_full_article.pdf

Since 2002 I have been involved with Bristol and South Gloucestershire Unions of Disability Sports (BUDS\ SUDS) performing the treasurer and webmaster roles.

From September 2015 I am one of the Access Sports Boccia volunteer coaches who supports the Boccia sessions at Henbury Leisure Centre on Fridays between 7 and 8pm.

For more information:

Boccia sessions: 07917 753937
julia.williams@accesssport.co.uk

BUDS & SUDS : www.budsandsuds.org
webmaster@budsandsuds.org



Did you know?

about the Community Express...

The Community Express is an initiative by Liz Gray and Milestones Trust, providing activities for their users and the wider community.



These events are a way of increasing awareness of Well Aware and signpost people to services and activities that will improve their wellbeing www.wellaware.org.uk

There are 3 main activities:

The Music Train at Avon Valley Railway

These are inclusive events for everyone, with a train ride at a discounted rate on the last train on certain days. There is the opportunity to listen to a variety of talented musicians who as well as performing popular covers also write their own music. There have been over thirty Music Train events in the last three years which have proved popular with people of all ages. There will also be art and craft activities available at these events.

The Community Express Drop in Sessions

These sessions involve art, craft and live music for adults and children. Events will initially take place at The Batch Community Centre, Cadbury Heath and Coniston Community Centre, Patchway, then depending on the level of funding available events will take place in other community settings in South Gloucestershire and neighbouring areas. The music scene in Bristol is one of the best in the country so the Music Train and Community Express events will make it more

accessible during the daytime for people that would normally struggle to get out in the evening.

Warmley Wheelers

This service hires out a range of specially adapted bikes, donated by Sustrans, so that everyone can enjoy the cycle track regardless of disability and additional needs. Warmley Wheelers is based at Warmley Waiting Room. For more information go to www.milestonetrust.org.uk/wheelers

For more information about Community Express contact Liz Gray avonvalleyrailway@gmail.com



www.sportsrush.org.uk

SportsRush is a dedicated sport and physical activity website for people with any disability, sensory impairment, long term health condition or chronic pain.

email sportsrushwest@gmail.com

If you would prefer to talk to somebody to find out more about your local activities, please phone one of the numbers below:

Bath & North East Somerset Council

Natalie Tanner
01225 396979

Bristol City Council

Julia Williams
07917 753937

North Somerset Council

Bob Hill
01275 882734

South Gloucestershire Council

Alison Finn
01454 865821



Tablet PCs

Can you nominate a friend or family member?



Due to the generosity of local community group, Tom's Sunday Club Staple Hill, we have several tablet PCs that need to find good homes.

They have been provided for us at a competitive rate by Smart Computers, Kingswood.

Do you or someone in your family need to get online? Do you feel isolated?

Have you always wanted a computer but don't know where to start?

Get in touch with Cathy in the office to discuss this further and we will see if we can help.

01179 655028

Limited offer so don't hang about!



INTERESTED IN RUNNING TO RAISE FUNDS FOR CPP?

*We are organising a group to participate in a Santa Run at Oldown Country Park on **Sat 3rd December**.*

For more details contact Cathy or Donna in the office ASAP.



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. 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 Foot Anstey Solicitors for sponsoring our newsletters, and Colourtone (Taunton) for the design and print.

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

