



**cerebral palsy plus**  
listening to individuals

# CPP NEWS

April 2014

The Newsletter of Cerebral Palsy Plus



## Hello

**W**ell, it looks as though Spring is finally here and there is certainly a lot happening locally at the moment and a lot to look forward to.

Don't forget to check the website regularly - [www.cerebralpalsyplus.org.uk](http://www.cerebralpalsyplus.org.uk) - as we keep it up to date with all the latest news and things that are going on.

Recently, we have added details of Adults Creative Music sessions at the Colston Hall and All Abilities Cycling sessions over Easter.

We have been advertising free Circus Starr tickets for young members and we still have a limited number left, contact the office if you are interested in going along on to the performance on Saturday 7th June at Keynsham Rugby Club.

We will be announcing details of further activities in the near future so keep an eye on the newsletter!

We are very pleased to include in this edition, a flyer and prepaid envelope to invite you to apply to Avon Fire & Rescue for a free Home Safety Visit.

We are very pleased to include in this edition, a flyer and prepaid envelope to invite you to apply to Avon Fire and Rescue for a free Home Safety Visit. Please take advantage of this opportunity to have a personal visit made to your home to discuss home safety and fire prevention.

Donna, our Admin assistant, is booking hers straight away and she will report back on the experience in the next edition.

In this edition you will find a lot of useful information and interesting articles including an article about the inclusive dance class Flamingo Chicks and their forthcoming performance. See member Poppy pictured (centre) enjoying the class. The Flamingo Chicks group have kindly agreed to give away 10 free tickets to their April show to CPP Members. If you are interested contact Cathy or Donna in the office and we will allocate on a first come first served basis!

**Love**  
Cathy

## did you know?

### Caravan to hire-

There's an accessible caravan to hire in Weymouth - visit website <http://www.ukcaravans4hire.com/to-let-userid2838> for more detail.

### Camping holidays-

"Over the Wall Children's Charity" provide life changing therapeutic camps across the country free of charge.

Its purpose is to create fun opportunities for children and their families to reach beyond illness and regain confidence and self esteem. They have 3 different camps:

- 1 "Our seriously ill camp for children ages 8-17 years old (5 nights)
- 2 Our Siblings Camp for children 8-17years (4 nights)
- 3 Our family camp (2nights)."

Wheelchair users have to be able to transfer independently unless they are coming to a family camp.

The deadline to apply for our 2014 Camps is Thursday 1st May 2014.

For more information and more about our criteria visit [www.otw.org.uk](http://www.otw.org.uk) for more information/application forms.

Contact Hayley Hunwicks on 0781 8424850 or email: [hayley@otw.org](mailto:hayley@otw.org)

### The Stairlift Recycling Scheme

is a successful UK national operation, for used, unwanted stair lifts. All collected stair lifts are refurbished and fully warranted, ready for re-installation within the community at affordable prices. Proceeds from this activity go to the Respite for Carers' Fund Registered Charity no. 1150399.

The Charity provides short breaks for carers in the community.

For more info contact- [laura@stairliftrecycling.com](mailto:laura@stairliftrecycling.com) or call 0203 070 2872020

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# CPP worker Donna *speaking at the ADWUK conference*

"I usually hate the spotlight, I shy away from the camera and even cried walking down the aisle at my own wedding as I didn't like everyone looking at me!

Hence, I was truly terrified when I was asked to speak at ADWUK's "Making a Difference" event on the 10th December 2013.

For those, who have met me will know that I have a speech impairment so use a SL40 Connect Lightwriter to communicate.

For my speech, I used my iPad and a free speech app called Speak It! which allowed me to save my speech, allowing sufficient pauses and paragraph breaks so I could just play it on the day.

I also did a powerpoint presentation so if people couldn't hear my iPad they could still get the main points.

I called my presentation/speech "The Lancashire Lass, luckily without the accent" just to get my personality across and to break the ice.

At first, the British Sign Language Interpreter couldn't hear me which I found a bit ironic and the interruption did put me off the stride a bit but it meant that most people heard my wonderful speech twice.

I really enjoyed the opportunity but was glad when it was over!"

***love Donna***



## Spotlight on Bob

***Hello Everyone,  
I'm Bob. I was appointed  
as CPP's Fundraiser last  
November.***

***I work part-time and am  
based in CPP's office at  
the Vassall Centre, a place  
where I have worked  
before and know really  
well.***

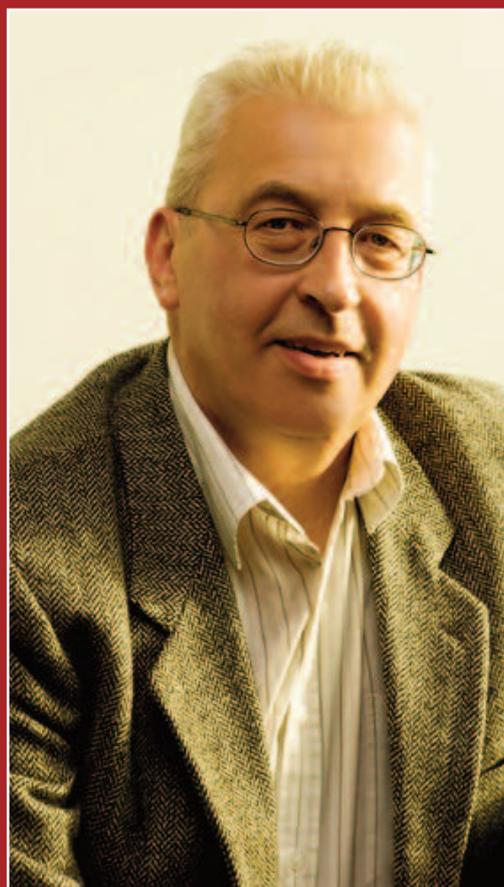
***I am pleased to be with  
CPP, which has an  
excellent reputation and  
does so much good work  
to improve the lives of  
people with cerebral palsy  
and their families.***

***During my ten years  
working at the Vassall***

***Centre, I learnt a lot about  
disabled people's needs  
and issues. I also learnt  
about the wonderful work  
of disability charities  
based in the Centre, such  
as CPP.***

***Further back in the past, I  
worked for two national  
charities, the NSPCC and  
Oxfam, and two smaller  
charities in Wiltshire and  
Somerset.***

***I hope I can use  
everything that I have  
learnt to raise the money  
that CPP needs and so  
richly deserves to continue  
its valuable work***



# Flamingo Chicks-FLAMINGO LAKE

A fun afternoon with the Flamingo Chicks – Bristol's first inclusive dance class

Flamingo Chicks is Bristol's inclusive dance class, where all youngsters can spread their wings. It gives children with disabilities the opportunity to explore movement and have fun in the same session as their able-bodied friends.

On Saturday 5th April the little ones will be putting on their very first show called 'Flamingo Lake' - a nod to 'Swan Lake'. This will be a 'relaxed performance' followed by an afternoon tea party all kicking off at 3:30pm.

Held at the St Alban's Church Hall, Bayswater Avenue, Westbury Park, Bristol BS6 7QB the venue has disabled access and everyone is welcome!

Tickets are £2 per adult and 50p for kids to cover refreshments and they can be bought online at: [www.flamingochicks.co.uk/show](http://www.flamingochicks.co.uk/show)

Flamingo Chicks is aimed at all children - some may be able-bodied, others could have cerebral palsy, Down's syndrome

or autism, be undergoing treatment for cancer or they could be visually impaired. The dance classes help develop confidence, social skills, co-ordination, communication and concentration.

Each one-hour session has a mix of drama and dance styles from ballet to modern with simple yoga at the end to wind-down. There are dancing ribbons, feathers, chiffon scarves and magical routines – it's the best fun!

Katie Sparkes, CPP Member and founder of Flamingo Chicks adds, "Everyone's welcome to join us for our Community Afternoon Tea and relaxed performance. It'll be family friendly and suitable for all ages.

It's a chance for everyone to come together and celebrate the achievements of our Flamingo Chicks - we hope to get a good turn out."

Katherine says, "Dance has so many wellbeing benefits – it promotes discipline, coordination, memory, flexibility, strength and stamina while building positive self-esteem and confidence."



## Creative Challenge

In partnership with art+power, WECIL held a Creative Challenge event at the Trinity Centre on Wednesday 26th February, for all disabled people. Creative Challenges are short creative tasks to help everyone become more creative. Each challenge is different. For example: 'Draw a picture of what makes you: angry, happy, scared, safe', 'Describe, draw, photograph or record your perfect day', and 'try out a new art form'. We had a selection of challenges for people to choose, and lots of different materials to use.

Beth and Dave took the challenge 'imagine your ideal place'. Beth created a beautiful picture of a beach and dolphins using different coloured papers and glitter glue, and Dave wrote a great descriptive poem to go with Beth's picture.

At the end of the event, we all showed each other our work and shared our creativity. It was a great day, we got to meet new people, try new things and build confidence through the arts. We are hoping to make this a regular quarterly event. If you are interested contact WECIL and we will keep you updated!

Phone: 0117 947 9911 or email: [reception@wecil.co.uk](mailto:reception@wecil.co.uk)



# Fairytale Farm: Our Story



The Prime Minister, David Cameron, opened Fairytale Farm on 21st June 2013. This was the culmination of 6 years work by my wife and I, with the help of our four children.

Fairytale Farm was based on our own experiences as parents of a child with cerebral palsy and microcephaly.

When it opened, Fairytale Farm became what we believe to be the first family farm attraction where everything is designed around the needs of children with sensory, learning and physical disabilities, but which can be enjoyed by children without disabilities too.

And importantly, visitors can just turn up and play, with no pre-booking needed.

We have a developing sensory trail (called the Enchanted Walk), an adventure playground with accessible equipment and loads of animals, with opportunities to interact with them. We also have a cafe and a small indoor play area.

**We would be happy to offer members of CPP a 15% discount to entry if they bring along a copy of your newsletter with this article in it. More details of Fairytale Farm can be found at [www.fairytalefarm.co.uk](http://www.fairytalefarm.co.uk).**



## **Do you find your home difficult to keep warm in the winter?**

Are your energy bills on the rise?

Does your loft insulation need topping up?

Does your home suffer from condensation, damp and mould?

Home energy advice is available for Bristol residents who are looking to find out how to make their homes warmer and reduce energy bills.

The Home Energy Team give free and impartial energy efficiency advice to help with things like grants for insulation, reducing fuel debt and advice on minor home improvements like draught-proofing.

If you own or privately rent your home and there is someone over 50 years of age living with you, or you are a Bristol City Council tenant, we may be able to come out and visit you to provide advice and show you how to save energy in your own home. This could include checking that your heating controls are set correctly, helping you with fuel debt or advice on reducing condensation and mould.

The Home Energy Team can also refer you to other agencies for further support such as benefit checks. They will find out if you are eligible for the Warm Home Discount, which is a £130 rebate on your electricity bill and the Priority Services Register. This is a free programme offered by energy suppliers to eligible customers, and includes conveniently located prepayment meters, regular meter readings and annual gas safety checks.

If you would like to make your home warmer and lower your fuel bills, get in touch with the Home Energy Team who can talk you through the options. They can be contacted on freephone 0800 082 2234 9am-5pm, Monday-Friday or email [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)

There are also factsheets on our home energy advice website [www.cse.org.uk/loveyourhome](http://www.cse.org.uk/loveyourhome)

**Have you heard about the**

## **Bubbahub?**

**Come along for coffee and cake!**

20 North Street  
Bedminster  
Bristol  
BS3 1HW



If you are the parent of a child with a disability or an additional need and would like to get together with others for a cake, a cuppa and a chat come along to the regular get togethers at the café –contact Juliet Blackburn for more details and the next get together date.

Contact Juliet on 01454 632340 or [Juliet.blackburn@scope.org.uk](mailto:Juliet.blackburn@scope.org.uk)

Or speak to Cathy in the CPP office for details.

## **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!