



cerebral palsy plus
listening to individuals

CPP NEWS

February 2014

The Newsletter of Cerebral Palsy Plus

Hello!

Happy New Year!

I hope 2014 will be a good year for you all.

Keep in touch with us throughout the year and we will let you know all about our activities and forthcoming events.

In this edition you can read about our AGM that was held at @Bristol (see the photo of Vicky who attended on the day).

Also meet one of our new trustees, Madeleine.

Read about Healthwatch, a new charity set up to give you a chance to have your say about health and social care issues that affect you, and how you can get involved with them.

We also feature Georgia who climbed the Eiffel Tower to raise money for Cerebral Palsy Plus.

Get in touch if you have other fundraising ideas.

We are always happy to hear from you if you have information or ideas that you would like to share with other members.

Love
Cathy

did you know?

Looking for a builder or tradesperson? MyBuilder.com helps you find builders and trades people and review feedback for work they've done. Donna, our Admin Assistant used MyBuilder recently to post a decorating job and interested decorators were able to make contact to arrange a convenient time to visit to quote. Donna's home is now decorated and she just needs to write a review.

MShed events- Experience a working crane on the dockside! – Sat 15th Feb – Sun 23rd Feb 12-5pm

Build a bird box – Tues 18th Feb 11am, 12pm, 2pm and 3pm. Sessions last 1 hour

We are still taking bookings for the free workshops on aspects of the Legal Rights of Disabled Children and Accessing statutory services for Adults. Contact the office on 0117 9655028 or e-mail office@cerebralpalsyplus.org.uk to express an interest.

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This year our newsletters have been kindly sponsored by Foot Anstey Solicitors and designed by Colourtone, Taunton so a huge thank you to them for making it happen.

AGM

At the end of November 2013 about 30 members, carers, trustees, staff and volunteers got together to attend the Cerebral Palsy Plus Annual general meeting in the fantastic setting of @Bristol down by the Harbourside.

When the business was done everyone enjoyed a buffet lunch, quizzes, picture bingo and the raffle was drawn.

Members enjoyed a slideshow highlighting the years activities.

Afterwards members were free to explore the exhibits in @bristol and attended a beautiful show in the Planetarium. Everyone who attended had a great time and enjoyed a chance to get together.

We would like to thank those who generously donated raffle prizes and also those who supported us by attending the meeting. The AGM is becoming a popular social event for CPP members and our supporters. In 2014 we will also hold it in November and we will let you know when and where as soon as we can so you can save the date!



Paralympic Games medallist offers to assist others to achieve their dreams!

My name is Niki Birrell. I was born with Cerebral Palsy and since day one I have been determined to live my life to the full! I hope my story can inspire other people to make the most out of life and achieve their own goals. As I was growing up my parents introduced me and my younger brother to the world of sailing and from that day forward my competitive spirit became reality, I always knew that I wanted to win every competition coming second was not a option . I put every spare minute into achieving my goal of becoming a successful

sportsman giving up time spent with my school friends but making new sailing friends along the way. Having Cerebral Palsy has never stopped me achieving what I wanted in life and today I stand proud, a five times sailing world champion and a Paralympic Games medallist. I hope that my achievements and my story can inspire others with Cerebral Palsy to strive to achieve their dreams. If I can help anyone you know with Cerebral Palsy realise their potential please don't hesitate to contact me at niki.birrell@hotmail.co.uk



Spotlight on Madeleine

I am one of the newest Trustees for CP Plus however I have supported CP Plus for a number of years. However prior to this I have been the Vice Chair of Governors at a local infant school as well as Secretary to the Portishead Chamber of Commerce.

My professional role is as a Clinical Negligence Solicitor for Thompsons Solicitors in Bristol. Over the last couple of years I have organised fundraising events in our office such as regular "dress down" days as well as a raffle which have raised money for the charity. I was able to secure many of the larger raffle prizes for the AGM in November 2013 which I hope many of the members enjoyed.

As well as working and being a Trustee, I am also a mother of two children, so I am kept very busy as I am sure many of you with children will appreciate! I became interested in supporting CP Plus though my interest at work but also as I have a friend whose child has cerebral palsy, who in the early days of her son's diagnosis contacted CP Plus and so I was aware of the invaluable support that is offered. I very much look forward to continuing to assist as much as I can in my role as a Trustee and relish the challenges that this will involve. I look forward to meeting as many of the members in the forthcoming months ahead.



My Big Climb

Who am I?

My name is Georgia and I am 9 years old.

Who inspired me?

First, one of my best friends, Tom, who has cerebral palsy and is very brave. Second, my Dad, who works as Head of a disability school and lots of kids there have cerebral palsy. Third is my Mum who is a fundraiser and fourth is my sister who raised money for CP Plus last year.

What I did.

I ran the Race for Life on the Downs in Bristol. This was my warm up! I then climbed up the Eiffel Tower - all 1665 steps. I raised £200, 75% of which went to CP Plus. The other 25% went to Cancer Research UK.

So thank you to everyone who sponsored me and thank you to all those people who inspired me. If you were not in my life I could not have done this.

Cerebral Palsy Plus would like to say a big "Thank you" to Georgia for all her hard work and dedication!



Georgia taking steps 1663, 1664 and 1665 at the top of the Eiffel Tower.

INTRODUCING HEALTHWATCH



Hi, my name is Morgan from Healthwatch.

Rather than giving you a huge chunk of text to read, I thought I'd ask you a few questions, which should explain who I am and what we do:

Q. Are you worried about the impact reductions to social care services are having on your life? Have you had a good experience at your GP practice recently? Maybe your pharmacy is generally good, but there's just one thing they could change to be great. Would you like to have your say about your services, but don't know who to speak to?

A. If you answered 'yes' to any of those questions, then Healthwatch has been set up to give you a chance to have your say about health and social care issues that affect you. As a registered charity, we don't work for the NHS or City Council, and are here to champion your views. We will treat anything you tell us confidentially and we will always make sure that your experiences are used to improve services in Bristol and the surrounding area.

You can call Healthwatch on: 0117 2690400

Or fill in a feedback form online:

<http://www.healthwatchbristol.co.uk/your-stories>

Q. Are you interested in playing a role in influencing how local services are managed and created?

A. We can empower you to take part in meetings at the local NHS or City Council as a Healthwatch Representative, so that you can use your experiences of local services to influence how future services work. We offer training, and pay expenses too.

If you would like to speak to me directly about this, or anything to do with Healthwatch, then you can call me on: 0117 958 9345

Or email me: info@healthwatchbristol.co.uk

Q. Are you looking for help finding something (like a club, walking group or day centre) in your local area?

A. We can help you with that too. **Call our WellAware service free of charge on 0808 808 5252 and we will help you to find what you need.**



iDID Bristol - *"discover what you can do..."*

iDID Bristol is the brand new inclusive adventure sports club offered by iDID Adventure. Adventure sports are great fun and a great way to keep active and we give you the support you need so that you can enjoy sports such as:

- Rock Climbing
- Canoeing
- Skiing

Our volunteers will make sure you get the most out of our club, helping you to achieve your full potential.

The benefits of adventure sports are vast and iDID is designed with accessibility in mind, as we believe in adventure sports for all.

Come and join us for Rock Climbing starting on Wednesday 26th February.

Sessions will run on a weekly basis from 6:30pm-8:00pm at Redpoint Climbing Centre, 40 Winterstoke Road, BS3 2NW.

Contact us at: bristol@ididadventure.co.uk

or phone: 07870 803982



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** for more details.

Also, send us your photos and top tips and you could be the star of the next newsletter!