



# cpp news



## Welcome to our latest newsletter.

It has been a great summer, with hundreds of members enjoying a range of activities we have hosted. This has ranged from meals for Adult members to our popular Sailing Day and a fabulous Multi Sport Day laid on in partnership with Access Sport. It has been lovely to meet so many of you in person and all the staff team have enjoyed meeting you.

Gympanzees was fun and we will certainly support them again in future with their pop up events.

We were very fortunate, in that, the weather held for all our fabulous days. Let's hope we can continue that pattern when we organize our next events.

We have a Young Adults evening coming up on 23rd September at the Station, Silver Street, Bristol the event will be for young people aged 16-30 years from 19.30 to 21.30 pm. It will be a chance for young adults to get together and relax, play a few games, have a few snacks, listen to music and enjoy head and hand massage.

If you are a young adult and you want to get involved check out our facebook page- Search Cerebral Palsy Plus and see what's going on.

We have been very fortunate over the summer to have had assistance in the office from member, Jasmine.

Jasmine helped us out last summer on work experience and was so efficient we jumped at the chance of having her back!

Jasmine has helped to put this newsletter together so a big "thank you" to her!

Just a reminder about some of the other services we offer- don't forget our adults Tuesday evening Friendship Club at St Annes Board Mills Club and our very popular Grant Scheme.

Also, the Hydrotherapy Swimming club on Saturday mornings in term time.

Get in touch if you want any more info about any of this on 0117 9655028 or visit our website on [www.cerebralpalsyplus.org.uk](http://www.cerebralpalsyplus.org.uk)

You can also contact us by email on [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)

Hope to speak to you soon,

**Cathy**  
X



**0117 965 5028**

✉ [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)  
 🌐 [www.cerebralpalsyplus.org.uk](http://www.cerebralpalsyplus.org.uk)  
 📘 Cerebral Palsy Plus 🐦 CPPBristol



## ACCESS2TRAVEL

Hi there,  
Welcome to Access2travel!

We are a friendly husband and wife team based in Downend, Bristol. We are a wheelchair taxi service with fully adapted vehicles capable and licensed to carry up to 6 passengers including 2 wheelchairs at any one time. We both hold up to date fully enhanced DBS certificates and are both licensed private hire drivers with South Gloucestershire council. Access2travel understand how important it is for people to access places safely and hassle free whilst remaining independent. At Access2travel we can accommodate individual requests. We offer accessible transport but not limited to Doctor's and Dentist appointments, Stay and wait services, Airport runs, Special occasions and weddings/funerals.

For more information, please visit our website [info@access2travel.co.uk](mailto:info@access2travel.co.uk) or call 01172 141414 / 07900 975920



# The Farmers Pilgrimage

Fictional serial by CPP member Graeme

## CHAPTER ONE

In the 1325s, Erwin Paxton ran a successful smallholding on the lower slopes of Stinchcombe Hill in Dursley. He had four Old Spots pigs, the same number of docile Gloucestershire cows, ten Cotswold sheep and a handful of lively chickens. With this livestock he supplied the local butcher on market day, and this was his only income. Erwin had a large family – a devoted loving wife, and six wonderful children who they both cherished.

However, little did Erwin know, a tragedy was about to invade this small tranquil area of Cotswold life. Without any warning a deadly disease crept over Gloucestershire like a black shadow, killing all his livestock. This meant that he was no longer able to supply the butcher and found it very difficult to pay his taxes and the church tithe, but more importantly, to support his family.

Malnourishment fell upon his family and his children's clothes were falling apart. The other surrounding families how were also suffering,



and Erwin thought it was a punishment from God. He decided to go and find a man called Elgood who lived in Stroud to ask him if he knew a reason why his family was punished. Elgood knew about the history of the plague, he said that Oswald hadn't given all the tithes the last census, which was why and therefore he was

## SWIMABILITY SESSIONS AT FREEWAYS HYDRO POOL

Here at Freeways hydro pool, we have recently started swimability sessions which started at the end of April.

Each child will have an initial assessment with one of our qualified physios £32 and then they have two options available to them:

- Attend the swimability group sessions with our lead physio, other children and their parents/carers for 6 x 30 minute sessions at a cost £45
- Or they can continue with 1-1 sessions with a member of our physio team for £32 for 30 minutes

# Damage (part 1 of 4)

ham J Bowman



... that it was  
... God. Erwin  
... visit his brother  
... on the outskirts of  
... if there could be  
... family was being  
... knew quite a lot  
... of the family and  
... d, a distant cousin  
... e information for  
... which was a crime  
... was imprisoned in

Berkeley Castle. Sooner or later there had to be repercussions, but why us? Erwin became very depressed for his family as he watched his children become very weak.

Because they were a religious family and attended the local parish church every Sunday, Mr. Paxton said to his wife that they must find a way out of this desperate situation and make amends with God.

*To be continued*

## NS AT POOL

launched swimability

Freeways



In addition we have also recently started offering and taking bookings for Paediatric land based physio, at a cost of £65 per hour in our newly equipped treatment room at Leigh court.

For further information please call us on 01275 376082 or e-mail [AndyBunn@freeways.org.uk](mailto:AndyBunn@freeways.org.uk)

## Did you know?

### about Scope's Research Panel...

Scope's Research Panel is a really great way of giving your insight whilst getting some money as a thank you for your time and effort.

**SCOPE**  
= Equality for disabled people

The research panel is comprised of disabled people and parents/carers of disabled children.

If you sign up, Scope's panel team will contact you to take part in research projects that range from face-to-face focus groups to phone interviews, to quick surveys and polls.

Most research we do is paid, in the form of a voucher as a thank you for your time. There are no minimum time requirements; if you don't want to take part once you've signed up you don't have to! All the research we do is completely confidential and anonymous.

If you're interested, head to <https://www.scope.org.uk/research-panel/> or to get some more information, send an email to our panel team at [researchpanel@scope.org.uk](mailto:researchpanel@scope.org.uk).



**AVON**  
FIRE & RESCUE

### REMINDER Home Fire Safety Visits!!

I've recently had a fire at home, luckily nobody was hurt but I just wanted to remind our members that Avon Fire & Rescue Service offer free home visits to do a fire safety assessment.

Contact us via email  
[office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)  
or by phoning **01179655028** and we can send you a form and prepaid envelope.

*I know I'll be booking one  
very soon.  
Donna x*

# Ian's CP Plus 53km Charity Ride

## Part 2

On the morning of the cycle ride, I was feeling excited, nervous and worried.

After work, 20 Rolls Royce riders met for the final RR Bristol group event of the year. It was a dry, warm and slightly overcast autumn day. This was my first group cycle, and we started the journey on the Bristol to Bath cycle path.

Safety was the key and riding on the cycle path I felt safe. The ride took us through Little Stoke, Parkway railway station through Hambrook where we joined the cycle path from UWE. Next, we cycled through Downend, Emersons Green and Mangotsfield railway station prior to reaching Warmley railway station. After a break, I, being one of the slower cyclists, started off again to cycle a further 2km into Bath, which marked the halfway point.

By this time, the light was fading and I was pleased to hear that I was cycling 10 to 11 miles per hour. It was also great to get some exercise in the country air. Then, we cycled through Bitton railway station and then from Warmley to Bristol. We arrived back at RR at around 8:15pm.

Organising this event with the involvement of the Rolls Royce Apprentice Association and BUG cycling group made me feel inclusive – like there are no barriers to cycling. I also appreciated the support from my workmates whilst fundraising for a well deserving Bristol charity, CPP.

This event has given me the confidence and self-belief that I can cycle long distances, as well as showing me that there are benefits to cycling no matter your ability.

Finally, I must thank Andy Underwood from Warmley Wheelers who kindly donated the Freedom tricycle for this event.



**Don't forget...** We're always here to help and love to hear from you.

Contact the office on **0117 9655028** or **office@cerebralpalsyplus.org.uk** for information, advice and details of our 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!



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