

in this issue



cpp news

October 2015

Hello!

Cerebral Palsy Plus has had a fantastic summer and it was lovely to see so many members at our summer events and meet new friends.

The Sailing Day was the best ever, with over 100 people turning up to try their hand at accessible sailing and boating. It was made possible by the fantastic volunteers at the All Aboard Centre on Baltic Wharf and the other volunteers who came to help out. The sun shone and we all had a brilliant day out! If you haven't tried one of our popular Sailing Days yet I would urge you to put your name down when we run it next as there is something for everyone.

Later in the holidays we also visited the Mendip Outdoor Activity Centre and tried our hand at Archery and Shooting. The weather was not so kind that day and it rained non-stop but we all had a great day and the staff were fantastic and made the day fun!

Again, thanks to the volunteers who came along to help and

made things run smoothly.

The Tuesday Evening Club for adult members also had their annual trip to Weston-super-Mare and enjoyed a lovely day out at the seaside with a fish and chip lunch.

In addition to that, CPP had a stall at the Vassall Centre Open Day and it was nice to see members on the day visiting the stalls, playing the games and enjoying the barbecue.

So you can see, it has been busy and we have more events ahead!

Get in touch if you have ideas about trips you would like to see us organise and arrange in the future as we are always looking for new ideas.

Cathy
X



Abbie enjoying a ride in a dinghy, and Leonie trying her hand at archery

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

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



THE ROTARY CLUB OF CLIFTON

2016 CHARITY SWIMMATHON

Do you want to swim for Cerebral Palsy Plus?



Clifton Rotary Club hosts a Charity Swimmathon each year and this academic year's event is on 6th March 2016. The event is well supported by schools and other groups and provides an ideal opportunity to raise funds for your chosen charity/school project or for Rotary charities.

Clifton Rotary Club provides the swimming pool and qualified lifeguards and you are warmly invited to come along and swim to raise funds. There are no costs to you so all funds raised go directly to the chosen charities/projects.

Teams of swimmers (number up to you but usually between four and eight) swim for an hour and team members encourage people to sponsor the team per length or for some total amount. A variety of teams take part annually, including schools (pupil and staff teams), charities, work colleagues, groups of friends etc.

The following documents are on Cerebral Palsy Plus's website:

- An entry form - requesting details of your team
- A sample sponsorship form (the required number of forms and further details will be sent on receipt of your entry form)

Entry forms to be emailed to arichards5@hotmail.com by 1st November.

This is a wonderful opportunity to raise funds, improve your fitness and enjoy the marvellous spirit of camaraderie that such an event encourages.

We would be delighted if you could support Cerebral Palsy Plus with this event.

Please contact us on **01179 655 028** or email **office@cerebralpalsyplus.org.uk** if you are interested in swimming for us at this event.

Did you see Blue Badge Company on Dragons' Den?



Four years ago Ellen Green sat in a friend's bedroom contemplating an uncertain future.

She had just been made redundant from a glamorous and well-paid job in the music industry and was unsure of her next move.

So, to pass some time Ellen began helping her friend Camilla, a Blue Badge holder, to hand stitch a series of stylish wallets specially designed to hold disabled parking permits, for a new company.

Now, Ellen is sole director of the fast growing Blue Badge Company and one of the country's most dynamic young female entrepreneurs with a string of awards to her name.



DRAGONS' DEN

Under her

leadership, Blue Badge Company has sold more than 100,000 of its wallets across the UK and extended its range to include walking stick bags, lap trays and wheat warmers.

Ellen's big break came when a Boots buyer

...business has a responsibility to be good for society...

spotted the Blue Badge Company stand at a trade exhibition. They have since signed deals with the Post Office, Halfords and will soon be stocking in other major retailers.

Despite the company's huge expansion, their products remain entirely British made. Nearly half of the Blue Badge Company workforce either has a disability or is a

primary care giver.

Ellen said: "Providing work for those that find it more difficult to access employment has a significant impact on personal confidence and team moral.

"Blue Badge Company are helping remove the barriers to work that disabled people face and increases understanding of disability.

"One thing that has always driven me is the idea that business has a responsibility to be good for society and I've discovered that a rewarding, sustainable job can change someone's life – I've seen it first hand and it's the part of my company that we are all most proud of."

Cerebral Palsy Plus members can get 20% off all Blue Badge Company products, using discount code CPP20. Order online or call:

www.bluebadgecompany.co.uk
0117 923 2594

Ellen Green, director, Blue Badge Company

Introducing member Katie Mobbs



A bit about our firm

As you might already be aware, Foot Anstey is based primarily in the South West of England. Whilst we are committed to serving our local area, we also have a range of national and international clients who come to us for assistance with everything from corporate and commercial business deals, to clinical negligence claims and in particular Birth Injury claims.

I work with solicitors who specialise in the Court of Protection. The Court

of Protection is a specialist court which aims to help those who, due to illness or disability struggle to make independent decisions about a range of issues, such as where they live and who they have contact with. This work can be challenging but is also extremely rewarding because in many cases our involvement means that people are given a 'voice' and a chance to have an input into the next stage of their lives.

Watch out for Part 2 of my article in the next newsletter.

If you are interested in Katie and her work and want to know more, please contact Cathy or Donna in the office and they will put you in touch.



Hello my name is Katie Mobbs and I work as a Paralegal at Foot Anstey Solicitors in Bristol. I have Cerebral Palsy and for me this means that I need to use a wheelchair to get around. I'm very excited about getting involved in CP Plus and so I was thrilled when Cathy asked me to write a little about my role at Foot Anstey, and hopefully share with you some useful tips from my experience of working life so far!

Did you know?

that this year's World CP Day is Wednesday 7th October...

We will be having a stall in the Vassall Centre with information and selling a few things.

Let us know how you'll be celebrating the day, and we can put your picture in the next newsletter!

If you want to know more about World CP Day, visit <https://worldcpday.org>

Pictured: Cathy and Donna on World CP Day 2014



about CPP factsheets...

- SDR surgery
 - The Care Act 2014
 - Cerebral Visual Impairment (CVI)
 - Accessing legal advice for you and your child
- Factsheets on all these topics are available from the office.

TRUSTEES WANTED

Cerebral Palsy Plus needs your help!

We need trustees to help us continue to provide our services.

We are seeking new management committee members, particularly a person with voluntary sector experience who may be interested in eventually assuming the role of Chair to take the charity into the next stage of its service delivery.

How to apply

Please contact Cathy at Cerebral Palsy Plus either by email or by telephone on **0117 9655028** for an initial discussion. Further documents about Cerebral Palsy Plus are available on request.

If you are interested, we will then ask you to submit an *Expression of Interest* and have an informal discussion with our current Chair.



Tomcat trike for sale



Suit a child from 6 to 8 years, depending on their height.

It is in good condition with callipers and back handle/brake so parent can assist pushing.

Selling for £800, with 10% of proceeds going to CPP.

Please contact Cathy or Donna in the office for more details.

0117 9655028

office@cerebralpalsyplus.org.uk

Disclaimer: Cerebral Palsy Plus takes no responsibility for any items or equipment or services posted on the website, distributed through our email list or covered in our newsletter. We are not able to attest for their quality, legitimacy or suitability in any way.

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

A huge thank you to Foot Anstey Solicitors for sponsoring our newsletters, and Colourtone (Taunton) for the design and print.

