



Cerebral Palsy Sport
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Supporting people with cerebral palsy to reach their sporting potential!

Issue #8

Sports Development Newsletter

Hello and welcome to the first edition of the Cerebral Palsy Sport Newsletter for 2016. This newsletter will be looking at updates from all the Cerebral Palsy Sport Programmes and information on upcoming events.



Athletics

[Athletics Series & National Championships](#)

Come and compete at our Athletics Series in 2016. You can aim to beat your personal best or race head to head with other athletes. We are pleased to announce the date for the 2016 Athletics Series:

4th/5th June 2016 - Stoke Mandeville
25th June 2016 - Doncaster

13th/14th August 2016 - Stoke Mandeville
28th August 2016 - Gateshead

24th September 2016 - National Championships - Nottingham

To find out more information [click here](#)

Upcoming Events

Athletics Training Day - Saturday 6th February.
Athletics Start Day - Saturday 6th February & Saturday 27th February.
Race Running Taster Day - Saturday 6th February & Saturday 5th March.

For more information about upcoming events [click here](#).





Bowls

BowlStart Events

Cerebral Palsy Sport started the year with a BowlStart event in Herefordshire. On 15th January, Leominster & District Indoor Bowling Club played host to the event.

This event took a slightly different approach to previous events with the focus being on the development of the clubs coaches. The day concentrated on providing coaches with the skills they need to create bowls sessions that would be suitable for disabled bowler.

To find out more about the Herefordshire BowlStart, please [click here](#).

For more information about the upcoming events, please [click here](#).

Football

Clubs and Sessions

If you have cerebral palsy and love to play football, come and take part in regular CP specific sessions in your local area. [Click here](#) for further information on the regular sessions available.



Frame Football

Cerebral Palsy Sport have designed, developed and trialled Frame Football with lots of feedback from coaches, equipment specialists, physiotherapists, parents and the players themselves to create a truly player centred football opportunity.

Through our Frame Football Development Group, Cerebral Palsy Sport aim to give frame users opportunities to play a new, fun, safe and sustainable format of the beautiful game.

National Cerebral Palsy Football League

In February, the third set of fixtures for the 2015/16 season will be hosted by Disability4Sport (South Conference) and Cerebral Palsy Sport (North Conference). To find your nearest club [click here](#).



Swimming

Cerebral Palsy Sport have an exciting year coming up in the pool in 2016.

The Cerebral Palsy Sport National Swimming Championships will take place on 3rd April 2016 at the brand new 50m swimming pool at the Harvey Hadden Sports Village in Nottingham. For more details and how to enter, please [click here](#).

Development Galas will also be taking place on 30th April in Hull and in Sheffield on 25th June. Entries are now open. For more details about the Development Galas,

please [click here](#) or contact our Swimming Development Officer, Sarah at sarah.livesey@cpsport.org.

For more information about the Development Galas and our other swimming events please [click here](#).

Table Cricket

December was an exciting month with the National Table Cricket Finals taking place at Trent Bridge. 6 teams battled it out to become national champions with Portland College emerging victorious in the end. Thank you to all our volunteers who supported the event. The day was a great experience for all involved and we look forward to this years championship. To find out more about the day [click here](#)



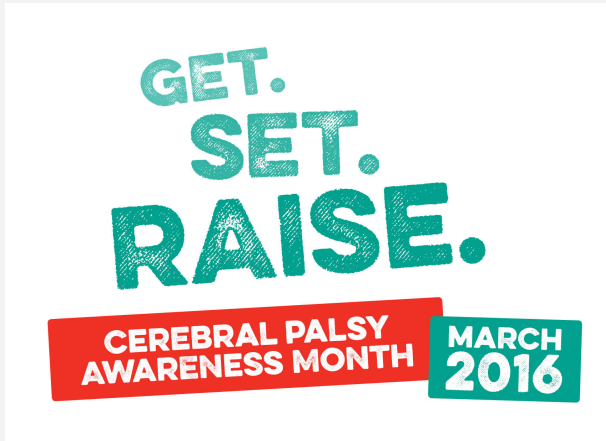
Come and see us...

On Thursday 10th March, Cerebral Palsy Sport will have a stand at the Kidz to Adultz in the Middle Exhibition at the Ricoh Arena in Coventry.

Kidz to Adultz in the Middle is one of the largest FREE exhibitions in the UK and is dedicated to people with disabilities and special needs, as well as their families and the professionals that work with them. For more information [click here](#).

Support our new appeal for Cerebral Palsy Awareness Month

March is Cerebral Palsy Awareness Month and we are organising our own fundraising campaign. We really hope you will be a part of it! The Get. Set. Raise. Appeal is aiming to raise £10,000 for our sports programmes to provide more opportunities for people with cerebral palsy to take part in sport.



There are lots of ways you can get involved, [take a look at our website where you can download the fundraising pack along with other tools to help get you started.](#)

We'd love to hear your stories

Throughout the campaign we want to share your stories about how sport has made an impact to you and your family and your experiences with CP Sport. If you'd like to share your story please email Claire at cherrick@cpsport.org

News from our Partners

LimbPower

LimbPower, the national charity for amputees and people with limb impairments has launched a new sport and physical activity survey. The results will be used to help encourage more people with limb impairments to take part in sport and physical activities at all levels.

To complete the LimbPower sport and physical activity survey please [click here](#).

Sailing

Frampton on Severn Sailing Club, South Gloucester have sailing opportunities for people with disabilities. From Saturday 23rd April until 1st October the club's Sailability group will run with access to a variety of boats. The sessions will take place Saturday mornings on the 40 Gravel Pit Lake.

For more information visit www.fossc.org.uk or call David Greenfield on 01452 740126.

Disability Bowls England

Disability Bowls England are holding a taster session on Sunday 28th February, for anyone with a physical or sensory disability wishing to try their hand at bowls. The event will be coupled with a members training day and match so that new comers can experience disability competition first hand and speak with other players with similar impairments.

For more information please contact Margaret Smith on 0115 940 4609 or email: maggynet2@yahoo.com.

Swimming

The ASA, in partnership with Cerebral Palsy Sport and City of Bristol Aquatics are holding a Disability 'come and try' taster session on Sunday 13th March at Holfield Leisure centre in Bristol.

To book your place or for more information please call Louise Johnson on 07947 296466.

Queen Elizabeth Foundation for Disabled People

Queen Elizabeth Foundation for Disabled People are holding an Equipment Fair on Friday 4th March at QEF Mobility Services Centre in Carshalton. A range of training sessions and free assessments are available on the day for more information call 020 8770 1151 or email mobility@qef.org.uk.

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