Greetings!

Happy New Year and welcome to your monthly update from the Sports Development team at Cerebral Palsy Sport.

Our 2019 Sport Development programme consists of 40 events and activities that will provide opportunities for children and young people to access sport, often for the first time who can then continue to participate on a regular basis. To find out more about what events we have planned please click here.

Coming up in March is Cerebral Palsy Awareness month. To help support our important programmes we are encouraging people to take part in our fundraising campaign #CPCan. For more information on how you can get involved visit here.

We have now launched our new Instagram page cp_sport18 and you can follow us here.

We hope to see you at one of our events in 2019!

Swimming

Cerebral Palsy Sport
Swimming dates 2019

Winchester Development Gala – 23rd February
National Swimming Championships – 7th April
Liverpool Development Gala - 5th May
Sheffield Development Gala – 14th July
Worcester Development Gala – 19th October
Winchester Development Gala - 23rd February 2019

To be held at King’s School, Romsey Road, Winchester. For children and adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome, floatation aids or a helper in the water are allowed.

Enter here

National Swimming Championships - 7th April 2019

To be held at Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham.

Enter here

Athletics

Cerebral Palsy Sport Athletics Series 2019

St Albans – 13th April
Winchester – 11th May
York – 15th June
Derby – 10th August

National Athletics Championships
Doncaster – 21st September

Enter now

SportStart

SportStart Day Eastleigh - 3rd February 2019

Taking place at Toynbee School, Chandler’s Ford SO53 2PL. A fun multisport day for children and adults with Cerebral Palsy and other physical impairments to come along and try
new sports as well as meet coaches from local clubs.

**Football**

The Cerebral Palsy Sport National Cup takes place on Saturday 23rd February at The University of Nottingham, with the winning team confirming their place at the FA Disability Cup.

The National Cup is a build up to The FA Disability Cup taking place on the 15th – 16th June at St Georges Park.

Keep an eye out for the opportunity to win tickets to go and watch!

**High Support Needs Survey**

We are seeking to gather further information following a survey earlier this year about high dependency needs. If you have high support needs when participating in sport we would like to hear from you please.

**#MyStory**

Thank you to Tyrone and Andy for sharing their cp sporting journeys. Read their stories by clicking on the links below. If you would like to share your story email us here.
Partnership news

Gymnastics - new disability session

Following on from the Physical Disabilities Gymnastics sessions that Cerebral Palsy Sport and Limbpower delivered in partnership with Nottingham Gymnastics Academy we are pleased to announce that there will be monthly sessions taking place this year. These sessions will be held at Sixways community centre, NG8 6GD and delivered by level 2 coaches.

Sunday 27th January 3-5pm
Sunday 24th February 3-5pm
Sunday 24th March 3-5pm
Sunday 28th April 3-5pm

£5 per child
£4 per sibling

You do not need to book on you can just turn up. For more information contact: nottinghamcitygymnastics@gmail.com

Football - England Talent Day

For players aged 7-11 and 12-16.
Tuesday 12th February at the Aston Villa Academy Building.
For further details contact Nigel Macrow on 0121 326 1516
email: nigel.macrow@avfc.co.uk

CPD Courses

Cerebral Palsy and Sport Awareness Workshop The session will provide knowledge and understanding of what Cerebral
Palsy is, the opportunities within disability sport and given guidance and advice to those who lead sport and physical activity.

This course will cover:

- What is cerebral palsy?
- What are the barriers for people with cerebral palsy when accessing sport?
- Adapting sport to suit those with cerebral palsy
- Safety considerations when supporting people with cerebral palsy in sport
- How to promote sport to people with cerebral palsy
- Different pathways and opportunities available with Cerebral Palsy Sport

**Course information**

**Resources**

Cerebral Palsy Sport has a range of resources to help professionals, coaches, PE staff and parents learn more about what cerebral palsy is and what is involves.

You can purchase the following resources from our online shop

- **Swimstart DVD - £10**
- **An Introduction to RaceRunning - £6**
- **Frame Football – A new way to play the beautiful game - £6**

All prices above include VAT and delivery and we offer 10% discount to organisational members.

**Membership**

**Members Survey - we want to hear from you!**

If you haven't already, please take a few minutes to complete our 2018/2019 members survey. This survey has been sent to all of our affiliate and paid membership. It's important for us to hear your views so that we can continually review our membership offer.

Thank you for your time, your views are important to us! Please complete the survey before 14th January 2019.

[Take the survey here](#)

We have several Cerebral Palsy Sport membership opportunities. Please choose the right membership package to suit you, your family or your role within sport:
Boccia Ball offer

New Standard balls are a more affordable alternative to Handi Life Sport's Superior Boccia Sets. Ideal for schools, clubs, care homes and players new to the game. They meet BisFED's (Boccia International Sport Federation) international competition standards and are available in a medium hardness 12 panel ball. Handsewn of PU leather, these balls come in a red nylon drawstring duffle bag and have a referee paddle included.

Price per set: £170 inclusive of VAT and delivery.

Order here

Organisation Members

Our Funders