Hello!

Welcome to your newsletter update from the Sports Development team at Cerebral Palsy Sport.

We’re coming to the end of our 15th anniversary year celebrations. Thank you to all those who attended our events this year and have been sharing feedback. We’ve met so many new faces and it’s great to see more clubs and participants right across the country.

This weekend we hosted a very popular swimming development gala in Manchester and Table Cricket finals in Birmingham. It was also fantastic to be part of the Kidz to Adultz North exhibition in Manchester recently, the biggest event yet.

We hit our Big Give December fundraising target of £18,500 - to help fund our innovative and inclusive SportStart programme.

Enjoy catch up on all our sports news!

Help us support children, young people and adults with cerebral palsy reach their sporting potential.

Cerebral Palsy Sport website
Event report:
Manchester Swimming Development Gala
This fully booked up event was held on Saturday 3rd December at the Manchester Aquatics Centre. 28 participants entered. Read the full report here and photo gallery here

Upcoming events:
Para - swimming taster session (organised by club & ASA)
Sunday 22nd January at Waterlooville Leisure Centre, Hants PO7 7UW. Para-Swimming Talent Identification session, for swimmers confident in the water.
Contact: secretary@handwsc.co.uk

Winchester Development Gala
Saturday 28th January 2017 at St Swithun’s School, Winchester. For children or adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome. Free entry. Registration required, closing date Friday 13th January 2017. Sign up here.

National Swimming Championships 2017
Sunday 26th March 2017. For the second year the event will take place at Harvey Hadden Sports Village, Nottingham. Entries now open.

If you are interested in volunteering at our swimming events please contact: sarah.livesey@cpsport.org

Coaching resource: SwimStart DVD £10 inclusive of VAT and delivery. Order through our shop here

If you would like to get in touch with us about swimming please email us at swimming@cpsport.org

Football

Upcoming events:
Adapted Sports Taster Session- RaceRunning and Frame Football
Saturday 28th January 2017. CP Sport are working with CP Teens and Sheffield FA to host a taster session at the English Institute of Sport, Sheffield. This opportunity is for current and new participants to come and "have a go" at either OR both adapted sports. For age 5 to

Floatsation®
A unique matrix of balls giving total support and independence in water visit http://www.floatsation.com
We are working with a number of clubs to develop programmes in more areas. If you are interested as a club or participant please contact our National Football Development Officer, Sam Turner.
Telephone: 0115 925 7027 Email: sam.turner@cpsport.org

Coaching resource:
'Frame Football - A new way to play the Beautiful Game' costs £6 (including VAT) plus postage and packaging. Order through our shop here

Athletics

*Details for the Athletics Series 2017 soon, keep checking our events page*

Upcoming event:
Adapted Sports Taster Session- RaceRunning and Frame Football
Saturday 28th January 2017. This opportunity is for current and new participants to come and "have a go" at either OR both adapted sports. For age 5 to adults. Cost: £5 for full CP Sport or CP Teens UK members or £7.50 non-members. Please note, entry fee covers either or both sports. Enter here

Seated throw training
The British Wheelchair Athletics Association are offering winter training during the off-season to seated throwers who are in training.
Contact Rachel.ward@cpsport.org for further information

Supporting our RaceRunning, Swimming and Table Cricket programmes

If you know someone who might be interested in reading our newsletter, please share the fun and click below!

Find out more about the wide variety of sports you could try at
www.cpsport.org

Supporting our RaceRunning and Swimming programmes

Supporting our RaceRunning, Swimming, and Table Cricket programmes
Coaching resource:
‘An Introduction to RaceRunning’
£6 (including VAT) plus postage and packaging. Order through our shop here.

If you would like to get in touch with us about Athletics please email us at athletics@cpsport.org

Table Cricket

National Finals
7 teams took part in our Table Cricket National finals at Edgbaston Cricket Ground on Sunday 4th December. You can see all the photos here.

Performance Hub
We had another successful performance hub at Portland college, NG18 4TJ on Sunday 27th November. Thank you to all those who attended. We are pleased to confirm we will run the event again next year. Watch this space for more details.

For further information please contact: rachel.ward@cpsport.org

Superhero tri charity

Supporting our Junior Sportstart programme

Donate £10 to CP Sport
Text CPSP15 10 to: 70070
Play, Participate. Enjoy

Keep in touch!

Supporting our sports programmes in the North West

Fundraising opportunities!

Fancy running the Brighton
We are proud to announce we are an official charity partner of the Superhero tri event coming up in 2017.

The Superhero Series is the UK’s one and only disability sports series for the everyday Superhero and their family & friends. Cerebral Palsy Sport is an official charity partner and so you can take part, have fun and raise funds for us at the same time.

This exciting event will take place on the 19th August 2017 at Dorney Lake, Windsor (the London 2012 Olympic and Paralympic Games rowing Venue).

Find out how you can join us [here](#)

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**My Story - Abraham**

Read the latest in our series 'My Story'. Finding out and trying RaceRunning has helped Abraham in so many ways, physically and psychologically. He's an extract, and if you want to read the whole story please click [here](#)

"His legs have straightened and strengthened with the running he's been doing. After training he aches afterwards and can't walk to the car but watching him each week even three months on makes my heart melt and eyes water. He recently went to the race runner training camp. Although the youngest there he worked hard and took the chance to ask lots of questions and interact with others the same as him. The benefits are unbelievable. He's grown in confidence, is less frustrated, works hard on his physio and OT and is making huge progress at school. The players in July told us that sport will heal his heart and mind, I should never have doubted them."

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**Membership update**

We offer automatic affiliate membership to everyone who receives this FREE regular emailed newsletter. As a recipient of this newsletter this means you will become an automatic affiliate member, unless you chose to opt out by unsubscribing. There is no cost for this type of membership!

If you are already a full member of CP Sport (paid member) and need to renew or want to become a full member and receive exclusive benefits including discounted entry fees for our events and AGM voting rights click [here](#)

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**Need to purchase Boccia balls or equipment for Christmas?**

Check our online store and order by 13th December for guaranteed delivery before Christmas

**CP Sport store**

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**Marathon...or another running event?**

We have a number of fundraising opportunities coming up. Find out [more](#).
If you have a story of your sporting journey to share please contact us: info@cpsport.org

This December we have introduced a new Life Membership category.

Cerebral Palsy Sport have long recognised support for the charity through Honorary membership and Awards. A new Life membership will be available to anyone who has had 15 consecutive years of full membership (starting from December 2016) who want to take the opportunity to convert to becoming a Life member. For further detail of this new category please click here.

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CPD COURSE
Cerebral Palsy and Sport Awareness Workshop

The Cerebral Palsy and Sport Awareness Workshop 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.
Cost: £30 per person. Ideal for coaches and teachers.

Dates:
- 22nd February 17
- 17th May 17
- 27th September 17

Venue: CP Sport, Nottingham
Time: 6pm-9pm
To book your place or find out further information, please contact: info@cpsport.org or telephone us on 0115 925 7027

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We love to hear your stories so please do get in touch if you want to share your sporting experiences as a participant, parent, volunteer or coach.

Don't forget to register for our January events now! For our list of events please click here.

Best seasonal wishes from us all at Cerebral Palsy Sport!

Cerebral Palsy Sport Team
E: info@cpsport.org
T: 0115 925 7027
W: www.cpsport.org
Donate £10 to CP Sport this December
Text CPSP15 10 to 70070

Play. Participate. Enjoy