

Here is the latest news from Cerebral Palsy Sport. You are receiving this email because you have kindly expressed an interest in Cerebral Palsy Sport. Don't forget to add info@cpsport.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



December 2016

Sports Development Newsletter # 15

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 its 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 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](#)

FREETHS SOLICITORS

Supporting our sports
programmes in Nottingham

Swimming

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



ST. JAMES'S PLACE
WEALTH MANAGEMENT

Supporting our
Athletics
programme



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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](#)



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





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

Supporting our Junior Sportstart programme



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

Keep in touch!



Supporting our sports programmes in the North West



Fundraising opportunities!

Fancy running the Brighton

Superhero tri charity

partner



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](#)

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.'

Marathon...or another running event? We have a number of fundraising opportunities coming up. Find out [more](#).

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](#)



Image: Handilife Sport

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](#)



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](#)

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

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

