Hello!

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

March is CP Awareness month. We have some great fundraising support going on through our Get.Set.Raise. campaign, and there is still time to get involved. Find out more here.

We're using #CPAwareness across our social media in March so please do share, like and retweet!

We also have lots of new events in the diary to share with you, so please take a look and sign up!

Athletics

Upcoming events:
RaceRunning Taster Session- Dartford

10th April 2017 9:00 am - 12:00 pm. Dartford Harriers
Athletic Club, Dartford, Kent DA1 1JP. Cerebral Palsy Sport are working with Quest 88 and Kent Community Health NHS Foundation Trust to put on a RaceRunning Taster during the Easter Holidays. This opportunity is for current OR new participants to "have a go". We will be at the track from 9am-12 noon, so please feel free to stay for the whole session or just drop by, whatever suits you. Cost: £5 per participant. **Booking required.**

**RaceRunning at Leisure and Taster Day**
12th April 2017 10.00am - 3.00pm Cerebral Palsy Sport and Quest 88 are supporting Lewisham Paediatric Physiotherapy team in their " Local leisure and Sports Taster day". More details [here](#).
National Athletics Championships 2017
Saturday 23rd September 2017. Harvey Hadden Sport Complex, Nottingham, NG8 4PB. Closing date for entries: Friday 1st September 2017. Enter here.

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

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

Football

The FA Disability Cup 2017:
The CP Sport National Cerebral Palsy Football League consists of a north conference and a south conference, with a total of nine adult teams for the 2016-17 season. The teams take part in regional central-venue fixtures through the year and then teams from both conferences come together for the National Cup competition in April. The winners of the north and south conferences qualify to play at St. George’s Park as part of The FA Disability Cup Finals day. Find out more about the league here.

Regional Football:
Opportunities can be found here

Coaching resource:
‘Frame Football  - A new way to play the Beautiful Game’ £5 plus £1 postage and packaging (includes VAT). Order through our shop here
For further information and support about Frame Football
Swimming

Upcoming events:
National Swimming Championships 2017
Will be taking place Sunday 26th March 2017. At Harvey Hadden Sports Village, Nottingham. Entries are now closed. Spectators are welcome and it's free to park. Great raffle prizes on offer! For venue details and timings, please click here.

Worcester SplashStart

South Wales Development Gala
Saturday 15th April 2017. Merthyr Tydfil Leisure Centre, CF48 1UT. For children or adults with CP or other physical disability. All abilities, fun introduction to competition. Booking required.

Hampshire SwimStart session and CPD
Sunday 11th June 2017 at Flemming Park Leisure Centre, Eastleigh, SO50 9NL. Movement in water workshop for teachers, physios, parents, supporters. £20. Followed by free SwimStart session for children with CP. More details and registration here.

Worcester Development Gala
Saturday 30th September 2017. Perdiswell Leisure Centre, Worcester WR3 8DX. For children or adults with CP or other physical disability. All abilities, fun introduction to competition. Booking required.

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

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 give guidance and advice to those who lead sport and physical activity.

Cost: £30 per person. Ideal for coaches and teachers.

Dates available: 17th May 2017, 27th September 2017

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 if you would like to host a workshop please contact: Lisa.morton-smith@cpsport.org for full cost details.

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.

We hope to see you at a Cerebral Palsy Sport event this year!

Best wishes from us all at Cerebral Palsy Sport!

Why not take part in a fundraising run in 2017?

Your support makes a difference to the lives of people with cerebral palsy through sport

Get.Set.Raise

March 2017

Cerebral Palsy Awareness Month

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