Hello!

Welcome to your Sports Newsletter from the Sports Development Team at Cerebral Palsy Sport.

We hope you have had a great summer and have been getting active with your families! The Together We Will campaign continues, and has plenty of tips to becoming more healthy, active and stronger. Find out more.

We're looking forward to getting inspired by the Paralympics - the Opening Ceremony is tonight from 9pm on C4 - and we are proud to have three Cerebral Palsy Sport Ambassadors taking part. Graeme Ballard, Sam Ruddock and Stephen Miller MBE.

We've had fantastic participation in our events recently including at Gateshead International Stadium in the Athletics Series at the end of August. There are still plenty more to come this year so keep reading to find out more!

Football

Frame Football resource launch

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

http://www.cpsport.org/

#TogetherWeWill

Find out more about this campaign aimed at getting more disabled people active
On 11th August Cerebral Palsy Sport launched the Frame Football resource ‘A new way to play the beautiful game’ at St Georges Park in Burton on Trent, the training base for the England football team and the GB Paralympic football team.

The resource has been created by Cerebral Palsy Sport and the Football Association to support clubs and coaches to understand Frame Football and the basics of getting started. It has been supported by Sport England, the Association of Paediatric Chartered Physiotherapists (APCP), DM Orthotics and Quest 88.

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

Upcoming events:

**Suffolk Football KickStart - Ambulant CP Football and Frame Football**
25th September 2016. Bury St Edmunds. Ages: 5-16 years, all abilities. Price: £5.00 Full members, £7.50 Non-members. Must book in advance by 16th September 2016. Further details of the event can be found here

**Essex Football Kick-Off - Ambulant CP Football and Frame Football**
16th October 2016. Romford. Ages: 5-16 years, all abilities. This event aims to bring together individuals, groups or local hubs of CP football to take part in small-sided games. Price: £5.00 Full members, £7.50 Non-members. Must book in advance by 7th October 2016. Further details of the event can be found here

**Find a club**
Cerebral Palsy Sport’s CP Football KickStart programme continues to support more clubs to develop football opportunities in both CP Football and Frame Football. To find your nearest club please click here

If you'd like to know more about CP Football, then please email us at football@cpsport.org

---

**Athletics**

**Athletics Series 2016**
Congratulations to everyone who took part in the track and

---

**St. James's Place Wealth Management**

Supporting our Athletics programme
field events on Sunday 28th August 2016 at Gateshead International Stadium. The results are available to view here and we have added a gallery of photos to our Facebook page.

**Upcoming events:**

**Cerebral Palsy Sport Athletics Championships**
**Saturday 24th September 2016**
Harvey Hadden Sports Complex, Nottingham, NG8 4PB. Entries now closed but spectators welcome. Details [here](#).

**Oldham & Royton Harriers RaceRunning Taster day**
**Saturday 15th October**
Cerebral Palsy Sport and Quest 88 are supporting Oldham & Royton Harriers in their RaceRunning launch. We are holding a taster session, so come and have a go! For school year 3+ 10am - 1pm. Details [here](#).

**Training Camp**
**Sunday 30th October 2016**
Harvey Hadden Sports Complex, Nottingham, NG8 4PB. For ages 9+ and in regular training. Closing date 14th October. £25 for full members, £30 non-members. More information [here](#).

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

---

**Table Cricket**

**Upcoming events:**

**National Finals - Enter Now**
Do you play table cricket and want to see if you can beat the best at the Cerebral Palsy Sport National Finals Day at Edgbaston? Click [here](#) for more information.

**Try Table Cricket**
Do you play Table Cricket at school or in your community and want to meet more people with the same interest. We run a performance hub at Portland college, NG18 4TJ. The next session is on Sunday 27th November. For more information please click [here](#)

---

Supporting our RaceRunning, Swimming and Table Cricket programmes

#MyStory

As part of our Engagement project we are featuring stories from our members about their CP Sport journey. This month read all about

Muninder Singh Hayer - My Story

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
Upcoming events:

Nottingham Development Gala
**Saturday 8th October 2016** Entries are still open until 23rd September for the Nottingham Development Gala which will take place at the Harvey Hadden Sports Complex. Sign up [here](#).

Training Camp
**Sunday 30th October 2016** at Harvey Hadden Sports Complex, Nottingham, NG8 4PB. For age 9+ in regular training. Closing date 14th October. Expert coaches include **Ryan Crouch**, who will be swimming in the Paralympic Games in Rio. £25 for full members, £30 non-members. More information [here](#).

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. More information on entries will be available soon.
Partnership News

Nottingham County Sport Partnership - The Volunteer Impact Project
Nottinghamshire is calling on clubs and volunteers to be part of a new project that will provide them with free training and increase the number of disabled people volunteering in Nottinghamshire. Find out more [here](#).

British Rowing are putting on a Para-Rowing Party on Sunday 2nd October 2016 at 3 venues around the country: Nottingham Watersports Centre, Docklands and Crosby Lakeside. Its set to be an exciting and fun event both on and off the water to celebrate Para-Rowing and introduce a large number of new participants to the sport and its free. For further information about the see [here](#).

The first National Boccia Day will take place on Saturday 17th September. Boccia fests will be taking place all over England. Email [info@bocciaengland.org.uk](mailto:info@bocciaengland.org.uk) for further information.

Young Sporting Ambassadors

Interested in volunteering or fundraising for CP Sport?

Volunteers contribute invaluable time and energy to support us achieve our vision and we could not do it without them. You can get also involved with fundraising events,
Frame Football player Jamie Westerman is the latest to join our Young Sporting Ambassador programme. Jamie attended our Frame Football resource launch and is looking forward to using his role to encourage more people to try the sport. Read about Jamie and the programme here.

Young Sporting Ambassador Ellie Simpson has been making a series of interviews for Exyo. Catch up with them here! Ellie talks about her experience of getting into RaceRunning as well as living life with cerebral palsy and going to university...

Good luck to our Ambassadors who are representing GB at the Rio 2016 Paralympics...

Sam Ruddock, Graeme Ballard and Stephen Miller MBE

That's all for now, but don't worry we'll keep you up to date on our social media!

We love to hear your stories so please do get in touch if you want to share your sporting experiences.

Enjoy watching the Paralympic Games if you are a fan!

Best wishes from us all at Cerebral Palsy Sport.

Look out for special deals on Boccia equipment on our website!

Membership

We are offering 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 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 please click here.