Greetings!

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

We hope you are enjoying the spring weather and Easter break. It's an ideal time to get out and be active. We've been busy at events over the past month, you can read more about those below. If you would like to share your experiences of sport and our events so far this year please contact us here. We would love to hear from you!

We would like to say a big thank you to all of those who got involved in Cerebral Palsy Awareness month - from helping spread the word about what we do to fundraising and helping many more people with cp have an opportunity to try sport. Thank you.

CP Can - Adapted Sports events supported by BBC Children in Need funding

Event report:
Worcester - 16th March 2019
On 16th March we joined forces with Worcester Warriors Rugby in the Community to run a CP Can multi-Sport events. Participants attending the day took part in Table Cricket, Athletics, RaceRunning, and Rugby. All activities were delivered by Cerebral Palsy Staff and the community coaches at Worcester Warriors. As well as our participants, family members and siblings got involved too. Read the full report here.

Event report:
Cambridge - 6th April 2019
On Saturday 6th April we travelled to Cambridge to deliver a RaceRunning taster session for the Upside Down Club.
Sports Club at the One Leisure Indoor Facility in St. Ives. We had a great mixture of ages and abilities at the event with some who have tried RaceRunning and others who had never seen the sport before, everyone who attended was a wheelchair or frame user. Read the full report here.

Upcoming CP Can event:

Disability Sport Fun Day, Worcester - 6th May 2019

Freedom Leisure and Disability Sport Worcestershire are hosting a Disability Sport Fun day at Perdiswell Leisure Centre on Monday 6th May. The event is from 11am - 3pm and it is a completely FREE event showcasing the best in disability sport and activities. There is no need to book, just turn up on the day!

Find out more

Swimming

Event report:
National Swimming Championships
Nottingham - 7th April 2019

The Cerebral Palsy Sport National Swimming Championships 2019 took place at the Harvey Hadden Sports Village, Nottingham. 45 swimmers competed in this annual event. All participants had the opportunity to swim five events over different strokes and distances. Read the full report here.

Upcoming Swimming Events:
Development Gala, Liverpool - 5th May 2019
At Knowsley Leisure and Culture Park. 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. Closing date 19th April.

Enter here

Development Gala, Sheffield - 14th July 2019
At Ponds Forge ISC. 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. Closing date 28th June.

Enter here

If you are interested in volunteering for these Swimming events please contact us here
For a full list of the Cerebral Palsy Sport swimming events in 2019 click here

Athletics

Event report: Athletics Series
St Albans - 13th April 2019
15 athletes took part in the first event in the Cerebral Palsy Sport Athletics Series 2019 at Abbey View Golf and Track facility, St Albans. Find all the results here

Upcoming Athletics Events:

Athletics Series, Stoke Mandeville - 11th May 2019
At Stoke Mandeville Stadium. Athletics events for juniors and seniors - Track & Field. Athletes must be aged 8 years or above.
Athletics Series, York - 15th June 2019
At the University of York. Athletics events for juniors and seniors - Track & Field. Athletes must be aged 8 years or above.

Enter here

Athletics Series, Derby - 10th August 2019
At Moorways Stadium, Derby. Athletics events for juniors and seniors - Track & Field. Athletes must be aged 8 years or above.

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If you are interested in being a volunteer or official for the Athletics series please contact us here
For a full list of Cerebral Palsy Sport Athletics series events click here

SportStart Camps
Upcoming SportStart Event:

**SportStart Camp, Ipswich - 2nd August 2019**

At Gainsborough Sports and Community Centre. Come and have a go at a new sport or activity at our SportStart Camp. A range of local sports clubs will be present.

[Register here](#)

For a full list of Cerebral Palsy SportStart events [here](#)

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**Football**

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Upcoming Football Events:

**National CP Football League - 27th April 2019**

National Fixtures are taking place at the RH Academy, Mansfield as the league come to a close for the 2018-2019 season. Three teams are in contention for a place at the FA Disability Cup in June.

[Find out more](#)

**Frame Football Development Day - 12th May 2019**

Cerebral Palsy Sport are working in partnership with the Frame Football Foundation to deliver a Frame Football Development Day at St Georges Park in May 2019. The day will provide an opportunity for Frame users to participate in training and skills sessions followed by games.

[Register here](#)

**Junior Cerebral Palsy Football Festival & FA Talent Day - 25th May 2019**

Cerebral Palsy Sport are coordinating a Junior Cerebral Palsy Football Festival open to players and teams that are eligible for U12 and U16 Football. As part of the partnership with the Football Association (FA) we will be running the day as an FA Talent Day.
FA Disability Cup - 15th & 16th June 2019

The FA Disability Cup 2019 will take place at St Georges Park. The Cerebral Palsy Football final will be one of the impairment specific finals taking place over the weekend. CP North West confirmed their place in the final having won the CP National Cup in February in Nottingham. More information and details on tickets will be made available as soon as they are confirmed. If you would like to know more contact Rich Kerr.

Find out more

Where can I play CP Football and Frame Football? Click here

#MyStory

Thank you to Lucas for sharing his cp sporting story.

Lucas uses a Kaye walker and wheelchair to get around and Quad sticks at home. He loves all aspects of taking part in sports playing wheelchair tennis twice a week, wheelchair racing once a week, and Frame Football fortnightly.

Lucas - My Story

If you have a cp sporting story you would like to share please email us here

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

**NEXT COURSE:** 20th November 12pm-3pm (Nottingham)

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**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 it 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
- **Boccia Games Resource** - £29

All prices above include VAT and delivery and we offer 10% discount to Organisation Members.

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**Membership**

We have several Cerebral Palsy Sport membership opportunities. Please choose the right membership package to suit you, your family or your role within sport:
Cerebral Palsy Sport has produced a new Boccia Games Resource that will allow anyone delivering Boccia to lead a range of fun, alternate games.

The resource includes 22 session plans from, easy to medium, to hard levels. All games have been taken from mainstream sports such as football, cricket and tennis. Ideal for teachers, coaches, parents, youth leaders, physiotherapists, children and young people.

Order here

We sell Boccia balls and equipment - find our full range here

Organisation Members

Our Funders

Visit our website

STAY CONNECTED