Greetings!

Welcome to your monthly update from the Sports Development team at Cerebral Palsy Sport. Enjoy catching up with our latest news and information!

We have been recognising International Day of Persons with Disabilities and International Volunteer Day this December through our social media campaigns, thank you to all those who contributed and shared our posts. We launched #CPVoices - your feedback from our events. Read more about that [here](#).

Look out for #12MonthsofCPSport throughout the month - some of our memories of the year. Why not share your highlights too?

We're coming to the end of the calendar year but don't worry, you can already fill your diaries for 2019 with our upcoming events!

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**Swimming**

Cerebral Palsy Sport
Swimming dates 2019

- Winchester Development Gala – 23rd February
- National Swimming Championships – 7th April
- Liverpool Development Gala - 5th May
- Sheffield Development Gala – 14th July
- Worcester Development Gala – 19th October

![Enter now](#)
Durham Development Gala - 2nd December 2018

We were delighted to hold our December Swimming Gala in Durham this year at the Freeman’s Quay Leisure Centre.

Winchester Development Gala - 23rd February 2019

To be held at King’s School, Romsey Road, Winchester. 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.

Athletics

Cerebral Palsy Sport Athletics Series 2019

St Albans – 13th April
Winchester – 11th May
York – 16th June
Derby – 10th August

National Athletics Championships
Doncaster – 21st September

RaceRunning Start, Exeter - 9th December 2018

Cerebral Palsy Sport teamed up with South West Athletics Academy to deliver a RaceRunning session on 9th December. Of the group, 2 people had a go on a RaceRunner for the first time and really enjoyed the experience, with positive feedback from participants and parents:

“I really enjoyed using a RaceRunning and want to do it again”
“One happy child”

South West Athletics Academy are keen to develop RaceRunning
within the club and with Cerebral Palsy Sport supports look to create more opportunities in 2019.

Find out about RaceRunning

SportStart

SportStart Day Middlesbrough - 8th December 2018

This took place at the King’s Academy in Middlesbrough. At the event, we had 10 participants altogether all varying in abilities. Some had tried all the sports before and some had never tried any of them. Thank you to the clubs involved in making this happen - we had coaches from Middlesbrough Football Club Foundation, Wheelchair Rugby and The Tennis Foundation.

Read the report here

SportStart Day Eastleigh - 3rd February 2019

Taking place at Toynbee School, Chandler’s Ford SO53 2PL. A fun multisport day for children and adults with Cerebral Palsy or a physical disability. Try new sports and meet coaches from local clubs.

Register here

Football

National CP Football League

If you play for a CP football team and would like to enter the 2019/2020 league please contact: Richard.Kerr@cpsport.org

Find out more

2018 Highlights

It’s been another busy year and throughout December we will be showcasing some of our highlights on social media using the hashtag #12monthsofCPSport

We welcome you to share your CP Sport event memories from the year using the hashtag #12monthsofCPSport
High Dependency Needs Survey

We are seeking to gather further information following a survey earlier this year about high dependency needs. If you have high support needs when participating in sport we would like to hear from you please.

Take the survey

My Story

Thank you to Catriona and Thomas who have shared their story with us. Please take a minute to read all about their sporting journey here and the impact sport has had on their lives. If you would like us to showcase your story please contact us here.

Read 'My Story' - Catriona
Read 'My Story' - Thomas

Partnership news

Cerebral Palsy Sport is proud to be working in partnership with England Netball to create a version of Netball that is inclusive for ambulant CP players. We are running a discovery day on Wednesday 16th January from 10am-2pm at Holywell Fitness Centre, Loughborough LE11 3QF.

If you are aged 16 + with cp and would like to attend please register with Lisa.Morton-Smith@cpsport.org
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

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 is 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

All prices above include VAT and delivery and we offer 10% discount to organisational members.
We have several Cerebral Palsy Sport membership opportunities. Please choose the right membership package to suit you, your family or your role within sport:

- Individual Membership
- Family Membership
- Free Affiliate Membership
- Life Membership
- Professional Membership
- Organisation Membership

### Boccia Equipment

We have a great range of boccia equipment available in our online store from mini boccia sets through to referee equipment. For more details click on the links below:

- Complete Mini Boccia Set
- Superior Classic Boccia Set
- Boccia Referee Equipment

See our full range

### Organisation Members

- jmw
- Just Children
- Jones Electrical
- irwinmitchell

### Our Funders

- ST. JAMES’S PLACE CHARITABLE FOUNDATION
- National Lottery-funded
- Children in Need
- boost
Seasons Greetings from the Cerebral Palsy Sport Sport Development team