Greetings!

Welcome to your monthly update from the Sports Development team at Cerebral Palsy Sport. Find out more about what we have been up to this month and about our upcoming events.

Congratulations to Cerebral Palsy Sport Young Sporting Ambassador Ellie Simpson and cp athlete Rafi Solaiman who both won silver medals in RaceRunning at the World Para Athletics Championships in Dubai last month, the first time Racerunning was included. Congratulations also to Anna Nicolson who came 4th in the Shot Put with a fantastic PB. Read more here.

In November we saw cp athlete Thomas take part in the BBC Children in Need Rickshaw Challenge which raised over £8.5 million towards the total for C i N 2019. We were delighted to be able to support Team Rickshaw at various points over the week. We also saw RaceRunning showcased on BBC Blue Peter on 15th November. This coverage has seen an increase in enquiries to Cerebral Palsy Sport, and particularly those who want to try a sport for the very first time.

We have been busy planning our 2020 calendar of events so please do also keep an eye on our website events list here for regular updates as well as following us on social media.

Swimming

Event report:

Durham Development Gala - Sunday 1st December 2019

We returned to Freeman's Quay Leisure Centre for our Durham Development Gala. We had nine swimmers enter and all went home with at least one medal and a certificate and there were a few PB’s achieved too. A huge well done to everyone and thank you to our volunteers.
Upcoming Swimming events:

**Hampshire Development Gala - Saturday 25th January 2020**

At Totton Health & Leisure Centre. For children and adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome, flotation aids or a helper in the water are allowed. Ages 4+ Closing date 10th January 2020.
Entry fee: £2.50 members, £3.50 non CP Sport members

**National Swimming Championships, Nottingham - Sunday 5th April 2020**

The National Swimming Championships 2020 will take place on Sunday 5th April 2020 at Harvey Hadden Sports Village, Nottingham. Suitable for all active cerebral palsy swimmers from club through to elite levels of ability.

**New online Swimming CPD**

Cerebral Palsy Sport is delighted to announce a new online CPD course aimed at swimming professionals who want to further their knowledge on cerebral palsy and swimming.

The course is titled ‘An Introduction to Cerebral Palsy and Swimming’ and has been developed in partnership with the Swimming Teachers’ Association. 1 CPD point will be rewarded to put towards professional development on completion of the course. The cost of the course is £25.
If you are interested in volunteering at our Swimming events please contact us here
For a list of the Cerebral Palsy Sport swimming events click here

Athletics

Event reports:

Warwickshire RaceRunning Start Session - Wednesday 27th November 2019

At our last RaceRunning Start event of the year we had a 20 participants take part in the Winning on Wheels event organised by the Coventry, Solihull and Warwickshire School Games team. Students were brought to the multi-sport event by their schools and had the opportunity to take part in RaceRunning, Wheelchair Racing, Wheelchair Rugby, Wheelchair Basketball and Dance.

Read the full report here
Athletics Series and National Championships 2020

Thank you to all of you who took part in our Athletics Series 2019 survey. As a result of your feedback and a review of the Athletics Series the 2020 Cerebral Palsy Sports Athletics Series will include five events delivered in partnership with well-established events on the 2020 Parallel Success Calendar. We will also be delivering a stand alone series event on Saturday 15 August in Doncaster and the Cerebral Palsy Sport National Championships on Sunday 13 September at Stoke Mandeville.

Full details of the Cerebral Palsy Sport Athletics Series and information on how to register will be available soon.

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

Cerebral Palsy Sport's On Your Marks RaceRunning project shortlisted for Tesco’s Community Fund

Tesco shoppers in the Midlands can now vote in store for Cerebral Palsy Sport’s On Your Marks RaceRunning Project! The project is for children and young people with cerebral palsy to try inclusive RaceRunning to help them discover the joys of sport. Find out more here
Multi-Sport Start Camps

Event report:

Manchester Multi-Sport Start Camp - Sunday 24th November 2019

The Manchester Multi-Sport Start 2019 took place at Parrs Wood High School. The venue was very accessible, 15 people signed up to the day and they got to experience 5 different sports - RaceRunning, Football, Cricket, Tennis and Boccia.

Read the full report here

Find out more about SportStart events here or contact jennifer.basford@cpsport.org for further information.

Football

Event reports:

Cerebral Palsy Sport National CP Cup - Saturday 23rd November

The Cerebral Palsy Sport National CP Cup returned for the 2019-2020 season taking place at the University of Northampton. Five of the National CP League teams entered into the competition all competing for a place at the 2020 FA Disability Cup. It was North East & Yorkshire's day, as they managed to maintain a 100% win record throughout the day to claim the 2019-20 National CP Cup and confirm their place at the FA Disability Cup in 2020.
Female Cerebral Palsy Football Development Day - Sunday 24th November 2019

On 24th November, Cerebral Palsy Sport hosted its second Female Cerebral Palsy Football Development Day at St Georges Park. The event was open to females with cerebral palsy and associated conditions aged 8 and over and was free to attend. The design of the day included two practical sessions with a real focus on fun games, and a workshop for the players and their parents. There were some really good discussions around the current opportunities and the plans for development.

Summertown Stars Cerebral Palsy Football Session - Saturday 7th December 2019

Cerebral Palsy Sport has been supporting Summertown Stars CP Football sessions. The National CP Football Development Officer delivered a workshop to club coaches and volunteers ahead of their session for frame and non frame players on Saturday 7th December.
Upcoming Football events (details tbc):

- National CP Football League Referee and Volunteer workshop, Mansfield - Saturday 18th January
- Frame Football KickStart, Gloucester - Saturday 25th January
- National CP Football league Fixtures - Saturday 15th February (South venue tbc)
- Frame Football KickStart, Melton Mowbray - Wednesday 25th March

Keep an eye on our upcoming events here

For more information about Football contact us here
Where can I play CP Football and Frame Football? Click here

#MyStory

My Story: Brock

Brock is now a world para swimming champion. She has hemiplegia of the left side but it wasn't diagnosed very early on. She says,

"Nothing is impossible. There is a massive network of support out there. I wish I had known about Cerebral Palsy Sport sooner to be able to get the opportunity to try other sports. Coming to a CP Sport event is amazing because you get to hear about so many other experiences and make new friends. A moto that I have heard and I use a lot now is #whosaysicant. And I truly believe in that you can achieve anything you want."

Read Brock’s story here
We want to hear your opinions! Please take this survey!

We want to hear from you! This survey is for anyone who receives one or more of our newsletters, and is just 10 questions in total. Please could you take a few minutes to complete if you haven't done so already - we want to hear your views.

Take our survey

Resources and Training

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.

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

Find out more
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.

- 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 delivery and we offer 10% discount to Organisation Members.

Order resources

Boccia

We stock a wide range of Boccia balls, referees kit and bags as well as a fantastic Boccia Games resource! Visit our shop

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: