Greetings!

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

We enjoyed celebrating World CP Day on 6th October with our Athletics and Swimming training camp, AGM and annual awards ceremony at the David Ross Sports Village, University of Nottingham. Read more below.

We wish Cerebral Palsy Sport Young Sporting Ambassador Ellie Simpson the very best of luck at the World Para Athletics Championships which takes place in Dubai from 7th-15th November. Ellie, along with Rafi Solaiman, also regular participant at Cerebral Palsy Sport events will compete in RaceRunning on the 15th November. Follow the results and news here

It is Trustees’ Week this week and a new Chair of Cerebral Palsy Sport has been appointed. Find out more here

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.

Cerebral Palsy Sport athlete Thomas Stamp and BBC Children in Need 2019!

Cerebral Palsy Sport athlete Thomas Stamp joins Team Rickshaw this Friday 8th November as they commence their epic journey. The annual challenge is in it’s 9th year and will start at Holyhead and finish at Elstree Studios on Friday 15th November in time for the BBC Children in Need Appeal Show. Cerebral Palsy Sport is supported by BBC Children in Need funding for our CPCan project. Read the full story here
Swimming

Event reports:

Training Camp, University of Nottingham -
Sunday 6th October 2019

The day started off with a practical session in the pool for the swimmers. The swimmers benefited from a coach coming from our new ‘Club of the Year’ COMAST- Matt Walker MBE Disability Academy, Ellie Bamber. Ellie was fantastic and gave some really good advice to the swimmers. There were also seminars on psychology and nutrition followed by a Q & A with Paralympians and Cerebral Palsy Sport Ambassadors, Leon Taylor and Graeme Ballard.

Read the full report here

Worcester Development Gala -
Saturday 19th October 2019

We had a fantastic day at the Perdiswell Leisure Centre. There were a total of 14 swimmers who entered the gala and a complete range of ability. For some it was their first time at a Cerebral Palsy Sport swimming development gala and there were also some very familiar faces. We had a very special VIP guest too - 7 time Paralympic Champion Sascha Kindred CBE who kindly presented the medals to all of our participants.
Upcoming Swimming events:

**Durham Development Gala - Sunday 1st December 2019**

At Freeman's Quay Leisure Centre. 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. Ages 4+ Closing date 15th November 2019.

Entry fee: £11 Juniors, £12 seniors (£16.50/ £18 Non CP Sport members)

Enter here

**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, floatation 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)

Enter here

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:

Training Camp, University of Nottingham - Sunday 6th October

The athletics session was led by Job King – British Athletics Paralympic Pathway Coach and Graeme Ballard – Paralympian and CP Sport Ambassador. The session started with a thorough warm up leading into drills and finishing off with sprints through timing gates. Many of the athletes discovered new drills and for most of them it was the first time they had raced through the timing gates. It was great to see a session including RaceRunning, Wheelchair and Ambulant athletes. There were also seminars on psychology and nutrition followed by a Q & A with Paralympians and Cerebral Palsy Sport Ambassadors, Leon Taylor and Graeme Ballard.

Read the full report here

RaceRunning Start Session, Kingston upon Thames - Friday 1st November 2019

We had a total of 9 participants have a go at RaceRunning last Friday supported by Quest 88 and organised in partnership with Laura Thompson, physio from Achieving For Children. A fabulous morning and we were able to get the whole family involved too. We will be supporting Laura to develop regular RaceRunning sessions in Kingston.

Read the full report here

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](#)

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**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](#)

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**Tesco Bags of Help**

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**Multi-Sport Start Camps**

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**Upcoming Multi - SportStart camp:**

![Manchester Multi-Sport Start Camp](#)

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

At Parrs Wood High School. Come and have a go at a new sport or activity at our SportStart Camp. A range of local sports clubs will be present. Registration in advance is required. £6 CP Sport member (£8 non-member).

Closing date for registration: 15th November

[Register here](#)

Find out more about SportStart events [here](#) or contact jennifer.basford@cpsport.org for further information.

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**Football**

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**Event reports:**

**Cerebral Palsy Inclusive Football Open Day, Milton Keynes Saturday 19th October 2019**

Cerebral Palsy Sport supported MK Dons SET with their Inclusive Open day at Bletchley Leisure Centre, which included Frame Football, Wheelchair Football and Female CP Football sessions.
National CP Football League October Fixtures
2019 - Saturday 26th October

The second fixture date for the National CP Football league took place on Saturday 26th October at SGP Graves in Sheffield. CP North West, Derby County Community Trust CP, Brighton Albion in the Community, Cambridge United Trust, and North East & Yorkshire CP FC took part in fixtures.

Upcoming football events:

Cerebral Palsy Sport National CP Cup, University of Northampton - Saturday 23rd November

The Cerebral Palsy Sport National CP Cup returns for the 2019-2020 season. This years competition will take place in Northampton. This winning league team from the National Cup will secure their place at the 2020 FA Disability Cup. Closing date 19th November.

www.cpsport.org

Female Cerebral Palsy Football
Development Day, St Georges Park Burton-on-Trent - Sunday 24th November 2019

Cerebral Palsy Sport will be hosting a Female Cerebral Palsy Football Development Day at St Georges Park on Sunday 24th November 2019. The event is open to females with cerebral palsy and associated conditions aged 8 and over and is FREE to attend.

Register here

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

Cerebral Palsy Sport Awards 2019

On Sunday 6th October, the 2019 Cerebral Palsy Sport annual Awards were held at The David Ross Sports Village at the University of Nottingham. The evening was very special as it provided the opportunity to also celebrate World CP Day. Congratulations to all of our Award finalists and winners!

Read the full report 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 and Equipment**

**Resources from CP Sport**

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.

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**Boccia**

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

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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:

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Organisation Members

Our Funders

Visit our website

Cerebral Palsy Sport | 0115 925 2027 |
info@cpsport.org | www.cpsport.org

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