Greetings!

Welcome to your monthly update from the Sports Development Team at Cerebral Palsy Sport. We are looking forward to a fantastic 2020!

Please find details of our upcoming events below. Do not hesitate to get in touch with us if you have any questions or queries, and please do spread the word about our organisation with your friends and family.

Keep an eye on our website events list [here](#) for regular updates as well as following us on social media.

**Swimming**

**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 equipment 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](#)

**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 Centre. For swimmers aged 5-18. Entry fee: £15.00 for members, £20.00 for non members.

[Enter here](#)
Village, Nottingham. Suitable for all active cerebral palsy swimmers aged 10+ from club through to elite levels of ability. Entry fee per event: £7 junior members, £8 senior members, £8 junior non-members, £10 senior non-members

Enter here

Liverpool Development Gala - Sunday 3rd May 2020

At Knowsley Leisure & Culture Park. For children and adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome, flotation equipment or a helper in the water are allowed. Ages 4+ Closing date 17th April 2020. Entry fee: £11 junior members, £12 senior members, £16.50 junior non-members, £18 senior non-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

Upcoming Athletics events:

RaceRunning Start Session, Peterborough - Wednesday 11th March 2020

We are delivering a RaceRunning Start session in partnership with Vivacity, Peterborough at the Embankment Athletics Track. All equipment will be provided and this session is suitable for any children and adults with cerebral palsy or any other physical disabilities, families and siblings. £8 per person (non-members) £6 per person (members)
RaceRunning Start Session, Halifax - Saturday 21st March 2020

We are delivering a RaceRunning Start session in partnership with Calderdale MBC. All equipment will be provided and this session is suitable for any children and adults with cerebral palsy or any other physical disabilities, families and siblings. £8 per person (non-members) £6 per person (members).

Register 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 15th August in Doncaster and the Cerebral Palsy Sport National Championships on Sunday 13th September at Stoke Mandeville.

Click here for updates

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

Football

Upcoming Football events:

Frame Football KickStart Gloucester - Saturday 25th January 2020

We will be delivering a Frame Football KickStart in Gloucester on 25th January, providing an opportunity for participants to come along and have a go.

Prior to the session, CP Sport will deliver a workshop to coaches and volunteers 10:30am-11:30am, which will cover what Frame Football is and how to deliver sessions.

Register here
National CP Football league Fixtures, Northampton - Saturday 15th February
Frame Football KickStart, Melton Mowbray - Wednesday 25th March

Check for more detail about our upcoming events here

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

#MyStory

Levi is a regular at the Cerebral Palsy Sport Swimming events and has recently been selected to be on the GB academy squad. He said,

"Sport has had a massive impact on my life and gave me masses of opportunities which I wouldn’t of dreamed of from going to the cp world games and being a boy who was never going to swim again to training and almost being on team GB at 15 it has also had a massive positive impact and improvement on my cerebral palsy it has made me the person I am today which I'm surprisingly proud of"

Thank you to Levi for sharing his story with us. If you have a cp sporting story to share please contact us at info@cpsport.org

We are recruiting!

We are currently advertising for a part-time administrator. The role will provide administrative support for events, membership services, retail sales, membership data, monitoring and evaluation and the recording of all statistical data and evaluations. This is a permanent 10 hour a week position created as a job share to support the charity’s administration officer.

Find out more here

Naidex 2020

We are once again proud partners of Naidex. Taking place on 17th and 18th March at the NEC, Birmingham, Naidex is Europe’s most established event dedicated to the independent living and healthcare industries. Attracting over 18,000 visitors from across the globe, the show brings together trade professionals, healthcare professionals and members of the public into the halls of Birmingham’s NEC for two days of opportunities, innovation, discovery and education.

Book your free tickets here

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

A new online CPD course is available 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.
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.

**Boccia**

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

**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:

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

Organisation Members

Our Funders

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

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