

THE cpm: UPDATE

cerebral palsy midlands

**CEREBRAL PALSY MIDLANDS NEWSLETTER - JULY 2020
STILL SUPPORTING OUR COMMUNITY**

**COME AND
LET'S TALK**

WE ARE ALL IN THIS TOGETHER



TO OUR CPM COMMUNITY A MESSAGE FROM GARY WATSON

As a person centered service your welfare is of paramount importance to us, we want you to be safe.

We are closely monitoring Government and Public Health Guidelines to protect everyone we care for and support. This very information will help guide Cerebral Palsy Midlands as to when and how we can think about re-opening our doors. Unfortunately, right now, we remain closed, but we are still operating a valuable support network and outreach service to you, our community and everyone Cerebral Palsy Midland supports. This year any events, holidays and social clubs have been postponed until further notice.

Please be assured if anything at all changes we will keep you informed and follow any guidelines and advice carefully to resume a safe service when we can.

We have been running online activity sessions remotely through ZOOM and our Cerebral Palsy Midlands Facebook Page. To access these sessions, you will need an internet or Wi-Fi access, a device such as a tablet, mobile phone or laptop and an email address.

For those we know, who do not have the online technology, we have sent activities and are making regular weekly phone calls to support the families. All our citizens have an allocated key worker who has been keeping in touch with phone calls of support on a weekly basis.

If you do have any questions please email info@cpmids.org.uk.

SUPPORT FOR YOU

- Telephone Support
- Weekly welfare calls
- Daily online activities for you to join.
- Socially connecting you with your friends.

CONTENTS

[Update](#)

[Online Services](#)

[How to access Zoom](#)

[Important Dates](#)

[Goodbye Shirley](#)

[Lottery Grant for Being Heard Music Group](#)

UPDATE FROM YOUR CHAIRMAN

Dear Colleagues and Staff/Volunteers,



My Trustees would like to join me in saying how proud and impressed we are for the way that Gary and his team have adapted our services to our colleagues and how well colleagues and their families have used social media and other technologies to keep in touch with CPM and your other friends.

We are very grateful that our wonderful staff have used their time in this virus period to carry out work and decorating at the center as well as adapting your work practices to, without pause, continue providing support to our colleagues and their families.

We fully understand that these are very stressful times and that you all will need to draw on your strength to pull through but Gary and his team will continue to provide support and we all look forward to resuming normal services when the time is right.

We will however be guided by the advice from Birmingham City Council on our future steps.

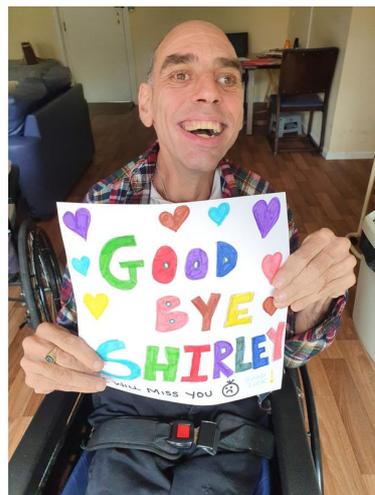
In conclusion thank you Gary and his team, we trustees are enormously grateful and keep in touch all.

With my very best wishes. Andrew Wall M.B.E.

THANK YOU

Goodbye to our arty friend and tutor Shirley

Shirley has been involved and a part of our service as an art tutor and "Friend of CPM" for a few years now. Working with our citizens she has inspired them to be creative and helped them achieve some beautiful paintings and art collections. Mary, Anthony, Gary, Carl J, Kerrie, Emma, Paddy, Margaret, Ian D and Ian A have all enjoyed working with Shirley and are truly grateful for the skills they have gained and confidence in being creative in the art room. She has been a huge support for CPM, helping us get our art out into the local community with Harborne Artsmile, BooBoo Cafe, Newman University and Creative Coffee Hub. Shirley has also volunteered at events, donated her time and energy and we have been very grateful for her kindness and compassion towards all our citizens and staff at CPM. Shirley is moving home to Oxford and we wish her the very best in her new chapter. I'm sure she will remain in touch as on our Goodbye zoom meeting Shirley did say when she was back in Birmingham she would pop her head round and say hi. Take care friend, hopefully we'll see you again soon.



JOIN OUR ONLINE COMMUNITY

Although we have had to close our centre, our care and support hasn't stopped and since the beginning of Lockdown we have been running lots of online activities every week so that you our citizens, friends and communtiy can stay in touch with each other, receive necessary support and combat feelings of isolation during this uncertain time.

Sessions have included art tutorials, seated tai-chi with tutor Sally Haynes Preece, Gary-oke Karaoke sessions, singing sessions with Richard on the piano, Wheelchair dance sessions with Helen, quizzes, games, bingo, cooking sessions with John and Amy, music shared from Matt and Ben from the CPM Connection, carers groups as well as online catch ups. There is so much that you can be involved with. There is still time to connect with us and join these sessions. You will need a WiFi connection and a tablet, laptop or modern mobile phone.

Some sessions are on our main Facebook Page <https://www.facebook.com/CerebralPalsyMidlands/> Or via Zoom, which is an internet 'App' which lets you have face to face conversations with people.

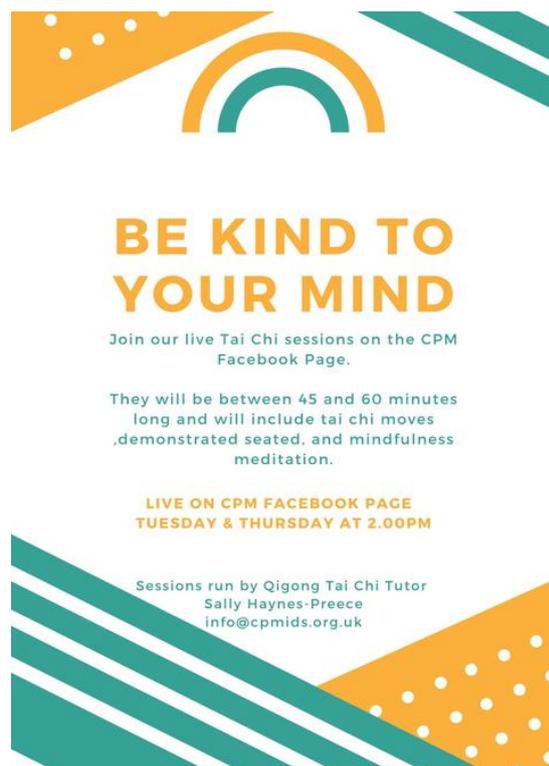


FREEWHEELIN DANCE INSTRUCTOR,
HELEN INVITES YOU TO

Let's Dance!

ONLINE INCLUSIVE DANCE CLASS
WITH HELEN THURSDAY MORNING
AT 11.00AM.

TO TAKE PART SIMPLY EMAIL
FREEWHEELIN@YAHOO.COM AND
WE'LL SEND YOU THE LINK.

BE KIND TO YOUR MIND

Join our live Tai Chi sessions on the CPM Facebook Page.

They will be between 45 and 60 minutes long and will include tai chi moves ,demonstrated seated, and mindfulness meditation.

**LIVE ON CPM FACEBOOK PAGE
TUESDAY & THURSDAY AT 2.00PM**

Sessions run by Qigong Tai Chi Tutor
Sally Haynes-Preece
info@cpmids.org.uk



Cook Italian Beef Stew with John

THE INGREDIENTS

- 1 onion diced and chopped
- 1 clove garlic, minced
- 1 yellow pepper chopped
- 400g tin of chopped tomato
- 2 tablespoon olive oil
- 300g Beef cut into stir fry strips or boneless skinless chicken breasts, cut into bite-size pieces or Quorn can be used.
- 500g Potato Gnocchi
- 1 sprif of fresh or dried rosemary
- salt, and pepper to taste

**WEDNESDAY 11TH AUGUST
11AM ON ZOOM**



Sing-a-long on the Piano with Richard Wednesday 2pm

Simply email your email address to sarah@cpmids.org.uk and we will send you a link to take part and join in.

All you need is a smart phone, laptop or tablet which is connected to the internet.

Click the link & you will join a Zoom meeting where we can sing together.

All you favourite popular songs to sing to

JOIN OUR ONLINE COMMUNITY



WHAT DO YOU NEED TO USE ZOOM?

To use Zoom, you will need:

A working email address and The Zoom app

Note: For more information on how to get the Zoom app, see “Apps” section at www.digikick.co.uk/apps-and-app-store

Do you need an account to use Zoom?

Great News! You do not need to make an account with Zoom to join online sessions. This is one of the great things about Zoom, you don't have to add any personal details to be included in the call.

How do you get invited to a Zoom Meeting?

Let a member of staff at CPM know you would like to join the online sessions and share with them your email address. Every Monday Sarah emails everyone with the Zoom Links for activities for the week ahead. Tap on the invite link (Normally in blue) in the email and your device will automatically open Zoom and join you in the meeting. Its really as simple as that. You will then be asked to “Join the audio”. This is turning your microphone and speakers on on your laptop, tablet or mobile. This allows everyone to hear you and allows you to hear everyone else. To join the audio, tap “Call using Internet Audio”. You should now be able to see your own face or faces of the other people in the call. Speak to staff if you would like more information, we do have a guide we can send you in the post, created from Digikick or visit the website <https://www.digikick.co.uk/zoom-calls>

Virtual Tea and Tinternet

A fun group for internet beginners

Don't let the internet frustrate you anymore!

Our free sessions, via video call will help you:

- Feel more confident online
- Use the internet to make the lockdown easier

It's FREE!

We promise you will have fun and won't be left behind

All you need is a device and an internet connection

How to get started

1

Call Chris on
07920 490 263
for more
information

2

We will post
you our step by
step guide on
how to use
video call

3

Using the
guide, join our
fun sessions
and start
learning



DIGIKICK

Starting July!

FAREWELL TOM



Earlier in the year in May during Lockdown, we had the sad news that our dear friend and service user, Thomas Slee had passed away, aged 69. His passing was NOT due to the present COVID 19 pandemic. Thomas had, had previous health problems and always showed strength, determination and a fighting spirit. Despite the current Lockdown and difficult circumstances you will be very much missed by your CPM friends and family.

CORONAVIRUS
STAY ALERT
TO STAY SAFE

- ✓ Keep a safe distance from others
- ✓ Stay home as much as possible
- ✓ Keep washing your hands regularly

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

LOTTERY SUPPORT BEING HEARD GROUP

A big thank you from all of us at Cerebral Palsy Midlands

CPM's Musical "Being Heard" group have been awarded £10,000 Grant for a community musical project from The National Lottery! Working together with Quench Arts, this project will involve a NEW musical production being produced and performed to the local community.



THANK YOU





Face covering exemption cards



Some people can't wear a face mask or covering because of a **disability** or **severe distress**.

We have designed these D.I.Y cards to help deal with public situations that might happen.



The first side of the card is always the same and some people will be happy using it on its own.

Show it to quickly explain that you have a legal **reasonable excuse** not to wear a face mask.



If you want a non-verbal way to explain more you can double side your card with one of the extra messages.



These can be printed or kept on your phone as photos.

Find out more on our website keepsafe.org.uk/mask

USEFUL UP COMING DATES

Regular online sessions

- Wednesdays at 11am - join the cooking or just chat with Amy or John.
- Wednesdays at 2pm - Sing-a-long with Richard and his Piano.
- Thursdays at 11am - Accessible Wheelchair Dance with Helen.
- Tuesdays and Thursdays at 2pm - Seated Tai Chi with tutor Sally.
- Monday & Friday sessions vary - quizzing, bingo, games, gary-oke karaoke sessions and jam music sessions.
- Monday 3rd August at 2pm: NEW Bonus Spin game with Ben on Zoom
- Wednesday 5th August at 11am: Cooking Italian Beef Stew with John
- Friday 7th August at 2pm - Wheel of Fortune Game with John and Darren.
- Friday 14th August at 11am - CPM & Noah's Star Carers Group. All carers are welcome to get support and join us.
- Friday 14th August at 2pm Gary-oke Karaoke with Gary Watson

Visit our website www.cpmids.org.uk or our CPM Facebook Page: <https://www.facebook.com/CerebralPalsyMidlands>

BANK HOLIDAY DATE

August 31 - August Bank Holiday
This means we will not be running online sessions or activity on this day.



CONTACT US AT CEREBRAL PALSY MIDLANDS



Our centre services may be temporarily closed but we are still here to support you

Call us on 0121 427 3182 Monday to Friday: 9am – 4:30pm



Email us at info@cpmids.org.uk

www.cpmids.org.uk



Find us on Facebook [CerebralPalsyMidlands](https://www.facebook.com/CerebralPalsyMidlands)



Find us on Instagram [@cerebralpalsymidlands/](https://www.instagram.com/cerebralpalsymidlands/)



Tweet us [@CPMidlands](https://twitter.com/CPMidlands)



www.linkedin.com/company/cerebral-palsy-midlands/

REGISTERED CHARITY NUMBER 529464

CPM 17 VICTORIA ROAD, HARBORNE, BIRMINGHAM B17 0AQ