

# THE **cpm:** UPDATE

cerebral palsy midlands

**CEREBRAL PALSY MIDLANDS NEWSLETTER WITH A NEW DESIGN**



## CONTENTS

Summer Sizzling success.

Meet the artists,

The Greatest Showman

Weoley Big Laugh

Harborne Artsmile

## BEST COMMUNITY FETE EVER

**Wow a whopping £1173.53 raised in total!**

What an incredible turn out that we had for our annual summer fete, our 'Summer Sizzler' and BBQ on Monday 19th August at CPM! It was great to see a busy and vibrant centre with so many people, friends, families and the local community

This year the stamp cards and competition really made a difference and encouraged people to speak to the stall holders.

Highlights included Craig Keogh's surprise ventriloquist act with Gary (new nickname Shirley) as a well played contestant, Birmingham Airport Services, Dudley Zoo small animals, Chris Carter and his adapted race car, the Rootless Pub and Mike Surman's acoustic songs at the end of the evening.

Thank you to everyone for their support, donations and contributions

## THE GREATEST SHOWMAN SING-A-LONG

Pathfinders night organised by The Friends of CPM

Monday 16th September between 6 & 8pm



INVITE YOU TO

### *The Greatest Showman Sing-a-long*

Everyone welcome - Inclusive - Accessible - Disabled Friendly

**Monday 16th September between 6 & 8pm**  
**£3 per person & carers free**  
 Cerebral Palsy Midlands  
 17 Victoria Road, Harborne B17 0AQ

<http://www.cpmids.org.uk/about/pathfinders/>



cerebral palsy midlands

We would like to invite you to this months most exciting Pathfinders evening 'The Greatest Showman sing-a-long on Monday 16th September between 6 & 8pm.

The event is open to all in the community, in our accessible and inclusive centre. Entry costs on the night are £3 per person and carers can come along for free.

The night has been organised together with the 'Friends of CPM' voluntary group and ELMS music group.

Fancy dress is welcome and the centre will be sporting a circus theme. Booklets with the song lyrics will be available as well as refreshments.

If you have any enquiries about the event please either email [sarah@cpmids.org.uk](mailto:sarah@cpmids.org.uk) or telephone 0121 427 3182 ext.3.

## CREATIVE COFFEE HUB EXHIBIT CPM PAINTINGS

Meet the artists - Thursday 12th September at 11.00am

Our CPM artists have paintings currently up on the walls at Creative Coffee Hub on Raddlebarn Road in Selly Oak. Join us for a brew and come and meet a few of the talented bunch of painters for a coffee Thursday 12th September at 11.00am. For more info visit <https://www.creativecoffeehub.co.uk/>.



# WEOLEY BIG LAUGH

**Weoley Castle Social Club**  
**Saturday 12th October 7.30pm until late**  
**Tickets £15 per person and are on sale now**



We are currently planning the most exciting event of the year for CPM.

Our annual fundraiser "The Weoley Big Laugh" will take place Saturday 12th October 2019 at Weoley Castle Social Club in Birmingham.

Tickets are on sale at £15 per person and will include a fabulous night of entertainment featuring a comedy line up;

- Compare Fat Theo
- MC & host Doddy Dodd
- Opening Act Sean McBurney
- Jack Harris
- John Porter
- Say Flohr
- Craig Dixon (Headline Act)
- NEW ACT: Ventriloquist Craig Keogh

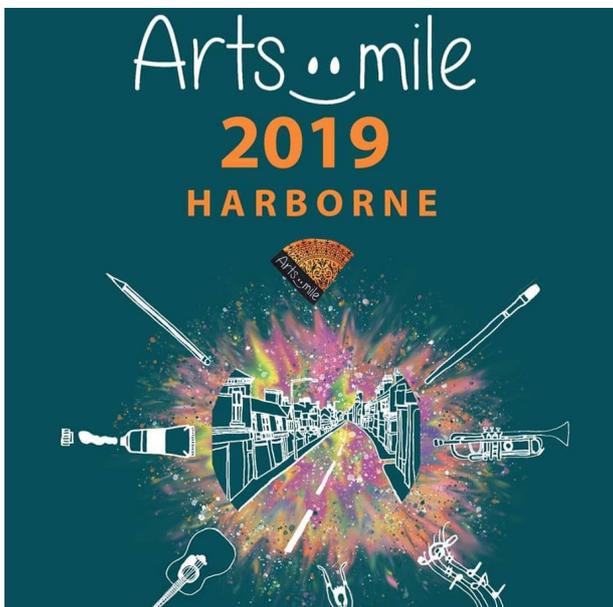
This event is bought to you by Big Theo Entertainment and is sponsored by Unite Union, based at Mondelez International.

We also have fantastic entertainment from 'Funky Gibbon Party DJ', 'The Supreme Showgirls' and a big buffet!

Tickets can be bought online  
<http://www.cpmids.org.uk/news/weoleybiglaugh/>  
 or directly from Sarah in the Development Office

# WE ARE EXHIBITING AT HARBORNE ARTSMILE

**Saturday 21st September between 11.30am and 4.00pm**



Cerebral Palsy Midlands will be exhibiting a collection of paintings from our very own talented VeraNic artists at 'Harborne Pool & Fitness Centre' Saturday 21st September as part of a big fun annual family event 'Harborne Artsmile' Visit the website for full details of the day. Its free and welcome to all  
<https://artsmile.org.uk/>.

In addition to the paintings at Harborne Pool & Fitness Centre we currently have three framed paintings by CPM's Jeff Young being exhibited in 'Silver and Love' in Harborne. The jewellers were keen to exhibit work from local artists and it seemed like the right time to showcase Jeff's paintings in his memory.

# FAREWELL TO OUR FRIEND JEFF

**Artist & Painter- Creator - Being Heard Music Producer & Singer - A good friend**



It is with great sadness, that we announce the passing of a very special person to us, Jeff Young. Jeff had been a citizen and member of our services for around twenty four years and has made many friends here.

Jeff was known most for his work in the art room and his paintings. It is thought he had between 500 and 700 paintings and was always thinking of his next creative piece.

Jeff Young's funeral will take place on Friday 13th September 2019 at 12.15pm at Lodge Hill Cemetery and Crematorium, Weoley Park Road, Birmingham, B29 5AA.

“I come to Cerebral Palsy Midlands to paint. Painting is my passion.”

MARY HILL  
VERA NIC ARTIST  
CEREBRAL PALSY  
MIDLANDS



**Mary Hill painting, 2018**  
Transcript painting from a Henri Matisse image 'Marguerite Reading' 1906

# TWO AVAILABLE JOB VACANCIES

**Closing date has been extended until 21st September 2019**

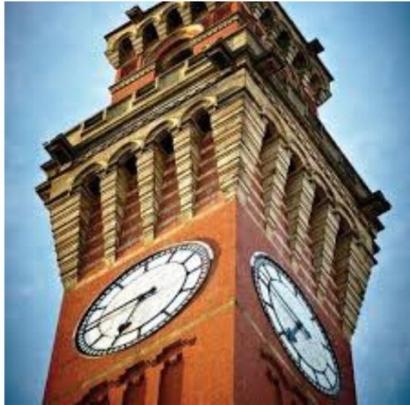


We have two exciting opportunities to join our staff team at Cerebral Palsy Midlands. We are looking to recruit two Care Assistant/Support Workers. Full details are available on the website and details how to apply [www.pmid.org.uk/about/job-vacancies/](http://www.pmid.org.uk/about/job-vacancies/)



## CPM & NICE TOGETHER RAISING AWARENESS FOR CEREBRAL PALSY

### GO GREEN CAMPAIGN



- **Mon 30th Sept to Sun 6th Oct** Lightwoods House at Lightwoods Park, Bearwood lighting up green for the week supported by Preet Kaur Gill MP who will visit CPM.
- **Mon 30th Sept to Sun 6th Oct** Sharing CP Awareness & success stories
- **Mon 30th Sept** Birmingham Lord Mayor to visit Cerebral Palsy Midlands
- **Tue 1st October** Information stand at ASDA Store, Barnes Hill.
- **Friday 4th October** Dress Green Day at Cerebral Palsy Midlands
- **Sun 6th October** Old Joe Clock Face at University of Birmingham to be lit green. NICE & CPM friends will gather near clock face at 5pm to celebrate.

### Cerebral Palsy Awareness Week

30th September - 6th October

**WORLD CP DAY Sun 6th October 2019**

#WorldCPDay #GoGreenforCP #CP4Life #CPAwarenessWeek

A big thank you to our sponsors Anthony Collins Solicitors supporting costs and donating 100 green balloons.

<http://www.cpmids.org.uk/news/world-cp-day/>.

## UP AND COMING DATES

- September 12 - Artists at Creative Coffee Hub i
- September 16 - Greatest Showman sing-a-long
- September 21 - Harborne Artsmile
- September 30 - Lord Mayor visit to CPM
- October 1 - Stand at Asda Barnes Hill
- October 6 - World CP Day - Go Green
- October 12 - Weoley Big Laugh Fundraiser
- October 28 - Halloween Disco with Fizzi Duo
- November 18 - AGM & Pathfinders Night
- December 18 - CPM Close for Christmas



### Happy birthday to all our CPM friends

- 15th September - Claire Gilchrist
- 19th September - Paul Jubb & Simon Jones
- 22nd September - Patrick Hodgins
- 23rd September - Tehseen Meghani
- 11th October - Carl Johnson
- 31st October - Gary Clifton
- 9th November - Vicky Lilly
- 13th November - Gary Ironmonger
- 15th November - Sam Boswell
- 19th November - Paul Pedley
- 12th December - Clifford Adams
- 20th December - Heather Lucas

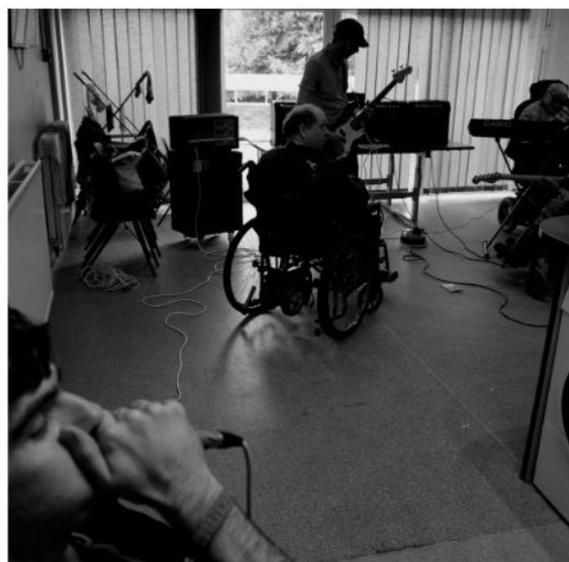


## THE CPM CONNECTION

A group based at Cerebral Palsy Midlands who create their own rock music. Empowering a diverse group of adults with disabilities to become talented musicians.

Alternative rock and arts

<http://www.cpmids.org.uk/about/cpm-connection/>



## RAFFLE PRIZES WANTED

We are seeking donations for our Weoley Big Laugh Fundraiser Raffle

Can you help? We are seeking raffle donations for our annual Weoley Big Laugh fundraiser taking place Saturday 12th October 2019.



The evenings raffle is always popular and we normally raise over £500 from raffle tickets sold alone, so we need some enticing prizes that will aid our fundraising efforts. Items such as: Bottles of wine or spirits, hampers, gift vouchers for meals, experiences or treatments.

If you can help - please get in touch, contact Sarah [sarah@cpmids.org.uk](mailto:sarah@cpmids.org.uk) or telephone: 0121 427 3182 ext. 3.

# DISCO INCLUSIVE



FOR ADULTS 18+ WITH PHYSICAL AND LEARNING DISABILITIES

**DISCO INCLUSIVE**  
**Boogie Night**

- DJ'S
- DISCOS
- DANCING
- MEETING
- FRIENDS
- BAR

INCLUSIVE AND ACCESSIBLE FOR ALL

£5 PER PERSON  
CARERS FREE

THE EDGBASTON PALACE, 198-200 HAGLEY ROAD, EDGBASTON, BIRMINGHAM B16 9PQ  
<https://www.facebook.com/DiscoInclusive/>

For enquiries call 0121 729 8431 Sharon Smith & Graham Price or email [includivedisco330@gmail.com](mailto:includivedisco330@gmail.com)

NEW Inclusive Disco for adults (Over 18's) with impairments taking place at new fully accessible venue The Edgbaston Palace every second Wednesday of the month between 7.00pm and 10.00pm. Action Pack will be leading the disco.

Next two disco dates for your diaries:  
Wednesday 11th September  
Wednesday 9th October

We want this to be the greatest social club for all those with additional needs and disability. They can party, dance, dress up, boogie, socialise and make new friends.

It's £5 per person and carers go free.  
Venue address:  
The Edgbaston Palace  
198-200 Hagley Road  
Edgbaston  
Birmingham  
B16 9PQ

Spread the word. Please share so that we can reach out to those in the community who would benefit.

# THANK YOU



The success of the Summer Sizzler was down to all the people and organisations that supported our event. Cerebral Palsy Midlands would like to thank: 'Dudley Zoo' Outreach Team, 'DeafBlind UK', 'Birmingham Airport Services', 'CCR Disabled Racing Academy', 'West Midlands Police (Harborne)', 'Asda Barnes Hill' for their Cream Tea Scone donations, 'Harborne Pool & Fitness Centre', 'The Rootless Pub', 'RDAC' & 'Try-b4-U-Fly', 'Capstone Fostering Services', 'Under the Twinkling Sky' Bookstall, 'Kumon Harborne', 'Annabelle Pink Treats', 'The Creation Station', Saba and Asma for their served cultural tea and coffee, John and Amy's BBQ/Cafe, 'Friends of CPM' Volunteers, 'Tiny Talk baby signing', Karl Beese and 'LOLA - Pet therapy dog', CPM staff, 'Northfield Baths', 'Ironbridge Museums', 'Hatton Country World', 'Stratford Butterfly Farm', 'Tamworth Castle', 'WILD Zoological Park', Sally Haynes-Preece for her Indian Head and Reiki treatments, Ben for the gaming and VR tasters, Mike Surman for his LIVE acoustic evening entertainment in the garden, 'Harborne Artsmile', surprise ventriloquist Craigh Keogh and all those that attended and enjoyed such a wonderful day. Can't wait to do this again next year!

# WOMEN WANTED FOR RESEARCH

**Could you help with a crucial study regarding Healthcare for girls and women with cerebral palsy across the life course?**



Pictured above: Dr Sonali Shah, a Research Fellow in the School of Nursing at the University of Birmingham. She is funded by a Burdett Trust award to undertake a qualitative study 'Eternal: UK healthcare of women with Cerebral Palsy across the female life cycle'.

Research Fellow at The University of Birmingham Dr Sonali Shah is searching for women in Birmingham who could help shape the future of healthcare for women.

This study is about:

What it means for women to grow up with CP  
- physical, psychological and lifestyle effects at different times of life.

Experiences of sexual and reproductive healthcare across life (from age 14 to 75+, puberty to menopause and beyond) - including barriers and enablers.

How to improve nursing practice for disabled women in general and women with CP in particular.

The study is looking for girls and women who:  
- self-identify as having CP  
- are based in England, Scotland, Wales or Northern Ireland  
- are within the age of 14 and 75+.

If you are interested to participate in the study please contact Dr Sonali Shah by email at [s.shah.3@bham.ac.uk](mailto:s.shah.3@bham.ac.uk)

 **WE ARE HERE**  
for World Cerebral Palsy Day  
[worldcpday.org](http://worldcpday.org)



## GET IN TOUCH

**Stay up to date with all the latest news on our social media pages**



Facebook: CerebralPalsyMidlands  
Instagram: @CerebralPalsyMidlands  
Twitter: @CPMidlands  
Email: [info@cpmids.org.uk](mailto:info@cpmids.org.uk)  
Helpline: 0121 427 3182  
Website [www.cpmids.org.uk](http://www.cpmids.org.uk)

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