

THE **cpm:** UPDATE

cerebral palsy midlands

CEREBRAL PALSY MIDLANDS NEWSLETTER JANUARY 2024

CPM IS A BIRMINGHAM CHARITY THAT HAS BEEN RUNNING SINCE 1947 AND SUPPORTS PEOPLE WITH CEREBRAL PALSY OR OTHER DISABILITIES IN LIVING INDEPENDENT AND FULFILLED LIVES BEYOND US JUST BEING AN ADULT DAY SERVICE PROVIDER.



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CPM BAKING SESSIONS ARE BACK



The year 2024 began with bake-off sessions, where we practiced our baking and cooking skills by preparing lunches at the centre. We made dishes such as lasagne, chocolate concrete pudding, chili con carne, and more. Sam mentioned that the best part of the process is the independence it provides, as well as the satisfaction of preparing vegetables and then enjoying the delicious food created together as a team. Gordon Ramsay better watch out! We have the culinary skills right here at CPM to create magnificent food, cooked from fresh that would tempt anyone's taste buds.

UNDER THE SEA THEME



cerebral palsy midlands

Weoley Big Night Out Fundraiser

Save the date: Saturday 28th September 2024. 6pm till late

Weoley Castle Social Club, Barnes Hill Birmingham B29 5TY

BOSTIN BUCCANEERS FOR OUR BIG NIGHT OUT!

We are excited this year to host a theme for our 'Weoley Big Night Out' fundraiser taking place on Saturday 28th September 2024 at 'Weoley Castle Social Club' in Birmingham. Think Pirates, Sea Shanty and Mermaids. Our Manager Gary's rock band 'Bostin Jukebox' will be "The Bostin BucCaneer's" for our live band act and we have our very own music tutor 'Ben Love' as the nights DJ. This year the tickets will be £15 per person with a free carer ticket if required. Its our inclusive social night of the year and our regular annual fundraiser. More details will be confirmed nearer the time, but make sure you save that date in your diary!

HAPPY NEW YEAR TO ALL OUR FRIENDS

Welcome back and Happy New Year to all our friends, supporters, and volunteers. Last year, Cerebral Palsy Midlands had a very successful 2023 with our events and fundraising, and we want to express our gratitude for your incredible support. We had a team that participated in the Birmingham Great Run 10k, we walked and wheeled laps around Cannon Hill Park, we hosted a fantastic celebration for the King Charles III Coronation, premiered two films - 'The New Pandemic' Doctor Who Fan Series and Being Heard Music Group's 'Tea With Two Sugars', hosted a successful 'Weoley Big Night Out' fundraiser, took a group of citizens on a weekend getaway to Blackpool, and gave everyone in our service a Christmas dinner with their friends.

INTERACTIVE GAMING WITH JOHN

Our dear friend and volunteer, John, continues to devote his Fridays to Interactive Gaming sessions, where he brings in his PS5 console and adapts switches to cater to the needs of our citizens. John has extensive experience in understanding the specific requirements of our citizens and using his expertise in adapting the games and technology to support those with the most complex needs.



HELEN'S A MOVER AND SHAKER, KEEPING US ON OUR TOES WITH HER GROOVY BEATS!



Join wheelchair dance tutor, Helen, for two weekly sessions of adapted movements that will get you grooving to a variety of different dances.

The Wheelchair Dance Classes at CPM are a fun, inclusive way to get moving. Helen is available every Tuesday at 1.30pm and Friday mornings at 11.00 am, and everyone is welcome to participate, regardless of age, ability, or experience.

Dancing is not only enjoyable, but it also promotes good health and well-being. The classes cover a variety of styles, including Samba, Waltz, Ballet, and Street.

Helen also runs 'Freewheelin Dance', inclusive dance classes for all in Birmingham here at our centre, Cerebral Palsy Midlands in Harborne, Birmingham.
 Adult community class 6.30pm - 7.30pm
 Performance Group rehearsals 7.30pm - 8.30pm
 There is also an online class available on Mondays at 6pm. For more details about 'FreeWheelin' and their payment options please email freewheelin@yahoo.com.



THANK YOU 'YOUNG VENTURERS'

Our 'Access for All' project continues to support our citizens accessing the community with transport and necessary care with staff support. The 'Young Venturers' are a small community group from Hall Green, Birmingham who fundraise all year round to buy Pantomime tickets to The Birmingham Hippodrome and gift them out to adults with disabilities who find getting out to events like these challenging due to accessing transport, carers and more. As we had a limited number of tickets names were drawn out of a hat as to who had the opportunity to go and see this year's panto Jack and The Beanstalk. Everyone really enjoyed the show seeing Alison Hammond, Doreen from Tipton and Panto Legend Matt Slack. So thank you 'Young Venturers' for your sincere support.



BACK ON THE SADDLE!

Citizens have returned to the Riding for Disabled Association (RDA) for their regular Thursday afternoon horse riding sessions. This activity has countless physical and mental benefits. For adults with cerebral palsy, movement and exercise, plays an important role in reducing long-term health conditions such as pain and muscle stiffness. That is why our staff team provide this regular support in transporting and supporting the care needs of our citizens accessing the community, we believe this really benefits overall health and wellbeing.



THANK YOU HARBORNE POOL & FITNESS

Citizens and staff presented staff and management at Harborne Pool & Fitness with a Christmas gift, card and CPM Calendar as a thank-you to the team for all of their support over the past year in 2023.

Our 'Movement in Water' sessions have been very successfully led by Wendy and Laura. Our citizens have developed their floating, swimming and even water diving skills. The facilities are great at 'Harborne Pool' and the team of staff are helpful in supporting the Disabled Swim sessions.



CPM RUNNING TEAM – ARE YOU UP FOR ANOTHER RUNNING EVENT?

The Birmingham Great Run takes place on Sunday 5th May. There are two distance options to run 10k or complete a half marathon and we are looking for a team of runners to get involved with 'the CPM Running Team'. Last year our team fundraised £2121.17 for Cerebral Palsy Midlands, which was incredible! There is also another race we are looking for a team to support, its the Inflatable 5k at Wolverhampton Racecourse on 22nd June. See the website for more details
www.ukrunningevents.co.uk/events/inflatable-5k/
 Speak to Sarah sarah@cpmids.org.uk to confirm your interest.



YOU SHOP & BRANDS DONATE

Do you shop online? If you answer yes, this means, you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE! You can get started at
www.easyfundraising.org.uk/causes/cerebralpalsymids/



MORE NEWS FORM CPM

**PLEASE
DONATE
ANY UNWANTED
CHRISTMAS
PRESENTS
TO HELP CPM
FUNDRAISE**

HAVE YOU GOT UNWANTED GIFTS?

If you're looking for a great way to support CPM, consider donating any new and unwanted, unopened gifts you may have lying around. Items such as chocolates, biscuits, bottled drinks, toiletry sets, games, gift items, vouchers, or anything similar would be greatly appreciated. These items will be used in our raffles and tombola's, and will go a long way in helping us with our fundraising efforts. You can email Sarah, our Development Officer, at sarah@cpmids.org.uk, or drop off your donations directly at the centre - whichever is easiest for you. Thank you for your continued support.



WHEEL'N' WALK 2024

Cerebral Palsy Midlands are excited to Participate again this year in the 'Wheel'n'Walk' event together with other local causes.

This year's sponsored walk event - 'Wheel'n'Walk' will be held at Cannon Hill Park in Birmingham. We have requested Sunday, June 2nd as our preferred date and are awaiting confirmation to proceed. We'll keep you posted as soon as we get the green light!

WE NEED YOUR VOTES!

Cast your vote for our Being Heard Music Groups film called 'Tea With Two Sugars' at the Smiley Charity Film Awards online! CPM are thrilled to be part of this incredible event that celebrates amazing films for charities like ours. We need your votes so we have a chance of winning. To make your vote please visit

<https://smileycharityfilmawards.com/films/tea-with-two-sugars>

MONTHLY DISCO IN HARBORNE

Exciting times are ahead with Disco Inclusive's New Year rave on Wednesday, January 31st, 2024. The theme is "Bright" so wear your brightest gear and join us at the Harborne Village Social Club located at 3 Serpentine Road, Harborne, B17 9RD, from 7 to 10 pm. You can come as you like, or be a trendsetter and show off your fab gear. Your bright attire will add to the amazing vibes and make it a special night to remember. Bring a friend to make it even more wonderful.

There's an entry charge of £5 for each member (service user), and one escort (carer) per service user free. Additional escorts, (carers) may be asked to pay. Friends will pay an entry fee.

What's not offered is caring responsibility. All volunteers are DBS registered to work with vulnerable people. They are not trained in health or care matters. If a member needs support their escort (PA or carer) must be with them. Disco Inclusive provides the opportunity and facility and has public liability insurance to enable them to do this as safely as possible.

FOR ADULTS 18+ WITH PHYSICAL & LEARNING DISABILITIES

DISCO INCLUSIVE

Boogie Night

- DJS
- DISCOS
- DANCING
- BAR
- MEET FRIENDS

INCLUSIVE AND ACCESSIBLE FOR ALL

HELD THE LAST WEDNESDAY OF EVERY MONTH: 7- 10PM

31st January
28th February
27th March

£5 PER PERSON
FIRST CARER FREE

HARBORNE VILLAGE SOCIAL CLUB,
3 SERPENTINE RD, HARBORNE,
BIRMINGHAM B17 9RD

www.facebook.com/DiscoInclusive

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inclusivedisco330@gmail.com
Graham Price (0121) 565 2875 grahampri2@gmail.com




COMMUNITY FETE



cpm:
cerebral palsy midlands

Join us for a Summer Sizzler!

MONDAY 12TH AUGUST 2024 11AM - 3PM
CEREBRAL PALSY MIDLANDS 17 VICTORIA ROAD
HARBORNE BIRMINGHAM B17 0AQ

A FUN-FILLED DAY WITH GAMES, FOOD AND MORE!
ALL PROCEEDS GO TO CHARITY.
#SUMMERSIZZLER #COMMUNITYFETE #CHARITYEVENT

USEFUL UP COMING DATES

- Friday 29th March** Good Friday Bank Holiday - CPM closed
- Monday 1st April** Easter Bank Holiday Monday - CPM closed
- Sunday 5th May** Birmingham 10k and Half Marathon
- Monday 6th May** - Bank Holiday - CPM Closed
- Monday 27th May** Bank holiday - CPM Closed
- Sunday 2nd June** Possible date for 'Wheel'n'Walk' sponsored walk
- Monday 12th August** CPM Summer Sizzler Community Fete and BBQ
- Monday 26th August** Bank Holiday Monday - CPM Closed
- Saturday 28th September** 'Under the Sea' theme Weoley Big Night Out fundraiser

Monday

10am - 12pm & 1pm - 3pm
 Being Heard Music Group
 AM: LIFE Skills activity / crafts / board games
 PM Activity: Table top games



Tuesday

AM Activity: Tai Chi
 AM Activity: IT Skills - Mornings only
 PM Activity: LIVE practice with Ben & CPM Connection
 PM Activity: Wheelchair Dance with Helen



Wednesday

10am - 12pm & 1pm - 3pm Being Heard Music Group
 PM Activity: LIFE Skills activity / crafts / board games



Thursday

AM Activity: Swimming with Wendy & Laura
 PM Activity: Gaming with Ben - CPM Connection
 PM Activity: Bingo
 PM Activity: Horse Riding with RDA



Friday

AM Activity: Wheelchair Dance with Helen
 AM Activity: 10am - 12pm Virtual Gaming with John
 PM Activity: Karaoke or Quiz



CONTACT US AT CEREBRAL PALSY MIDLANDS



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



Email us at info@cpmids.org.uk

www.cpmids.org.uk



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Find us on Instagram **@cerebralpalsymidlands/**

Tweet us **@CPMidlands**



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

REGISTERED CHARITY NUMBER 529464

CPM 17 VICTORIA ROAD, HARBORNE, BIRMINGHAM B17 0AQ