

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.

Inside News

Lottery Launch

Running for Jack

Wheel'n'Walk Update

Easter Timetable

"Tea With Two Sugars" made it to the FINALS!



WE'VE LAUNCHED OUR LOTTERY

A NEW WAY TO SUPPORT CPM!

We are excited to announce the launch of our lottery page on the new Birmingham Community Lottery in partnership with BVSC and other causes in Birmingham.

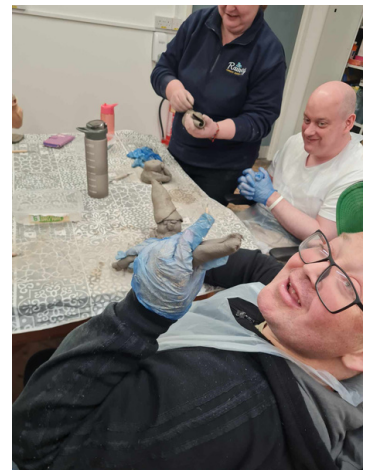
www.birminghamcommunitylottery.co.uk/support/cerebral-palsy-midlands

Birmingham community Lottery is a weekly online lottery and the draw will take place every Saturday night at 8pm. Each ticket costs £1 per week and consists of six numbers. The more numbers you match in the draw the bigger the prize that you win.

By purchasing a ticket for as little as £1, you can support Cerebral Palsy Midlands and have a chance to win a share of great prizes including the grand prize win of £25000. Players can choose who their purchased ticket will support. They can support a cause like Cerebral Palsy Midlands knowing that 50% of each £1 ticket will be donated directly to us. The first draw will take place on Saturday, March 30th. Have you bought your ticket yet?



NEW POTTERY SESSIONS



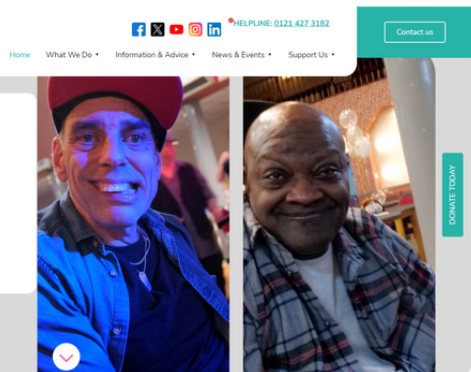
New pottery sessions are now available every Wednesday at CPM, with Rachel from Rainey Community Creations. You can find more information about Rachel's Community sessions on their Facebook page facebook.com/raineycommunitycreations/. During previous sessions, Louise, Carl, Anthony, and Bobbie were able to receive support in creating their garden gnomes. Other citizens are also creating pieces of pottery to display in their gardens, and we can't wait to see what they create!



OUR WEBSITE HAS A NEW LOOK!



cpm:
cerebral palsy midlands



We have recently updated our website www.cpmids.org.uk and we would appreciate your feedback on what you think of it. Cerebral Palsy Midlands has partnered with 'AccessiBe' to ensure that our website is fully accessible and inclusive to everyone.



As you browse through our website, you will notice a blue widget in the bottom right-hand corner that follows you wherever you go. This widget is designed to help people with visual impairments, ADHD, epilepsy, or those who prefer larger font sizes to navigate through our charity website with ease. It offers a range of helpful options to make the website more accessible to everyone, regardless of their impairments. We are proud to host this new addition to our CPM website. Please email your feedback to sarah@cpmids.org.uk.

WE ARE MORE ACTIVE & STRONGER



Thank you to Harborne pool & Fitness Centre

On behalf of CPM, Laura and Wendy would like to Thank Harborne Pool and fitness centre for the persistent and outstanding level of support they provide for the clients and staff at CPM. Following a successfully and very pro-active 'Movement in Water' session, James a gym instructor at Harborne gym offered his support by means of giving Anthony, Paul, Laura and Wendy a tour of the gym. During the tour James provided us with information regarding the accessible gym equipment that is available at Harborne.



"The Freedom I experienced in the water made me feel like my disability was non-existent". (Words Quoted by Sam). Sam expressed a sphere of emotions as she approached her first 'Movement in Water' session with Laura and Wendy. Within moments of making contact with the water Sam's face gleamed as she found the self confidence to demonstrate her outstanding ability within the water, which prior to the session she had not utilised for nearly ten years. Well Done Sam, you did totally amazing!



What a celebration!

Anthony and Alice transformed their 'Movement in Water' celebration of achievement meal into a day to remember! Both Alice and Anthony have both been active participants in the aqua sessions for the past near 9 months and persisted to demonstrate a growth in confidence and ability. I think you will all agree that they both deserve to be congratulated. Well done from Wendy & Laura.

Paul's Swimming is improving!

These images show Paul during his recent 'Movement in Water' session with Laura. Paul's abilities in the water are truly inspiring. He demonstrates incredible levels of confidence, skill, and strength during the aqua sessions.

The aqua sessions are not just about promoting Paul's physical health and well-being. They also provide him with meaningful activities that reinforce the values of self-fulfillment and empowerment.



ACCESS FOR ALL PROJECT

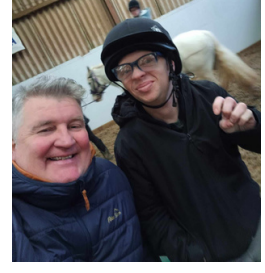


SATURDAY CLUB

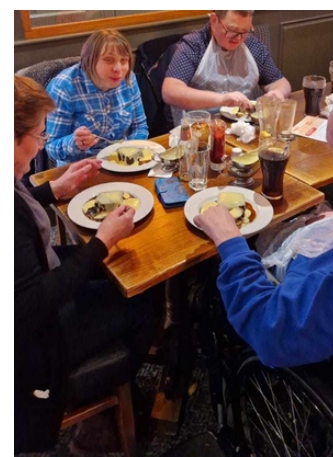
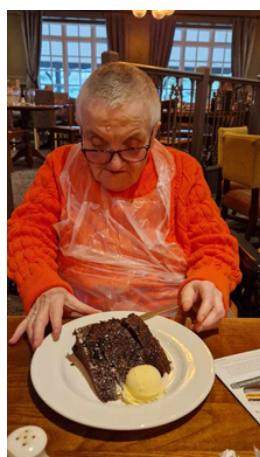
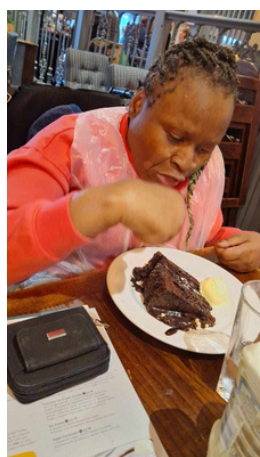


On a recent Saturday, Nathan, Sam, Amanda, and Joe formed a club and went out for a fun day. First, they visited the cinema and watched a feel-good movie called "Migration". After that, they went to a bowling alley for some food and drinks and had a great time together. Now, they are looking for ideas from the CPM citizens for their next Saturday club session.

HORSE RIDING AT THE RDA



OUT FOR A SPOT OF LUNCH!





There have been numerous cooking sessions where our citizens are assisted by staff in preparing delicious meals, ranging from Chicken Roast Dinners to Tasty Curries, Spaghetti Bolognese, and cakes. Everyone has had the opportunity to enhance their independence skills by practicing chopping, frying, stirring, roasting, and more. Well done everyone. I'm sure there are plenty of tasters available at CPM if you need them!

BEING HEARD HAVE A GREAT IDEA!

Being Heard invite you to:

"Every Life has It's Purpose"

A musical performance about Dr Earl Carlson - founder of Cerebral Palsy Midlands and Carlson House

70 CPM DECADES OF SERVICE

Taking place on Monday 15th May between 6 - 8 pm at our centre Cerebral Palsy Midlands, 17 Victoria Rd, Harborne, Birmingham B17 0AD

Being Heard, a musical platform for the services users of CPM was born in 2010 with a belief and understanding that "music has no boundaries".

Being Heard have worked very hard this year over many musical workshop sessions, 2010 with a belief and understanding that "music has no boundaries".

Being Heard group invite you to come and see their second wonderful musical, "Every Life Has It's Purpose", the telling of the life of Dr. Earl Carlson to celebrate Cerebral Palsy Midlands' 70th Anniversary and service to the local community to disabled people.

Being Heard, a musical platform for the services users of CPM was born in 2010 with a belief and understanding that "music has no boundaries".

Being Heard have worked very hard this year over many musical workshop sessions, 2010 with a belief and understanding that "music has no boundaries".

Being Heard group invite you to come and see their second wonderful musical, "Every Life Has It's Purpose", the telling of the life of Dr. Earl Carlson to celebrate Cerebral Palsy Midlands' 70th Anniversary and service to the local community to disabled people.

Being Heard, a musical platform for the services users of CPM was born in 2010 with a belief and understanding that "music has no boundaries".

Being Heard have worked very hard this year over many musical workshop sessions, 2010 with a belief and understanding that "music has no boundaries".

Being Heard group invite you to come and see their second wonderful musical, "Every Life Has It's Purpose", the telling of the life of Dr. Earl Carlson to celebrate Cerebral Palsy Midlands' 70th Anniversary and service to the local community to disabled people.

For more information please call 0121 427 3822 or visit <http://www.cpmids.org.uk/about/being-heard/>



Following the recent success from our Being Heard talented musical film "Tea With Two Sugars" making it to the finals. The Being Heard group continue pre-production on their new musical film detailing the life of CPM's founder Earl Carlson, "Every Life Has Its Purpose." The group have an opportunity to recreate the energy of this masterpiece but also an opportunity to film it, as it marks our history serving our community and people with disabilities.

VOLUNTEERS WANTED TO HELP SEEK OUR HISTORY



CPM History Team

A GROUP WHOSE MISSION IS TO CELEBRATE THE RICH HISTORY OF CEREBRAL PALSY MIDLANDS IN BIRMINGHAM

Cerebral Palsy Midlands have recruited a group of volunteers, consisting of staff, students from 'Newman University' and the 'University of Birmingham' and charity trustees. Together the group are looking to catalogue and archive the many years of history and documents that we have and discover our beginnings. We meet Thursday mornings at CPM, get in touch if your interested in joining the team.

sarah@cpmids.org.uk

LETS HELP OUR MATE JACK DANCE AT HIS WEDDING!

Our friend Jack needs help raising £6,000 for a black body suit called a Mollii suit. He wants to use it to dance with his Huckleberry Beth at his wedding and to be able to stand and take his wedding vows. Jack had the chance to try the suit at 'National Star College', where he is currently studying. He even appeared on 'BBC Midlands Today' and 'The One Show'. Once worn, the suit helps people with cerebral palsy by reducing pain and spasms and improving movement. A big milestone for Jack was being able to walk outside for the first time while wearing the suit.

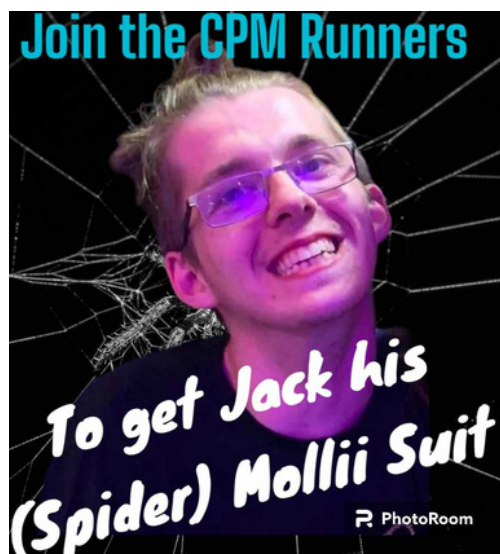
Jack found his friends at CPM during lockdown when our activities were online and we opened them up to support people isolated in the wider community. Jack and his mom, Heidi, have been supportive. Heidi ran the Birmingham 10k in May 2023 and has volunteered and helped fundraise as part of our 'Friends of CPM' team. Now, we can help Jack.

A team of runners has come together to run with Jack and help him get closer to owning his own super suit! We have Heidi, Jack himself, brothers Billy and George, Sarah, Sarah's son Brandon, Paul Watson and Abi from National Star College. Jack has sourced a sports wheelchair the running team can run with to get him around the Birmingham 10k route on Sunday 5th May

See the website for more details and to donate online; <https://bit.ly/CPMHelpJack>
Speak to Sarah sarah@cpmids.org.uk to sponsor or join the CPM running team.



Jack with his fiancé Beth



Scan QR
code to
donate



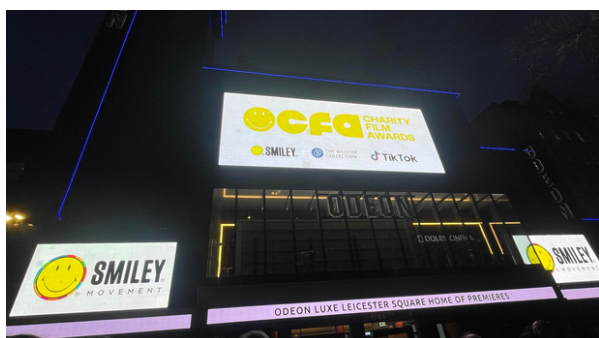
TEA WITH TWO SUGARS IN LONDON



A BEING HEARD PRODUCTION

FILM PREMIERE

WEDNESDAY 20TH SEPTEMBER 2023 AT 1.30PM
TOUCHBASE PEARS 750 BRISTOL RD, SELLY OAK B29 6NA



LONGFORM £100,000 - £1 MILLION
- FINALISTS

- Cerebral Palsy Midlands
- Dance Syndrome
- Emmaus Preston
- Headway Nottingham
- icandance
- Integrate UK
- Jnetics
- Landworks
- Mulberry Community Project Blackpool
- National Eczema Society
- Niemann-Pick UK
- Rainbow Hub
- Ripple Suicide Prevention
- Somerset Film
- Tertiary Education Scholarship Trust For Africa
- Tough Enough To Care
- The Who is Hussain Foundation

On Wednesday 20th March, our Development Officer Sarah and film maker and cpm staff member Craig, represented Cerebral Palsy Midlands and the very talented 'Being Heard Music Group' at the Odeon Luxe in London for the finals of the 'Smiley Charity Film Awards' ceremony. Our film 'Tea with Two Sugars' entered into the awards as our film had a powerful message about inclusion and disability and we wanted to share the awareness of the film's musical message as far as we could. Although our charity did not win any awards, we are proud to have made it to the finals as a small charity up against other big causes such as 'ActionAid', 'RSPCA' and other national and international charities with well-produced promotional videos that were very well funded. The award ceremony was fantastic and glamorous and they had a great day promoting CPM's work outside their community. Star guests included Kimberley Wyatt (Pussycat Dolls) TV personality Greg Wallace, Musician Professor Green, Model Jodie Kidd, comedian Ellie Taylor, actresses Amy Nuttall and Kate Humble and many more. You can watch the full screening of the award ceremony here <https://bit.ly/smiley2024awards>.

The "Tea With Two Sugars" musical film by the Being Heard Music Group has received 7.8k views on the Cerebral Palsy Midlands YouTube channel, and they believe the promotion and awareness raised by the Smiley Charity Film Awards has helped increase views and raise awareness for disability and inclusion. They have ideas planned for 2025, so stay tuned! You can still view the video "Tea With Two Sugars" by visiting <https://bit.ly/Teawith2sugars>.

WHEEL'N'WALK SPONSORED WALK SUNDAY 2ND JUNE CANNON HILL PARK

WHEEL'N'WALK: BIRMINGHAM'S WALK FOR INCLUSION



MEETING DETAILS: SUNDAY, 2ND JUNE, STARTING AT 11 AM | LOCATION: THE BANDSTAND AT CANNON HILL PARK, B13 8RD
12 BIRMINGHAM CHARITIES AND CAUSES WALKING TOGETHER



Cerebral Palsy Midlands is excited to participate in the 'Wheel'n'Walk' event along with 11 other local charities and causes. This is truly Birmingham's Walk for Inclusion! The sponsored walk event will be held at Cannon Hill Park in Birmingham, with the meeting point at 'The Bandstand' area of the park. This year, 'Fitniss' will be leading our inclusive and accessible warm-up before the event and sponsoring the costs of the event itself. 'The Dhol Crew' drummers will be joining us to bring energy to the launch of the walk. We have chosen Cannon Hill Park in Birmingham because it has two 'changing place' facilities at THE MAC based within the park itself, and we get to use NICE Charity Car Park for the event, located on Russell Road, Postcode B13 8RD. The park also has wider flat pathways. Feel free to bring your family and picnic, as this day is always one of the best days of the year for us as a charity. As always, there will be medals, certificates, refreshments, and treats at the finish line. Watch last years video here <https://bit.ly/WheelnWalk>

How can you get involved?

You can register or donate here <https://bit.ly/WnW2024>

You can set up an online fundraiser here <https://cerebralpalsymidlands.enthuse.com/cf/walk2024> and share this on your socials like Facebook, Instagram and Twitter or via email.

Alternatively Sarah will be printing sponsor forms and posters for you to share with your friends and family and wider networks.



SCAN ME



NEW SESSION JUST FOR CARERS RELAXATION SOUND EXPERIENCE



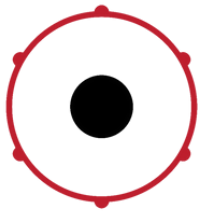
Monday 15th April 5pm at CPM

Session for Parents, Carers and Caregivers only (with a connection to CPM)

Carers please join us on Monday, April 15th at 5pm at CPM for a Sound Bath relaxation session. Hosting our session will be Lynn from "Beat It Percussion." Prepare to be immersed in beautiful relaxing sounds! Relieving stress and helping you recharge your batteries. This session supports good mental health and can help with the management of anxiety and other conditions.

Sound relaxation works by creating a live soundscape of calming, gentle instruments that eases the mind into a state of deep relaxation. We use breathing exercises and a simple guided relaxation. We create a safe group environment for you to feel secure and included.

Bring your yoga mat and warm layers if you'd like to lie on the floor (optional). This is a NEW session we hope to run regularly, so we are looking forward to your feedback.



Beat It
Percussion

UP AND COMING CPM EVENTS

Diary these events, our 'Summer Sizzler' Community Fete on Monday 12th August will be open to stalls, entertainment, games, music, a BBQ, a tombola, a raffle & more. 'Friends of CPM' volunteers will be welcome. Our 'Weoley Big Night Out' annual fundraiser will take place on Saturday 12th October at Weoley Castle Social Club with an 'Under the Sea' theme.



Fundraiser
Event

**CPM Summer Sizzler
Community Fete & BBQ
Monday 12th August**

cpm:

Join us for an amazing night!



Join us at our 'under the Sea' themed Weoley Big Night Out. All proceeds go to charity Cerebral Palsy Midlands

Saturday 12th October
6pm until late
Weoley Castle Social Club



USEFUL UP COMING DATES

Friday 29th March Good Friday Bank Holiday - CPM closed.

Monday 1st April Easter Bank Holiday Monday - CPM closed.

Monday 8th April 1.30pm Drumming session with Fitniss.

Monday 15th April 5pm 'Relaxation and Sound Bath' for Carers at CPM.

Sunday 5th May 9am Birmingham 10k and Half Marathon in Birmingham City Centre.

Monday 6th May - Bank Holiday - CPM Closed.

Monday 27th May Bank holiday - CPM Closed.

Sunday 2nd June 11am Wheel'n'Walk' sponsored walk at Cannon Hill Park, Birmingham.

Thursday 18th July 10am - Ponies at CPM with 'Lets Enable.'

Monday 12th August 11am - 3pm CPM Summer Sizzler Community Fete and BBQ

Monday 26th August Bank Holiday Monday - CPM Closed.

Thursday 19th September 10am - Ponies at CPM with 'Lets Enable.'

Saturday 12th October 6pm 'Under the Sea' theme Weoley Big Night Out fundraiser.

Friday 20th December Christmas Closure. CPM Closed for Christmas at 3pm.

Monday 6th January 2025 CPM Re-opens after Christmas.

CPM QUIZ



Well done to Richard, who enjoyed hosting his 'Sound of Music' themed Quiz.

THE CPM BAKE OFF CONTINUES



This wave of baking and cooking creativity could very well lead to the opening of a CPM (Community-Prepared Meals) restaurant, Well done to our staff and bakers indeed!

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

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