

The

# FUNDRAISING PACK

*We have been supporting and empowering people with Cerebral Palsy and other disabilities since 1947*

[cpmids.org.uk](http://cpmids.org.uk)

Helpline 0121 427 3182

Email [info@cpmids.org.uk](mailto:info@cpmids.org.uk)



# WHAT IS CEREBRAL PALSY?

PEOPLE WITH CEREBRAL PALSY DO HAVE IMPAIRMENTS BUT OFTEN THE MOST DISABLING FACTORS THAT THEY HAVE TO FACE ARE THE INACCESSIBLE NATURE OF SOCIETY



## ABOUT CEREBRAL PALSY

Cerebral palsy (CP) is a condition which is often thought to arise due to brain damage as a result of oxygen deprivation. This can occur before birth in the womb, during and after birth, usually within the first six months of life. People with CP can have a physical disability, learning difficulties, communication problems, swallowing problems (Dysphagia), sight, hearing impairments or multiple disabilities.

### ASSOCIATED IMPAIRMENTS

People with cerebral palsy may also have a range of physical and cognitive impairments

<b>1 in 3</b> is unable to walk		<b>1 in 4</b> is unable to talk		<b>3 in 4</b> experience pain		<b>1 in 4</b> has epilepsy		<b>1 in 4</b> has a behaviour disorder	
<b>1 in 2</b> has an intellectual impairment		<b>1 in 10</b> has a severe vision impairment		<b>1 in 4</b> has bladder control problems		<b>1 in 5</b> has sleep disorder		<b>1 in 5</b> has saliva control problems	

### PROGNOSIS



**LIFE- LONG**  
Cerebral palsy is a life long disability. Disability may increase with age, and ageing may occur earlier.



**SEVERITY**  
Predictions of severity are most accurate at 2 years of age.



**PAIN, BEHAVIOUR AND SLEEP DISORDERS**  
Are related effects of people with Cerebral Palsy



**TREATMENT**  
Without rehabilitation and orthopaedic management, a person with cerebral palsy can deteriorate physically.

CP is not contagious, progressive or hereditary. However, there is no cure for CP, although there are supportive treatments, specialist equipment and medication that can help. At Cerebral Palsy Midlands we primarily provide a day care service for people with cerebral palsy and other disabilities.



# ABOUT US

At Cerebral Palsy Midlands, our aim is for people to reach their full potential. Promoting independence, effectively communicating and educating people about disability awareness.



Harborne-based Cerebral Palsy Midlands, originally known as Midland Spastic Association (MSA), came into existence in 1947 largely through the interest and influence of 3 prominent local figures Steven Quayle and Paul Cadbury, both of whom had children with cerebral palsy and Dr. Carl Carlson who had cerebral palsy himself.

Ten years after the formation of the MSA, a fundraising campaign raised capital for building a new centre to provide workroom, activity hall, kitchen and administrative offices, to enable people to gain greater independence and gain valuable knowledge in life skills.



Today the existing clubs and activities at the centre continued to grow and certain developments have led to success being able to measure in empowering people in their everyday lives, gaining rights as valuable citizens, doing what they want, gaining valuable life experiences and having the freedom of choice in every aspect of life.

Empowering people with cerebral palsy and relating conditions since 1947





# OUR PROJECTS

## ACTIVITIES AND GROUPS AT OUR CENTRE INCLUDE:



**Being Heard Music Group** – Rehearse twice a week, write, produce and sing their own music. Perform twice a year



**LIFE Skills** and independency skills development including gardening and cookery



**Qigong Tai Chi** sessions take place weekly in our centre to support physical health and well being of our service users.



**Storytelling** – John Reed is our friendly "Story Teller Fella" and comes into our centre once a month with a musical story and brings it to life.



**Pathfinders** - monthly social club activities such as performances, shows, barbeques, quiz nights and discos



**Inspire Art** is a group that was set up to encourage our client's creativity and imagination through the creation of various art pieces. such as paintings, sketches, 3D sculptures and many more.



**CPM Connection Rock Band** – From beatboxing, guitar playing, singing and drumming. Rehearsals are 3 times a week with a dedicated set of clients who perform at gigs twice a year.



**Wheelchair Dance Classes**  
Supporting health and well being

### WE ALSO PROVIDE:

- Social and educational opportunities
- Bespoke care in a supportive environment
- Advocacy
- A person-centred approach
- Support with health and well being
- Life Skills, training & maximising individuals' potential
- IT Facilities



# HOW TO GET INVOLVED?

## ATTEND ONE OF OUR ORGANISED FUNDRAISING EVENTS



Join our annual **WheelnWalk** sponsored walk



Come long to our **Summer Sizzler Community Fete, BBQ and Fundraiser**



Attend our **Weoley Big Laugh**

## GET ACTIVE

Take part in the **BUPA Birmingham Great Run**



A parachute jump – you can organise this yourself or go through a recognised third party to arrange a skydive



Organise or take part in **Sponsored Cycle event**



Organise a wheelchair basketball tournament



Organise a **Zumbathon**

Volunteer for a day





# FUNDRAISING IDEAS

BELOW ARE SOME IDEAS ON HOW TO CONDUCT YOUR OWN EVENT AND SUPPORT FUNDRAISING FOR CPM



- Host A Quiz Night
- Have a “Creative Arts Night”
- Have A CPM Money Collection Box In Your Office/School Or Workplace
- Host a cake bake sale



- Non-Uniform Day in Your Class Or Office
- Unwanted Gift Sale
- Easter Egg Raffle
- Swear Box
- Sponsored Haircut / beard cut– Shave or wax off
- Wedding Anniversary – Donations Not Presents



- Join a local walking or running event and get sponsors
- Organise a Music Festival/Event
- Host a BBQ Charity Fun Day
- Quit Something For Sponsorship
- Organise A Sport Game Or Tournament
- Organise Your Own Challenge Event
- Clear Out Wardrobe And Sell Your Unwanted Items
- Host An Auction



Or Tell Us About Your Fundraising Ideas



## OTHER WAYS YOU CAN GET INVOLVED:

- Exhibit our artwork at your workplace
- Volunteer
- Host an event
- Donate a tombola or raffle prize
- Join our Friends of CPM





# SUCCESS STORIES

## ARTWORK AT BOOBOO CAFE

Booboo Cafe helps us raise awareness for our charity and showcase the talent we have here at our centre by having a collection of our artwork up on their walls with one having been sold for the incredible sum of £149.



## MONDELEZ CHALLENGES: RIDING ACROSS BRITAIN IN 9 DAYS!

Mondelez Community Champions Michael Huggins and Steve Davies have cycled 1000 miles all the way from Lands End Cornwall up to John O'Groats in Scotland over 9 days in September 2017. The pair have raised an amazing £1,115.29 for our charity alone and we are so thankful for their support.



## A BIG THANK YOU TO ARCO LOUNGE FOR SUPPORTING CPM

CPM had a fantastic Quiz Night and fundraiser at friendly venue Arco Lounge in Harbome during April and May 2018, the quiz was hosted by Stoo Pittaway with a modern approach to quizzing using mobile phones and tablets. We had great fun as well as raising funds for CPM and awareness for the local charity.



## ASDA FOUNDATION CASH MATCH

Community Champion Katey Titley from Asda Barnes Hill presented CPM with a cheque for £347.00, money the Asda Foundation has cash matched from a football fundraiser. The event was held at QAC Sports Hall in Harbome in June 2018.

**IF YOU WOULD LIKE TO HELP FUNDRAISE FOR CEREBRAL PALSY MIDLANDS, PLEASE CONTACT DEVELOPMENT OFFICER SARAH LILLY ON 0121 427 3182 EXT.3.**





# OTHER WAYS YOU CAN SUPPORT US

## Join our Friends of CPM

If you would like to meet new people, have some fun, help raise funds for a wonderful group of people and raise awareness of CPM in the local community, we would love to hear from you, no big commitment – anything you can offer would be very welcome.

[www.cpmids.org.uk/get-involved/friendsofcpm](http://www.cpmids.org.uk/get-involved/friendsofcpm)



## Donate

**£5** would cover an individual's hot lunchtime meal at CPM. For some individuals this is their only hot dinner they have in their day.

**£10** would cover a disabled citizen to have a Christmas Dinner with their friends at CPM that they would not otherwise have.

**£25** would support the cost of a tutor to give our citizens an activity such as Tai Chi, Music, Art, Wheelchair Dance and more.

**£50** would support the cost of supporting a disabled citizen to attend our centre for a day.

**£100** would support the transport and care costs for a small group to go out for a day trip in the community.

Visit our fundraising page at

[www.cerebralpalsymidlands.charitycheckout.co.uk/profile](http://www.cerebralpalsymidlands.charitycheckout.co.uk/profile)

Or set up your own Just Giving page

## Keep updated with our latest news and events

Subscribe to our mailing list via our website [www.cpmids.org.uk](http://www.cpmids.org.uk) and we will send you occasional emails about our upcoming events or visit us on social media:

 [CerebralPalsyMidlands](https://www.facebook.com/CerebralPalsyMidlands)  [cerebralpalsymidland](https://www.instagram.com/cerebralpalsymidland)  [CPMidlands](https://twitter.com/CPMidlands)  [Cerebral Palsy Midlands](https://www.youtube.com/CerebralPalsyMidlands)

## Thank you!

Every single person who fundraises for us is invaluable – thank you for everything you're doing. Please send us updates and photos after your event so that we can shout about it. We feature as many as possible on our social media pages, website and in our newsletters, which can inspire others to get involved too. Don't forget to let us know what you're planning to do next!



**Cerebral Palsy Midlands**  
17 Victoria Road, Harbome  
Birmingham B17 0AQ  
T. 0121 427 3182  
[info@cpmids.org.uk](mailto:info@cpmids.org.uk)