

THE TANGRAM

SPRING / SUMMER 2023





Join team Cerebral Palsy Cymru on the start line of the 2023 Cardiff Half Marathon!

Registration fee: £28 | Sponsorship: £250

The Cardiff Half Marathon has grown into one of the largest and most exciting road races in the United Kingdom.

Its flat, fast course passes all of the city's most breathtaking scenery and iconic landmarks including Cardiff Castle, the Principality Stadium, Civic Centre and stunning Cardiff Bay.

As part of our team, you'll receive fantastic support from the moment you sign up all the way until you reach the finish line. We'll also provide you with a free Cerebral Palsy Cymru running vest to wear with pride while you train and on race day.

Register today and help us make a difference to children and families across Wales living with cerebral palsy.

Email fundraising@cerebralpalsycymru.org or scan the QR code to find out more and sign up to guarantee your place on the start line!



Dear Friends,

Welcome to the latest edition of 'The Tangram.'

As I write this, we are in the middle of Cerebral Palsy Awareness Month, and I am delighted to see that so many of our families and supporters have taken part this year to help raise awareness of cerebral palsy and the vital work we do as a charity. Did you know that cerebral palsy is the most common physical disability in children worldwide? Over 30,000 children in the UK have cerebral palsy and here in Wales, it is estimated that every 5 days a baby will be born who will have the condition.

Last year was one of the busiest years on record for our early intervention service, Better Start, Better Future. Over 70 babies were referred to this specialist programme in 2022/2023 and we predict that the demand for this service will only increase.

We are determined to see every baby and family that need our help and support, so our fundraising activity continues to be essential! We hope you enjoy reading about how the superb Facebook Fundraising Challenge '70 Miles in March', support from our corporate partners, income generated from our charity shops and gifts left to us in Wills are all helping us to make a difference.

You may already know that our current focus is on early intervention, for babies from term age to 2 years, as we know that a baby's future outcomes are maximised when intervention begins as early as possible and considers the whole family.



However, in this edition of 'The Tangram' we wanted to shine a spotlight on other services that we provide, such as our co-production with local health boards on outreach sessions and on providing training courses to clinical professionals.

Our mission as a charity is to improve the quality of life of all children in Wales living with cerebral palsy. Sienna, aged 7, who first started receiving therapy from us when she was a baby, recently completed a block of therapy at our new children's centre. Sienna was referred to us by her local therapy team. You can read more about Sienna and the positive impact therapy has had on her and her family further on in this newsletter.

Providing these vital services simply wouldn't be possible without your support, so I would like to take this opportunity to thank you for helping us continue to make a difference to children and families across Wales living with cerebral palsy. Diolch o galon!

Jenny Carroll

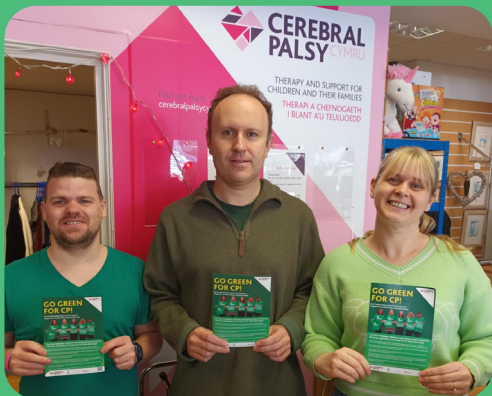
Centre Director and Consultant Physiotherapist.

CEREBRAL PALSY AWARENESS MONTH 2023!

Throughout March, we showed our support for Cerebral Palsy Awareness Month (CPAM) by 'Going Green for CP.' Green is the official colour for cerebral palsy awareness as it symbolises youthfulness and new growth, as well as hope for advancements in treatment and acceptance. Here's a snapshot of what we got up to throughout the month!



Our friends at National Trust Cymru helped facilitate one of our ESCAPEDES! group sessions and we not only wore green for CPAM, but we put our green fingers to the test by planting spring bulbs in our wellbeing garden. ESCAPEDES! is a project aimed at young people with significant disabilities, and allows them to enjoy participating in a range of group activities that are centred around sensory experiences such as movement, vision, touch, sound, taste and smell. ESCAPEDES! is kindly funded by BBC Children in Need.



Our team of retail volunteers dressed our charity shop windows in a sea of green for CPAM 2023 and encouraged their customers to 'Go Green for CP!' throughout the month.



We were delighted to welcome paralympic athlete, Olivia Breen, to our children's centre. Olivia is a huge inspiration to many of our children, and we were thrilled that she also supported our 'Go Green for CP!' campaign.



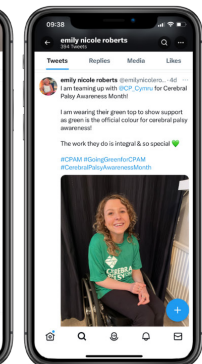
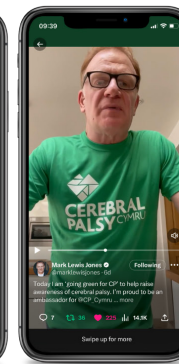
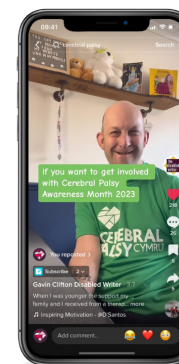
Over 90 fundraisers across the country signed up to take part in our '70 Miles in March' Facebook Fundraising Challenge. Together, they have already raised an exceptional £15,837 and completed over 6,370 miles of activity! They showed their support for CPAM 2023 by wearing their green Cerebral Palsy Cymru t-shirts with pride every time they went out to complete their miles.



On National Cerebral Palsy Awareness Day (25th March) 18 brave individuals took to the skies of Aberdare to ride 'The Phoenix' - the world's FASTEST seated zipwire - to raise money for us.



Our friends at Mowgli Street Food Cardiff wore their green t-shirts for a whole day on Sunday 26th March to help us raise awareness!



Our wonderful ambassadors, Mark Lewis Jones and Matthew Rhys, along with Emily Nicole Roberts, Gavin Clifton and Cara Readle took to social media to show their support for CPAM 2023 and the work we do here at Cerebral Palsy Cymru. Diolch!

TRAINING & EDUCATION COURSES AT CEREBRAL PALSY CYMRU

At Cerebral Palsy Cymru, we believe that sharing knowledge and skills is essential for the benefit of the children we see. Communication and collaboration are our priorities, and we offer a wide range of training courses which are taught virtually, in person and in a hybrid format. Below, our consultant speech & language therapist, Rina Van Der Walt, gives us an insight into our courses and our plans for the future.

"Hello, my name is Rina and I'm a consultant speech & language therapist. I work clinically as part of the multidisciplinary therapy team at Cerebral Palsy Cymru as well as being the strategic lead for education and training. This additional role involves collaborative curriculum development, organisation, and presentation of appropriate training on various topics to a variety of audiences.

As we are a national centre of excellence, all our therapists at Cerebral Palsy Cymru have specialist training and collectively we have decades of experience working with children and young people with cerebral palsy and related conditions. As such, we have a responsibility to share our specialist knowledge and skills with community therapists and others, for the ultimate benefit of children and their families. Part of our charity's vision is to be a training resource for therapists across the UK and beyond.

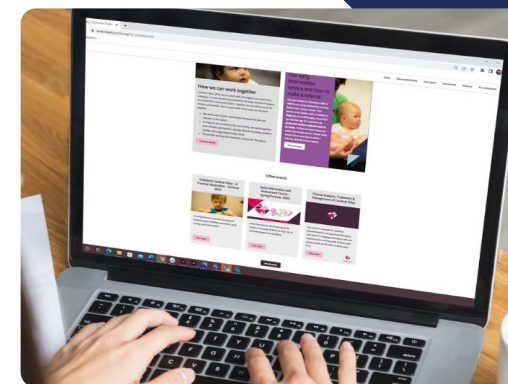


We offer specialist courses, seminars, and workshops to a variety of audiences consisting of physio, occupational and speech & language therapists; medical professionals; therapy technical instructors; classroom assistants; parents and carers.

One of the more popular courses that we regularly offer is our 'Clinical Analysis, Treatment and Management of Cerebral Palsy' course. This is usually attended by individuals or commissioned for whole departments, so teams can attend and learn together. We have had some great feedback from these courses and enjoy meeting individuals and teams from across the UK. We are also currently advertising our 'Unilateral Cerebral Palsy – a practical application' course, which is taught virtually and covers topics all about the practical application of treatment ideas for children with unilateral cerebral palsy.

We are developing a modular training course on the assessment, treatment, and management of children with neuro-disability, for more experienced clinicians, specialising in, or looking to specialise in, neuro-disability. This will be delivered in a hybrid format with online sessions and in-person practical sessions, to make it easier for clinicians to attend and take time away from their work.

Looking ahead to the future, we are developing many new training courses, including a 2-day practical course for classroom assistants who provide support to children with cerebral palsy at school. This will include basic information on what cerebral palsy is and how it impacts on a child's daily life at home and at school, but more importantly, how to practically support children who need help with tasks like writing, communicating, eating and drinking, participating in recreational activities and positioning in supportive equipment.



Working at a centre specialising in the treatment of children living with cerebral palsy means that, as therapists, we gain knowledge and experience of the full spectrum of clinical presentations of cerebral palsy and related conditions.

It is always a pleasure seeing 'lightbulb' moments for participants on a course when we touch on something that someone has never heard or realised before! We have all been there and know how refreshing it is when you hear or see something new and inspiring!

The best feeling of all is of course that we know that when, collaboratively, our knowledge and skills increase, we can all offer a better service to the children and their families. We are therefore delighted when course participants comment that they have gained new skills and ideas to add to their 'toolbox', which they feel will positively impact their support of children and their families living with cerebral palsy."



To find out more about our upcoming courses, please visit: www.cerebralspalsycymru.org/for-professionals

Alternatively, please email courses@cerebralspalsycymru.org to find out more about the courses we offer and how they might benefit you.



A VISIT TO NORTH WALES FOR CLARE & HEATHER!

Meet Heather and Clare! Clare is one of our clinical specialist physiotherapists, and Heather is our Head of Therapy, as well as being a consultant occupational therapist. At Cerebral Palsy Cymru, the majority of the therapy services that we provide take place in our children's centre in Cardiff, however many of our services are provided in the local community on outreach, working closely with the NHS community teams, providing a seamless provision of therapy and support.

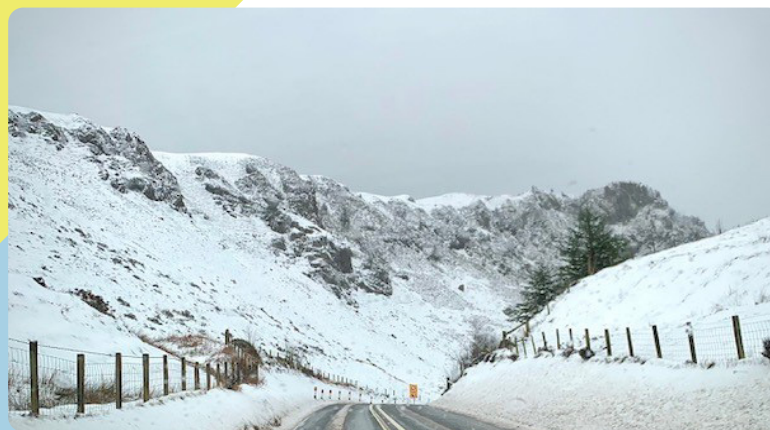
Heather and Clare recently travelled to North Wales to meet with four children and their families each attending a single consultation. They wanted to share with you what they got up to whilst they were there!

"As a charity, our mission is to improve the quality of life of all children in Wales living with cerebral palsy.



Being based at our children's centre in Cardiff can sometimes prove difficult for some families to attend face to face therapy sessions. We don't want any family to miss out on the chance to access our specialist therapy and support, so we regularly send our therapists out across Wales to provide therapy sessions to those families who struggle to access our children's centre in Cardiff. These therapy sessions are always very similar to the therapy that we deliver at our children's centre, but are simply in a different location!

When we deliver therapy on outreach, we take with us a selection of toys and equipment from our children's centre as we don't always know what the children we will be seeing will be interested in – that means our wonderful therapy support officers need to get creative with their bag packing!



After travelling up to North Wales on the Monday afternoon, we settled into our accommodation ready to start work bright and early the next day. The following morning we were welcomed by the local community therapists who had arranged for four children and their families to attend a therapy session with us over the next two days. Each day we saw two children and then spent the rest of the day and evening writing up reports for the families to make sure they received them as soon as possible so they could carry on the activities at home.

For each therapy session, we spent time providing advice for the families and giving them and their community therapists ideas of what they could work on in order to help the children and their families participate in their activity of choice.

One of the children we saw was a 9-year-old girl who had difficulty using one of her hands as a result of her unilateral cerebral palsy. She found daily tasks like doing up buttons on clothes and cutting up her food using a knife and fork very difficult, and both she and her mum did not have any expectation that she would ever be able to do these things for herself.



During the hour that we worked together, we found out a little more about what goals were important to her. We assessed her abilities and after showing her how to adjust the way she does some things, she was able to use a knife and fork to cut up food independently. Both she and her mum were delighted!

Delivering therapy out in the community does have some personal benefits as well – it provides you with the opportunity to work more closely with NHS community therapists from all over Wales, and you also get the chance to experience some of the beautiful scenery that this country has to offer!

During our trip to North Wales, we managed to get out for an evening walk and saw the most beautiful sunset, and when we travelled back home through Snowdonia we were treated to this spectacular sight with the addition of a blanket of snow!

We look forward to continuing to work with NHS community teams and families across Wales in the future, whether it be at our children's centre in Cardiff or on outreach."

THE AMAZING IMPACT YOUR CHARITY SHOP DONATIONS MAKE!

THANK YOU!

To everyone who
has donated
their preloved
items over the
past year to our
charity shops!

DIOLCH!

This total is made up of **21,000** toys,
6,000 DVDs & CDs, over **5,000**
books, **23,000** items of Bric-a-brac,
3,000 items of linen, **1,500** electrical
items and **80,000** items of clothing
and shoes.

140,000
ITEMS
SOLD



Over the past year, we
have sold over **140,000**
preloved items!

+



£400K

Between April 2022 and March 2023,
we raised over **£400,000** thanks to
the sales in our charity shops!

The fashion industry is
responsible for **8-10% of global
emissions** - and British shoppers
buy more clothes than any others
in Europe! In January, we prevented
325.50 KG of CO2 emission and
saved **126,867 litres of water** by
selling preloved items online via
Thriftify!



thriftify

Visit our online
shop, powered by
thriftify!

Do you want to be a part of our brilliant team of volunteers?

We are currently looking for passionate and enthusiastic people to donate a few hours of their time to help us in our charity shops. Learn new skills, gain experience, meet new friends and help us make a difference!

To enquire about volunteering with us, please contact Joanna Di Somma:

Joannad@cerebralpalsycymru.org / 029 2052 2600

Can you help another family in the future?

"I made a gift in my Will in recognition of the amazing work Cerebral Palsy Cymru has done with my nephew, Ian. The work the centre does has been life changing not just for him, but also for my sister and our family. To find hope, care and kindness when you are often fighting daily battles for your child to get the support they need is unmeasurable." Sharon.

To be able to continue helping families, like Sharon's, in the future, we very much depend on your kindness and generosity now, to make a life-changing difference later on.

In the past, gifts in Wills have been used to help fund our much-needed early intervention service, Better Start, Better Future, a free service for families with a child at high risk of cerebral palsy. Because these gifts are in the future, we are able to use them where the need is greatest at that moment in time.

A gift in your Will doesn't need to be a large amount, it can be a small sum of money or even 1% of your estate so that those close to you still inherit 99%. We are grateful for any amount you decide to leave.

If our charity has been important in your life in any way, or you have seen the impact that our service makes on your family members, friends, or neighbours, please do consider making a gift in your Will to Cerebral Palsy Cymru.

Your gift can help us:

- Significantly improve a baby's future outcomes in life
- Provide parents and carers with emotional and practical support right from the start
- Develop our training courses to share our specialist knowledge and skills with local community therapists, so that even more children will benefit from our specialist therapy

Whether you are making a Will for the first time, or simply updating your Will, and would like to have an informal chat about leaving a gift in your Will to Cerebral Palsy Cymru (in confidence and with no obligation) please call **Emma Brooks, Trusts and Legacies Fundraising Manager**, on 02920 522600 or email emmab@cerebralpalsycymru.org.

SLATER & GORDON LAWYERS CONTINUE THEIR SUPPORT FOR OUR EARLY INTERVENTION SERVICE 'BETTER START, BETTER FUTURE.'

We are delighted to announce that Slater & Gordon Lawyers, our long-standing corporate partner, have pledged to continue their funding towards our early intervention service, Better Start, Better Future, for a further 3 years.

As our Centre Director, Jenny, mentioned at the start of this newsletter, we're seeing an increased demand for our early intervention service, with over 70 new babies being referred to us between April 2022 and March 2023. This is the highest level of new referrals we had, in one year, to date.

As a charity, we are wholly reliant on fundraised income to be able to provide this service, which is free to every family. Families of babies from term age up to 2 years old, who have or who are at risk of having cerebral palsy, can contact us directly to refer their child. Early intervention is vital as the brain is at its most plastic (changeable) in the first two years of life.

The specialist therapy that Cerebral Palsy Cymru offers, when it's provided early and regularly, can prevent a child with cerebral palsy forming unhelpful and limiting patterns of movement in their early years, significantly improving their outcomes for the future.

Parents can also address any concerns they may have during the sessions and increase their understanding of their child's condition. This can reduce stress levels for parents and increase wellbeing for them and their child.

This is why the continued support from Slater & Gordon will make such a positive impact on the babies across Wales who have or are at risk of having cerebral palsy. Alongside pledging their continued support for Better Start, Better Future, the whole team at the Cardiff office continues to get involved with whatever fundraising challenges we throw at them!

Over the past year, this has included taking part in our '70 Miles in March' challenge, flying through the air on zip wires and hosting bake sales.



"We are absolutely thrilled that we can continue to support Cerebral Palsy Cymru" said Julia Reynolds, Principal Lawyer at Slater & Gordon Lawyers. "We work with many families living with cerebral palsy, which means we get to see the love and determination that these families have in abundance for getting the best for their children. We are hugely inspired by what is possible when children are given the best treatment and support. Cerebral Palsy Cymru make life changing things happen. Thanks to them, children reach milestones that they were told that they would never achieve. It is an honour and privilege to work with Cerebral Palsy Cymru and the families that they support."

We would like to thank the team at Slater & Gordon wholeheartedly for being part of our continued journey.

MOWGLI STREET FOOD CARDIFF RAISE OVER £54K!

We were so thrilled to recently be celebrating a huge milestone in our partnership with the incredible Mowgli Street Food. Since taking this picture, by simply adding a pound on every bill, the team in the Cardiff branch of the restaurants have raised a staggering £54,630. This really is a phenomenal amount that will have a phenomenal impact!



TULIPS FROM AMSTERDAM CHALLENGE REVIVED TO MARK OUR 30TH BIRTHDAY YEAR.



Starting in 1997, the 'Tulips from Amsterdam Challenge' set teams of fundraisers the challenge to get from Cardiff to Amsterdam on or around St David's Day to exchange a bunch of Daffodils for a bunch of Tulips. The winning team were the first ones to complete this task! To make the task more exciting, so that the teams would raise even more money, the participants would be set challenges such as getting there using the least amount of money possible, completing treasure hunts along the way, or using as many different means of transport as possible – these included the use of planes, buses, bikes, roller-skates and even a skateboard!

Over the years, Julian Jenkins and numerous other fantastic fundraisers from Barclays Bank took part in over 11 'European Challenges.' He and his team of enthusiastic volunteers travelled to numerous cities including Rome, Madrid, Paris and of course Amsterdam in aid of Cerebral Palsy Cymru (then Bobath Children's Therapy Centre Wales) to raise vital funds for us. To mark our 30th Birthday year, Julian decided to revive the fundraising challenge and got together a team of former Barclay's Bank colleagues to travel to Amsterdam to exchange Daffodils for Tulips once again, raising a fantastic amount of money along the way!

If you're a business or know of a business, of any size, who has a passionate team who are keen to make a difference, we would love to hear from you! There are a huge number of ways that you can get involved including charity of the year partnerships, attending and engaging with our events and campaigns, sponsorship, volunteering and much more. For more information, please email Claire Walker, our Corporate Relationship Manager at Clairew@cerebralpalsycymru.org.



LOOKING TO MY FUTURE!

Meet Evan and Rhys! Both boys are part of the Cerebral Palsy Youth Voice Wales steering group. Below, they tell us a little bit more about the group, share with us their ambitions for the future as well as giving us an insight into what it is like to be a young person living with cerebral palsy.

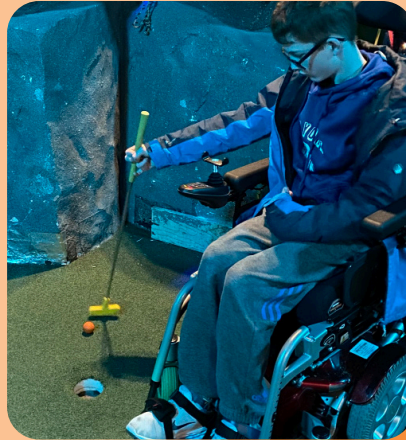
You have both been a part of our family here at Cerebral Palsy Cymru for a long time! How old were you both when you had your first therapy session with us?

Rhys: I was around three years old.

Evan: I think I was one when I started coming to Cerebral Palsy Cymru for therapy.

Rhys, you attended our Independent Living Skills group in August 2021. How did those therapy and group sessions differ to the ones you received from us when you were younger?

Rhys: I really enjoyed the ILS sessions. It wasn't just therapy based and I really enjoyed the group activities as it meant I could meet and talk to other people the same age as me who also have cerebral palsy. I liked working towards being more independent and my favourite bit was going to the shops without my parents.



Evan, you and your dad both completed our Zipwire Fundraising Challenge last November. What was that like and why did you decide to do it?

Evan: I started to fundraise a few years ago with my Dad as I wanted to help the charity as I don't think my life would be the same as it is today without them. I found the zipwire really fun, especially seeing how high it was! If I was asked to do something like that again, I definitely would.

You are both part of the Cerebral Palsy Youth Voice Wales steering group. Could you tell our readers a little more about this group and what it means to you to be a part of it?

Rhys: The Cerebral Palsy Youth Voice Wales group is so important because it allows young people living with cerebral palsy in Wales to voice their opinions and help shape the future for others like us.



I like being involved in helping to organise the event days which are hosted at Cerebral Palsy Cymru's children's centre so that we can all meet up and make new friends.

Evan: We don't have anything else like the Cerebral Palsy Youth Voice Wales group here in Wales. This group is really important as it's really good to be reminded that you are not the only one going through this.

Could you tell the reader a little bit more about what it's like to be a young person living with cerebral palsy?

Rhys: It can be tricky as it's not always easy to get around the places you want to go for example accessing shops. Going out independently can require a lot of planning in advance! It is also difficult to get tickets for events as a lot of places want you to ring and you can't book those tickets online. It can also be difficult to meet other young people like me which is why I enjoy the Cerebral Palsy Youth Voice Wales events so much.



What do you both enjoy doing in your spare time?

Evan: I've recently achieved my Level 1 WRU Referee certificate. Refereeing is something I've always wanted to do. Now I have my certificate, I am able to referee school matches.

Rhys: I like swimming and riding my trike. I also attend explorers which is the age group after Scouts. I also play power chair football and I'm learning to play Boccia – last year I played at the Welsh Boccia Championships which was really cool.

What would you both say to other young people living with cerebral palsy reading this who are thinking about taking on a fundraising challenge for a charity or taking up a new hobby?

Evan: Don't let people stop you, and remember it's ok to ask for some help.

Rhys: I would say go for it! Cerebral Palsy Cymru is vital for children and young people in Wales living with cerebral palsy, as it provides help and support for so many families. Fundraising is a good way to help support the charity, but it also raises awareness of the good work they do. It doesn't matter how much you raise, it all helps, so go for it!

Thank you Rhys and Evan for sharing your stories with us! If you would like to find out more about Cerebral Palsy Youth Voice Wales, please email Sallyj@cerebralpalsycymru.org



Sienna's Story

At Cerebral Palsy Cymru we provide specialist therapy to children who have cerebral palsy and/or other allied neurological conditions from birth up to the age of 18. A family's therapy programme may consist of a single session, or it may be more intensive with the child and their family attending several sessions a week, over a number of weeks. Sienna, aged 7, recently completed a block of 10 therapy sessions at our children's centre in Cardiff. Below, her dad, Toby, shares how these sessions have had a positive impact on Sienna and their family.

"Seven years ago, an emergency caesarean section saw our identical twins delivered at 28 weeks, Sienna first at 2lb 4oz, with her sister, Lyla, even smaller at 1lb 11oz. Our three month stay in the neonatal special care baby unit started with a life changing week. At five days old, Sienna had a brain haemorrhage which caused significant brain damage and resulted in Sienna having quadriplegic cerebral palsy.

Whilst Sienna and her sister, Lyla, were still on the Neonatal Ward, we found what was then Bobath Children's Therapy Centre Wales by chance.

About four weeks after the girls came home from hospital, we had our first visit to Bobath Wales, now Cerebral Palsy Cymru, to be assessed. Following on from this initial consultation, Sienna was offered a place on their early intervention programme, Better Start, Better Future.

Sienna continued to receive specialist therapy and support through Better Start, Better Future until 2019, and although her therapy sessions are now less frequent, Sienna still attends Cerebral Palsy Cymru at least once a year thanks to Local Health Board referrals.

Receiving therapy through Cerebral Palsy Cymru's early intervention programme has clearly had a positive impact on Sienna's overall development. Now she is older, she displays the same patterns in some of her limbs as she did when she was a baby, but you can see how her mobility has positively progressed since then.

As a family, the early intervention programme was such a comfort to us as we knew we were doing something constructive for Sienna from day one.

In addition, the advice and support that Glenys, the Family Support Coordinator, offered in those early days was invaluable to us as parents. Although every family who receives therapy and support from Cerebral Palsy Cymru has their own specific needs, Glenys made us feel that we weren't the only ones in this situation, and that underneath we were just a normal family.

Now that she is older, Sienna is far more aware of her disability and can therefore tell her therapists what she finds difficult and what goals she wants to achieve. The therapy sessions that she attends now have very functional goals to increase her independence - she really interacts within the sessions and loves every minute!

Two of the main goals for our most recent block of therapy were to increase the time she could stand whilst weight bearing through her arms and to explore options to enable Sienna to be able to open packets of crisps, chocolate etc. independently. By the end of her therapy block, we saw big improvements towards both her goals, and Sienna was thrilled to be able to open packets of crisps and sweets independently for the first time!

When Sienna and Lyla were born, cerebral palsy and disability were very new to us, and as parents we were thrust into a completely unfamiliar and unexpected world.



We are so grateful that we learnt so much from the specialist team at Cerebral Palsy Cymru during Sienna's first year of therapy, and for any parents out there reading this who have recently been referred to their early intervention service, Better Start, Better Future please remember that you are not alone.

It can be a daunting journey at the start, and the blocks of therapy can be exhausting for the whole family. Our advice would be to embrace what the charity has to offer, and don't be afraid to ask questions as the therapy team at Cerebral Palsy Cymru will be able to answer it better than anyone else. The fog will lift, and everything will become clearer with time.

Finally, to those people reading this who have supported Cerebral Palsy Cymru by fundraising for them or making a charitable donation, I want to say first and foremost, thank you. Cerebral palsy does not get the attention that it should considering it is the most common physical disability in children worldwide. Charities like Cerebral Palsy Cymru are always competing in a very crowded arena of children's charities, and your support really does allow this wonderful charity to make a life-changing difference to families like mine across Wales living with cerebral palsy."



DONNA'S CAKE & TEA FOR CP FUNDRAISING SUCCESS!

"Cerebral Palsy Cymru is a charity that is close to my heart. I have supported the charity for a number of years since my daughter started working for them, and in doing so I have gained an insight into this amazing charity and the incredible work they do to provide therapy and support to children and families living with cerebral palsy.

Anyone who knows me well will know that I am not particularly good at running, cycling, or swimming. Charity fundraising events that involve a lot of physical activity such as running a half marathon or trekking the Welsh Three Peaks are not for me, and the words 'fundraising challenge' or 'minimum sponsorship' always fill me with a little dread as I worry that I won't be able to complete the challenge or raise the funds required.



Last year, when I heard Cerebral Palsy Cymru were encouraging their supporters to organise bake sales to raise money for 'Cake & Tea for CP' I decided that this would be the fundraising challenge for me.

There was no minimum sponsorship, and even though I'm not a keen baker I decided to give it a go! I had always thought that organising my own fundraising event would involve a lot of preparation, hassle and hard work – however none of that turned out to be true!



As soon as I let the charity know that I was planning on organising a cake sale at home and at my place of work, the fundraising team at Cerebral Palsy Cymru made sure I had all the information and support I needed. They sent me a fundraising pack, balloons, posters and even sent me additional leaflets and flyers when I requested some.

On the day of my fundraising event, I bought some cakes from the supermarket and placed them on the table at my place of work alongside leaflets and a donation tin so that my colleagues could enjoy a well deserved cuppa and a slice of cake whilst finding out more about Cerebral Palsy Cymru and the vital work they do.

Back at home, I hosted a 'Cake & Tea for CP' coffee morning for my friends and family. I put balloons up in the living room and we all enjoyed a selection of shop bought and home made cakes.

My advice to anyone reading this who is thinking of hosting a fundraising event for 'Cake & Tea for CP' to raise money for Cerebral Palsy Cymru is – go for it! All I did last year was organise a small coffee morning at home and a cake sale at work and we managed to raise £150 in one day which I was delighted with! Not bad for someone who has never hosted a charity fundraising event before!"



GET BAKING

THIS MAY & HELP US RAISE SOME DOUGH!

Roll up your sleeves, fire up the ovens and bake some tasty treats to make every crumb count!

REQUEST A FREE PACK TODAY!

Scan the QR code or email us at fundraising@cerebralpalsycymru.org

Kindly supported by

HUGH | JAMES

Understanding law, understanding you





**Because we know.
Together we can
make a difference.**

About Cerebral Palsy Cymru

We are a national centre of excellence for families in Wales with children who have cerebral palsy. Our specialist team of physiotherapists, occupational therapists and speech and language therapists work together to offer transdisciplinary skills, so each child benefits from their combined expertise. We also offer a family support service which provides a listening ear, advice and support to those who need it.


To find out more about us as an organisation, please visit www.cerebralpalsycymru.org

 info@cerebralpalsycymru.org

 02920 522 600

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