



**CEREBRAL PALSY
AWARENESS MONTH
2024**

Help us raise awareness this March!



March is Cerebral Palsy Awareness Month!

Together, we want to make as much noise as possible across Wales to raise awareness of cerebral palsy and the work we do to make a difference to children and families across Wales.

Throughout March, there are lots of ways that you can get involved to help us raise awareness of cerebral palsy.

Did you know cerebral palsy is the most common physical disability in children worldwide?

Whether it is 'Go Green for CP' or taking part in our '70 Miles in March' fundraising challenge, this booklet will take you through all the ways you can get involved to help us raise awareness.

We would like to say a huge thank you to Irwin Mitchell for sponsoring CPAM 2024 and enabling us to raise even more awareness!



What is cerebral palsy?

Cerebral palsy is a lifelong disorder affecting movement and posture. It results from damage to the brain that occurs during pregnancy; around the time of birth; or within the first two years after birth.

Every child with cerebral palsy has their own unique strengths and challenges.

At Cerebral Palsy Cymru, our mission is to improve the quality of life of all children in Wales living with cerebral palsy.

We are a national centre of excellence and provide specialist therapy and support to hundreds of families across Wales every year.

There are **17 million** people worldwide with cerebral palsy

Cerebral palsy is the most common physical disability in childhood

In Wales, it is estimated that every **5 days** a baby will be born who will have cerebral palsy

Cerebral palsy can affect a range of everyday functions.

Some children may have difficulties in only one of these areas, whilst others will need support with them all.



EATING



DRESSING



WRITING



BRUSHING TEETH



SITTING



STANDING



WALKING



TALKING

You can learn more about cerebral palsy at cerebralpalsycymru.org/about-cerebral-palsy



Go Green for CP!

Green is the official colour for cerebral palsy awareness, as it reflects youthfulness and new growth, as well as hope for advancements in treatment and acceptance.

Throughout March, we will be 'Going Green for CP' and we would love it if you could join us!

Wear green in March

One of the easiest ways for you to show your support for Cerebral Palsy Awareness Month (CPAM) is to wear green one day in March. Why not organise an office dress down day or an own clothes day at school? You can make wearing green even more impactful by asking everyone taking part to donate £1 to help fund our vital therapy and support services.



We also have some green Cerebral Palsy Cymru t-shirts available to purchase for you to wear with pride during March! Scan the QR code on the opposite page to visit our online shop.

Wear a pin badge or wrist band to show your support

This year we are thrilled to be offering awareness ribbons and wrist bands for our supporters to purchase and wear with pride throughout March. The money raised from the sale of these items will help fund our life-changing therapy for babies and children across Wales living with cerebral palsy. Scan the QR code to purchase yours today.



Light up the skies across Wales



Whether it's a theatre, arts venue, castle, local monument or state building, light it up green on the 25th March for National Cerebral Palsy Awareness Day! Let's illuminate the skies of Wales together for the 6,000+ people living with cerebral palsy in Wales today. Please contact Emily at emilya@cerebralpalsycymru.org for more information.

70 Miles in March



As a charity we need to raise £2M every year to provide our current level of service, and over 80% of that income is generated through donations and fundraising activities. If you would like to fundraise to help us continue to make a difference, why not take on our '70 Miles in March' fundraising challenge!

Your mission is simple - complete 70 miles of activity throughout March and fundraise £150 to help fund therapy and support for babies and children across Wales living with cerebral palsy.

You will get a fundraising pack containing a free green Cerebral Palsy Cymru technical t-shirt to wear with pride as you tick off your miles, as well as a tracker chart and lots of other goodies! You will also have access to our Facebook Fundraising group where you can get to know other challenge participants and receive expert motivation and fundraising advice from our fundraising team! This challenge can be completed as a solo mission or as a team. Get your school, workplace, community group or whole family involved - the more the merrier!

Whether it's walking, cycling, swimming, wheeling, or however else you like to get active, do it this March to help us raise vital funds.

Sign up today by scanning the QR code!

Once you complete your registration form, you will have the choice to fundraise via Facebook or JustGiving. As soon as you raise your first £20, we will send you your challenge pack. Good luck!



Share your story with us

Storytelling is a very powerful tool to help us raise awareness of cerebral palsy and the work we do as a charity.

Perhaps you are a family who has benefited from our services and want to share your story to help other families at the very start of their journey?

Are you a person living with cerebral palsy and want to share what it's like to live with the condition?

If you would like to share your story as part of Cerebral Palsy Awareness Month, please get in touch with our fundraising team.

Get social this March!

We will be sharing lots of facts, stats and stories throughout March across our social media channels. Give us a like and a follow and use the hashtags [#CPAM2024](#) and [#GoGreenforCP](#) to get involved and share how you will be supporting CPAM 2024!

For further information or to let us know how you will be taking part please contact:

029 2052 2600


fundraising@cerebralpalsycymru.org

Visit us online

For more information regarding our services and the work we do as a charity, please visit **cerebralpalsycymru.org**



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