

CP CHAT

20 years of support!



My name is Kelly and I am the Supporter Relationships Manager at Cerebral Palsy Scotland which means that I get to talk to lots of our lovely supporters about the things they are doing to support our charity. We wanted to share some of these with you in our brand new newsletter and hope that you might be inspired to try some fundraising for us yourself.

I hope you enjoy this newsletter and if you need any help with your fundraising or have a story you want to share with us then please get in touch with me. You can email me on **Kelly.McLaughlin@cpscot.org.uk**.

Check out what's inside!



We would like to say a massive thank you to Ann and John Sproul who have been supporting us for 20 years this year. Over that time, together with their family and friends, they have donated **£56,000** including donations through John Sproul H & S Services.

They first became involved with CP Scotland when their nephew Thomas was diagnosed with cerebral palsy at the age of 2. Thomas' parents, Suzanne and Billy, found it difficult to get support for him until they attended Bobath Scotland, as the charity was then known. Ann then experienced the support herself when she attended a parent's session as she was helping to care for Thomas at times to give his parents a break.

I felt like I was hurting him when getting him dressed. Attending the parent session was invaluable it showed me how to correctly put his arm in his t-shirt without causing pain. It gave me confidence and I can only imagine what that does for parents.

Continues inside...

When Thomas was 5 the family took part in their first Bike for Bobath and they have been supporting fundraising activities since then, taking part in cycles, Dragon Boat races and the annual ball. Fundraising is very much a family effort and while at first it was all about helping Thomas, now that Thomas is older they want to help other families.

Ann and John are keen to encourage other businesses to support CP Scotland and says

We would encourage local businesses and individuals who can support, to go and see the work that CP Scotland do. Go to the centre and see the direct impact of your support. The difference it makes to young people and their family is amazing

Thank you, Ann and John for your support over the years.

DJ Marco

Marco Orr has recently held a 10 hour live stream DJ set raising £500 for CP Scotland with the help of his friends at Container Studio.

Marco has cerebral palsy himself which affects his whole body and following a difficult period in his life has discovered a passion for helping others. Marco understands the day to day difficulties that living with CP can bring. He describes his CP as his superpower and wants to help others to achieve their dreams.

This was Marco's first fundraising experience and we are delighted to say that he has caught the fundraising bug and is looking forward to holding further events in the future. We can't wait to see what he does next.

Thank you Marco!



Matthew's Mega Miles

The Ovenden Family have been raising money for CP Scotland for many years but this year, it's 9 year old Jack who has taken the lead to organise a 26 mile sponsored cycle.

Jack's younger brother Matthew has cerebral palsy and has benefitted from therapy and the practical day to day focus from specialists. The family have always supported the Dragon Boat races and the ball and have run their own fundraisers before raising over **£23,000**.

Jack and his friends love cycling so they decided to cycle from Linlithgow to Ratho and back – 26 miles to celebrate 26 years of Cerebral Palsy Scotland! As Jack says

Cycling with your mates is fun and even better if it also helps to raise money for charity. I think it will be hard but I want to do this to help other children like Matthew

Thank you to Jack and his friends for raising a mega **£4,107 so far!**



Heather and Connor's Kiltwalk

Shona McKinlay and her children Heather and Connor did the Virtual Kiltwalk covering the 26 miles over a few walks. Connor has benefited from therapy at the centre and they wanted to give something back. Thank you for raising an incredible **£1,950!**



Ellie's 60 miles

We want to thank Ellie Carr for running 60 miles in all weathers during the month of March to raise money for Cerebral Palsy Scotland. Ellie was running for her gorgeous little sister Leona who has cerebral palsy and raised a **fantastic £589.**



“

This is a very important cause to me. Leona is so strong and deserves to live the best life she possibly can just like every other child with cerebral palsy. Equipment needed to support them throughout day to day life and the specialists they need aren't cheap, a lot of families are struggling right now and I'd love to do this just to help out that little bit more at these hard times

”

A few words of thanks!

Thank you to Starbucks Inverness who raised **£600** in a quiz night.

Thank you to Sophie Mitchell who cycled and walked 1,000 kilometres in March to raise an amazing **£993!**

Dylan Clark did a 12 hour live stream on Twitch because of the support his nephew Archie has received . We want to thank Dylan for raising **£1,306.**

Thank you to Elle Sutherland who walked 10,000 steps everyday in March to raise **£504** because CP Scotland has been a huge help to someone she loves!

We also want to say a massive thank you to everyone else who has walked, run, cycled and quizzed to raise money for CP Scotland. We couldn't do what we do without you!

THANK YOU



Thank you from Stephanie, our CEO

I hope you have enjoyed reading our first edition of CP Chat. I am overwhelmed with the support that we have received over the past year. If this newsletter has inspired you to do some fundraising then please do get in touch with Kelly and we will do what we can to help you.

We now need you because...

Every year
150 children
are diagnosed with cerebral palsy

Cerebral palsy is a **lifelong condition** and can change with different life stages

We have supported
177 people
over the last year in lockdown

In Scotland there is **not enough** specialist support and services for people with cerebral palsy and their families

With your help CP Scotland can close this gap.

£15.00

will help us to keep the phone lines open so that the parents of a baby newly diagnosed with CP know they're not alone.

£50.00

will fill the petrol tank to get our team out to see people with CP in their own homes to make sure they can live as independently as possible.

£100.00

will pay for a specialist virtual session for a child with cerebral palsy

Will you help us to close the gap?

You can organise your own fundraising like our fantastic supporters featured here, join us at the Kiltwalk in September or why not sign up to join our lottery and be in with the chance to win up to **£25,000!**



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