

THE TANGRAM

SPRING 2025

Sponsored by **HUGHJAMES**



**CEREBRAL
PALSY** CYMRU

THERAPY AND SUPPORT FOR CHILDREN AND THEIR FAMILIES
THERAPI A CHEFNOGAETH I BLANT A'U TEULUOEDD



Join Team Cerebral Palsy Cymru on the start line of the 2025 Cardiff Half Marathon!

Registration fee: £0 | Sponsorship: £300

We have a limited amount of Cardiff Half places available!

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 our fundraising team, 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 to continue making 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,

Hello and welcome to our latest edition of The Tangram, which is kindly sponsored by Hugh James.

As I write, we are confirming plans for Cerebral Palsy Awareness Month in March when we try to raise awareness of cerebral palsy and raise the profile of, and funds for, Cerebral Palsy Cymru's work around Wales. Please visit our website for ideas of how you can get involved – from 'going green for CP', cake sales, office challenges or joining our 70 Miles in March Facebook fundraising Challenge! We are grateful to Irwin Mitchell for supporting this year's campaign!

In March we will also be launching a new coffee morning for parents and continuing the new monthly adults meet-ups – please keep an eye on our website for further details.

In less positive news, following continued financial challenges – due to rising costs, increased demand for our services and static statutory funding since 2009 - the charity underwent a major reorganisation during Summer 2024. The resulting staff redundancies have meant a significant reduction in our specialist early intervention service, Better Start, Better Future.



We are currently working on a new 3-year strategy, balancing financial sustainability with our mission to provide high-quality, specialist therapy and family support. Early intervention, and restoring Better Start, Better Future so that we can be there for every baby and family who needs us, remains our priority.

More than ever, we are reliant on the generosity and friendship of all our families and supporters and, although times are tough, we continue to be inspired every day by the inventive and wonderful ways people fundraise for us. We hope you will enjoy reading about Andrei and his epic challenge in this edition – diolch Andrei!

Thank you for being a valued part of the Cerebral Palsy Cymru family and for your continued support.

Jenny Carroll
Centre Director and Consultant Physiotherapist.



Ella's story

Ella is one of the 87 new babies that were referred to our specialist early intervention service last year. Her parents, David and Lauren share her story:

"Ella was born at 39 weeks by assisted delivery with forceps, she was taken to NICU with suspected sepsis the same day.

At 2 days old Ella had a seizure, she had suffered a large bleed on the brain and at this point it was uncertain whether Ella would survive.

Early intervention was advised following an MRI scan and after 4 weeks in NICU, we brought Ella home. This was a very difficult time for us as a family and whilst we were overjoyed to bring Ella home, we were worried for her future development and what we could do to help her.

Ella's dad self-referred to Better Start, Better Future before she left the hospital, and Ella had her first consultation just before she was 2 months old.

We were unsure what to expect going in, but were made to feel at ease by Glenys, Tash and Gosia. We discussed our concerns and left feeling hopeful.

Each of Ella's sessions since have been tailored to her development and the exercises have been specific to her needs. Gosia's expertise and guidance have given us the confidence to carry on the exercises and work at home.



Ella also enjoys the Better Start Together playgroup each month, where she explores sensory play, activities and singing. There's always something fun to do each time we go. It's also an opportunity for us to meet other families in a similar situation and to speak with the therapists in between Ella's sessions.

The support and guidance we have received from the team at Cerebral Palsy Cymru has been excellent. Ella is currently on track with her milestones and Ella's development is a great example of what early intervention can do."





FAMILY FUN FIESTA

with Cerebral Palsy Cymru

Saturday 10th May | 14:00 - 16:30

Join us at our children's centre for an afternoon of singing, dressing up, creativity, food and fun!

Children aged 2 and under **FREE**

Children & adults **£3 each**

Family ticket (2 adults & 2 children) **£10**

To find out more, or to purchase your tickets, please scan the QR code or email fundraising@cerebralpalsycymru.org



Charity no: 1010183



From **2023 - 2024**, our charity shops

sold **133,170** preloved items

recycling



77,000kg
of fabric

saving



192,5000kg
of CO2

(based off of a study by UPC's INTEXTER)

We received

50,000

bags of donations

These donations helped us to generate over

£445,000

to fund our services

We were delighted to open up our new Whitchurch shop in March 2024!

Huge thanks to everyone who has made a donation to, or purchased an item from, our charity shops in the past year.

Your support has helped us to make a life changing difference to children and families across Wales living with cerebral palsy.



Spotlight on our corporate supporters: Hugh James



Hugh James is a full service, top 100 UK law firm that offers specialist legal and financial advice.

Hugh James' work with charities on a local and national level plays a huge part in the firm's day-to-day life. Below, Rhian Parsons, Partner in the Clinical Negligence Team at Hugh James, shares more about our existing partnership and how Hugh James helps us make a difference.

"Hello, my name is Rhian. Some of you may have met me in my other role as the Christmas Elf at the Cerebral Palsy Cymru Christmas Market! The Clinical Negligence and Court of Protection teams at Hugh James have been supporting Cerebral Palsy Cymru for many years, and a number of our clients, past and present, have received invaluable therapy and support from this wonderful charity.

The team at Cerebral Palsy Cymru are always keen to get our staff involved with fundraising events and activities. Whether it's running the Cardiff Half Marathon, helping to set up the Christmas Market, or flying through the air at 70mph on the world's fastest seated zipline, they always ensure to put the FUN back into fundraising.

My colleagues and I have also had the opportunity to visit the childrens' centre on a number of occasions for our Corporate Social Responsibility (CSR) days – this is when each employee of Hugh James is given two paid days per year to support a charity close to their heart or to get involved in projects that make a positive difference in their communities.

We have had many fun hours tidying up the wellbeing garden at the childrens' centre and sorting through donations for the charity shops.



Our support doesn't stop at sponsoring events and participating in fundraising activities. We have proudly sponsored a therapy room since the opening of the new children's centre and have recently renewed our support for another three years.

We also have our very own Cerebral Palsy Cymru donation station in our Cardiff office, where staff can easily drop off their pre-loved items and know that the money raised from their donations will help make a difference to families across Wales living with cerebral palsy.

Without a doubt, our favourite events to attend are the community events like the Christmas Market where we get to meet all the children that benefit from the specialist therapy and support services that the charity provides. Seeing firsthand the positive difference that Cerebral Palsy Cymru makes to countless families across Wales makes us realise that every little contribution we can make to the charity's work is worthwhile."



Hugh James' Services

As a full-service law firm, Hugh James offers a comprehensive range of legal services across the UK, including:

- Clinical Negligence
- Court of Protection (for provision of Deputyship / Trustee services and assistance with applications)
- Financial Services (for investment and other advice)
- Nursing Care Fee Recovery
- Trusts and Estates (for probate planning and other linked advice)

To find out more, please visit www.hughjames.com



A tribute to a wonderful volunteer Remembering Margaret

We would like to take this opportunity to pay tribute to our wonderful volunteer, Margaret Lauder, who has now sadly passed away.

Margaret got involved with the charity, then Bobath Children's Therapy Centre Wales, in 2007 after she read in the paper that we were struggling to meet demand at the time.

Margaret, herself a mother of two children who were both diagnosed with cerebral palsy, had been through her own struggles over 30 years before, when tragically neither of her children survived beyond the age of two. She had told us that there was nothing like Bobath around in those days for families like hers. With her first child in 1974 they didn't know very much about the condition, whereas with her second child in 1978 they already knew so much more.

After years of struggling to cope with her sons' deaths, Margaret contacted us to ask how she could help.

Over the years she has organised sponsored walks, fundraising events and regular car boot sales, always saying that one day we should open a charity shop.



Amazingly, this came to pass in 2010 when we opened our first charity shop in Llanishen, Cardiff, and Margaret was soon part of its core team of volunteers!

As well as raising over £20,000 for the charity in the 15 years that she volunteered with us, Margaret also generously left a gift in her Will to Cerebral Palsy Cymru. In doing so, she leaves an incredible legacy for the children and families who come to our centre.

Gifts in Wills are so important to us as they enable the charity to use the money where it is needed most – often to grow our services so that we can see more babies and children.

If you are interested in leaving a gift in your Will to Cerebral Palsy Cymru and would like to chat about it further, please contact Emma our Trusts & Legacies Fundraising Manager at emmab@cerebralpalsycymru.org or on 029 20528104.



Every gift – no matter the size – makes a difference. Even 1% (so those closest to you inherit 99%) or a modest sum of money will help provide for children in the future who will need our care.

A gift in memory

Many of you have made a gift to Cerebral Palsy Cymru in memory of a loved one over the last year, whether that has been a donation in lieu of flowers at a loved one's funeral or by setting up a tribute page to remember someone special and fundraise in their memory. We would like to thank everyone who has donated in this way.

If you would like to remember someone special and fundraise in their memory, one of the ways to do that is to create a tribute page on www.muchloved.com

Here you can add photos and videos and share thoughts and stories with family and friends while raising funds for children and families living with cerebral palsy.



Vital Grant Funding

As we have recently come to the end of a three-year grant from the Masonic Charitable Foundation, we would like to say a huge thank you to the Foundation and to the Provincial Grand Lodge of South Wales for supporting our vital early intervention programme and for making such a difference to the children and families who use our service.

Our very grateful thanks also go to the Moondance Foundation, The National Lottery Community Foundation, The Garfield Weston Foundation and The Waterloo Foundation for their continued support of our work.

We launched our Glenys Evans Family Support Fund at our Better Start Ball 2024!

We would like to extend a heartfelt thank you to everyone who attended our Better Start Ball in October 2024. It was truly an unforgettable evening, filled with celebration, reflection, and generosity, as we honoured the incredible legacy of our founding parent, Glenys Evans, and marked the launch of the Glenys Evans Family Support Fund.

We were privileged to have Slater and Gordon as our headline sponsor for this event, and we are especially grateful to Yvonne Agnew who opened the event with a warm welcome address alongside our Centre Director, Jenny Carroll.

The night was wonderfully hosted by our esteemed Ambassador, endurance athlete, and BAFTA-winning presenter, Lowri Morgan, who led a captivating Q&A session with Glenys. Together, they reflected on the history of our charity, and the incredible achievements made since Cerebral Palsy Cymru was founded in 1992. Glenys received a well deserved standing ovation.



Following this, our chair, Frank Holmes, took the stage to announce the official launch of the Glenys Evans Family Support Fund with the promise that would continue her tireless work and honour her legacy.



We then raised over £1000 in less than five minutes in our special raffle prize draw, in which our lucky winner received four tickets to see Hamilton at Wales Millennium Centre, along with an overnight stay at Future Inn!

Adding to the night's excitement, we hosted a live auction featuring exceptional prizes generously donated by Bluestone Wales, Bad Wolf, Halton Wales and our good friend Henry Engelhardt.

The evening concluded on a high note with lively music from The Big What Band! and the announcement of our lucky raffle prize winners.

Special thanks to Slater and Gordon, Rhiannon Stokes & Associates, Kew Planning and Irwin Mitchell for their sponsorship of our ball and for helping to make it an incredible event.

Together we raised over £19,000!



A message from Glenys:

"I am starting to adjust to life in retirement, although not much has slowed down so far. I am missing all my lovely colleagues but also all the babies, children and their families.

Thank you to everyone who gave me such a memorable send off. It was especially humbling and very special that so many families with their children both young and those now older (who were much taller than me) attended my leaving celebration. Thank you all for coming and all your very generous gifts.

Please continue to support Cerebral Palsy Cymru in any way you can. It is such a special place and I feel so privileged to have been a part of so many families journey. Thank you."



To find out more or make a donation to the Glenys Evans Family Support Fund, scan the QR code on the right.





Meet Andrei, 11 years old and a true fighter and inspiration to us all!

On the 20th of July 2024, one very brave boy set himself the monumental challenge to climb the equivalent of the Empire State Building's 102 floors, in one day, raising an incredible £1571.77 for Cerebral Palsy Cymru!

Born 8 weeks prematurely, Andrei faced life-threatening challenges from the very beginning. He was diagnosed with cerebral palsy, specifically Bilateral/Quadriplegia affecting both his arms and his legs, because of complications at birth. The doctors said that he would never walk independently however Andrei refused to accept this!

For most of his young life, Andrei has been pushing the boundaries of what he is able to do. While his peers were enjoying childhood, Andrei was on a treadmill or in the water, training relentlessly to exceed against all odds. At the age of 9, he could sustain a few steps using sticks. By 10 years old, he was taking steps independently. Now, at 11, he can sustain over 20 steps and even manage turns. Andrei's fight is not just for himself, he wants to help other children facing similar challenges.

Below we speak to Andrei to find out more about his epic challenge!

What made you decide to raise money for Cerebral Palsy Cymru?

I wanted to raise money for a charity that's involved with cerebral palsy so I went to my personal trainer Martin who gave me the idea to raise for Cerebral Palsy Cymru, as they helped me a lot back when the charity was called Bobath Wales.



Could you share what you have gained from attending Cerebral Palsy Cymru?

Attending sessions at Cerebral Palsy Cymru helped me gain strength and I had the opportunity to learn new ways to manage my condition. I always had a good time during the sessions, and it was my wish to give something back.

What made you decide to climb the equivalent of the Empire State Building's 102 floors and how did you prepare?

I chose to climb the equivalent of the Empire State Building's 102 floors because it is one of the tallest buildings in the world and is very iconic and very famous.

I trained for many weeks, and each time that I went to the gym I did more and more floors. I started from zero floors and eventually on the day of my challenge I completed 104 floors in one day!

Were you nervous on the day you began your challenge?

I was nervous on the day, but I knew that if I gave up, I wouldn't just be breaking a promise to myself, but I would be breaking a promise to all the other children with cerebral palsy.



What the hardest thing you faced during the challenge?

The hardest part of the challenge was the climbing, it was very hard but worked my legs.

Another difficult part of the challenge was the AFO / orthotic splints as they kept rubbing on my leg causing pain.

How did you celebrate when you completed your wonderful challenge and what did your family and friends think?

After I completed my challenge we celebrated by going for a meal at the Greek Village, my favourite place.

I know my friends were very happy when I completed the challenge and my family were very proud of me for helping other children.

Do you have plans to do any more fundraising challenges?

I want another challenge however not sure at this point what it will be. I am thinking maybe cycling as spring is coming up.

From all of us at Cerebral Palsy Cymru, we would like to say a massive thank you to Andrei for his incredible fundraising and dedication.



Introducing our Trustees

Q&A with Lisa Tregale

As a charity, we are governed by our Board of Trustees. Our Trustees come from a wide variety of backgrounds and offer a wealth of experience in the fields of finance, health, business and fundraising, as well as the valuable perspective of being a parent of a child with cerebral palsy or a service user themselves.

Lisa Tregale joined our Board of Trustees in 2023. She is the Director of the BBC National Orchestra and Chorus of Wales, and an Executive Board member of BBC Cymru Wales. She has over 25 years of experience in senior leadership in the charity sector. Lisa is internationally recognised across the music sector as both a champion for the arts and a real innovator in inclusion and music education through work including the creation of the first disabled-led ensemble in a professional symphony orchestra - BSO Resound. She is a proud mother of two children, one of whom lives with Hemiplegia.

How did you first encounter Cerebral Palsy Cymru?

I first encountered Cerebral Palsy Cymru via BBC Children in Need. Cerebral Palsy Cymru were grant recipients and as part of my role on the BBC Cymru Wales Executive we were encouraged to go and visit some of the BBC Children in Need funded projects. When I went through the list Cerebral Palsy Cymru jumped out at me.



What interested you about taking on the role of Trustee?

I am and have been a Trustee of a few charities over the years, but they have all been in my comfort zone of the Arts. I saw becoming a Trustee of Cerebral Palsy Cymru as an opportunity to bring my business and charity experience into a new sector and bring a different pair of eyes to the table for the benefit of the charity. I also saw this as a fantastic opportunity for me to work with other professionals from totally different backgrounds and with different skills. I am learning all the time.

What do you enjoy most about being a Trustee?

I love the challenge, meeting new people and most importantly, supporting a charity that is working in an area that is very personal to me and that has significant impact on the people they work with.

What do you feel you bring to the role?

A clear understanding of the charity sector, strategic and business planning and lived experience of what it is like to navigate the world and support a child with cerebral palsy.



You lead a very busy life, how do you juggle all your responsibilities and what do you do to relax?

I am very, annoyingly, organised. I am very good at prioritising and departmentalising things which enables me to not to get overwhelmed with everything that is going on. I am also an insomniac so I do a lot of my outside the BBC work in the middle of the night when I can't sleep. You can often find me reading Trustee Board papers at 3am!

My favourite ways to relax are spending time with my family, running, cooking, listening to music and walking our new puppy!



Our corporate partnerships have continued to help us make a life-changing difference.

At Cerebral Palsy Cymru, we know that strong partnerships create lasting impact. That's why we are incredibly grateful for the support of businesses that share our vision of a brighter future for children and families living with cerebral palsy. This issue, we're featuring two corporate partners whose enthusiasm and generosity have been incredible: Mowgli Street Food Cardiff and Veezu. Their continued efforts and support help us to provide vital therapy and family support services to children across Wales.

Mowgli Street Food Cardiff: Serving Up Generosity

Since opening its Cardiff restaurant in 2019, Mowgli Street Food has chosen Cerebral Palsy Cymru as its 'house charity'. As part of this initiative, a discretionary £1 donation is added to each customer's bill, with staff raising awareness about the vital work we do.

This partnership has gone beyond monetary donations; the Mowgli team has actively participated in fundraising events such as the Cardiff Half Marathon and even taken on the challenge of riding the fastest seated zipline in the world! Their dedication and enthusiasm have been truly inspiring.



Thanks to the generosity of their customers and the commitment of their staff, Mowgli Street Food Cardiff has now raised an incredible £85,336 for Cerebral Palsy Cymru!

These funds have helped us provide life-changing therapy sessions, ensuring that children living with cerebral palsy receive the specialist support they need.

Marie Wood, our Director of Fundraising & Communications added:

"Mowgli's team in Cardiff have gone above and beyond to support us. Their generosity and commitment to fundraising make a real difference in the lives of children and families living with cerebral palsy in Wales. We simply cannot thank them enough."



Veezu: Driving Up Support to make a difference.

In October 2024, we were thrilled to partner with Veezu, the UK's fastest-growing private hire company, as part of their 'Funded by Veezu' initiative. This initiative aims to support local communities, and we were delighted to be their chosen charity for a special campaign.

For the entire month, every journey booked via the Veezu app in Wales contributed towards raising funds for Cerebral Palsy Cymru. The timing couldn't have been more perfect, as the campaign coincided with World Cerebral Palsy Day on October 6th, helping us raise awareness on a global stage.

Carwyn Williams, our Head of Corporate Partnerships, shared his appreciation:

"Veezu's support has been invaluable. Their generosity will help fund vital therapy sessions and family support services for children across Wales. It's partnerships like this that enable us to continue making a difference."

This partnership builds on Veezu's history of charitable giving, and generated £10,000 of support for us during the month. We're incredibly grateful to be part of their mission to make a positive impact in local communities.



Support from businesses like Mowgli Street Food Cardiff and Veezu is essential to our work. These partnerships not only provide funding but also help to raise awareness of cerebral palsy and the importance of early intervention therapy.

With demand for our services increasing, corporate partnerships help us ensure that no child in Wales is left without access to the specialist therapy they need.

Would your business like to support Cerebral Palsy Cymru? Whether through fundraising challenges, charity partnerships, or volunteering, there are many ways to get involved. If you'd like to learn more, we'd love to hear from you!

For more information, contact Carwyn Williams at carwynw@cerebralpalsycymru.org or call 02920 522600. Together, we can make a difference.



Our Private Therapy Service: Personalised therapy for all ages

We now offer the opportunity for families with children over the age of 2 to access our private therapy service.

All self-funded therapy sessions will be conducted by one of our highly specialist therapists who all have extensive experience working with children and young people who have cerebral palsy. The sessions will focus on your child or young person's needs, helping them to move towards greater levels of participation in the things they need and want to do, and will build your confidence in carrying out activities at home. Sessions can be carried out in person at our Children's Centre or virtually so you can attend from home.

Domiciliary visits may also be possible at an additional cost.

To find out more please email info@cerebralpalsycymru.org or scan the QR code on the right.

