



**CEREBRAL
PALSY** CYMRU



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CEREBRAL PALSY AWARENESS MONTH 2026

Help us raise awareness this March!

Sponsored by  irwinmitchell

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 'Going 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 2026 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!

Join Cerebral Palsy Cymru in showing your support
for Cerebral Palsy Awareness Month 2026



Get your workplace, school or community group involved this March by organising a 'Go Green for CP' dress-down day!

Cerebral Palsy Awareness Month is a global awareness campaign that pushes for a positive change in education, the healthcare system and the job market to give opportunities to those living with cerebral palsy.

Cerebral palsy is the most common physical disability in children worldwide. It is estimated that every 5 days here in Wales, a baby will be born who will have the condition.

You can help support the vital work we do at Cerebral Palsy Cymru and help us raise awareness of cerebral palsy throughout March by 'Going Green for CP!'

Pick a day in March to 'Go Green' and ask everyone involved to wear an item of green clothing and donate £1 to Cerebral Palsy Cymru. We have bilingual CP fact sheets that we can share with you, and we also have our green Cerebral Palsy Cymru technical t-shirts, ribbons and wristbands available to purchase via our website.

Alternatively, why not pick a day in March to organise a green-themed Cake & Tea for CP fundraiser?

To find out more, please email fundraising@cerebralpalsycymru.org or call us on 02920 522600.

CPAM 2026 is sponsored by:

 **irwinmitchell**

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Light up the skies across Wales

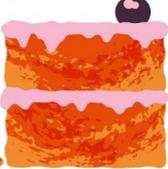
Whether it's a theatre, arts venue, castle, local monument or state building, light it up green on the 25th March for National Cerebral Palsy Awareness Day! Let's illuminate the skies of Wales together for the 6,000+ people living with cerebral palsy in Wales today. Please contact Kathryn on kathrynj@cerebralpalsycymru.org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



Attend our free Cake & Tea for CP drop in Event!

Join us at our children's centre and enjoy a cuppa and a slice of cake whilst helping us raise vital funds. Book your free ticket by scanning the QR code below!

 **CEREBRAL
PALSY** CYMRU

**CAKE
& TEA
FOR CP.** 

DROP IN EVENT

Saturday 7th March | 12:00 - 14:00

1 The Courtyard, 73 Ty Glas Avenue,
Llanishen, Cardiff, CF14 5DX



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70 MILES IN MARCH



Sign up to complete our '70 Miles in March' challenge to help raise funds for Cerebral Palsy Cymru and support Cerebral Palsy Awareness Month

Run, cycle, walk, hike, wheel, swim... Whatever it is you enjoy doing, why not do it this March to raise vital funds for Cerebral Palsy Cymru?

Whether you decide to complete it as a solo mission or as a team, we are inviting all our families, friends and supporters to take part in our latest fundraising challenge this March to help us raise vital funds alongside showing your support for Cerebral Palsy Awareness Month.

It's FREE to sign up, and you can decide how and when you will complete your 70 miles.

Everyone who signs up and raises £20 or more will receive a FREE limited edition green Cerebral Palsy Cymru technical t-shirt and fundraising pack. You will also receive an exclusive commemorative '70 Miles in March' medal when you reach your fundraising target of £150 or more.

Scan the QR code to join our exclusive '70 Miles in March' Facebook group to get started!





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 are 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 #CPAM2026 and #GoGreenforCP to get involved and share how you will be supporting CPAM 2026!

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**



 info@cerebralpalsycymru.org

 02920 522 600

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