



THE TANGRAM

AUTUMN / WINTER 2022



**CEREBRAL
PALSY** CYMRU

THErapy AND SUPPORT FOR CHILDREN AND THEIR FAMILIES
THErAPI A CHEFNOGAETH I BLANT A'U TEULUOEDD

Dear Friends,

Welcome to a special 30th birthday edition of 'The Tangram.'

As many of you will already know, Cerebral Palsy Cymru is celebrating its milestone birthday this year. In this edition, we've selected some stories and memories from the past 30 years, during which we have provided specialist support and therapy to hundreds of families across Wales living with cerebral palsy.

You can also learn about how our charity was first established in 1992 by a group of very determined parents. They had a dream of opening a specialist centre here in Wales for their children, and many other families, instead of having to travel all the way to London to access specialist therapy.

So far this year, we have already celebrated our 30th birthday in numerous ways! I would like to personally take this opportunity to thank everyone who donated to our 'Big Give 30th Birthday Appeal' and helped us raise £10,915 in just 12 days to help kick-start our 30th Birthday Appeal 'For Every Little Life.' The aim of our birthday appeal is to raise £30,000 during our birthday year to help us ensure that we can see every new baby that is referred to our services, babies like Ben whose story you can read on page 3 and 4.

One of my fondest memories of our birthday celebrations so far is joining so many of our families and supporters in Cardiff Bay at our 'Birthday Bayside Walk' on the 12th June – the sun was shining and it was wonderful to see so many familiar faces from across the years.



Our charity has changed so much since I started here as Therapy Manager in 1998, and I am so proud of everything that we have achieved. We are the leading cerebral palsy charity in Wales, and as we reflect fondly on the past 30 years, it is important to look ahead to the next 30 years. Our vision is to provide a better future for every child in Wales who has cerebral palsy and over the next five years our goal is to increase our capacity and resources to be able to see more children of all ages at each critical milestone. You can read more about our charity's vision and how you can help us achieve this ambitious goal on the donation form that accompanies this newsletter. Any support that you can give towards our appeal will be greatly appreciated by us all.

I hope that as you read your latest copy of 'The Tangram,' you will feel inspired to join us in celebrating our 30th birthday in some way over the next few months and make sure that we can continue to be there in the future 'For Every Little Life.'

Centre Director and Consultant Physiotherapist.

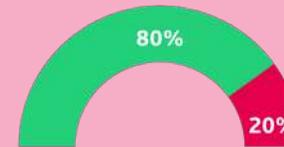
OUR YEAR IN NUMBERS 2021/2022

The number of pounds we need to fundraise every year is

£1.8 Million



On average each year, 80% of our income comes from donations, gifts in Wills, trusts, our charity shops, fundraising events and corporate donations. Only around 20% of what we need comes from statutory sources.



9 Training courses were facilitated and delivered by our therapy team to professionals across the UK.



9 Better Start Together play groups took place at our new children's centre - over 18 hours of fun and play!



1,203 therapy sessions were delivered by our specialist therapy team.



63 new babies were referred to our specialist early intervention service 'Better Start, Better Future.'

331 children across Wales received therapy and support from us.

126 family support sessions took place with our dedicated Family Support Coordinator. This service is available to any family on our case load who need our support.

1,124 highstreet and designer label items were shipped to 5 different countries thanks to Thriftify!



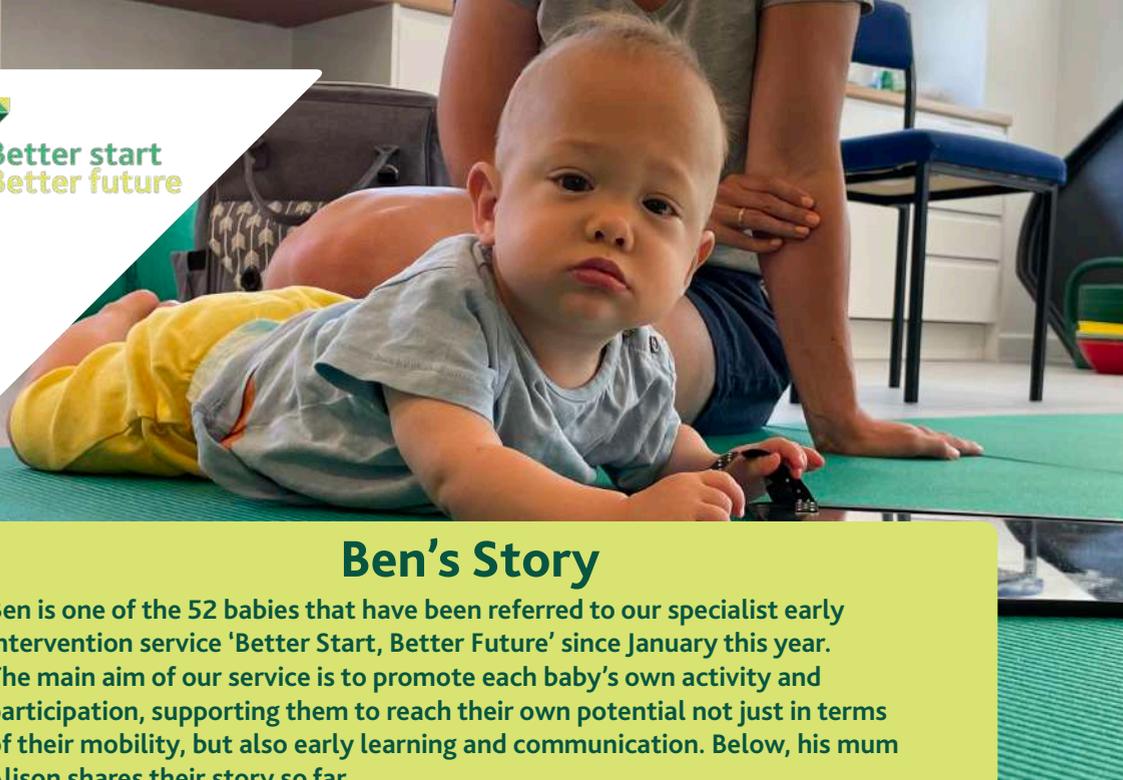
66,012 Items were sold in our 4 charity shops, helping raise a whopping **£329,458!**



362 fundraisers took part in our Facebook fundraising challenges, raising a total of

£51,132





Ben's Story

Ben is one of the 52 babies that have been referred to our specialist early intervention service 'Better Start, Better Future' since January this year. The main aim of our service is to promote each baby's own activity and participation, supporting them to reach their own potential not just in terms of their mobility, but also early learning and communication. Below, his mum Alison shares their story so far.

"When I was 23 weeks pregnant, I was told I was 3cm dilated and that my baby boy could be born at any moment.

After a 3 week stay in hospital, Ben was born at 26 weeks weighing 2lb 1oz. The amazing NICU team were there for Ben as soon as he was born. Almost immediately he was ventilated, and after half an hour or so, we were able to meet our little boy for the first time.



After 94 days in hospital, and a few days before his original due date, Ben was discharged. He endured a few nasty infections, 3 blood transfusions, a lumbar puncture, and 3 periods of ventilation. Being discharged whilst Ben still required oxygen was daunting, but we had amazing help from our outreach nurse, Sarah.

It was Sarah who first put us in contact with Cerebral Palsy Cymru following Ben's General Movement Assessment. We understood that because of Ben's extreme prematurity, his muscles had not had the opportunity to flex and push in the womb, as instead he had been stretched out in an incubator! This had resulted in Ben's motor development possibly being delayed and Sarah suggested that Cerebral Palsy Cymru and their early intervention service 'Better Start, Better Future' would be able to help.

I first got in touch with Cerebral Palsy Cymru when Ben was around 6 months old. Glenys, their lovely Family Support Coordinator, spoke to me for almost an hour initially finding out more about Ben and our family. We felt supported straight away and I didn't hesitate when Glenys offered us the opportunity to attend some therapy sessions.

During our first session, we spent 2 hours with 2 of the therapists and Ben. What I remember most was the kind and patient approach that the therapy team had, as well as the gentle and individual therapy they suggested for Ben. After chatting with us as a family and watching us interact with Ben, they were able to suggest exercises that would work with what we were currently doing at home already. This was so enlightening for us as it didn't feel like 'therapy,' it was just small adaptations to our normal routine with Ben. We left that initial therapy session on an absolute high and haven't looked back since!



The playgroup sessions at Cerebral Palsy Cymru have also become an integral part of Ben's early life. It has been wonderfully reassuring to meet other parents who have had little ones born with some of the same challenges as Ben. It's so nice to see babies and toddlers who have come on a similar journey, and seeing them so happy and calm, is a huge comfort. Caring for a baby born early like Ben can feel extremely lonely at times, but at the 'Better Start Together' playgroups, we don't feel so alone.

Reflecting on Ben's journey so far has made me feel so grateful. From our first phone call with Glenys up until our recent therapy sessions, Ben has made such astounding progress and we know it is down to the wonderful support and help that we have received from Cerebral Palsy Cymru."

A regular donation of just £7 a month can help ensure that we can see every baby like Ben who is referred to our services. To find out more about regular gifts, please see the donation form that accompanies this newsletter. Thank you.





A week in the life of our Crwys Road charity shop

Our charity shop on Crwys Road is in the heart of Wales' capital city, and is hugely popular with the student community. If you look past the shop window and delve deeper between the rails of clothes, you'll find this charity shop is a hive of activity!

"It goes without saying that no two days are the same when it comes to charity retail!" says our Shop Manager, Eithne Cusack.

"We work on a 10-day stock cycle in the store, and a lot of the items go out of date over the weekend, so on **Monday** the first thing we do is look up what needs to come off the shop floor. We do this by collecting up all the out of date items and get them ready to go back out for sale at one of our other charity shops. New stock then needs to go out onto the shop floor to replace the items that have expired!"



By the end of the day on Monday, our shop floor had a fresh new look and there were lots of charity shop gems on display ready for the week ahead.

On **Tuesday**, Volunteer Ren was getting ready for what they consider to be the busiest day of the week - van delivery day.

"Tuesday is always a really busy day for us as that's when the van drives around to all four charity shops with deliveries! Today we had 6 boxes of Bric a Brac delivered, so I spent the afternoon cleaning and washing all the new items before taking the expired Bric a Brac stock off the shelves and replacing it with the new donations."

On **Wednesday**, Shop Manager Eithne was thrilled when someone came into the store and enquired about volunteering opportunities. "I was delighted when the lady approached me and asked if there were any current volunteer vacancies in our store."

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We are always happy to provide volunteering opportunities where possible! I gave her an application form and explained to her a little more about the role of a volunteer. As soon as I have her application form back, I'll contact her referees and then invite her in for a 3 hour induction and training session at the store."

On **Thursday**, Volunteer Andrew, who has been volunteering with us for over 3 years, was busy steaming some newly donated clothes, ready to put them out on the shop floor.

"A lot more happens 'back of house' in charity shops than people think and it's really fun! I've noticed that by gaining experience in pricing up the items and operating the till, my maths skills have really improved! My favourite thing about volunteering for Cerebral Palsy Cymru is that I get to be a representative for this fantastic charity. I am so proud to be one of their volunteers."

Friday saw Volunteer Athene sorting through some of our higher value stock in preparation for its shipment to our e-commerce department that operates within our children's centre.



"You would be amazed what you find in donation bags! Today I've been identifying items that are brand new with tags or have designer labels. We know these items can be sold for a much higher price online via our Thriftify store, which will generate more income for the charity. Once I had done this, I then rearranged our jewellery cabinet to display some unique necklaces that had recently been donated, which is one of my favourite tasks."

Another busy week came to an end on **Saturday**, the stores busiest day for customers! Tom, who has been a volunteer for over 3 years, spent the day on the till chatting to the customers. "We have lots of regulars who sometimes come in twice a day! Volunteering with Cerebral Palsy Cymru has improved my confidence in meeting new people and I've made some really good friends working here."

We hope you enjoyed this insight into what a week at one of our charity shops looks like! If you would be interested in volunteering in one of our 4 charity shops across Cardiff and the surrounding area, please email info@cerebralpalsycymru.org or simply pop in to one of our stores and speak to the shop manager. As you read in this article, they would be thrilled to hear from you!

www.cerebralpalsycymru.org/charity-shops

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ZIP WIRE CHALLENGE

Friday 21st October 2022

Take an unforgettable flight on The Phoenix, the world's fastest seated zip line, to raise funds for Cerebral Palsy Cymru.

SIGN UP TODAY!
FREE registration
£100 sponsorship
FREE t-shirt

The ULTIMATE fundraising challenge for daredevils and thrill seekers!

This adrenaline packed day out is perfect for those looking to take part in an alternative fundraising challenge, conquer a fear, or simply tick an item off your bucket list whilst raising vital funds for Cerebral Palsy Cymru.

Join us at Zipworld Tower, Aberdare on Friday 21st October at 12:30pm for the flight of your life!

To enter as an individual or as a team, visit www.cerebralpalsycymru.org/events or contact Claire Walker: clairew@cerebralpalsycymru.org 02920 522600



"Hello, my name is Daniel and I attend the Bishop of Llandaff High School. I am 13 years old and have unilateral cerebral palsy. I recently attended a one-off therapy session at Cerebral Palsy Cymru's new children's centre. I wanted to improve my gripping strength and cutting skills, especially when using a knife and fork. At the end of the therapy session, I was able to hold my fork much more comfortably and felt that I had a stronger grip. I have been practising at home with kitchen equipment such as a rolling pin, which Heather my therapist said would help keep my wrist straight.



Looking to my future!

In each edition of The Tangram, we will be giving young people across Wales living with cerebral palsy the chance to share with our readers how they are living their life to the fullest and chasing their dreams.

I definitely feel that I have made some good improvements thanks to the therapy session and keeping up the practice at home!

The beginning of the last school year was challenging for me as, on top of coming out of lockdown and getting back to a normal school timetable and routine, I was also still building up my strength following a tendon release operation. My school helped me out by introducing timetable changes for me which reduced the amount of walking and climbing stairs that I needed to do between lessons. I also made sure that I went to the gym as much as possible to increase my stamina.

In September, I will be going into Year 9 and I am very excited to see all my friends again and learn some new things! I'm probably most looking forward to my science lessons as this is my favourite subject – the practical lessons are super exciting!

I love sports and in October 2018 I started playing table tennis after attending a disability sports day at Cardiff Metropolitan University.

This summer, I was lucky enough to get tickets to the Commonwealth Games and also had the opportunity to train with some of the Welsh athletes at their pre-training camp. Watching Josh Stacey, who has been my mentor and trainer, win a gold medal was incredible!



My experience at the Commonwealth Games was so special and surreal at the same time, and it gave me a huge confidence boost. I know if I keep working hard and put maximum effort in to training and my matches, I could one day be part of a Welsh team at the Commonwealth Games."

Thank you Daniel for sharing your story. We have no doubt that you will go on to achieve great things! If you would like to share your story and feature in our next edition of 'Looking to my future!', email Emily at: emilya@cerebralpalsycymru.org



Derek's 'Friends of Bobath Wales' fundraising legacy

In the early 1990's, Derek Redwood wanted to give something back to his local community and decided to organise a one off fundraising event for a Welsh charity. Bobath Wales, now Cerebral Palsy Cymru, were a client of CHP Accountants, the chartered accountants at which Derek was a partner, so they seemed like a good fit. He knew little about them at the time, other than the fact they were a Welsh children's charity. This is his story of how that fundraiser was the catalyst to an epic fundraising legacy.

"The first event I arranged was a Gentleman's Dinner at The Marriott Hotel on 4th September 1998. The format of the evening had already proven a success with my football club, so I replicated it for the charity event. It was a great success and resulted in a £2,000 donation for Bobath Wales. I felt so good about the money we raised that evening that I decided to do it again the following year, and the year after that...

3 years after my first fundraising event, I was approached by the charity and asked if I would be interested in setting up a fundraising group. Motivated by the fundraising success I had had so far, and knowing it was supporting such a good cause, I jumped at the opportunity!



After writing to a dozen friends and colleagues asking them for their support, our fundraising group 'Friends of Bobath Wales' was born and Mike Salter and I have been supporting the charity ever since. Over the years, we formed a great partnership with Mike coming up with some great ideas for fundraisers while I worked on the operational side to see them through.



Over the past 25 years, we have raised an astonishing £354,991 for the charity - and we are not quite finished yet! Never did I imagine we would raise this much. I was so proud of the first £2,000 I raised in 1998 and I never set myself a fundraising target. I always commend people for their generosity and never underestimate the value of any donation big or small. Every £10 raised is £10 more than we had raised before!

Over the years, in addition to the annual Gentleman's Dinner, we have had some brilliant times taking part in mountain treks, dragon boat racing, golf days and race nights - the camaraderie at some of these fundraising events has been priceless! I have also had the privilege of sitting in on a therapy session with a mother and her child which, on top of being a very humbling experience, made me more determined than ever to do everything I could to help this wonderful charity that does so much for children across Wales living with cerebral palsy.

As I reflect on our fundraising journey, it would be easy for me to say there are too many fundraising highlights to mention! However, possibly one of the best days of all was in 2009 when we played a game of charity football,

which turned out to be the last but one match ever held at Ninian Park, the former home of Cardiff City FC.

Our team was tasked to raise their own sponsorship for the chance to play against a team of Cardiff City legends. We raised £10,000 for that match and had a fantastic social event after the match! The picture on the opposite page is me with my sons at the game, and it was an honour to wear the Bobath Wales logo on our shirts.

I am so proud to be a friend and ambassador to Cerebral Palsy Cymru. The charity nominated me to be a torch bearer for the 2012 Olympics, where I carried the torch across the front of Cardiff Castle. I was also awarded the British Empire Medal in the 2013 New Years Honour list in recognition of my charity work. If I have one thing to say to anyone reading this who is thinking of fundraising for Cerebral Palsy Cymru - don't set yourself a target and be proud of whatever you raise. In the immortal words of Nike - 'Just Do It!'

Has Derek's story inspired you?

If you want to follow in Derek's footsteps and set up your own fundraising group, or simply take part in some community fundraising, our fundraising team would love to hear from you!

T: 02920 522600

E: fundraising@cerebralpalsycymru.org

FUNDRAISING HEROES AND HIGHLIGHTS!

We love hearing all about your super fundraising efforts! We have chosen some highlights that have taken place since our last edition of 'The Tangram' to share with you. We hope you enjoy reading and feel inspired!



Over 150 of our families, friends and supporters joined us in Cardiff Bay on 12th June for our 30th Birthday Bayside Walk. The event raised £5,500 and was the perfect way to celebrate our big birthday!



Gareth, uncle to 4 year old Maya who has unilateral cerebral palsy, has been virtually running the distance from Land's End to John O Groats - 874 miles!! His final 13.1 miles will be the Cardiff Half Marathon in October and so far he has raised £1,126. Amazing!



Zuzanna conquered Gran Fondo - a 213km bike ride through the Brecon Beacons which involved 3288m of climbing! She raised a fantastic £1,238 thanks to her epic bike ride!



Up and down the country, hundreds of cakes were eaten and sold in aid of 'Cake & Tea for CP!' Georgia (left) held a cake sale at Johnstown Primary School and raised £600. Donna (centre) hosted a coffee morning at home and raised £100 and our Cake & Tea Drop In event raised a whopping £711! In total, Cake & Tea for CP 2022 raised a delicious £6,710.



2 year old Isaac, along with his twin brother George, walked 1km of the Cardiff Bay Barrage and raised £1,294 to help children like him who attend our children's centre. Well done boys!



Our friends at National Trust Cymru helped transform our outside area into a wonderful well-being garden for our children, families, staff and visitors to enjoy! Diolch!

The team at Mowgli Street Food Cardiff celebrated the fact they have now raised over £44,000 for Cerebral Palsy Cymru. We would like to thank all their staff and customers for supporting us as their house charity.



Lindsey, mum to 3 year old Verity, has also been running to raise funds for us! She wanted to fundraise to help other families like hers who need our help and support. Together with Steve and Jenni, she took on the Great Welsh Marathon and raised £728.

UPCOMING EVENTS | 2022

Take a look at our upcoming events and find out how you can get involved to support our vital work.

1
OCT

300,000 STEPS IN OCTOBER CHALLENGE

Our latest Facebook fundraising challenge is here! Taking place throughout October, your challenge is to walk or wheel a total of 300,000 steps in 31 days! Check out our poster on the back page for more information.

2
OCT

CARDIFF HALF MARATHON

The Cardiff Half Marathon is back for the second time this year! Fancy coming along to support our runners? Volunteer at one of our cheering stations on the day! Email our fundraising team for more information.

2
OCT

TCS VIRTUAL LONDON MARATHON

Run, walk or jog 26.2 miles in 24 hours to complete your London Marathon, your way. Spaces are still available! Email our fundraising team to find out more.

6
OCT

WORLD CP DAY

On World CP Day, people around the world come together to celebrate and support those living with cerebral palsy. Wear green on this day to show your support!

21
OCT

ZIPWIRE CHALLENGE

Take an unforgettable flight on The Phoenix, the world's fastest seated zip line, to raise funds for Cerebral Palsy Cymru! Check out the poster on page 7 for more information!

25
NOV

CHRISTMAS APPEAL

Keep your eyes out for our Christmas Appeal which will be dropping through your letter box. There will also be a chance to purchase raffle tickets to win some awesome cash prizes - perfect for all that Christmas shopping!

29
NOV -
6
DEC

THE BIG GIVE CHRISTMAS CHALLENGE

One donation, twice the impact. The Big Give Christmas Challenge is back and this year, we have set ourselves our most ambitious target to date - to raise £22,000 in just 7 days! Can you help us reach it?

3
DEC

CHRISTMAS MINI MARKET | 11:00am - 2:00pm

Treat yourself to a mince pie and a cup of hot chocolate as you browse a selection of Christmas stalls at our children's centre in Llanishen. Guaranteed festive fun for all the family!

16
DEC

JINGLE AND MINGLE | 12:30pm - 2:30pm

A festive get together for all our supporters, corporate partners and volunteers. Whether you make a regular monthly donation, have fundraised for us this year or simply want to wish us a Merry Christmas, we would love to see you at this event.

We would like to say a huge thanks to Hugh James for sponsoring our Christmas Mini Market and raffle

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fundraising@cerebralpalsycymru.org

Why a gift in your Will is so important for our future.

As you will read in more detail on the donation form that accompanies this newsletter, we have ambitious plans over the next 5 years to increase our capacity and resources to be able to see more children, of all ages.

Our vision is to provide a better future for every child in Wales who has cerebral palsy. To come close to achieving this will mean substantially growing our income over the next few years.

As we only receive 20% of what we currently need from statutory sources, we are very much reliant on support from our community.

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

A gift can be a small sum of money or even 1% of your estate so that those close to you still inherit 99%.

Those who have left a gift in their Will to us in the past, have ranged wonderfully from relatives of children who attend the centre to those in our community who we have never met. Each gift has been so important.

If you would like to have an informal chat about leaving a gift in your Will, or hear more about our plans for the future, please contact Emma Brooks, Acting Head of Fundraising on 02920 522600 or email: emmab@cerebralpalsycymru.org

All you need to leave a gift in your Will to Cerebral Palsy Cymru is our charity address and registered charity number.

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Ieuan's Story

Hello, my name is Ieuan Coombes and I am a teaching assistant in Ysgol Bryn Derw ASD Special School. I can't quite believe Cerebral Palsy Cymru is turning 30 this year, just like me, and to celebrate I would like to share with you how this charity has supported me and provided me with so many opportunities since the age of 3.

I was born prematurely and diagnosed with cerebral palsy at the age of 3. Shortly after this, I attended my first therapy session at Cerebral Palsy Cymru, which was called Bobath Cymru at the time. The positive impact that the charity has had on my life is difficult to put into words, but I will try my best!

I was fortunate to receive therapy and support from the charity for a number of years which at first enabled me to



improve my posture, which in turn enabled me to achieve major milestones such as sitting up and learning to walk.

Following these major milestones, my therapy focused on both maintaining and developing my posture and walking. In my opinion, one of the most unique features of Cerebral Palsy Cymru is not just the therapy and support they provide to the child or young person living with cerebral palsy, but also the support they provide to that person's family and friends. Throughout my involvement with the charity, they have continuously supported my family, whether it be by providing reassurance, answering any questions they had, or equipping my parents with the knowledge and skills to help me with my home therapy programme. My dad regularly recalls the shock, worry and fear that he and my mum had when I was newly diagnosed, but thanks to

Cerebral Palsy Cymru, they gained a better understanding of the condition and felt reassured and supported from the beginning.

My therapy continued into my teens where the focus shifted to working on my independent living skills to prepare me for life at University. I learnt how to make basic meals for myself and, most importantly, how to make a cup of tea for my mum. Without the charity's dedication and input, I honestly don't think I would have been able to live independently at University and, in turn, obtain my degree in BSC Sports Development!

As an adult, I wanted to give something back to the charity that had had such a profound impact on my life, and I was privileged to be asked to join the Board of Trustees in 2011. Having the opportunity to play a role in ensuring that the charity could continue to make a life changing difference to children across Wales living with cerebral palsy was so important to me, and I am extremely proud to have served on the board until stepping down from the position last year.



Another aspect of my involvement with the charity as an adult that I have really enjoyed is having the opportunity to revisit their children's centre and attend their Independent Living Skills projects to meet the young people taking part in the sessions. It was fantastic to see so many of the young people mastering their independent living skills that will in turn prove so beneficial to them for the rest of their lives.

As you get older, many things in your life change. For example, I am now married (I still can't quite believe it!) and I have my own house. However, one thing that will never change for me is how much Cerebral Palsy Cymru means to me and how thankful I am to their team for all they have done for me and my family. I simply would not enjoy the quality of life that I do now, had it not been for their support over so many years and that is still there for me today!

Happy 30th Birthday Cerebral Palsy Cymru, it is an honour to share this milestone birthday with you! Here's to the next 30 years.



Our Founding Parents come for tea!

On 22nd July, the families that founded our charity 30 years ago visited our new children's centre to celebrate our 30th birthday and all that we have achieved together.

In the early 1990s, our charity was first established by a group of very determined parents. They had a dream of opening a specialist centre here in Wales for their children, and many other families, instead of having to travel all the way to London to access specialist therapy.

In 1992, their dream became a reality and they opened the doors to the original premises for our charity, which was then known as Bobath Cymru.

It was wonderful to welcome our founding parents to our new home to celebrate all that we have achieved together over the past 30 years, as well as share our vision for the future to develop our services so that we can make sure we are there for every baby and child who needs us.

After going on a guided tour of our new children's centre with our Centre Director, Jenny Carroll, there was a long-awaited catch up over a slice of cake and a cup of tea.

We shared together stories of how the charity was launched in 1992 and the fun they all had in coming up with fundraising ideas to help raise the money to refurbish our original premises on Park Road and transform it into a therapy centre!

Jenny Carroll, our Centre Director and Consultant Physiotherapist, was delighted to welcome our founding parents to our new home and explained how their enthusiasm and passion to make a difference has had a lasting impact on our charity's mission.

"Our charity was set up by families for families, and that has really impacted our philosophy of who we are and our mission as a charity. Cerebral Palsy Cymru keeps the family at the heart of everything we do, and although

lots of things have changed since the charity launched in 1992, that core value hasn't.

The story of our founding parents continues to inspire us, and we will continue to do all that we can for the children and families across Wales living with cerebral palsy."

John Weaver, one of our founding parents, wrote a poem to commemorate the event and our 30th Birthday, which you can read on the opposite page.



We can, we must, we will.

Dedicated to the Founding Parents of Cerebral Palsy Cymru

The doctor's words were saddening and very hard to bear,
 "Your child has cerebral palsy and will need lots of love and care."
 But we knew beyond the stress and strain, there was a role we had to fill,
 So, no matter what, our thoughts were clear, we can, we must, we will.

Life had to go on as normal, or as normal as could be,
 Still, the desperate needs of our little ones were very plain to see.
 We knew there'd be lots of effort, and sweat we'd have to spill,
 And the only way to think was, we can, we must, we will.

At first, we felt alone, but soon we would discover,
 Other families like us - they call it 'parent power.'
 And so, we became a mighty force, with a purpose to fulfil,
 Because we all agreed, we can, we must, we will.

Our little group of parents worked day and night to share,
 The purpose of our mission with others who would care.
 We talked to groups and businesses, their assistance to instil,
 Always keeping firm in mind, we can, we must, we will.

From rattling cans to big events, the money came in fast,
 And many tears of joy were shed when our dream came true at last.
 The climb had all been worth it as we reached the summit of the hill,
 And all because we never strayed from, we can, we must, we will.

It's great to know the seeds we sowed have blossomed to provide,
 Hope and happiness to children far and wide.
 And though many years have passed, my thoughts often wander still,
 To those amazing times and the people who said, we can, we must, we WILL.
 And We Did!

- John Weaver

As we celebrate our 30th Birthday and reflect on all that we have achieved together over the years, we must also plan for the future and work together to achieve our ambitious vision. You can help us by becoming a member of our '1992 Club' which was set up to give our supporters the opportunity to continue the legacy of the special gift of £30 that founded our charity. We ask you to commit to donating £30+ a month, or £360+ annually to help increase our regular income. This will help secure the charity's future in the same way that that first £30 secured our first premises.

You can find out more about our 1992 Club by visiting:
www.cerebralpalsycymru.org/get-involved/ways-to-donate/join-our-1992-club



300,000 STEPS IN OCTOBER CHALLENGE

It's time to step up and make a difference to children and families across Wales living with cerebral palsy.

Walk or wheel 300,000 steps across October for our latest Facebook fundraising challenge.

Whether you decide to take part as an individual or as part of a team, this fun and inclusive challenge is the perfect way to get active and fundraise for Cerebral Palsy Cymru.

To sign up for free, simply scan one of the QR codes below.



Register and set up a Facebook fundraiser

Alternatively, set up a JustGiving page and we'll email you a registration form

