

THE TANGRAM

SPRING / SUMMER 2026

Sponsored by:



**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 2026 Cardiff Half Marathon!

Registration fee: £0 | Sponsorship: £300

We have a limited number of charity places available for the Cardiff Half Marathon 2026!

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, the Civic Centre, and the 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 will 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 continue making a difference to children and families across Wales living with cerebral palsy.

If you have any questions, email: fundraising@cerebralpalsycymru.org

Scan the QR code to find out more and guarantee your place on the start line!



Don't miss your chance to be part of something special this year. Join us and run for a reason!



Dear Friends,

Hello and welcome to The Tangram and many thanks to CL Medilaw for sponsoring this edition!

Reflecting on the last few months, we are still blown away by the incredible energy of Cerebral Palsy Awareness Month in March. It was truly moving to see landmarks across Wales and so many of our supporters 'going green' to shine a light on cerebral palsy. Whether you wore green to work, lit up a building, organised a bake sale or took on our 70 Miles in March fundraising challenge, your efforts helped us raise vital awareness and funds for our work across the country. Diolch yn fawr to everyone who went above and beyond!

As we move into the brighter days of summer, we have plenty of exciting events on the horizon and there are lots of ways to stay connected with us and get involved over the coming months.

The impact we make on children and families in the therapy room is powered by our dedicated community of volunteers and supporters. In this edition, we've included a 'day in the life' feature of one of our wonderful charity shop volunteers. Our shops provide a vital source of funding and seeing the passion and commitment our volunteers bring to their roles is truly inspiring.

Thank you, as ever, for your unwavering friendship and support. We very much hope you enjoy catching up on all our news and future plans!

A handwritten signature in black ink, appearing to read 'Marie Wood'.

Marie Wood
Chief Executive (Interim)



Renley's story

Renley is one of the new babies who was referred to our specialist early intervention service last year. His mother Alys shares his story:

Renley's birth was a very dramatic and difficult experience. Following a complicated pregnancy, I was rushed to the hospital where it was confirmed that I was 4cm dilated and had developed an infection called chorioamnionitis. Because of my own medical history, the hospital had to hold a large team meeting with other specialists to ensure we were both safe and it was confirmed that I needed an emergency C-section under general anaesthetic.

Getting wheeled down to the main theatre was the most nerve-wracking moment of my life. I genuinely didn't know what the outcome would be, and I made sure to phone my three children before going in. My partner, Curtis, was only able to come into theatre for a few minutes to say his goodbyes. An hour after Renley was born, I woke up in the Morrision ICU; it was an awful feeling being surrounded by hospital staff and not knowing if my baby was even alive.

After spending two days in ICU, I was transferred back to Singleton to meet my beautiful baby boy. But before I could see him, I had to meet with Renley's medical team. They explained that he had experienced damage to his brain, and I was completely in shock.

When I finally went to visit Renley for the first time, as soon as I stepped foot into the NICU, I froze. I didn't know what to expect and as soon as I saw him, I burst into tears.



Learning that Renley's brain damage could possibly lead to a condition called cerebral palsy left us both in the unknown; we had only ever heard the name, but neither of us knew what it really meant for his future.

We first heard about Cerebral Palsy Cymru from Renley's physio. When he was about 6 months old (3 months corrected), we had our first session with Gosia. We were quite apprehensive as it was our first time, but we really enjoyed the session and recognised that the specialist support here was going to be really helpful. The first session was very relaxed, focusing on us all getting to know each other and understanding Renley's background and birth.

Renley is currently accessing Cerebral Palsy Cymru's Early Intervention Service, 'Better Start, Better Future' programme. The service itself is incredible and we were lucky enough to take part in the Ei SMART baby course for three days in February too. The two therapists who led the course were just amazing.

We have learnt so much and have gained a lot of hands-on experience, learning the best ways to support Renley with his positioning, sitting, and standing.

It is crazy to think that Cerebral Palsy Cymru is a charity-run centre, yet it is filled with such incredible people who not only support Renley's physical development, but also offer emotional support for myself and my partner Curtis too.

As a family, we have found Cerebral Palsy Cymru so helpful. The sessions have been very educational, and the emotional support we have received has also been truly amazing. Being able to meet other families in a similar situation has helped us feel like we are not alone.

As a thank you to Cerebral Palsy Cymru for everything they have done for us, we are taking part in the Cardiff Half Marathon 2026.



Spotlight on our corporate supporters: CL Medilaw



Cerebral Palsy Cymru is pleased to feature this introduction from specialist medical negligence law firm CL Medilaw, following the opening of their Cardiff office and the beginning of their partnership with Cerebral Palsy Cymru.

In this piece, the team at CL Medilaw reflect on their commitment to supporting children and families affected by birth injury across Wales, and share their experience of visiting our children's centre.

CL Medilaw are delighted to partner with Cerebral Palsy Cymru and support the life-changing work the charity carries out for children and families across Wales. Our specialist birth and maternal injury team understand how vital practical, therapeutic and emotional support is for families. This is why partnerships with organisations such as Cerebral Palsy Cymru are key to the support we offer for our clients. We see this partnership as a natural extension of our work and values.

The recent opening of our Cardiff office marks an important milestone in our commitment to families in Wales. Having a physical presence in Cardiff allows us to strengthen local relationships, better understand the communities we represent and work more closely with organisations making a real difference on the ground. Our goal is to assist families across Wales through our expertise, working with charities like Cerebral Palsy Cymru to provide hope, encouragement and connection for those navigating an incredibly challenging time in their lives.

Our Cardiff team recently visited Cerebral Palsy Cymru's children's centre in Llanishen, where they were given a guided tour and the opportunity to see first-hand the work taking place there every day. Spending time at the centre offered valuable insight into the specialist services available to children and their families, including physiotherapy, occupational therapy, speech and language therapy, and family support. Seeing that support in action enables us to share details of the resources available to those we work with. It brought into sharp focus the difference that early intervention, specialist expertise and consistent encouragement can make to a child's development and to a family's confidence about the future.



We know that the families we work with are adjusting to a very different future from the one they had imagined. They may be coping with uncertainty, learning new terminology, trying to access the right support and making important decisions about care and rehabilitation. The role of a charity like Cerebral Palsy Cymru is invaluable. By offering specialist, child-centred therapy and a compassionate network of support, the charity helps families build confidence and resilience at a time when both are needed most. This holistic support around the child and family can make a lasting difference, and it is one of the reasons we will be championing the organisation and raising awareness of its work.



Our team has already been delighted to support fundraising and awareness-raising initiatives during Cerebral Palsy Awareness Month in March. From taking part in the Cake and Tea for CP event to joining in with Go Green for CP, colleagues embraced the opportunity to support and encourage wider involvement across CL Medilaw's national offices. These events were a fantastic way to celebrate the work of Cerebral Palsy Cymru while helping to raise funds and awareness. More importantly, they reflected the enthusiasm within our team to play an active role in supporting the charity beyond words alone. We are excited to continue building this relationship in the months and years ahead.

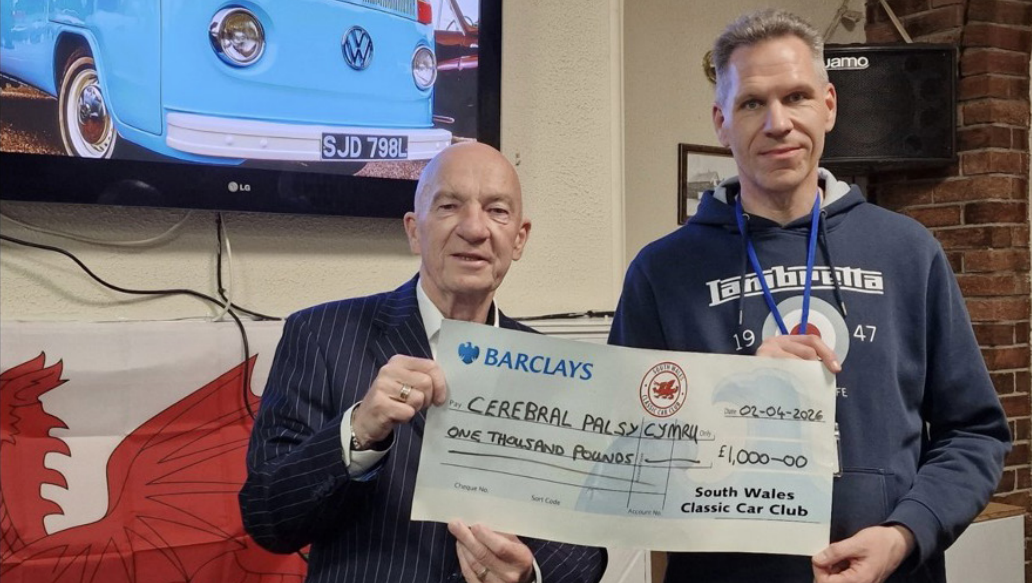


"I was truly inspired by the work of Cerebral Palsy Cymru and by the dedication of everyone at the centre. Seeing first-hand the support offered to children and their families reinforced how important specialist therapy, guidance and community are. We are proud to support the charity and look forward to continuing that relationship in the future", shared birth injury specialist, Francesca Rothwell, Cardiff.

To find out more about CL Medilaw and the specialist legal services they provide, including supporting those families seeking a second opinion on their case, please visit:

www.clmedilaw.co.uk





Classic Car Show!

For many years, South Wales Classic Car Club has been a valued supporter of Cerebral Palsy Cymru, raising vital funds and awareness through its much-loved annual car show, now known as Classics in Cardiff. In this special piece, the club reflects on its longstanding partnership with the charity, the incredible generosity of its members and supporters, and the impact this fundraising has had over the years. We are enormously grateful for their continued commitment and look forward to being part of this year's event at Cardiff City Football Club on 28 June 2026.

"The club began supporting Cerebral Palsy Cymru (previously known as Bobath Wales) in the mid-1980s, not long after the club was formed. This connection was formed even before the centre opened in Cardiff.

One of the club's founder members and early Chairmen, John James, was friends with John Weaver, whose daughter Emily has cerebral palsy.

At the time, the family had to travel to London for specialist support, as there were no local facilities available to provide the care they needed. This personal connection helped establish what has become a longstanding and valued relationship between the club and the charity.

Unfortunately, records from the earliest years are unavailable, so the amounts donated during that period cannot be verified. However, we do have records dating back to 1993 and, including this year's donation, we are proud to have donated £113,975 to Cerebral Palsy Cymru.

When I was appointed Treasurer, it was my honour to write a cheque for £10,000 to the charity - the largest cheque I have written on behalf of the club.



With the exception of 2001, during the Foot and Mouth outbreak, and the COVID period, these funds have been raised through our annual classic car show, now known as "Classics in Cardiff". This year's event will take place at Cardiff City Football Club on 28 June 2026.

Cerebral Palsy Cymru will once again have a stand in the trade area, helping to raise awareness of the charity and the important work it does to support children and families living with cerebral palsy.

During the Foot and Mouth outbreak, members organised smaller fundraising events, including coffee mornings and cheese and wine evenings, which still enabled the club to donate £1,000 to the charity.



Over the years, Cerebral Palsy Cymru has regularly attended our shows and sold items to help raise additional funds and awareness.

We are always pleased to welcome representatives from the charity to our club meetings to receive the annual donation. This year, Lyndsey Doyle gave our club members an insight into the charity's work and shared updates from across the organisation.

We hope this year's show will raise even more money, enabling us to continue supporting Cerebral Palsy Cymru in the years ahead."

Best wishes,
South Wales Classic Car Club

South Wales Classic Car Club
Are proud to present

CLASSICS in CARDIFF 2026

IN SUPPORT OF LOCAL CHARITIES

SUNDAY 28th JUNE

CARDIFF CITY FOOTBALL STADIUM



Open to Public viewing from 11:00
Adults £5 OAPs/Under 16s £3
Family £10 (2 adults & 2 under 16s)
Free onsite Parking!
Traders to be onsite between 07:00 and 09:30
All Exhibits to be onsite between 08:00 and 10:00



WWW.SWCCC.NET



From all of us at Cerebral Palsy Cymru, we would like to say a massive thank you to South Wales Classic Car Club for their continued support.

UPCOMING COURSES 2026 / 27

Are you a healthcare professional looking to deepen your expertise in the treatment and management of cerebral palsy?

Cerebral Palsy Cymru offers a comprehensive range of training courses throughout the year, designed specifically for professionals who want to provide the highest standard of care. Our sessions are led by expert and experienced therapists who bring clinical excellence and practical insights to every module.



PRACTICAL APPLICATION OF ADVANCED CLINICAL REASONING IN CEREBRAL PALSY - A MULTIDISCIPLINARY APPROACH

19th - 23rd October 2026 - In-person

£1,200

Ei SMART INFANT COURSE - WINTER 26-27

5th October 2026 - 3rd February 2027 - Runs over multiple dates - Online and In-person

£1,455

TREATMENT AND MANAGEMENT OF CEREBRAL PALSY FOR THERAPY SUPPORT PRACTITIONERS

11th - 12th November 2026 - In-person

£415

A MULTIDISCIPLINARY APPROACH TO CLINICAL ANALYSIS, TREATMENT & MANAGEMENT OF CEREBRAL PALSY

9th - 11th Dec 2026 - Online

£415

Our therapists can also create a bespoke package of training tailored to your needs, with agreed learning outcomes, to enhance knowledge and skills on the treatment and management of cerebral palsy.

To find out more or register your interest, please email courses@cerebralpalsycymru.org

Explore our full calendar by visiting <https://www.cerebralpalsycymru.org/training-courses>

Women
in Wales

Women
in Wales



Heartfelt thank you to the Women in Wales charity

This time last year we were chosen by the Women in Wales charity committee to be the recipients of a grant award for £9,000.

This generous donation has helped fund our vital Family Support Programme over the last year, enabling many families to receive emotional and practical support as they come to terms with their child's disability, and learn how to support their child in the best way possible.

The Women in Wales charity raises funds through an annual lunch with the aim of supporting charities and projects that provide help to children in Wales. To date they have raised over £1million since their inception in 1994.

Supporting Cerebral Palsy Cymru with your will

Gifts in Wills are a critical source of funding for Cerebral Palsy Cymru, enabling us to be a lifeline for children and families who need our specialist support.

We know that family comes first and once you're happy that your family and friends are provided for, maybe you would consider leaving a gift in your Will for the babies and children that will need us in the future? Some of our legacy pledgers share their reasons for giving...

"I never had any health problems in my own childhood, and I was a teacher in a primary school, so I just wanted to give something back to children who aren't as lucky as I was". Eleanor, legacy pledger

"I made a legacy pledge in recognition of the amazing work Cerebral Palsy Cymru has done with my nephew, Ian. The work the centre does has been life changing, not just for him but also for my sister and our family. To find hope, care and kindness when you are often fighting daily battles for your child to get the support they need is unmeasurable". Sharon, legacy pledger

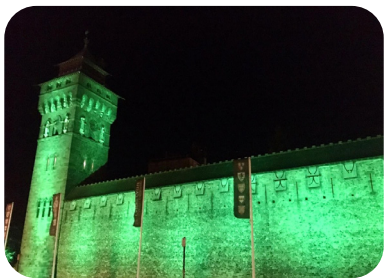
We had an incredible Cerebral Palsy Awareness Month 2026

March marked Cerebral Palsy Awareness Month (CPAM) 2026, a global campaign dedicated to raising awareness of cerebral palsy and celebrating the strength, resilience, and voices of the 17 million people living with the condition worldwide.

At Cerebral Palsy Cymru, it was a busy and inspiring month, filled with activities that highlighted the vital support we provide to children and families across Wales living with cerebral palsy.

At the heart of this year's campaign was our Go Green for CP initiative. Families, schools, community groups, corporate partners and supporters came together in a powerful show of solidarity by wearing green, the official colour of cerebral palsy awareness. The response was fantastic, with many also organising fundraising activities such as bake sales, coffee mornings and community events.

As part of Go Green for CP, six iconic landmarks, Cardiff Castle, Roath Park Lighthouse, Principality Stadium, the National Library of Wales, Brangwyn Hall and Swansea Guildhall, were illuminated in green throughout March. These striking displays not only raised awareness but created special moments for families and supporters to visit, take photos and share messages across social media. It was especially encouraging to see participation extend beyond Cardiff, enabling communities across Wales to get involved locally.



This year also saw the return of our popular 70 Miles in March Facebook challenge. Supporters were encouraged to complete 70 miles of activity across March, whether running, walking, swimming, rolling, hiking or cycling, while fundraising to support our work. The challenge brought people together, with participants sharing their progress, stories and achievements, on our Facebook challenge page, creating a strong sense of community.

Across our charity shops, CPAM was marked with eye catching green window displays, and staff showed their support by wearing green on 25 March. Our corporate partners also made a wonderful impact through fundraising events, Go Green days and challenge participation.

We were delighted to welcome back our Cake & Tea for CP drop-in event this year. Opening the doors of our children's centre, we created a warm and welcoming space for families, supporters and the local community to connect. With homemade cakes, conversations and shared experiences, the event highlighted the importance of supporting families beyond clinical support, and we know how vital this is because of our family support service.

Our ambassadors, including Olivia Breen, Gavin Clifton and Lee Ellery also played a vital role in amplifying awareness by sharing their stories and using their platforms to support the campaign.

Media and advocacy were key highlights this month. We were pleased to welcome ITV Wales News to our centre to film a feature on our work, which was broadcast during March, helping to raise wider awareness across Wales. Carys and Hopcyn did a wonderful job representing the impact of our services.



Our presence at the Marketplace event at the Senedd on 18 March also provided a valuable opportunity to engage with Members of the Senedd, champion early intervention and ensure the voices of children and families living with cerebral palsy are heard at the highest level.

CPAM 2026 has been a powerful reminder of what can be achieved when communities come together. From glowing landmarks to grassroots fundraising, every action helped raise awareness, spark conversations and strengthen our community.

Thank you to everyone who took part, supported us and helped make this year's campaign such a success, we are especially grateful to Irwin Mitchell for sponsoring CPAM 2026.





Day in the life of a Volunteer; meet Christine and her grandson Jake

Volunteers are an integral part of the day-to-day running of our shops, from sorting and steaming to stocking and serving. Christine and her grandson Jake are part of the Whitchurch team, where they regularly work shifts together during the week.

Christine has been part of the Cerebral Palsy Cymru family for many years, having worked at our centre in Llanishen for eight years before retiring. When the Whitchurch shop first opened its doors, she was there from day one and she has been volunteering ever since.

Now, she gives between four and ten hours each week, always working her regular Tuesday shift but happily stepping in whenever needed. *"I like having my routine," she says, "but it's great that it can be flexible too."*

Jake, now 17, has followed closely in her footsteps. He began volunteering for Cerebral Palsy Cymru at just 10 years old, beginning by helping out at summer and Christmas fairs, and joining the shop team at 15. These days, he volunteers three to four days a week, depending on school and exam commitments.

Like many of us, Christine begins her shift with a cup of tea and a catch-up with the shop manager to find out what's planned for the day. Jake, meanwhile, heads straight to the stock room, steaming and sorting donations, often alongside a growing group of his friends who now volunteer too.

For Jake, volunteering offers something increasingly rare in busy lives: uninterrupted time with his Nan -

"We get to catch up on school, exams, and what's next," he says. "At the moment we talk a lot about university. I love spending time with my Nan, she's always busy and has such a strong work ethic."

Jake has picked up valuable people skills from Christine, learning how to chat with customers and make everyone feel welcome.

Volunteering has helped Jake build confidence and develop communication skills that will stay with him for life. It's also shaped how he sees helping others, something he now values deeply.

"I've realised how important the shop is to people," he says. "Some customers come in for a friendly face and a conversation."

It's a two-way street when it comes to learning though, Christine laughs that Jake has taught her something as well, how to reverse Google search!

No two days are ever the same in the Whitchurch shop. From sorting and steaming donations to tagging items and refreshing displays, there's always something to do.

Christine's favourite part? *"Opening donations, it's like a treasure chest! You never know what you'll find."* In fact, she says around 80% of her wardrobe is now thrifted.

Jake enjoys working on the till, where every transaction comes with a story. *"You meet such a range of people, some are buying for holidays, others are donating after big life changes. Everyone has a story, and many like to share it."*

What stands out most to both is the human connection. *"We might be the first or only person someone speaks to that day,"* Christine says. *"It's so important to greet everyone with a smile and make them feel valued."*



Volunteering together has created a unique bond between them. Jake describes it as *"fun, quality time, a guaranteed weekly catch-up."*

Outside of volunteering, Jake is busy studying for his A-levels in maths, further maths, physics and chemistry. *"Coming into the shop actually gives me a break from revision,"* he says.

Christine, meanwhile, is an active member of her local WI and spends as much time as possible with her family.

For both, charity shops play a vital role in the community, not just as places to shop, but as welcoming spaces where people connect.

Being part of that is incredibly rewarding. Every shift helps support the work of Cerebral Palsy Cymru, making a real difference to the lives of children and their families.

Christine's advice to anyone considering volunteering?
"Just give it a go, you'll get so much more out of it than you expect."





Introducing our Trustees

Q&A with Vicky Stevenson

As a charity, Cerebral Palsy Cymru is guided by our dedicated Board of Trustees. Our trustees bring a wide range of expertise across finance, health, business and fundraising, alongside invaluable lived experience as parents of children with cerebral palsy and as service users or providers themselves. Their collective knowledge and insight help shape the direction of our work and ensure we continue to meet the needs of the families we support.

Vicky joined our board of trustees in 2023 after retiring from her role as Senior Manager Physiotherapist in Hywel Dda University Health Board. Her clinical background is as a physiotherapist working with children and young people with complex postural needs. Her mantra is “onwards and upwards, and don’t forget the children.”

We asked Vicky a few questions about her role, her experiences, and what motivates her.

How did you first encounter Cerebral Palsy Cymru?

I completed my eight-week Bobath course in the summer of 1992 at the London Centre in East Finchley. At that time, I had been qualified as a Chartered Physiotherapist for ten years and was specialising in paediatrics. The Bobath course was recognised as the key course for therapists working with children and set the foundations for my career progression on many levels. The timing of the course coincided with the opening of the new centre in Cardiff. Until then, children and families had to travel to London for therapy input from this specialist service. Having a centre based in Wales created the much-needed service and expertise for the children and families in their motherland. It also offered an opportunity for me to link professionally directly with the centre from the get go.

What interested you about taking on the role of Trustee?

I have continued to link with the centre in Cardiff initially as a paediatric physiotherapist working clinically with children on my caseload referred to the centre. I have attended courses both refresher and advanced led by the Bobath tutors and spent some time within the role of British Association of Bobath Trained Therapist representative. As my career progressed into leadership and management roles, I worked collaboratively with key staff at the centre as part of negotiating and confirming the Health Board contract with the centre for Hywel Dad University Health Board.

What do you enjoy most about being a Trustee?

I have built trusted relationships with the staff at the centre and have always felt inspired and privileged to play a small part in their mission to improve the lives of children and families living with Cerebral palsy. Hence, when the role of Trustee for Cerebral Palsy Cymru became a possibility, it was an opportunity to continue to influence and inform its future as a member of the Board. The timing of this role has worked well as I was semi-retired therefore with more time to commit.



What do you feel you bring to the role?

Being a Trustee enables me to continue to follow my passion and to support and influence how the charity evolves during times of change and challenges. It offers the opportunity to ensure the children and families remain at the heart of what is offered within evidence-based decisions and guidance on all levels. It has proven to be a steep learning curve but one that I am keen to continue on. I am able to use my experience of over 44 years working within the NHS at clinical, leadership and Senior management roles and responsibilities. As well as my experience, I bring the values I hold strongly including trust, honesty, fairness, and integrity.

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



I have a positive outlook in times of adversity and an essential sense of humour. I have always been reflective, and now in recent retirement I have more time to appreciate the important things in life and review my priorities. I have more time to focus on family and friends and can appreciate nature and special time with my grandchildren and my dad. I try to live a healthier lifestyle and spend more time at the gym, walking outdoors and trying to eat less chocolate!

I believe that being kind, being able to contribute to something you know is worthwhile, whilst using your gift of learning from years of relevant experience, is truly a blessing. Being a Trustee at Cerebral Palsy Cymru enables and captures all of the above.

My legacy and mantra continue to be "*Onwards and upwards! Don't forget the children!*".

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

At Cerebral Palsy Cymru, we know that strong partnerships can create extraordinary change. We are incredibly grateful to the businesses, organisations, and individuals who continue to stand alongside us, helping us provide life-changing therapy and support to children and families across Wales.

We have been fortunate to receive support in so many different ways, from fundraising events and charitable donations to practical support for our therapy teams. Every contribution makes a real difference to the families we work with every day.

Frenkel Topping supports children and families across Wales

We were delighted to receive a generous donation of £10,000 from Frenkel Topping, the independent financial advisers specialising in supporting individuals seeking damages for personal injury or medical negligence, through their partnership with Slater and Gordon Lawyers.

Their support will help us continue delivering specialist therapy and family support services to children living with cerebral palsy across Wales. Partnerships like this play a vital role in ensuring families can access the support they need, when they need it most.



ARO supports our therapy team with technology

A huge thank you to ARO for their generous donation of iPads to our Therapy team.

These devices are already helping our therapists enhance sessions, improve communication, and support children in engaging with therapy in new and creative ways. Practical donations like these can make an immediate impact on the experiences of the children and families we support.



Our Big Give Christmas Challenge was a great success thanks to AltraLaw

Last Christmas, our Big Give Christmas Challenge was a huge success, raising an incredible £34,934.82, including Gift Aid, for the Glenys Evans Family Support Fund.

We would like to say a heartfelt thank you to AltraLaw and The Monday Charitable Trust for acting as match funders and helping donations go twice as far. Thanks to their support, we can continue and expand our family support programme, providing emotional, practical, and mental health support to parents and carers of children living with cerebral palsy.

Two incredible years with Wales & West Housing Association

We would also like to thank Wales & West Housing Association, who recently completed two fantastic years of supporting us as one of their chosen charities.

Throughout their partnership with us, staff across the organisation showed incredible enthusiasm and commitment through fundraising events, activities, and awareness raising.

Their support formed part of an amazing £64,000 raised for four charities, helping organisations like ours continue making a difference within communities across Wales. We are so grateful for their dedication and support over the past two years.



Celebrating Janet Davies' year as High Sheriff of South Glamorgan

As Janet Davies comes to the end of her term as High Sheriff of South Glamorgan, we want to express our deepest thanks for the incredible support she has shown Cerebral Palsy Cymru throughout the year.

Janet chose Cerebral Palsy Cymru as one of her charities of the year and has championed our work with genuine warmth, enthusiasm, and dedication. Through her fundraising efforts, she has raised an incredible £31,376 to support children and families across Wales.



Throughout the year, Janet brought people together through a number of wonderful events, including a fantastic Race Day at Ffos Las Racecourse and a beautiful Celebration of Christmas Concert at Llandaff Cathedral.

Her energy, kindness, and passion for supporting families living with cerebral palsy have made a lasting impact on our charity and the people we support.

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.



SAVE THE DATE AUG - DEC 26

AUGUST

1

SNOWDON/ YR WYDDFA AT NIGHT

Embark on a once-in-a-lifetime adventure trekking Wales' highest mountain by moonlight on 1-2 August. This challenging trek is perfect for those ready to push their boundaries and create lasting memories in the heart of the Welsh mountains.

OCTOBER

9

BETTER START LUNCH - 12:00 - 16:00

Join us at the Parkgate Hotel for our Better Start Lunch, with delicious food, and inspiring fundraising. Tickets are £90, including a three course meal and drink upon arrival.

OCTOBER

14

FFOS LAS RACEDAY

Join us for the first national horse jumps race of the season at Ffos Las Racecourse. Enjoy a welcome drink, 2-course lunch & cream tea with exclusive use of the Bridles Restaurant. Tickets are £125 per head.

NOVEMBER

28

CHRISTMAS MARKET

Kickstart your Christmas shopping and festive celebrations at our annual Christmas Market. This event will take place at our children's centre in Llanishen, from 11:00am-2:00pm. Browse our Christmas stalls before enjoying a cuppa and a mince pie. There will be lots of kids activities too!

DECEMBER

1

BIG GIVE CHRISTMAS CHALLENGE

Don't miss out on the opportunity to get your donations doubled! For one week only, every donation made via the Big Give will be doubled. If you've been fundraising for us, this is a great opportunity to have your donation make double the difference.

DECEMBER

3

CAROL CONCERT

Celebrate the magic of the season at our Christmas Carol Concert, a heart-warming evening held in the beautiful surroundings of St Mary's Church, Whitchurch. This festive gathering promises a wonderful blend of traditional carols and performances, perfect for getting all ages into the holiday spirit.

To find out more about our upcoming events, scan the QR code with your smart phone. If you would like to register your interest / get involved with any of our events this year, please get in touch with our fundraising team:
fundraising@cerebralpalsycymru.org / 02920 522600

