

# Cerebral Palsy Sport

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Cerebral Palsy Sport  
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## Our purpose

Cerebral Palsy Sport is the country's leading disability sports organisation supporting people with cerebral palsy to reach their sporting potential. Our vision is that everyone with a physical disability is able to access a sport of their choice. Our mission is to improve quality of life of people with physical impairments through the provision of appropriate sport and recreational activities.

## Who we represent

Cerebral palsy is a condition that affects muscle control and movement. Some people with the condition are lightly affected, whereas others may have associated difficulties which could include speech, spatial awareness, hearing, learning, visual difficulties and epilepsy.

Our aim is to increase participation, raise aspirations and promote inclusion of children and adults with cerebral palsy in sport and physical activity. We offer support and advice to parents, support workers, teachers, coaches, physiotherapists, occupational therapists, sport providers and other professionals on how to adapt sports for people with cerebral palsy.



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Registered Charity No. 1088600

## People with Cerebral Palsy

Cerebral palsy is a condition that affects muscle control and movement. It is usually caused by an injury to the brain before, during or after birth. Children with cerebral palsy have difficulties in controlling muscles and movements as they grow and develop. 1 in 400 children are born with cerebral palsy (estimated 30,250 in UK,) with 1,800 babies being diagnosed with the condition each year. There are 3 main types of cerebral palsy, the most common being spastic cerebral palsy. Present in around 75-88% of people with the condition.

## Our support

Cerebral Palsy Sport provide sporting opportunities for children and adults with cerebral palsy in athletics, bowls, football, junior sports, swimming and table cricket. To ensure these opportunities are inclusive for all levels of ability (particularly those with limited or restricted movement) adapted versions of these mainstream sports have been developed. These include polybat, frame/walker football and adapted athletic disciplines.

We run a series of multi-sport activity days around the country, that offer children and young people a chance to try a variety of sports in a fun, safe environment. Whilst the activity days are geared towards participation for young people with cerebral palsy, they also educate teachers, support workers and sport providers offering practical experience of inclusive sport and physical activity opportunities.

Cerebral Palsy Sport organise coaching and training sessions in athletics, bowls, football, junior multi-sports, swimming and table cricket for people wanting to reach their sporting potential. We also offer a referral service for children and adults, signposting them to appropriate sporting competitions, mainstream opportunities and sports clubs.

## Participation pathways for impairment group

Cerebral Palsy Sport offer a number of sporting pathways for people with cerebral palsy who want to develop their skills, participate regularly or compete in the following sports:

- **AthleticStart event and Athletics Series:** an introductory programme of athletics including Racerunning, plus a countrywide series of competitive athletics events leading up to a National Athletics Championships.
- **BowlStart:** Cerebral Palsy Sport in partnership with the Bowls Development Alliance have developed a series of introductory sessions throughout the year, alongside National pairs, teams and individual Championships that are run annually.
- **KickStart Football:** we have developed an innovative CP Kickstart Football development programme across the country in partnership with the FA, clubs and county sports partnerships for ambulant cerebral palsy players and those who use frames/sticks.
- **Junior SportStart:** A grass roots junior multi-sport programme delivered into schools and clubs across the country to provide opportunities to participate, play and enjoy sport.
- **SwimStart Swimming Programme:** a series of development swimming sessions introducing young people with cerebral palsy to water and build up to development galas and an annual National Swimming Championships.
- **Table Cricket:** a National Table Cricket Community League running across the country supporting participation and coaching development. Culminating in a Table Cricket National Finals at Trent Bridge.