





Participation in sport carries an array of physical benefits for people with cerebral palsy such as helping to improve their mobility and muscle control, but the social and psychological advantages are perhaps the most important for our members. Through their activities with CP Sport, they grow in confidence and build life-long friendships as they compete and socialise with others who share similar difficulties. Individuals come to our events and relish the opportunity to enjoy sport in an inclusive environment where they are no longer made to feel different to their peers.

Through our work, each and every person is given the opportunity to realise their true sporting potential, whatever their ability.

CP Sport offers sporting opportunities to anyone with cerebral palsy, regardless of their age or ability level – all are welcome to participate. CP Sport's key aim is to give each individual we work with a meaningful sporting experience that helps them to achieve their personal goals – whether that's just to have fun, to keep fit or to achieve an elite performance in their field.

CP Sport is the only disability sports charity in the UK which is dedicated to working with people with cerebral palsy. By encouraging participation in sport, we help children and adults with cerebral palsy to boost their physical and mental fitness.

Cerebral Palsy Sport is dedicated to improving the quality of life for people with cerebral palsy through participation in sport.



## HOW WE HELP

## WHO WE ARE

## GET IN TOUCH

## SPONSOR ME



Following your event, please return this form (so we can claim gift aid) and your sponsor money to:

**Cerebral Palsy Sport**  
 Unit 5  
 Heathcoat Building  
 Nottingham Science Park  
 University Boulevard  
 Nottingham  
 NG7 2QJ



If you have any queries or questions about your fundraising event, please call our fundraising team on 0115 925 2620 or email us at [fundraising@cpsport.org](mailto:fundraising@cpsport.org). We are here to support you every step of the way with your fundraising activities.  
[www.cpsport.org](http://www.cpsport.org)

