



access to sport

CPISTRA NEWS

Official Newsletter of the
Cerebral Palsy International Sports and Recreation Association

Farewell 2020!

As a consequence of the COVID-19 pandemic, 2020 has been a particularly challenging year for everyone. As a proud Scot, the New Year celebrations are always particularly important to me and in keeping with my Scottish traditions, I will not be dwelling on the past but rather looking forward to 2021 with a great deal of hope and optimism.



In recent weeks I have been conducting a members consultation process and it is clear from speaking to CPISTRA Members that the global situation is improving slowly, especially in the Southern Hemisphere and Asia, and that the membership are all readily planning for 2021. The news in recent weeks about potential vaccines also gives us hope that things will gradually get back to normal. CPISTRA is also planning to carry out a full programme of activities in 2021. We will firstly hold our General Assembly (GA) from the 11th January – 8th February. This is an important GA as it will help determine the future direction of CPISTRA. I have encouraged all Members to register for the GA, and if they have individuals within their organisations who could help steer the future direction of CPISTRA, to consider nominating them for posts on the CPISTRA Executive Committee.

Our first physical event of the year will be in April when we once again will be holding our adult recreational camp. There are very limited places left on this camp. If you think you would be interested in attending please contact Lauren on lauren.mcallister@cpietra.org ASAP. Watch our short (but very inspirational!) video of the 2019 camp here. We plan to deliver the Ben Lomond Challenge in May and then in August - and we are really excited about this one - our first ever family camp in Exmoor, UK, getting young people and families together while enjoying outdoor adventure!

2021 will also see our Agitos Cerebral Palsy Awareness project in Africa completed. Over 60 disability ambassadors from 15 African countries have benefited from this project via the face to face workshop and the online course, with many more still yet to attend in this phase of the project. We were also excited to announce this week that the CPISTRA Conference on Physical Activity and Health for People with CP or Acquired Brain Injury will now take place online in December 2021, increasing the accessibility and reach around the World. CPISTRA are organising this inaugural conference in collaboration with Disability Sport Australia and Cerebral Palsy Foundation (USA). This is another initiative that everyone involved with CPISTRA is extremely excited about.

Every one of us is relieved that 2020 is coming to an end. At CPISTRA we are gearing up for a busy year ahead and would all like to take this opportunity to thank you for your continued support and to wish you a happy holiday and a healthy and prosperous, normal and fulfilled New Year!

Craig Carscadden, CPISTRA Chief Executive and Interim President

CP BE AWARE, BE ACTIVE - AFRICA

In 2019, CPISRA received an Agitos grant to run the project 'CP Be Aware, Be Active - Africa' which aims to increase the awareness and understanding of cerebral palsy across Africa. This is to ultimately increase the opportunities for sport and physical activity for those living with CP or related conditions across the continent.



CPISRA ran a cerebral palsy awareness workshop in Marrakech in February as part of this project, which was attended in person by 23 people from 11 different countries. Unfortunately, travel restrictions imposed by COVID-19 meant we could not hold our second planned workshop in Tunisia in June. A key deliverable of this project is a Cerebral Palsy and Sport Awareness online course which we have now made available in English, French and Arabic.

As a next step, we will extend the reach of this high impact project. Many communities around the world lack understanding and awareness of CP and related neurological conditions. Our course aims to bridge that gap, build knowledge in disability ambassadors who will then spread this locally, nationally and globally. This will then promote activity, inclusion and opportunity; improving the mental and physical health and wellbeing and quality of life for people with cerebral palsy and their families and friends.

If you are involved with disability sport in Africa or anywhere else in the world and would like to take part in this excellent course in the current phase, please email lauren.mcallister@cpisra.org.

2021 GENERAL ASSEMBLY

Registration is now open for the 2021 CPISRA General Assembly. Due to COVID this will take place virtually between 11 January and 8 February - an extended timeframe to provide members with time effective and flexible ways to participate. It is a particularly crucial event as the membership will review the outturn of CPISRA's 4 year strategic transformation (2016-2020), decide priorities for 2021 to 2025 and hold and elect Board positions.



RUNFREE - SPEED AND FREEDOM FOR ALL



In January, CPISRA and partners launched the RUNFREE project which is co-funded by the Erasmus+ Programme of the European Union. RUNFREE is an exciting collaborative project aiming to develop and pilot an awareness-raising and education RaceRunning event series. Our partners in this project are Parasport Denmark, SPIN Sport Innovation (Germany), Queen Margaret University (Scotland), and Association of Cerebral Palsy of Coimbra (Portugal).

The goal of the RUNFREE project is to create a modular event concept for use on a local, national and international level. The modular aspects include the following replicable tools; a Have A Go event, Education workshops for coaches, an Entry level competition and Awareness raising measures.

The RUNFREE Project Partners had planned to hold two events to the above concept, the first being in Denmark in July 2020. Unfortunately, due to the COVID-19 Pandemic, this event was unable to take place. However, the project is continuing at pace and a series of pilot events are now planned for Spring 2021.



Co-funded by the
Erasmus+ Programme
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If any member has information
they'd like to share via this
newsletter, please email
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