



access to sport

# CPISTRA NEWS

Official Newsletter of the  
Cerebral Palsy International Sports and Recreation Association

## A 'WELCOME BACK' FROM CRAIG

The last CPISTRA newsletter was issued in March of this year, and that publication was full of information about my trip to Australia where I carried out a site visit for our inaugural International Conference, as well as conducting a couple of RaceRunning workshops. How things have changed since then! Shortly after returning from Australia the World went into COVID-19 lockdown, and CPISTRA postponed all of its events for 2020. In addition, after CPISTRA was in a position to secure new dates for all the postponed 2020 events, a decision was taken to furlough all paid staff. Thankfully the UK furlough scheme allowed Lauren and I to return to work on a part-time basis from 1st August, and we hope to be back at full capacity by November of this year.

The COVID-19 crisis has impacted us in so many ways. Some of you may have lost family, friends, or colleagues during this pandemic, and CPISTRA's thoughts are with you if that was the case.



Hopefully we are now over the worst, and the world will gradually get back to something like normality. Many of our members have taken their activities online, and have started to organise virtual events. CPISTRA is no different. We have recently launched our Virtual Challenge Series, which you can find full details of further on in this newsletter.

One of the postponed events that I was personally looking forward to in 2020 was the Ben Lomond Challenge. Before this event was rescheduled I had already started getting myself fit. When this event was postponed to next year I decided to set myself my own virtual challenge, and set out to walk the equivalent distance from my home in Cornwall to Ben Lomond, which is 581 miles. To date I have completed 420 miles, and I hope to reach my target by World CP Day on 6th October.

Finally I would like to take the opportunity to thank the CPISTRA volunteers who kept the organisation functioning during lockdown, and to our members for their patience and understanding when we were operating at a reduced capacity. We are looking forward to a busy and exciting 2021!

## 2021 GENERAL ASSEMBLY

At the end of July Peter Drysdale wrote to the membership saying that the next CPISRA General Assembly will be held online early in 2021. As Peter indicated in his original letter, the next GA is a particularly crucial event as the membership will review the out-turn of our four year strategic transformation (2016-2020), decide priorities for the next 4 years (2021-2025), and elect Board positions.

CPISRA plans to take an innovative approach to organising this event. The GA will be conducted across two to three weeks, releasing videos and documents ahead of time for membership Q&A, nominations and voting. We will utilise video and voice conferencing, email and an online platform. Planning has already started for this event and further details will be issued to members in the week commencing 7th September.

## 2020 WORLD CP DAY



at 1:00pm on  
World Cerebral Palsy Day  
Tuesday 6th October 2020

*30 minutes of physical activity:  
wherever you are in the World*

For the second year running we have teamed up with World CP Day to bring you Move As One. At 1pm on World CP Day (6th October!) we encourage you to move in any form for up to 30 minutes. You could try swimming, walking, wheeling, gardening or working out! Sign up to the Facebook event on the CPISRA Facebook page and find out more information at [www.cpisra.org/world-cp-day](http://www.cpisra.org/world-cp-day)

## CPISRA CONFERENCE

We were sad to have to postpone our inaugural international conference from Dec 2020, but we are thrilled to encourage you to **SAVE THE DATE for the 10th -12th December 2021**. Keep an eye on our website and social media for more updates in the coming months!



## VIRTUAL CHALLENGE SERIES



National and international competition may be currently postponed or cancelled, but that doesn't mean we can't stay active at home, set our own challenges and even compete against each other across the World!

Introducing the CPISRA Challenge series. Two separate aspects invite you to set your own goals in the Let's Move - CPISRA Achievement Awards, or compete Internationally in the Challenge Yourself monthly challenges. Find out more at

[www.cpisra.org/cpisra-challenge-series](http://www.cpisra.org/cpisra-challenge-series).

## 2021 RECREATION CAMPS



As the national and international containment of COVID-19 prevented us from being able to hold our planned adult and family recreation camps in the UK in August 2020, we are pleased to advertise the postponed dates in 2021.

The 2021 CPISRA Outdoor Recreation Camp for Adults with CP and related conditions will take place at the Calvert Trust Lake District on **26th - 30th April 2021**.

The inaugural CPISRA Family Outdoor Recreation Camp will take place at the Calvert Trust Exmoor on **6th - 9th August 2021**.

For more information on either camp please email [lauren.mcallister@cpisra.org](mailto:lauren.mcallister@cpisra.org)

If any member has information they'd like to share via this newsletter, please email [lauren.mcallister@cpisra.org](mailto:lauren.mcallister@cpisra.org)

