

## **Index newsletter (Autumn 2018)**

I have been carrying out some research with children and young people with cerebral palsy and their families for my PhD. This has been to explore their views, experiences and choices about recreational activities in the community. Whilst there have been many sporting activities that have been adapted, there are less choices when the children or young people have walking difficulties. Innovative designs such as the Scoot trolley, Trikes, Race Runners, Surfboards and Sit Skis have supported participation. Whilst attitudes varied that either supported or hindered participation.

Two useful websites were mentioned:

1. Euan's guide is available to help you plan your days out:

<https://www.euansguide.com/>. This is like trip adviser for disabled people and gives good and poor reviews.

2. Having a changing place toilet is necessary to make the day successful:

[www.changing-places.org/](http://www.changing-places.org/). Here you will find information about changing places toilets that have beds and hoists.

Some parents were able to challenge perceptions of being a 'fire hazard' and push the boundaries of needing a hoist that can be used outside. One initiative that you can read about was the ability to use a hoist on Barry beach to get into one of the beach wheelchairs this summer: <https://www.bbc.co.uk/news/av/uk-wales-45297082/barry-island-s-wheelchairs-are-transforming-beach-trips>

200 words

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