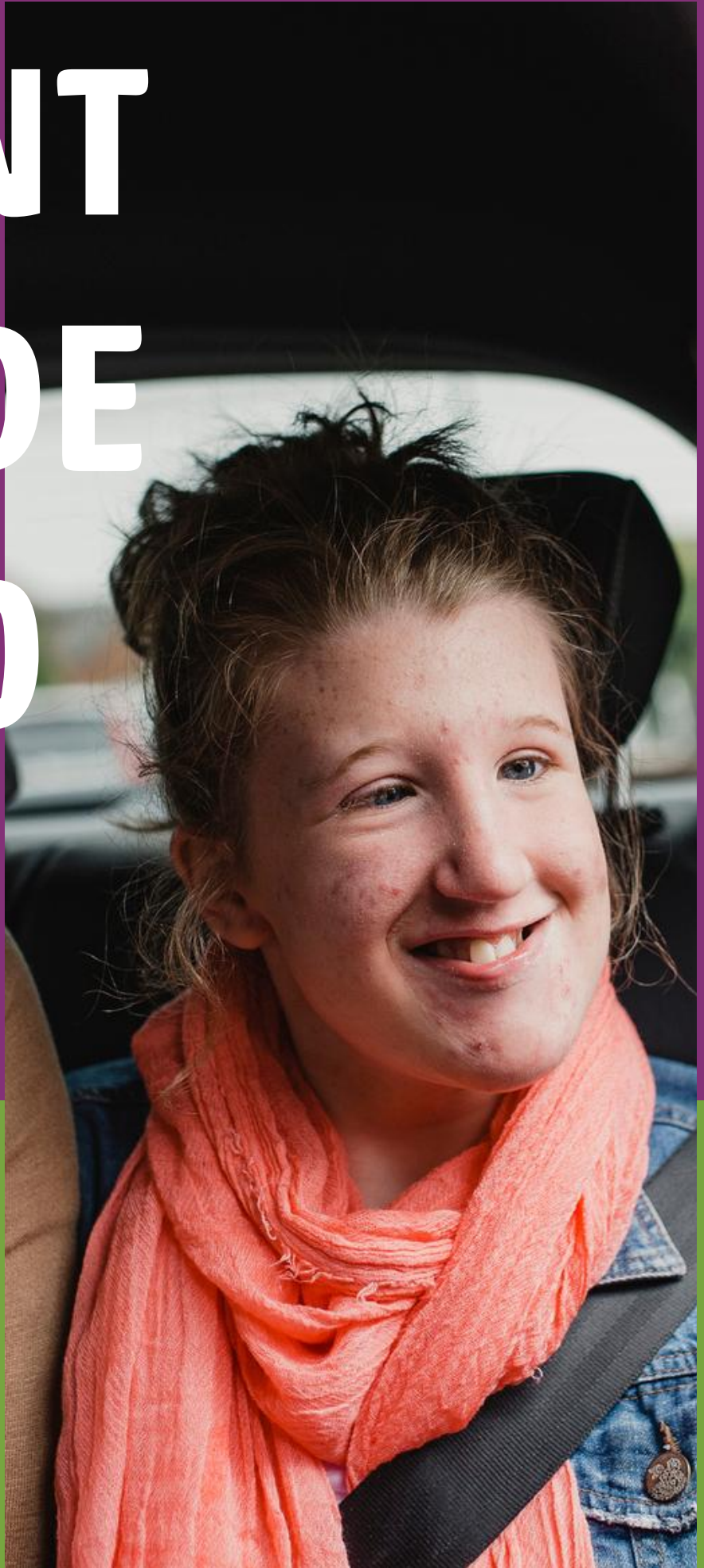


EVENT GUIDE 2020



WORLD
CEREBRAL
PALSY
DAY
OCTOBER 6

MAKE YOUR MARK



ABOUT WORLD CP DAY

Cerebral Palsy is one of the least understood disabilities - and people with CP are often out of sight, out of mind and out of options in communities around the world. This needs to change.

World Cerebral Palsy Day is a movement of people with cerebral palsy, their families, and the organisations that support them, in more than 75 countries. Our vision is to ensure that children and adults with cerebral palsy (CP) have the same rights, access and opportunities as anyone else in our society.

Together, we can make that happen.

HOW TO GET INVOLVED

Being a part of World CP Day this year is easy, and anyone can get involved, even if you're in isolation at home.

This World CP Day you're challenged to Make Your Mark by sharing what's special about YOU.

Are you a creator? Innovator? Budding sports star? Artist? Movie lover? Perhaps you're the person who makes everyone smile and laugh?

Whatever it is that makes you, YOU, we want you to share it this World CP Day!

#CPMakeYourMark #WorldCPDay

2020 THEME

MAKE YOUR MARK

Everyone brings something unique to this world – that's how they Make Their Mark!

This World CP Day, we want you to go to Facebook, Instagram or Twitter and share photos, videos and written stories that show the world what makes you, you!

Share a post, tag us @WorldCPDay and use the hashtag #CPMakeYourMark.

You could share things like:

- What you like to do in your spare time
- What you're really great at
- What your favourite hobby is
- How you get involved in sports and exercise
- How you create arts and crafts
- What you do for work, and how you went about getting your job
- How you adapt your home to make it accessible
- What makes you laugh
- Your favourite meals and what you like to cook

MAKE YOUR MARK





GET STARTED

FOLLOW US!

We are @worldcpday on Facebook, Twitter and Instagram.

PLAN YOUR DAY

How are you going to Make Your Mark? Will you do it by yourself or with your friends and family?

Do you have a smart phone or camera and access to the internet so you can share your activities with the World CP Day community?

If you're not sure how you should Make Your Mark, keep an eye out on Facebook, Instagram and Twitter for ideas!

OTHER WAYS TO MAKE YOUR MARK

Just like in 2019, you can choose to #CPMoveAsOne or #GoGreen4CP!

You can Make Your Mark by joining in CPISRA's campaign to get people all around the world doing sports and physical activity at 1pm on October 6. You could do something you love like walking, rolling or strolling, or try something new like boccia or cricket!

If going green is more your thing, you can Make Your Mark though #GoGreen4CP by holding a green event, wearing green or lighting up local landmarks in green!



**VISIT [WORLDCPDAY.ORG/TOOLS/](https://worldcpday.org/tools/) FOR
LOGOS, POSTERS, PHOTO PROPS & MORE!**

RESOURCES

To help you organise your event, we have a suite of resources available. Visit worldcpday.org/tools to visit resources page, and download the following:

POSTERS

- Make Your Mark
- Make Your Mark Activities

OTHER

- Make Your Mark email footer
- Make Your Mark brand guidelines

LOGOS

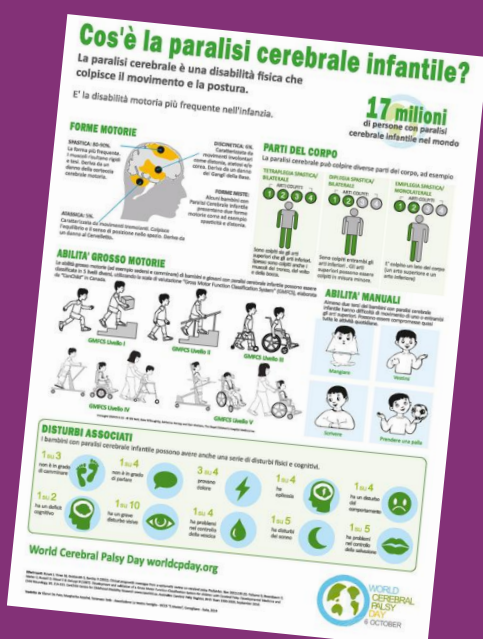
- World CP Day in multiple languages
- Make Your Mark
- Go Green 4 CP
- Move As One

ABOUT CEREBRAL PALSY (in multiple languages)

- What is CP infographic?
- CP Diagnosis & Treatment poster
- CP 'My Favourite Words' poster
- Guides
- Slide show

SOCIAL MEDIA

- Make Your Mark social media posts





REMEMBER TO...

- ✓ Show us how you Make Your Mark
- ✓ Posts your photos and videos on social media
- ✓ Tag us @worldcpday in your social media posts
- ✓ Use hashtags #WorldCPDay #CPMakeYourMark
- ✓ HAVE FUN!

www.worldcpday.org