

Having fun at CMG!



In CMG, the people we support are encouraged to participate in a wide range of activities from art and drama through to sport. We believe that confidence is built by experiences that reinforce an individual's sense of their ability to achieve things. Aside from local activities, CMG organises a number of really successful annual events to which we invite the people we support, their families and staff. Just some of these events include:



Athletics Championship

This is a day of fun sporting activities for all to participate in. From wheelchair basketball to high jump, long jump, sumo wrestling, javelin, discus, sensory wheelchair races and tug of war. Over 150 medals at this event are handed out to people we support.



Summer Festival

A fantastic day of activities for people we support and staff to take part in including circus acts, a live band, disco, sensory activities, face painting and tattoos. We use our Lilliputs site in Essex which has a large field, so there is plenty of space!

For further information please contact:

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fulfilling potential



Black History Celebrations

A celebration of our cultural diversity through singing, dancing, fashion and food! We also have face painting, henna tattoos and hair braiding and the local Mayor opens the event. All in all a really good party!

"I had a fantastic time at the black history celebration. I liked the different costumes that people were wearing . The food was excellent. I tried some Indian food and it was delicious."

Sarah Stock, service user

"The dancing competition was my favourite and I came 3rd in the competition. I did my Elvis Presley moves and that won me my trophy."

Peter Godfrey, service user



Awards Achievement ceremony

We recognise and celebrate achievements of people we support at our annual Awards event. People we support who are finalists and their families are invited to celebrate success with a dinner and entertainment. From 'Best Achievement in Paid Employment' to 'Most Inspirational Individual' people we support win a prestigious trophy handed out by CMG's Chairman.

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Supportive Therapies Day

Our supportive therapies day offers a range of opportunities for individuals to take part in sensory stories, massage, pet therapy, hydrotherapy, art classes, music therapy and drama sessions. The day is for individuals with PMLD and ends with our infamous 'Pimp my Chair' competition and sensory disco.



Driving Up Quality Self Assessment Day

Every year CMG organises events to gain feedback from staff, people we support, families and external professionals, in order to ensure we continue to drive up quality in CMG. Creative activities are organised to ensure people can give their feedback in a fun and honest way.

"I had a brilliant time, the time of my life. The food, dancers and acrobats were all excellent. I also had a great time going on stage and giving a speech because I have been at CMG for twenty years."

Daren Rose, service user

"I really enjoyed the day and want to say thank you to Peter Kinsey and all the staff. Everything was amazing, the dancing, the music, everything."

Rachael O'Leary, service user

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The spirit of fun is always encouraged at CMG. Aside from the above company wide events, many local activities are organised around dining, cake making, gardening, and healthy lifestyles. Football and netball tournaments are also organised and people we support can also participate in art exhibitions and pantomimes.

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