**October 2023**

**Cathie Sherrington**

Cathie Sherrington is our CPSARA secretary, an accomplished researcher and is the mother of Tamsin Colley who represented Australia for athletics at the Rio Paralympics and also competes in Cerebral Palsy Football.

Cathie has a background as a physiotherapist in aged care and rehabilitation settings. She now works as a research professor at the University of Sydney's School of Public Health and the Institute for Musculoskeletal Health where she leads studies investigating the benefits of physical activity for older people and people with disabilities.

She joined the CPSARA executive team as she would like to help make it easier for people with physical disabilities and their families to find and participate in sporting opportunities. She would like more people to experience the enormous benefits Tamsin and others have obtained through sport participation. She also hopes to use her research expertise to undertake projects that design and evaluate strategies to encourage greater participation in sport for people with physical disabilities.