



ANNUAL REPORT
2010/11

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BOBATH SCOTLAND ANNUAL REPORT

OUR FIRST FULL YEAR IN OUR NEW CENTRE

CHIEF EXECUTIVE
REPORT



By the end of the financial year at 31st March we had completed our first full year in our new centre and have been delighted with response from the families who have visited for therapy. Everyone, I believe, has seen the benefits of our move and the wonderful facilities it offers.

During the year, with the assistance of donors, Spifox and architects Cooper Cromar we also completed work in our basement space that now incorporates a family area and therapy kitchen. It also offers further expansion for a treatment area for adults where we hope soon to be able to begin adult therapy.

An invitation was extended to our patron HRH the Duchess of Gloucester to officially open the centre which she kindly accepted and this was scheduled for June 2011.

Now that the work in the centre is more or less completed the big challenge that lies ahead is raising sufficient income to meet our daily ongoing revenue commitments. We are in a period of financial austerity and it is fair to say that we are finding fundraising extremely challenging (see chairman's report).

While the financial climate is a serious concern, the benefits of Bobath therapy for the children themselves and their families are as clear as ever. We therefore remain fully committed to helping as many children reach their full potential as possible in the next financial year.

As always, our staff, volunteers and supporters deserve a heartfelt thank you for their efforts and commitment over the last financial year and I have every confidence that their dedication will continue, allowing us to continue providing our vital services as effectively as possible.

Roy B Hudson
Chief Executive



THERAPY REPORT

WE PROVIDED THERAPY TO 114 CHILDREN



the children on a regular basis, are invited to attend at least one session during a child's block of therapy. These collaborations are invaluable to ensure that children and their families receive the best possible support from the whole team.

Two, 2-day Bobath Introductory Courses for Therapists facilitated by a physiotherapy Bobath tutor from the Bobath Centre in London were offered at Bobath Scotland. Therapists from various locations in Scotland attended and feedback on course content and Bobath Scotland operations and facilities was overwhelmingly positive.

We also offered a 2-day Bobath Introductory course for Classroom Assistants and Teachers to provide information and practical advice on how to maximise the function of children with cerebral palsy in the classroom setting based on Bobath principles.

Visitors' mornings for the general public occurred once during every six-week block of therapy. This provided opportunities to inform people from all walks of life on the nature of cerebral palsy and what we do at Bobath Scotland.

The therapy team wish to thank all the families who attend Bobath Scotland for their support in so many ways and for their commitment to lengthy and intensive blocks of therapy.

We are very proud of the children who all work extremely hard when they attend a block of therapy with us. Ultimately it's not what we do here in the centre that makes a lasting difference, but it is what the children, their families and other carers do to incorporate our suggestions into the children's daily lives and to what they already receive from their dedicated community therapy teams.

Rina van der Walt

**Rina van der Walt
Head of Therapy**

During the financial year 2010/11 we provided therapy to 114 children, with some additional children receiving therapy input by attending sessions at courses that took place at the centre.

Our new therapy and family kitchen on the centre's lower ground floor has been a great asset to our service by giving families a comfortable place to have their tea or lunch if they wish to use the facility.

In addition, the smell of baked and cooked food has filled the building as children have prepared snacks and meals as part of their therapy programme to gain more independence in the kitchen.

The on-going professional development of our therapists is of primary importance to ensure that we constantly develop our clinical skills and update our knowledge in terms of latest developments in this field of work.

For this purpose the therapists meet for two hours every week to practice and refine clinical skills and problem solve challenging clinical matters. All our therapists also attended the annual Training Days hosted by the three Bobath Centres across the UK. The training sessions in this period were held at the Bobath Centre in London.

The therapists, education and respite staff in the community who work with

WE'RE SO PROUD OF OUR PRECIOUS PETER

**PETER'S
STORY**

When Caroline Kelbrick's three-year-old daughter, Carly, and twin baby boys Peter and Paul collectively contracted chickenpox, she, like any mum, counted her blessings that they were each too young to scratch the spots.

Yet, the everyday childhood illness which struck in summer 2002 was to rob her beloved four-month-old son, Peter, of any chance of the healthy, active life his twin brother would grow to enjoy.

Peter, now aged nine, is reportedly one of only 12 known cases in the world of children who experience an extreme and devastating allergic reaction to chickenpox.

While nursing her children through the symptoms normally associated with the childhood virus, Caroline noticed a rapid decline in Peter's condition and, to her horror, woke at 6am to find her baby blue. By the time she'd called for an ambulance, Peter was limp and had stopped breathing.

Although a frantic Caroline managed to resuscitate him, Peter suffered three cardiac arrests in the ambulance and a further two in Glasgow's Yorkhill Hospital for Sick Children. The trauma was to result in multiple organ failure.

In the three weeks that followed, consultants warned Caroline and partner, Peter, that their baby son was unlikely to survive the night – and if he did defy the odds, he'd be brain damaged.

During his ensuing six-month stay in hospital, doctors diagnosed cerebral palsy: a permanent, incurable disorder affecting posture and movement.

"I didn't know anything about disability, let alone cerebral palsy," admitted Caroline, of Drumchapel, Glasgow.

"I kept telling myself he wouldn't be like that forever. After all, I'd given birth to two healthy twin boys. Peter, at 6lbs 5oz, was first to arrive, then Paul who weighed 5lbs 11oz. All had been fine, so how could a simple chickenpox virus make this happen? Looking back, I was in complete denial.

"And when Peter eventually came out of hospital, his wee body was so stiff and straight and he had absolutely no facial expressions. He was like a rubber doll."

Then, a parent enabler project co-ordinator at Sense Scotland told the Kelbricks about the unique therapy provided by Bobath Scotland.

"Peter was three when he first attended the Bobath Scotland Children's Cerebral Palsy Therapy Centre, then based at the Royal Golden Jubilee Hospital at Clydebank," explained Caroline.

"The exercises we were given there during his first six-week block of therapy really made a

difference to Peter. We realised he was much more responsive. He was more alert, more flexible, and seemed so much happier."

For parents, Caroline and Peter, episodes in their son's courageous journey since the devastating morning when he was admitted to hospital have been harrowing.

In and out of intensive care, he has endured multiple surgical and botox procedures to relieve pain in the hips and groin.

"I simply can't underestimate the difference Bobath has made to Peter's life."

The severity of his cerebral palsy has left Peter with no control of his throat. By the age of three, Peter was vomiting up to 60 times a day and had to undergo a number of operations to aid his digestive system – including a surgical procedure to remove and reverse his stomach and insert an additional sphincter and jejunostomy tube to ease feeding and the administering of fluids and medicines.

Like many children with cerebral palsy, Peter experiences seizures, during which he tends to bite his gums or sometimes his tongue, unable to let go. A gum shield was wired to Peter's jaw and a plastic plate fitted to his tongue to stop him biting through. The procedure was ineffective – and resulted in the removal of Peter's teeth and four cosmetic surgery sessions to rebuild his damaged lip.

Over the years, his epilepsy has resulted in numerous cardiac arrests and, on occasion, life support dependency, and he had no fewer than 69 chest infections within 18 months.

"Peter needs 24-hour care and can do nothing for himself," explained devoted mum, Caroline.

"But since he's been receiving Bobath therapy at the centre and at home, he's developed the ability to tell us through eye contact how he's feeling. Although he can see only shadows, I proved doctors wrong by insisting that he could hear. He remembers everybody's voice, and he clearly remembers songs."

Peter communicates his feelings through the expression in the captivating bright blue eyes he inherited from mum, Caroline.



"As long as we have some way of knowing whether he is happy or sad, it doesn't matter that he'll never be able to walk and will always be in a wheelchair," she said.

"He is a really happy and contented boy and rarely cries. When I tell him we are going to Bobath, his eyes light up. If I mention the name of his first therapist, Philippe, he gets so excited. And he absolutely adores occupational therapist Sandra – it's that lovely Western Isles lilt in her voice!"

Loving and living with a child who is severely affected by cerebral palsy has, of course, had an impact on the whole family. Previously both self-employed, Caroline and husband Peter have had to watch their businesses fall into demise, and they've lost touch with the many friends who once surrounded them. Although aged just nine, Peter has bounced between no fewer than five schools, which has resulted in additional strain on the family.

Yet, plucky Peter continues to inspire. Big sister Carly (12) is determined to pursue a career in medicine to help children like Peter, and twin brother Paul has boundless energy and never fails to keep Peter entertained.

Caroline and young Peter are regularly invited to address second year students at the University of Glasgow School of Medicine to highlight the challenges faced by the families of children with special needs – and to stress to the medics of tomorrow the importance of listening acutely to parents and carers of children like Peter.

She takes her son to those lectures to show students that he looks 'normal', yet has so many complications. And, although Peter cannot talk, Caroline is determined that the doctors of the future recognise the power of communication that can exist between mother and son.

Continued Caroline: "I simply can't underestimate the difference Bobath has made to Peter's life. It's also given us the opportunity to talk to other parents who are in the same boat."

"At the Bobath Therapy Centre, everyone is so welcoming and it's such a friendly, family environment. When we have to take Carly and Paul along with us to Peter's hospital visits, we sometimes feel we are imposing. It's not like that at Bobath, where all the children are welcomed and encouraged to get involved. Bobath has made an enormous difference to Peter – and to us, as a family. We can't thank them enough."

YOUR SUPPORT IS VALUED MORE THAN EVER

Your support is valued more than ever

Due to the continuing global economic crisis, our fundraising in financial year 2010/11 has been hit hard, which resulted in a deficit for the third year in a row.

With charitable trusts' incomes dwindling, companies big and small forced to call a halt to charitable donations, and individuals and families hit hard by job losses and government cuts, no area of fundraising has been left untouched.

In this era of austerity, Bobath Scotland's small fundraising team has had to work incredibly hard to continue to generate funds towards provision of therapy for the children who attend our specialist centre. While our glamorous Bobath Ball raised £30,509 this year, just five years ago this event generated a record £144,000. Revenue has steadily fallen over the last few years as a result of the difficult financial climate and the reality is that our team are working harder than ever to ensure our events remain profitable.



Where do we go from here?

We are immensely grateful to everyone who has chosen to support us in our journey so far. However, in these difficult times, it is vital that we secure the future of the charity and encourage further supporters to join us in making a real difference to Scottish children with cerebral palsy and their families.

To find out how you can help make a difference, please visit our website: www.bobathscotland.org.uk/fundraising, email: info@bobathscotland.org.uk or call our Fundraising Team on 0141 352 5000.

Clare Lappin
Head of Fundraising



Special thanks go to:

Our heartfelt thanks go to the numerous trusts, organisations and individuals that have supported our work throughout the year, including:

ACE Chorus; Bovis Lend Lease; Awards for All Scotland; Spifox; Cooper Cromar; GT4; John Sproul H & S Services; Robertson Trust, MacLennan Trust, RS MacDonald Charitable Trust, Incorporation of Bonnetmakers & Dyers, Miss I F Harvey's Charitable Trust, Nancie Massey Charitable Trust, Cruden Foundation Ltd, Rozelle Trust, Agnes McCallum Bequest Fund, Children's Aid (Scotland), Souter Charitable Trust, Mackintosh Foundation, Henry Smith Charity, Finola Forman Trust, PF Charitable Trust, White Top Foundation and Ward Family Charitable Trust.

No matter how small your support – it can help us make a big difference...

Against this backdrop of immense competition within the charitable sector for diminishing voluntary funds, we were grateful for the commitment and generosity of the staunch supporters who turned out to back the charity in their different ways.

River City and Still Game actress Maureen Carr delighted around 300 Bobath supporters by waving them off in the annual Bike for Bobath event. She was joined at the starting line by exceptional nine-year-old Gavin Drysdale, whose Bobath therapist Philip Vervaeke inspired him to excel in the disability sport of RaceRunning. We are immensely proud of Gavin, who has smashed two world records and has his sights set on the Paralympics.

Earlier in the year, nearly 400 people dipped their oar in for Bobath Scotland back at the popular Dragon Boats Challenge, while our Sportsmans' Dinner, Corporate Golf Challenge and Ladies' Lunch were also well received.

We are extremely grateful, as always, for the many personal fundraising endeavours undertaken by our individual supporters, some of whom took part in our inaugural Cerebral Palsy Awareness Month, held in October 2010. Whether by packing bags in a supermarket, taking part in a parachute jump, running a half-marathon or filling up a Home Money Box with change, our dedicated supporters have really showed their commitment to helping children with cerebral palsy.

Our small fundraising team received a boost in Autumn 2010 with the arrival of volunteer Jess Rundell. She has been instrumental in helping the team with the difficult task of leveraging funding, providing welcome administrative back-up and helping out at events.



TOUGH TIMES AHEAD



The financial year ended 31 March 2011 saw the charity continuing the development of the new Bobath Scotland Centre and completing the process of settling in.

Despite the significant savings achieved in centre running costs and support costs of almost £100,000 less than 2009/10, the deficit on our unrestricted funds reached £157,577.

The deficit arose due to the reduction in income across the board, where even NHS income fell by over £22,000 and voluntary donations and income from events fell against the previous year.

The directors have been working over the summer to cut and contain costs but, despite this, it is becoming clear that unless there is a radical improvement in levels of income, the charity will be heading towards another six figure deficit in the year to 31 March 2012.

It is concerning to find that arrangements with the NHS do not augur well for the future. The directors are therefore putting strategic plans in place:-

- To bring pressure on the NHS to continue and, if possible, improve support.
- To encourage more service users to assist the charity in fundraising where possible.
- To increase fundraising activities to stimulate income growth.

All of this is being done against a background of protection for our therapy services. However, if the Board's strategy does not generate sufficient income, in the not too distant future, this will impact on the number of therapy sessions that we are able to provide.

This is a step the directors do not want to take, but their duty is to protect and sustain the charity and if this is not possible because of the lack of funds, then sadly, contraction will be the only possible route.

I take no pleasure whatsoever in writing these words, but unless we can increase the levels of support amongst service users and the community, the charity's future hangs in the balance.

Bobath is a wonderful charity, doing undervalued work. Children and families benefit from a warm, welcoming environment and the input of highly dedicated, skilled and motivated staff, including a Board of Directors who want to help in any way they can.

We truly hope everyone will rally round to ensure we can continue providing vital therapy for many years to come.

Jim Campbell

Jim Campbell
Chairman



Financial Report 2010 / 2011

TOTAL INCOME
£642,322

TOTAL EXPENDITURE
£721,010

ACTIVITIES FOR GENERATING INCOME
£110,372

COST OF CHARITABLE ACTIVITY
£532,396

CHARITABLE ACTIVITIES (NHS)
£155,024

FUNDRAISING
£180,426

DONATIONS AND GIFTS
£343,806

GOVERNANCE COSTS
£8,188

INVESTMENT INCOME
£25,791

OTHER INCOME
£7,329

