



helping people in Scotland
with cerebral palsy

Registered Charity: SC022695

annual report 2012/13

Chief Executive Report

The year ending 31 March 2013 was a very exciting year for Bobath Scotland. Tuesday 24th April marked the day when the first adult was treated at the Centre at the beginning of our 2 year pilot project for adults with cerebral palsy. In order for this much desired project to happen, the lower ground floor of the centre had been refurbished, we welcomed a new physiotherapist and all the therapy team received specialist training. Over the course of the year we treated 11 young adults and the work continues to date with an increased adult caseload. It is our ambition to find a way to make the adult service fully sustainable in the long term.

After the previous year's financial losses, the Board of Trustees and the Senior Management Team looked closely at the strategic direction of the charity and our model of service delivery. A privately funded project delivering outreach work to the north east of Scotland enabled us to engage more closely with NHS Boards and the Scottish Government regarding future service delivery. We also ran our first group therapy project for older children and young adults in December 2012. Such initiatives have demonstrated our commitment to helping as many people as possible all across Scotland with cerebral palsy.

The year has seen far closer involvement with families and service users. We have worked with families referred to Bobath without funding to find the funding for therapy. We are extremely grateful to all our families who have climbed mountains, packed bags in the supermarket, rattled buckets, organised race nights and run marathons in order to fund therapy. We are also grateful to all the trusts and foundations and corporate supporters who have directly made such a big difference to the lives of so many people across the year. As a result total fundraising income increased last year by 18%.

None of the above would have been possible without the commitment, imagination and energy of our staff, our volunteers and our supporters. Next year Bobath Scotland will be celebrating its 18th birthday and it is only through tremendous team effort that we have begun to turn the corner to put Bobath Scotland on a sound footing for the next 18 years of helping people across Scotland with cerebral palsy. Thank you to you all.

Stephanie Fraser
Chief Executive





By March 2013 we had completed the first year of the two-year adult service pilot project funded by The Robertson Trust.

Annual Therapy Report 2012/2013

What a great year this has been for the therapy team! We were delighted when another dedicated therapist Kirsteen Grieve, joined our team in April 2012, which ensured that we could meet the demands of our service to children and adults with the additional physiotherapy input.

By March 2013 we had completed the first year of the two-year adult service pilot project funded by The Robertson Trust, with lots of good feedback from the 11 service users and their families. We have become acutely aware of the distressing reality of a lack of NHS therapy services specifically for adults with cerebral palsy in Scotland, which makes it crucial that we secure on-going funding so that this service can continue beyond the pilot project term which ends in April 2014.

In December 2012 we ran a 2-week block of group therapy for adolescents and young adults, which focused on improving independent living skills. We benefitted from in-kind involvement from House of Fraser, Glasgow who provided us with everything we needed to turn the lower ground floor into a mini 'home' so that the group could practice everything from making a bed, to preparing snacks and setting a table for a Christmas lunch. Apart from making valuable changes to their independent functional skills, everyone had a great time and enjoyed the social interaction with each other. As a result, we are

planning a couple of similar group therapy projects in our annual therapy schedules from now on.

During the year we delivered outreach clinics to Aberdeen and Elgin. These were only made possible because of private funding that our hard-working fundraisers managed to secure. We provided training to local NHS therapists and also treated children together with them. The feedback from the therapists and parents of the children was overwhelmingly positive. Community Bobath-trained therapists in particular, appreciated the long-awaited support from Bobath Scotland, because it is very difficult for them to attend continuing professional development events that we offer on a regular basis in Glasgow. The outreach work also enabled us to discuss our services and training opportunities with NHS managers at a national level and we are looking forward to developing this model of service delivery.

In addition to the adult service, we saw 101 children from throughout Scotland and in total 1,759 therapy treatment sessions were delivered. We are delighted that it has been such a busy year and we are working to continue to ensure that Bobath services become an embedded part of care for all people with cerebral palsy in Scotland.

Rina van der Walt, Head of Therapy

During the year

We treated **101 children** and **11 adults** from across Scotland.

We delivered **1,759** therapy sessions.

We offered individual blocks of therapy, outreach to the north-east, regular therapy and group therapy.

Some of the goals we enabled people to achieve included: helping people to sit up unaided, transferring from a wheelchair to a seat, developing new skills such as brushing their own hair and putting it up into a pony tail, negotiating pavement kerbs with a walking frame, making a cup of tea, learning to use a computer mouse and eating independently with a spoon.



Case Study: David Thomson

David is a typical 22 year old who enjoys time with friends and using social media and technology. He has a type of cerebral palsy known as spastic diplegia which affects his lower limbs and, as a result, he uses a wheelchair and has never been able to walk.

First referred to Bobath Scotland as a 4 year old, David came for tailored therapy till the age of 15 which focused on improving his mobility, perceptual skills and independence at home and in school. Community physiotherapists, occupational therapists and David's classroom assistant were involved, wherever possible, in Bobath sessions to ensure aims were co-ordinated.

As an adult, David has had no community-based support so he was happy to come back in 2012 to take part in an adult therapy pilot project. As his only current means of therapy, Bobath is greatly helping him to improve movement and flexibility and he feels much looser as a result. What we have found in the pilot study generally is that an initial number of sessions booked close together serve to reduce joint stiffness and accompanying pain in some cases. This can be followed by more spread out, regular sessions over a longer period for increased mobility. For the second year of the pilot, David's therapy will focus more on independence including practising

kitchen skills, which he's beginning to develop an interest in. Also, David's recently started volunteering in our fundraising team which has given him a 'greater sense of togetherness as part of a team'.

Since attending Bobath, David feels more optimistic and confident about his future.

He now hopes to get into counselling as a career and would love to help people in the same situation as himself.

By his own admission, David's ambitions are modest and he says:

"I'm not the type of person that wants to climb mountains or jump out of planes, I'd settle for things like a good home, a good job and maybe one day a family of my own – in my eyes the quiet life."



Our commitment is unwavering and we have worked tirelessly in 2012/13 to overcome our financial challenges. Thanks to the enthusiasm and commitment of our amazing supporters, we have made great progress. Our heartfelt thanks go to everyone for their help.

Here are just a few examples of what we have achieved together in the last year:-

18% increase in fundraising income from previous financial year

59 grants awarded for core work and various projects
£50,000 largest grant awarded by The Robertson Trust for our adult therapy pilot project

£2,100 was Gary Logue's sponsorship for The Great North Run
£70 from six-year-olds Georgia Rose and Kirsty Soutar's bake sale

121 people gave each month via standing order/ payroll giving schemes
£3,687 raised by Eaglesham Masonic Lodge

2 fundraisers and 56 volunteers

£15,500 contributed by staff and customers at Sainsbury's Kingsgate
£4,000 donated by the Scottish FA
£1,500 from Senergy towards a child's therapy block

£55,924 raised from Bobath Scotland events
303 people took part in Bike for Bobath Glasgow and Dumfries

As fundraisers at Bobath Scotland, we feel a whole range of emotions in our everyday work - from gratitude for the amazing support that we receive on a daily basis, to a great sense of pride in what the charity does to help people with cerebral palsy but also a sense of frustration that, if we had more resources, we could help many more.

In order to secure the future of Bobath Scotland, we need more people to get involved and help us make a difference. To find out more call our Fundraising Team on 0141 352 5000, visit our website at www.bobathscotland.org.uk or email: fundraise@bobathscotland.org.uk



Chairman's Report

I am delighted to report that 2012/13 has shown a reversal of fortune, as compared with 2011/12. Last year's results produced a deficit of £192k, with a backdrop of falling income from individuals, corporate bodies, Trusts and Government. The trustees were becoming concerned about the long term sustainability of the charity.

Our Chief Executive decided to step down at the end of 2012 and assisted us in recruiting a new CEO, Stephanie Fraser. This provided the trustees with the opportunity to create a new strategy, which was hinted at in last year's report.

Wide ranging decisions were taken, most of which have been noted by the CEO in her report.

Our plans included extending both our services and our geographic reach during 2012. We have piloted a scheme for over 18 year olds and intend that this should form part of our core services going forward. At the same time, we have begun delivering outreach programmes in areas not within easy reach of Glasgow. These again will form part of our core services and allow us to liaise with a much wider audience.

These additional core services have and will supplement our income streams and improve our relationship with the NHS and Local and National Government, again increasing our potential income sources.

We continue to organise and run one-off fundraising events, but have reduced the number to improve the return on these events.

The other major initiative has been to work more closely with parents to stimulate the flow of information and advice and, lastly, to open wider communications on funding.

In writing this report, I realise the huge effort that has gone into this year.

One of the most tangible results is that the deficit for 2012/13 has reduced to £55k, of which £46k is depreciation - a non-cash item. Therefore we have reduced our cash deficit this year to £9k - a Herculean result. However, "one swallow does not a summer make" and the trustees are well aware of the importance of continuing to work to the new plan with redoubled effort.

A result like this can only be achieved by good leadership, organisation and enthusiasm. I am truly grateful to my co-directors and trustees, to our CEO, our departmental heads Clare and Rina, and to all of our staff and volunteers who have contributed wholeheartedly to our work over the past 12 months.

J M Campbell
Chairman



Financial Report 2012/2013

TOTAL INCOME £566,539	TOTAL EXPENDITURE £621,827
FUNDRAISING INCOME £410,286	COST OF CHARITABLE ACTIVITIES £513,081
CHARITABLE ACTIVITIES £130,233	FUNDRAISING COSTS £99,524
OTHER INCOME £26,020	GOVERNANCE COSTS £9,222

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