



SCOTLAND
BOBATH

CEREBRAL PALSY CENTRE

ANNUAL REPORT 2015/16

THE BOBATH STORY CONTINUES

As the only charity in Scotland dedicated to helping all those living with cerebral palsy throughout their life, we continue to focus our development of services where therapy intervention and support can make the biggest difference to people with cerebral palsy, their families, carers and those that support them.

MESSAGE FROM THE CHAIRMAN

It has been my pleasure to see Bobath Scotland transform during my years on the Board. We have found a home and put ourselves on a sound financial footing and we have weathered some tough times along the way. Our strategy has sought to reconnect Bobath with a wider audience, opened up access to our services and re-focussed fundraising activity in order to match funding to the needs of service users.

As well as controlling costs, we have diversified in order to expand and have increased the number of therapists we employ and embedded a programme of outreach and training so that we can continue to help more people across Scotland.

I am very proud of all that has been achieved by the marvellous team of staff and volunteers. I am conscious that it is only by working together that we can achieve such progress and I would like to take this opportunity to thank the rest of the trustees and all those involved for their dedication and commitment. I hand over the reins of Bobath Scotland to our new Chairman, Ian Johnstone, whom I am totally confident, is the right person to lead the organisation on to its next successful stage.

James M Campbell

What did you find useful
in the recommended
activities with photos
and DVD?

What do you do differently
regarding your approach to
your child's care?

What, if anything
about your child's condition
do you understand better
since attending the project?

What skills, if any, do you
feel you have gained
through the project?

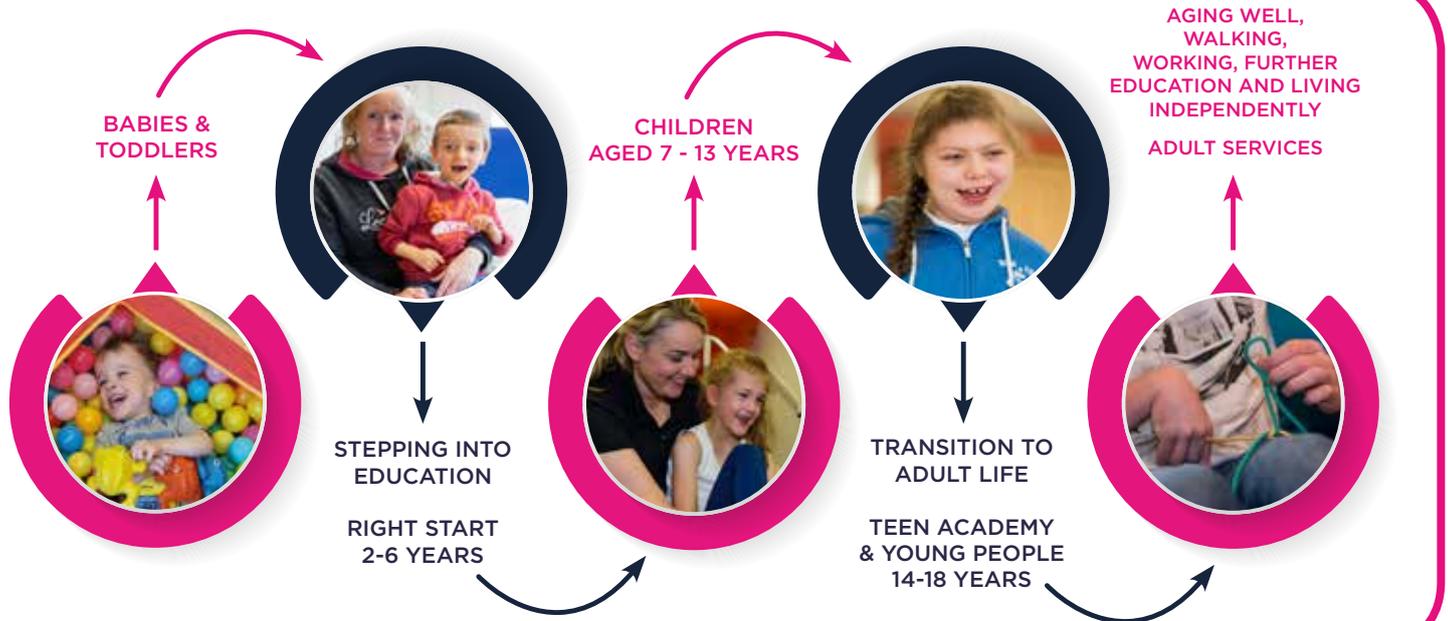
We have received additional
input to your home less physical
help and encourage you
to do more for yourself



A LIFELONG JOURNEY

From the early years to independent adulthood, we want to be there to help people to make the most of their abilities each day. From Bobath Buddies to Helping Hands, we're moving towards that lifelong support, and it's our ambition to do more.

Bobath Scotland's purpose is to make the lives of those living with cerebral palsy better.



What we do

At Bobath Scotland, we provide specialist therapy for children and adults with cerebral palsy throughout Scotland. We also provide information and support to the wider community, enabling connections to be made between our service users, families, carers, professionals and services.

As part of Bobath therapy, we aim to involve community therapists, families and carers, so that knowledge and skills can be transferred into everyday life.

Strategy

Opportunities:

- **To increase the number of people we help every year**
- **Develop fundable services at key life stages**
- **Deliver services to a wider geographical area**
- **To raise the organisational profile**

What we need to do:

- **Develop a more resilient therapy team**
- **Develop a model for clinical governance and services across Scotland**
- **Support fundraising and communications to deliver message to potential funders and service users**

What change or outcomes will there be for people with CP in Scotland?

- Those with cerebral palsy are able to achieve their individual potential
- Families of those with cerebral palsy are supported from diagnosis and at all key stages through life
- Community therapists, teachers and carers are equipped to help those with cerebral palsy
- Professionals have an increased understanding of cerebral palsy and the therapy options available
- Bobath Scotland is the “go to” place in Scotland for helping those with cerebral palsy

WHAT'S CHANGED SINCE LAST YEAR?

The two most significant developments at Bobath Scotland have been Right Start and the pilot work in West Dunbartonshire. Developing services that can help the wider CP community and influence change can help everyone learn and live better, regardless of age or location.

THE YEAR IN NUMBERS

We have worked with;

32 adults at home
and in the centre

75 children and their families

102 professionals, by providing
training which they can take
back to their communities

2 long term
volunteers with CP,
who supported our
staff of 17

16 children and young
people who took part in
group activity weeks

26 families, who we
welcomed as part of
the Right Start Project

RIGHT START – SUPPORT IN THE EARLY YEARS

Funded by the Big Lottery 21st Century Life Programme, Right Start began in 2015 and will run for 5 years. The project is for young children with cerebral palsy between the ages of 2-6 years old and their families in preparing them for the transition into school life.

Research has shown that parents find the transition into primary school especially concerning as it may be the first time they have been separated from their child. By helping families to be more prepared they can be

empowered to help their child overcome the significant challenges they may face as they make the move into primary school.

As part of the project we are able to offer Bobath therapy sessions to families with children with a primary diagnosis of cerebral palsy between the ages of 2 – 6 years old. Any family, regardless of where they live or what type of cerebral palsy they have can be referred.

If you would like to know more about the Right Start project or if you would like to refer a family to be considered for this project please contact:

Olive Leonard, Project Coordinator olive.leonard@bobath.scot





GETTING THE RIGHT START

‘The intensive therapy program has identified new areas for Ian to reach for and given myself and family more practical ideas of how to support him. It has been a spring board for us.

In a short but intensive few weeks Ian has grown in confidence in his mobility awareness. He demonstrates his enhanced confidence by being desperate to share with nursery friends his new techniques. Sessions have focused on a number of everyday activities from zipping up his jacket to riding his bike and scooter.

The Therapists have been on hand to support me in his journey and provided tools/strategies to help me understand better an area that I’m not qualified in.

I was apprehensive about Ian going to school and how having CP would impact the experience and transition. The last month at Bobath has helped remove a number of my anxieties and shown that by focussing on his current needs and goals you can make progress.’

Sheena Duncan

ADULT THERAPY – WEST DUNBARTONSHIRE PILOT

There is no clinical pathway within adult services for people with CP. That means that adults don't know where to go to get specialist help, that health and social care services don't have a clear answer and that people are going for many years without specialist support that could prevent injury, deterioration and loss of quality of life.

With help from the Scottish Government, The RS Macdonald Charitable Trust and the Robertson Trust, the Integrated Joint Board for Health &



Social Care in West Dunbartonshire and Bobath Scotland set about trying to understand the specific challenges facing adults with CP in their local communities. People told us that they simply didn't know they could ask for help and they just assumed that deterioration caused by secondary aging was inevitable. Community based staff also told us that they didn't know where to refer people for specialist help.

After meeting people with CP for first assessments and home visits, delivering follow up therapy and working with professionals in the local area to test a service, we hope to develop a model pathway that can be adopted by other areas and services.

'My first experience of physiotherapy in well over 20 years and what a difference it has made to me. It is the first time in years that I can put my socks on.'

Jackie Maceira

CEREBRAL PALSY - KEY FACTS



Cerebral palsy (CP) is a physical disability that affects movement and posture. Every person will be affected differently, with some being more affected than others.

- **CP is an umbrella term for a group of disorders that affects a person's ability to move**
- **CP is due to damage to the developing brain before, during or after birth**
- **CP affects people in different ways. It can affect body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance**
- **Although CP is a permanent life-long condition, some of these signs of cerebral palsy can improve or worsen over time**
- **People who have CP may also have visual, learning, hearing, speech, and intellectual impairments, as well as epilepsy**



Information provided by www.worldcpday.org

Each year organisations and people across the world join together to raise awareness, learn and celebrate.

WORKING FOR EVERYONE WITH CP

Bobath Scotland is the only organisation in Scotland dedicated to helping people with cerebral palsy. An important part of our job is to make sure that the views of people with CP are heard and represented. Providing information is important too. During the year we started to develop cerebralpalsyScotland.org.uk



This new website has been created with help from parents and professionals as part of the Right Start project, funded by the Big Lottery.

Find information about ages and stages, practical help and resources, funding for equipment and other people's experiences, services near you and much more. It will continue to grow too.

Do you have something to add? Please email info@bobath.scot and let us know.

World CP Day Conference



Sponsored by Digby Brown LLP, our conference saw families and professionals come together to learn from expert speakers, and contribute their voices to influencing future services. The Minister for Sport, Health Improvement and Mental Health opened the event with the announcement of Scottish Government funding for a trial programme in West Dunbartonshire for Adults with CP.

Meeting politicians, health professionals and decision makers

We contribute to many national forums to represent people with CP such as the Neurological Alliance for Scotland, The Health and Social Care Alliance for Scotland, the Scottish Transitions Forum and the national review of Allied Health Professional services for children in Scotland and provided policy support for the Scottish Parliament's Petitions Committee.

<https://www.parliament.scot/GettingInvolved/Petitions/petitionPDF/PE01577.pdf>

FUNDRAISING

Fundraising made up around 80% of Bobath Scotland's income during 2015 - 16. The services we deliver are only made possible by the amazing people and organisations who generously support our work.

Gifts come from many different sources but each and every one counts. As a small organisation, every £1 really does make a difference in providing specialist, tailored help for people with cerebral palsy.

We would like to thank every supporter for their kindness this year.

The High School of Glasgow Home & School Association partnership has made a huge impact on the year. The committee, parents, staff and pupils alike have worked hard to complete all sorts of activities from Fireworks night to the biannual Ladies Lunch, raising £21,688 during the academic year. Enough to ensure that four families get the help they need when they need it, regardless of funding. Thank you!



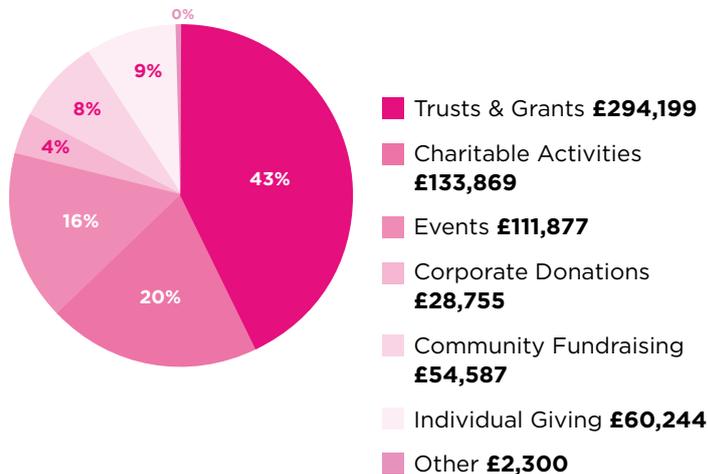
FINANCIAL REPORT

The year ending March 2016 marks the successful delivery of the first phase of the strategic plan that was put in place in 2012. Back in 2011/12 we were facing a loss of £192,425 but over the last 5 years annual gross income has increased from £492,031 to £685,831. In this context, income generated from the NHS has fallen from £115,724 in 2011/12 to £83,160 last year.

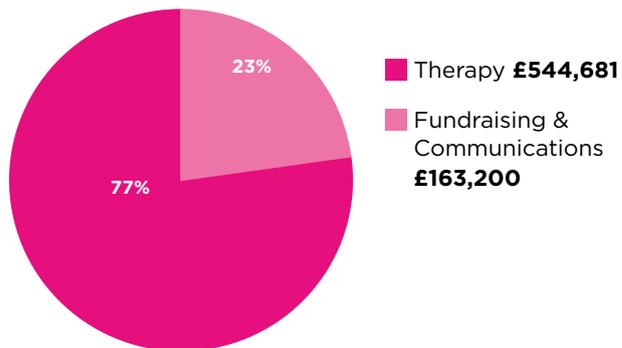
Gross income for the year 2015/16 was £685,831 resulting in net expenditure of £22,050. This includes a non-cash charge for depreciation of £28,647 which leaves a cash surplus of £6,597. The financial result was affected by the timing of income received. Over the year, fundraising has concentrated on securing larger multi-year grants some of which (such as the Scottish Government's Early Intervention funding) was secured during 2015-2016 but will not be paid until 2016 onwards.

Full details can be found in the annual accounts.
Copies are available on www.bobathscotland.org.uk

INCOME



EXPENDITURE





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follow us on  

Bobath Scotland is a Scottish Charitable Incorporated Organisation (SCIO), Scottish Charity number: SC022695

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Martin O'Neill (Secretary)

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Harry McGeough

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Janette McPhail

Ciara McColgan

Elaine Boyd

Paul Morris - Appointed 01.09.15

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