

NEWSLETTER

Meet Nada... ▶▶

My name is Nada and I've been living in Edinburgh for the last 25 years. I came over to Scotland from Palestine when I was eight years old, without my family, to attend a school for disabled children in Renfrewshire.

I left school at 16 but couldn't go home so went to college here, had various jobs and eventually got an Honours degree at the University of Edinburgh as a mature student. When I was at university, I began to explore my passion for dance. Ever since then I have gone to classes and performed. During the pandemic I was selected to perform in a dance production that will be part of the Edinburgh Festival and will tour after that.

I've had cerebral palsy since birth, which affects the lower half of my body and I use a wheelchair most of the time and elbow crutches occasionally and. Over time, this has taken its toll and I now feel the strain in my muscles and in my arms.

I felt I really needed some sort of advice in terms of getting physically ready for dance performances, to develop my stamina and strength. I had heard a lady talk about how helpful Cerebral Palsy Scotland had been to her as an adult, so I thought maybe they could help me!

The sessions with Lesley, the physiotherapist, have been very helpful, because I hadn't had any kind of physical therapy on a regular basis since school.



In the sessions Lesley and I first looked at my seating, my wheelchair, to see how that could be improved as the basis for then going on to work on some of the physical goals I have in term of my stamina. Lesley has also given me some advice about my dance wheelchair and how the seating can be improved in that too, by putting me in touch with a specialist company in Scotland. That has been incredibly helpful.

Continues inside... ▶▶

High hitting ladies!

We want to say a big thank you to Alison Bartlett, Ladies Captain at Royal Dornoch Golf Club who named Cerebral Palsy Scotland as her Captain's charity for 2021. Alison's grandson has cerebral palsy and she values the specialist support available

to him. The team raised an incredible £1,900 for Cerebral Palsy Scotland throughout the season. She says "I'm really pleased with the total given everything that has happened in the last year and I hope it will be a welcome sum for your efforts to support kids and parents."





My name is Cheryl, and I am mum to five-year-old Amber who is an identical twin...

Amber has just started primary school which she attends with her sister. She splits her time between the mainstream classroom and an enhanced provision class, as they're working out how much support she needs and how she copes in the different environments. She's really enjoying it and is very happy to go to school. She absolutely shattered, but she's having a really good time!



Amber's got an absolutely wicked sense of humour. I think she's giving the teachers a bit of a run for their money right now. She just likes to have fun, the wilder the better – trampolining, soft play, going out on her bike.



She has to do a lot of therapy. We do a lot of physiotherapy, and she's learning to use her eye gaze computer for communication. So, she works hard but we try to make sure she has a good balance of fun and hard work.

Amber has quite significant complex needs. Her cerebral palsy affects all four limbs, and she struggles to hold anything in her hands or do anything functional without adult assistance. She's non-mobile and pretty much non-verbal. She does understand everything you say to her and, if she's asked a direct question, she will answer 'yes' or 'no'. She says a few other words. She'll shout 'mum', she'll say 'I know', she'll shout 'hiya' – to everyone who walks past her – but that's pretty much it.

Amber has been coming to Cerebral Palsy Scotland for about three years. And to be honest it's been an absolute godsend to us.

Therapy sessions at Cerebral Palsy Scotland have shown us how to bring out that ability in her to play, how to play with her, and that's really helped us show us how bright Amber actually is. Because Amber has communication difficulties,

we hadn't realised before how much she understands cognitively.

I think it's also helped Amber's engagement with her peers. The strategies they've given us to help her play with her sister – overall it has just helped Amber engage with the world around her. Every time she comes here, I can see she's got this spark about her.

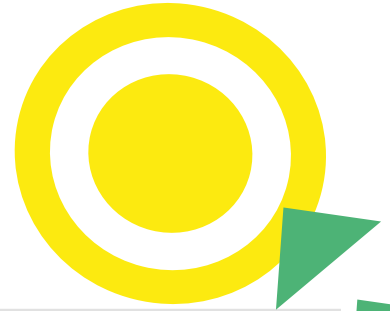
The therapists are amazing – the way they engage with a child, it's not just therapeutic. I can see the difference in her physically while she does therapy blocks, but it's more than that, it's just everything about her. She's excited about things, she's more vocal, she's more engaged, she's more enthusiastic. Other people actually comment on it. Friends and family and teachers will say, "Whatever she's doing right now, keep on doing it!" You visibly can see the effect it has on her. I would have her in the centre every week if I could.



I had a long gap of not looking at my disability. I've gone through life just getting on with it, just being independent, just pushing, without sometimes really looking at my situation. Lesley's guidance has been so helpful in terms of looking at my disability as an adult in a more informed way.

All my training, through my parents, and then leaving Gaza and then coming to Scotland, it has been drilled into me – "Be independent, rely on yourself" – that is so inbuilt within me, that as an adult you think, "I shouldn't really bother anybody". But cerebral palsy is a condition that really must be supported. We're expected to get on

with it. But our condition, it's there, and the support from Cerebral Palsy Scotland is so appreciated because there isn't a specialised area for it in the NHS.



Join our campaign to improve healthcare services for people with cerebral palsy

We have launched a campaign to improve healthcare services for people with cerebral palsy. We carried out a survey in November 2021 which shows that healthcare services are failing people with cerebral palsy. The survey revealed that only 11% of people with cerebral palsy or their families said health services were meeting their needs 'fully' or 'a lot'.

Forty five percent said their healthcare needs are 'not at all' being met, while a further 20% said their needs are being met only 'a little'.

Other key findings that emerged from the survey:

- ▶ Although regular physiotherapy is one of the most important treatments for cerebral palsy, 34% of those surveyed said they see an NHS physiotherapist less than once a year.
- ▶ 40% said they were using private physiotherapy – accessed through charities or paying for private treatment - to compensate for the lack of NHS care.
- ▶ 33% said they see an NHS occupational therapist less than once a year.

As a first step, we are asking the Scottish Government to develop and adopt SIGN guidelines for adults with cerebral palsy.

SIGN guidelines help health and social care professionals and patients understand medical evidence and use it to make decisions about healthcare, they make

sure everyone gets the same level of care no matter where they live and improve healthcare by focussing on patient-important outcomes.

We need you to get involved in the campaign and you can do that by writing to your local MSP.

You can find further details and a template letter on our website or by scanning the QR code here.



Our Christmas appeal

Thank you so much to everyone who supported our Christmas appeal featuring Fraser and his family.

You donated **£2,250** and your generosity means we can deliver **15 therapy sessions** to children like Fraser.

As you can see Fraser and his family had a fantastic Christmas.



Save the date: Dragon Boats 11 June 2022

Our much loved Dragon Boats event is coming back to Loch Lomond on Saturday 11 June 2022.

As a team event it is perfect for gathering a group of enthusiastic friends, family or colleagues together to race with you in a crew of up to 17 people.

You don't need to train for it or have any experience, just the will to get stuck in and have some fun.

It promises to be a great day out for all the family as spectators and teams can soak up the atmosphere by chilling out with a barbecue while they enjoy watching the races from the bonnie banks.

Look out for some more information coming soon on social media or get in touch to register your interest.



A few words of thanks!

Thank you to Allannah Moran who raised **£987** by completing a Skyline. She was inspired to fundraise because her uncle has cerebral palsy and she also works with children who have cerebral palsy.

Thank you to Francesca Leiper who sold homemade advent calendars raising **£705** and Glasgow Tigers Speedway who raised **£550** via their new season signing announcements.

A big thanks to Martyn Jones who raised **£4,016** by running the London Marathon.

We also want to say a massive thank you to all our wonderful Facebook birthday fundraisers and everyone else who has raised money for Cerebral Palsy Scotland over the past few months.



THANK YOU

How you make a difference

Without the donations we receive from our fantastic supporters we couldn't provide the therapy, support and information that is needed for adults and children with cerebral palsy.

Thank you for making a difference.

There are lots of ways you can support us. If you would like any further information or help to organise your own

fundraising please contact Kelly at:

kelly.mclaughlin@cpscot.org.uk



Share your experience

We are very grateful to everyone who has shared their story with us so that we can share it with you. To fundraise it is important that we are able to demonstrate the impact our support has for

people with cerebral palsy and their families. If you have benefited from therapy and would like to share your experience we would love you to get in touch with Kelly on the email above.

Come and join us on the Kiltwalk

Join us on the Kiltwalk to raise funds for Cerebral Palsy Scotland and The Hunter Foundation will top up all funds by a **further 50%**.

With distances between 3 and 26 miles there is something for everyone and every ability. There are five walks for you to choose from around Scotland and a virtual event.



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|-------------------------|-------------|
| Glasgow | 24th Apr |
| Aberdeen | 29th May |
| Dundee | 21st Aug |
| Edinburgh | 18th Sept |
| Virtual Kiltwalk | 7th-9th Oct |

Registration is now open so sign up to join us at cerebralpalsyScotland.org.uk/kiltwalk-2022

What would you do with £25,000?

1 in 50 chance each week to win a prize, with a top prize of **£25,000**.

Tickets for the lottery cost **£1 per week** and **50%** of the funds come to Cerebral Palsy Scotland with the remainder going into the prize pot and supporting other great charities in Glasgow.

To take part scan the QR code to take you straight to the sign up page and join in the fun!

Scan here to enter



Glasgow Community Lottery is a fun way to support Cerebral Palsy Scotland and be in with a



Thank you to everyone who has left a gift in their Will

A legacy gift in 2019 covered the cost for Cerebral Palsy Scotland's baby group for a whole year.

The gift allowed us to prioritise the importance of early intervention and the group is now a core

service. Babies often do not have a diagnosis at this stage and the group provides a relaxed and friendly place for parents to meet and support each other while their children learn new skills. We are excited to restart the group in the coming months.

By choosing to make a gift in your will, you can help make sure that support is available for people with cerebral palsy throughout their life. We are very grateful to everyone who leaves a gift, large or small.

For more information get in touch at getinvolved@cpscot.org.uk or visit our website.

Because of your generous support over the past year...



we have delivered **497** in person therapy sessions

and supported **46** people through virtual sessions



Only with your support will we help more people with cerebral palsy.

£15.00

could help us to keep the phone lines open so that the parents of a baby newly diagnosed with cerebral palsy can get the support they need.

£25.00

could buy an adapted toy for a child to develop essential skills through play.

£110.00

could contribute to an in person therapy session for someone like Nada.



cerebralpalsyScotland.org.uk



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