

NEWSLETTER

Cerebral Palsy Scotland gave us hope for Mohammad

My name is Wakil and my son Mohammad is three years old, turning four shortly. He is a very calm, kind-hearted, lovely boy. He is our only child. He is very active and is not quiet for a moment. The only time that he is still is when he is watching cartoons. We came to the UK last year from Kabul and he attends nursery here now.

We didn't know anything about cerebral palsy until he was diagnosed when he was around seven months. It does affect him a lot in his daily life, he likes to play with his toy cars but normal toys require a child to use two hands for playing. The challenging bit for him is using both hands for a task, but he is very strong willed and determined. He does not give up.

I came across Cerebral Palsy Scotland by chance, someone from the Citizens Advice Bureau mentioned Cerebral Palsy Scotland's website. It was quite depressing to know the NHS couldn't do much, with a single appointment taking months and months. I knew they couldn't provide services to everyone at the level that Cerebral Palsy Scotland provides - it gave me hope.

Mohammad does not easily go with new people, we worried he may not be happy and not want to go into a session but the first day we attended, we met Lesley and Sandra who established a special bond with Mohammad and I lost all the fears and concerns that I had.



They were very professional and everything was entertaining for him. That kind of environment meant my wife was comfortable taking Mohammad to the rest of the sessions while I was working.

Mohammad absolutely enjoys therapy, he says, "Hurray we are going to meet Sandra again and do lots of plays." When he is not there he misses Sandra and Lesley's fun.



At home, we are working with him, we try to motivate him to use his right hand when he is playing or eating but it didn't work until we went to Cerebral Palsy Scotland. We didn't have much knowledge of cerebral palsy and the problems that he has. Now we understand how to set up a play area for him and how to help him. We always tried to give him therapy and play with him, but we didn't know how to do that in the proper way. It is not only Mohammad who has benefited from the sessions but Sandra and Lesley have always tried to teach us how we can help him.

After we went for the sessions, I noticed, when he is playing he uses his right hand, for example, he is using a spoon. That's a really big achievement and was one of our goals. He didn't have sensations in his right hand, we wanted him to realise he has a right hand and now he has started using it.

Continues inside... 

He was always dependent on me and his mum. He didn't have much confidence and now after the sessions, this changed, he gels with people easily and has the confidence to meet new people. I am thankful to have come to Cerebral Palsy Scotland.



World Cerebral Palsy Day Get involved!

Annual Cerebral Palsy Scotland conference

Join us on 6 October 2022 for our ninth annual event at Hampden Park, Glasgow.

The Cerebral Palsy Scotland conference is inclusive for everyone with experience of cerebral palsy – either directly, through family or professionally. The day is all about providing

an opportunity for the cerebral palsy community to get together and share information and experience. With special thanks to Digby Brown Solicitors for supporting this event.



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You can see the full programme for the day on our website and register at

www.cerebralpalsyScotland.org.uk/whats-on/annual-conference/register

Firewalk for Cerebral Palsy Scotland for World Cerebral Palsy Day

8 October 2022
5pm - 7.30pm
Ashfield Stadium, Glasgow

Challenge yourself to walk over fire. Can you imagine how great it would feel to overcome your



self-limiting beliefs and turn them into power? This is so much more than just a fire walking course. It focuses your brain the way you want rather than letting your brain run you.

The evening will include the firewalking course, a hot meal and your firewalk.

With kind support from Allied Vehicles, Glasgow Tigers Speedway and Pie Sports.

Find out more:

www.cerebralpalsyScotland.org.uk/event/firewalk



Allied Vehicles™

People with disabilities are **3 to 4 times more at risk of developing anxiety and depression. Thanks to determined fundraising, we now have a clinical psychologist available at Cerebral Palsy Scotland who is providing psychology support sessions to people with cerebral palsy when they need it most, like Marion.**

My name is Marion Burns, I am 38 years old and I stay in Kilbarchan Renfrewshire.

In my free time I enjoy using my computer, especially talking with my friends and family on Facebook. I like shopping, meeting up with friends and I love wheelchair dancing, skiing and going out for meals. My interests are art as well as painting. I enjoy volunteering for Cerebral Palsy Scotland and I recently designed some thank you cards for them.

I have cerebral palsy and it affects all my limbs, and I have limited function with my hands. I have poor muscle control which has also affected my ability to speak. I am a wheelchair user and I use a communication aid. I need support with all my personal care and feeding. I also have an enteral feeding system but I can eat some meals.



I have been going to Cerebral Palsy Scotland for physio since 1995. I always enjoy my sessions and I believe without my physio over the years I would not be able to do all the activities that I can today.

I first heard about Cerebral Palsy Scotland offering the psychology support service run by Joy from Stephanie Fraser at Cerebral Palsy Scotland. It was at the start of the first lock down in 2020. At that time I had two main issues - I was still coming to terms with a family bereavement and I had just heard I was getting moved into supportive housing which I wasn't too keen on. As well as what everyone else was facing at the time with all the uncertainty with Covid it was a worrying time for me.

Joy and I met weekly on Zoom. I felt it was very easy to open up about my worries to her. It felt easy talking to her about my issues and it was easy to build a good relationship quickly with Joy. Because I can't speak and use a communication aid some people take a long time to get to know me, but even if our sessions were online Joy was not slow to understand me.



I have benefited a great deal from my support sessions with Cerebral Palsy Scotland because without the input from Joy I don't believe I could have coped with everything as well as I did. I was facing more challenges because things were harder for me. Even being able to email her in between our sessions helped me a great deal. I felt more confident too.

It was great working with Joy, I felt the benefit of having someone who understood cerebral palsy rather than talking to someone who hasn't got an idea about cerebral palsy. She understood my emotions. Joy was exceptional and just very professional at what she did.

I definitely think things would be different if I hadn't met Joy, I would have been on my own dealing with the things that I had to face and that would have been very difficult for me. It wasn't just one to one Joy supported me with, she also spoke on my behalf at meetings.

The support from Joy was very important to me at a difficult time in my life.



Meet Sharon, our new Cerebral Palsy Scotland Support Co-ordinator

It's thanks to your incredible support that we have been able to expand our services team and welcome Sharon Collie, as our new Support Co-ordinator. Sharon will run our support service and be the first point of contact for people coming to the centre, providing ongoing information and support. She will also make links with other relevant organisations and the wider cerebral palsy community.

She is very passionate about this new role. Sharon has twin girls, and one has cerebral palsy. Her family have been involved with Cerebral Palsy Scotland for 15 years, attending for therapy and also volunteering, fundraising and providing information to help the cerebral palsy community.

Kiltwalk superstars



Huge thanks to our fantastic supporters who took on the Kiltwalk's Wee Wander, Big Stroll and Mighty Stride challenges, to improve the lives of people with cerebral palsy

in Scotland. The Glasgow event raised a record amount - a brilliant total of...

£12,453.65!



A few words of thanks

A massive thank you to **Gavin Turnbull** and his friends who raised an amazing **£1,430** by completing a cycling tour of Brittany, France. Gavin's six year old granddaughter has cerebral palsy. Gavin said **"She can't roll over, sit up, walk or talk and has no ability to swallow. However, through her parents, family and Cerebral Palsy Scotland she is happy. We really value the help they offer Gracie and other children like her"**

Thank you to **Aaron Ormison** who raised **£510** by taking part in the Edinburgh half

marathon, he was inspired to fundraise because someone close to him has cerebral palsy.

Huge thanks to **Craig and Lewis Jamieson** who completed a 24 hour poolathon, as their cousin Andrew has cerebral palsy and they appreciate the difference we can make. They raised an impressive **£1,862.60**.

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 last few months.



Remembering Charlie Ferns

We recently heard from Sylvia Ferns who told us about her husband Charlie who was born with cerebral palsy. Charlie's parents were unable to look after him so he spent a lot of his early years in care. Charlie passed away five years ago at the age of 61. Sylvia recently decided she was able to sort through his belongings, and it was only then that she

discovered Charlie had been saving his cash. Sylvia was sure that it was Charlie's wish to support other people with cerebral palsy. She decided to split the money between the charities that are important to her and Charlie.



We are so grateful to have received a donation of **£4,000**, to help provide life-long support for people like Charlie. If you would like to discuss leaving a gift in your Will or making a donation in memory of a loved one. Please get in touch with Kelly McLaughlin on 0141 352 5000 or Kelly.McLaughlin@cpscot.org.uk.

Charity of the year

Goodson Associates have picked Cerebral Palsy Scotland as their charity of the year. They competed in our Dragon Boats event, hosted an office bake sale and are taking on the Kiltwalk Mighty Stride challenge in Edinburgh. So far they have raised an impressive **£2,005**.

There are many benefits to supporting Cerebral Palsy Scotland. As your charity of the year your business and team become a vital part of our mission to improve the lives of people with cerebral palsy in Scotland. Get in touch by calling 0141 352 5000 or email getinvolved@cpscot.org.uk to find out more.



Make Some Noise for Global Radio

Global's Make Some Noise, the official charity of Global Radio, donated £20,000 which means we are once more able to run Baby buds, our fortnightly group for children aged 0-2 and their carers. The funds received from Global will support the group until 2023.

Amanda, who brings her daughter Esmae to the group says:

"I have been attending the Baby buds sessions with my nine month old daughter Esmae since they started back up. Esmae has quadriplegic cerebral palsy. The classes have been so beneficial for both myself and Esmae and it's so nice to attend a baby group with other parents in a similar situation.

"The staff are amazing and work really hard to make us feel welcomed and supported. During the class we sing songs, play with toys and get the opportunity to try out different equipment and communication methods. Thank you so much for giving us a little bit of normality in what has been a difficult start to Esmae's life."



Thinking ahead to Christmas

This year we have a selection of Christmas cards available which will support Cerebral Palsy Scotland. These include an exclusive and inclusive design featuring people using a wheelchair and walker. These will be available to buy in our centre and online. Look out for more information on our social channels.

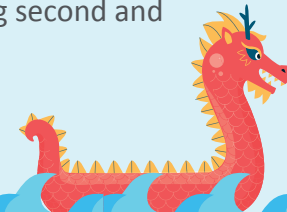


Dragon boat race day 2022

Our much loved Dragon boat race day returned in June to the shores of Loch Lomond after a two year break.

Thank you to each and every one of you that rowed, volunteered, donated, organised or cheered through the wind and rain. With your hard work and determination you raised a brilliant **£13,363**.

Huge congratulations to Peter's Pirates from Allied Vehicles Group who were the winners with GE Renewable Energy and Goodson Associates taking second and third places.



Policy and campaigning update

During the past few months, we have been busy keeping the needs of people with cerebral palsy at the forefront of the minds of statutory service providers and policy makers.

As members of the Neurological Alliance of Scotland, Cerebral Palsy Scotland welcomed the publication of the first patient survey undertaken by the Neurological Alliances from across the UK. The report highlighted

that 1 in 6 people across the UK are living with a neurological condition and that at least half were continuing to experience delays to accessing appointments and services.

The publication of the survey coincided with Carers' Week and a debate in the House of Lords on neurological conditions to which our CEO, Stephanie Fraser contributed.

We look forward to building on this growing evidence to ensure improved data collection so that people with cerebral palsy become more visible to service providers.

Visit link below:
cerebralspalscotland.org.uk/policy-campaign-update/
to access the report and more policy and campaigning updates.



cerebralspalscotland.org.uk



getinvolved@cpscot.org.uk

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