



cerebral
palsy
scotland

Annual Review 2022•23



Over 2022-23 we have been delighted to be able to plan and deliver an unrestricted year of activity – the first since the start of the Covid pandemic. The benefits for people with cerebral palsy of multi-disciplinary therapy sessions, group activities and in-person events are many.

Alongside celebrating these positive developments, we and the Trustees are also firmly focused on negotiating the challenges that lie ahead for all charities as we raise funds in a difficult economic climate and seek to ensure that we offer the services that are most needed and relevant for our beneficiaries.

To that end, in February 2023 we agreed our new Strategic Plan 2023-2026. The plan identifies four key areas for action for Cerebral Palsy Scotland:

- ▶▶ To be the voice of the cerebral palsy community in Scotland
- ▶▶ To increase awareness of Cerebral Palsy Scotland and the support we provide
- ▶▶ To enable therapy, support and information to be available for as many people with cerebral palsy in Scotland as possible through all life stages

- ▶▶ To increase knowledge and understanding of cerebral palsy amongst professionals, service providers and policy makers

It is important to us that Cerebral Palsy Scotland remains an organisation focused on how best to help people with cerebral palsy build skills, knowledge, confidence and relationships and make the most of their abilities. Together with the community we serve, we will work to make the most of every opportunity for the benefit of people with cerebral palsy.



Ian Johnstone
Chair of Trustees



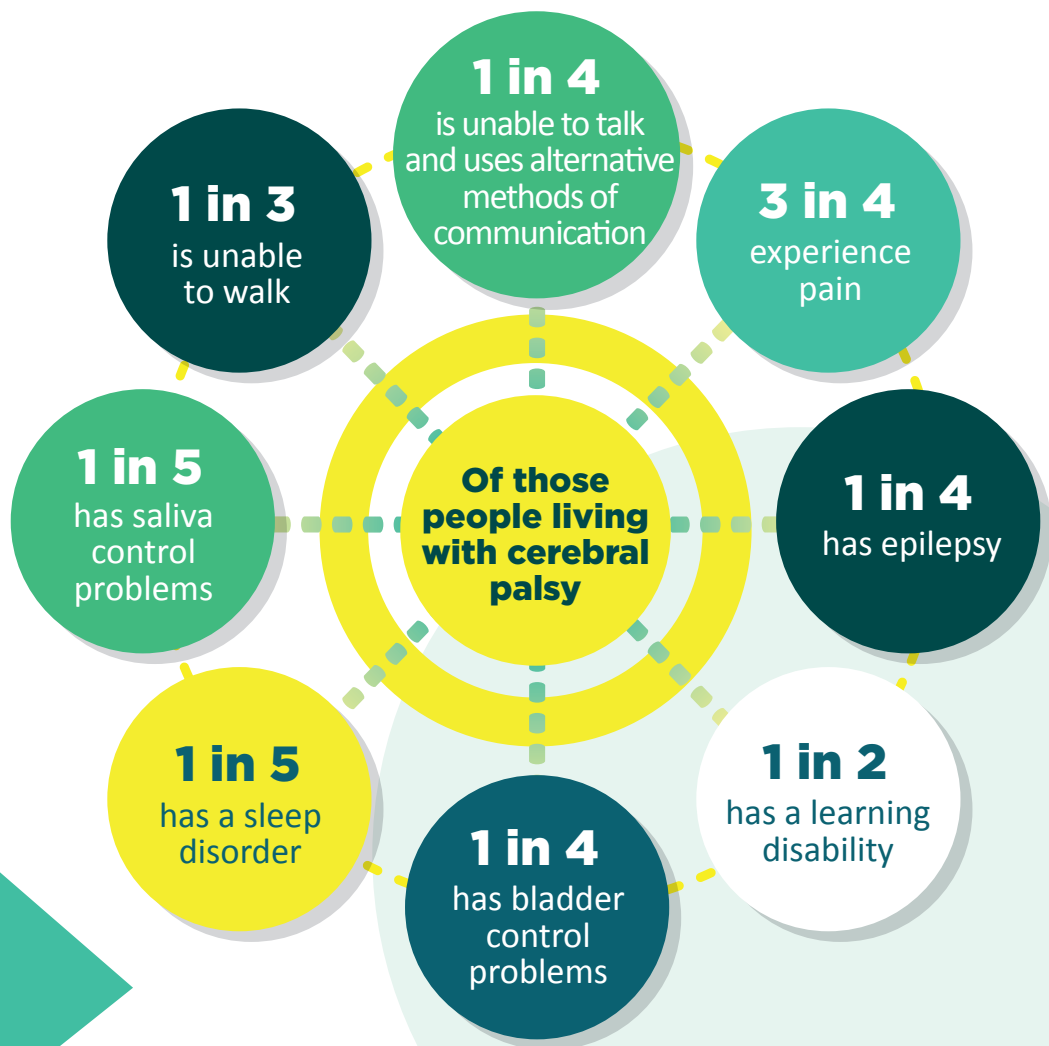
Stephanie Fraser
CEO Cerebral Palsy Scotland

What is cerebral palsy?

Cerebral palsy (CP) affects a person's ability to control their movement, posture and balance.

No two people experience cerebral palsy in the same way. How someone is impacted will depend on the type of cerebral palsy a person has and how much of their body is affected.

As well as affecting movement, cerebral palsy can affect other areas of function:



Why our work matters

One in 400 births result in a diagnosis of cerebral palsy.

Cerebral palsy is a **life-long condition**, but there are no specialist health services for adults with CP in Scotland.

Disabled people are more likely to experience **loneliness, anxiety and other mental health problems**.*

Our 2021 supporter survey revealed that **45%** of respondents felt NHS services were '**not at all**' meeting their needs, while a further 20% said their needs are being met only '**a little**'.

72% of disabled people have experienced negative attitudes or behaviour in the last five years.**



* Office for National Statistics, 2019

**Scope's Attitude and Disability Survey, 2022

What we do

Cerebral Palsy Scotland is a charity that improves the lives of children and adults with cerebral palsy through specialist therapy, support and information.

We're ambitious for people with cerebral palsy.

For over 25 years our therapists have worked alongside people with cerebral palsy, their families and carers, helping them develop practical skills which transform daily life.

Our groups reduce isolation, bringing people with cerebral palsy and their families together. Our support service offers a listening ear and advice.

We share our knowledge and skills through therapy, courses, conferences and working collaboratively.

We raise awareness and we campaign for life-long access to knowledgeable, compassionate services and support.





My name is Zoe and I'm 37 years old. I've been coming to Cerebral Palsy Scotland since 1995.

As a child you get a lot of input from the NHS, but when you reach the age of 18 you seem to drop off the end of the earth and no one really knows what to do with you. I think that's partly because people don't have the knowledge of how cerebral palsy affects an adult fully.

I have had problems with hip dysplasia and pain in my hips for a long time. I finally got two hip replacement operations in 2021 and 2022, after I found a surgeon who was willing to give me a hip replacement rather than remove my hips completely so I could maintain my self-transferring.

Following the surgery I wasn't getting the rehab support I needed from the NHS. The physios

I worked with told me I shouldn't be standing, I shouldn't be walking and I shouldn't be trying to self-transfer. Wherever I went it felt that someone was closing the door in my face and saying, "No you can't do that, so we won't even try". I felt like I had been put on the scrap heap.

I know that, as an adult, I'm not as mobile as I used to be and I need extra help to function in everyday life. That is really difficult to deal with mentally. But I still want to keep trying.

At Cerebral Palsy Scotland, all the therapists are willing to try different things. They genuinely want to help. They say "let's work towards it". It is that kind of optimism that I think makes such a big difference.

In my sessions, the motivation was to maintain the mobility and movement that I have. The therapists are specialists and have knowledge of cerebral palsy; they understand what works and what doesn't. They understood how much pain I was in. All that really helped physically and mentally.

We worked on my back issues, which gets rid of a lot of the pain. We worked on how to move better to stop the same problems from happening again. One of my

longer-term aims is to get back to standing transfers on and off the toilet, so we worked on using hoists to help with this. The first time I got in the hoist and started to move I cried; I never thought I would ever get to this stage. It is giving yourself small goals which add up to bigger things.

I thought the other day about what would be different about my life if Cerebral Palsy Scotland didn't exist, and I got quite emotional. There just wouldn't be the same appreciation of how cerebral palsy affects people. There wouldn't be people going the extra mile. Without Cerebral Palsy Scotland the world for people with cerebral palsy would be a much more difficult and challenging place.



Specialist therapy

Therapy is critical in helping people with cerebral palsy thrive and reach their potential. Providing therapy using the Bobath concept is at the heart of what we do at Cerebral Palsy Scotland.



This year we have been able to reinstate **Baby buds**, our fortnightly fun play and therapy group for children age 0-2 and their families.

The group allows children to benefit from ongoing specialist support at an age where targeted input is critical in enhancing their development.

Parents are also able to meet others in a similar situation, at a time when they can feel very isolated.

Adults with cerebral palsy were able to access subsidised therapy sessions through our **Helping Hands** programme.

A **written report** was produced for each person who came for therapy to summarise their progress, and give suggestions for sustaining progress and what to do at home.



Our **Better Start** programme allowed children aged 2-14 to access fully-funded therapy at our Glasgow centre and through outreach work in Aberdeenshire and Dumfries and Galloway.

In partnership with the charity MERU, we run the Scottish satellite clinic for the **Bugzi loan scheme**, which allows young children to access powered mobility and enhance independence.

1,125

sessions
delivered

88

children have
received
therapy

38

adults have
received
therapy



Supporting mental health

Recognising that cerebral palsy can impact mental health as well as physical health, a Consultant Clinical Psychologist offered direct psychological support, and supported our clinical team to deliver psychologically informed input.

In addition, an online mindfulness course to support wellbeing was attended by 22 parents.



Information sharing

- ▶▶ Our website, email communication and social media channels kept supporters updated on our own services and other information relevant to the cerebral palsy community.
- ▶▶ Appointed in 2022, our Cerebral Palsy Support Coordinator is a listening ear for supporters. She responds to a diverse range of queries, signposting to other services when appropriate.



4,300
Followers



1,300
Followers



980
Followers

Annual conference

Our ninth annual Cerebral Palsy Scotland conference - the first in person since 2019 - was held at Hampden Park on 6 October 2022.

Supported by Digby Brown Solicitors, the conference is a unique event that brings together people with cerebral palsy, their families and education, health and social care professionals.

“The sessions were informative and it was wonderful to have a CP-focused event.”

“As a first time attendee, I really enjoyed mixing and meeting with the CP community. It was an inspiring experience.”

20
speakers

264
delegate
registrations

90%
rated the event
‘very good’ or ‘excellent’



Campaigning and awareness raising

In 2022-23 we worked to influence policy in all areas that affect people with cerebral palsy:

- ▶▶ Our CEO, Stephanie Fraser, chairs the Scottish Government's National Advisory Committee for Neurological Conditions (NACNC) which is working to implement the Framework for Action for adults with Neurological Conditions.
- ▶▶ We were funded by Scottish Government to work with two Health and Social Care Partnerships to develop referral pathways for adults with CP.
- ▶▶ We contributed to a joint research project on lifetime neurological transitions with NHS Ayrshire and Arran, The University of Dundee and ARC, the Scottish Transitions Forum.
- ▶▶ As active members of the Neurological Alliance of Scotland, we supported work on the first pan-UK neurological patient experience report, '1 in 6'.
- ▶▶ As members of the Cross Party Group on Disability we worked with Jeremy Balfour MSP on a range of issues, including how to establish a Disability Commissioner for Scotland.
- ▶▶ At Westminster, the All Party Parliamentary Group for CP published reports on the Barriers for Adults with CP and the Transition from Childhood to Adulthood to which Cerebral Palsy Scotland contributed the Scottish perspective.
- ▶▶ We submitted responses to eight Scottish Government consultations.



Cerebral palsy awareness month

People with cerebral palsy were at the forefront of our social media campaign for cerebral palsy awareness month in March 2023, which raised awareness of different aspects of living with CP and highlighted the diversity of the community.

13

volunteer content creators took part

Our campaign featured in STV news and the press.



At the invitation of the Lord Speaker, Cerebral Palsy Scotland hosted a reception in The House of Lords in November 2022 to raise awareness of cerebral palsy.



Jack and Karen

My name is Karen, and my son Jack is two and a half. Jack is amazing - a little ball of sass with a big personality.

Jack was born having hundreds of seizures per day. He needed surgery to stop the seizures, and following that he was diagnosed with hemiplegia, so his cerebral palsy affects the left side of his body. He also has a visual impairment and we know he'll have learning challenges.

We first came to Cerebral Palsy Scotland during Covid times. It was a really lonely world for us then. The sessions were really worthwhile, and totally different to anything else that we'd attended. It didn't feel like 'therapy'; it felt like having fun.

We also came to the Baby buds group which was really important to us. We could be around other kids similar to Jack. There was no judgement, and everyone

progressed at their own rate. I could talk about the struggles you face that other parents don't have. I met mum friends. It was really vital for my mental health at the time.

At the end of last year we were in a place where we needed some more support. Jack had made a lot of progress but we didn't know where to go next. We were all at one of the lowest lows that comes with the additional needs lifestyle, so I reached out to Cerebral Palsy Scotland and we were given a group of therapy sessions.



The sessions were amazing. We saw activities and we thought, 'We've got stuff at home that could support that'. At home we got his brother involved. It was the first time our two had properly played together.

Since the sessions, Jack has consistently started to pull up and stand at the couch. It was

something that he never had the confidence or understanding to do before.

Before the sessions, we also really struggled with knowing if Jack understood us. But, during therapy Jack started pointing to make choices. We've continued that and now Jack makes choices, like picking a toy or food. It was a massive turning point for us. We also started Makaton too. Before, it had seemed difficult for us to learn, but at the sessions they gave us a new outlook: we learn one sign, we teach Jack that sign, and so on. Now Jack can sign at least 20 different signs. That's given Jack a voice, it's given him a drive.

We don't have milestones with Jack - we celebrate every inch-stone instead. We've seen so many since the sessions. And it's so many that we were never guaranteed to have.

If we hadn't come across Cerebral Palsy Scotland, I know life for all of us would be totally different. Our journey's been mad, it's been chaotic, and I don't doubt it always will be. But having a charity at our side who are there to support us as a family, not just Jack, it makes more of a difference than you could imagine.

Fundraising

The unwavering support of people and organisations during continued challenging financial times has been absolutely instrumental in enabling us to provide support for people with cerebral palsy and their families. Without their dedication, it would have been impossible to ensure that support and vital information were available to every person with cerebral palsy in Scotland who needed it.

This year saw the successful return of our own fundraising events, including the launch of our first fully accessible challenge. There has been a marked rise in community and supporter-led fundraising and every single donation really has made a difference. The funds raised have provided a lifeline for people with CP and their families.



More than half of our funding during 2022/23 came from charitable trusts and foundations. We are deeply grateful to all those organisations who continued to support us and who share our vision. We would like to thank all those Trustees, grant making staff and advisors for enabling us to ensure we continued to help people throughout Scotland this year.

We are extremely grateful to all organisations who have provided strategic grants over the last year including the players of the National Lottery and The National Lottery Community Fund, Global's Make some Noise, The Scottish Government's Children and Young People and Families Early Intervention Fund and the Scottish Children's Lottery.

Walk 'n' Roll was our first accessible virtual challenge and was held during Cerebral palsy awareness month in March.

Fundraisers set their own challenge and got moving in a way that worked for them – using their wheelchair, powerchair, walking frame, frame running bike, trike, feet or body.

31 Walk 'n' Rollers took part in the challenge and raised an incredible **£7,883** for Cerebral Palsy Scotland.



In December we launched our first inclusive Christmas card which not only sold out, but also generated a feature on STV news and four further press articles, highlighting the importance of inclusive imagery in society and the media.

Financial review

During the year to 31 March 2023, the income of the charity from all sources was **£797,672** whilst total expenditure was **£736,243**.

The surplus of **£54,481** was largely due to receiving funding to deliver annual reviews for adults with CP immediately before the financial year end. This income has been shown as received in the 2022/2023 financial year but is restricted and carried forward to cover this work during 2023/2024.

The year-end accounts also reflect difficulties in staff recruitment, something many organisations are experiencing. Recruiting a psychologist has not been possible this year. Instead we have sought to support mental health and wellbeing through our existing service. Together with the delayed recruitment of an additional specialist physiotherapist, vacancies mean that staff costs are less than we had planned for.

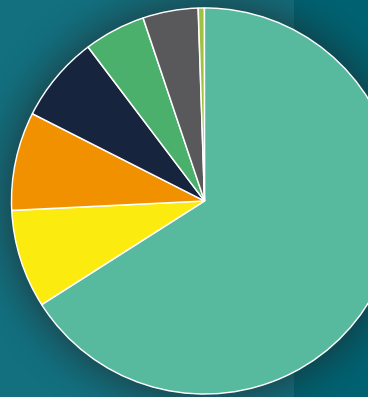


We carry a level of free reserves that represents around six months of expenditure. Given fundraising activity provides **89%** of our income, raising funds remains vital to our ongoing sustainability.

The fact that **79%** of our total expenditure goes directly towards charitable activities highlights that we prioritise developing our services and the condition-specific knowledge of our staff for the benefit of people in Scotland with cerebral palsy.

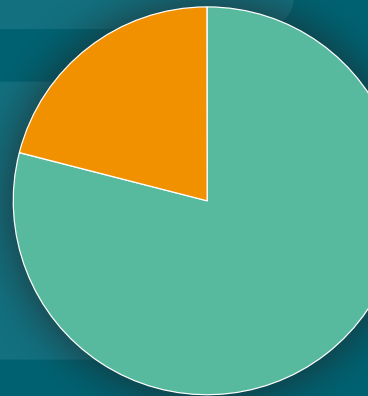
Income

	£	%
● Trusts and grants	509,348	64%
● Charitable activities	62,982	8%
● Individual supporters	66,656	8%
● Community fundraising	54,615	7%
● Legacies	37,404	5%
● Events and merchandise	36,136	4.5%
● Corporate	4,427	0.5%



Expenditure

	£	%
● Charitable activities	581,788	79%
● Raising funds	154,465	21%



Chief Executive

Stephanie Fraser

Trustees

I Johnstone - Chair

K Campbell - Treasurer

D Reid (resigned 17.5.2022)

E Boyd (resigned 17.5.2022)

J McPhail

P Morris

K Colquhoun

A Matthews

G Craig

E Macleod

K White (resigned 9.2.2023)

M Inglis (appointed 17.5.2022)

B Dunn (appointed 20.9.2022)

D Facenna (appointed 9.2.2023)

L Millar (appointed 9.2.2023)

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