



Annual Review 2023•24



cerebral
palsy
scotland

Welcome to our 2023/2024 annual review.

We are privileged to work with children and adults with cerebral palsy and their families across Scotland. We provide a range of support and information services, alongside the specialist therapy that remains at the heart of what we do.

This year, our new Strategic Plan saw us begin work on four key objectives: increasing awareness of cerebral palsy, amplifying the voice of the cerebral palsy community, ensuring those who need us have access to our services, and increasing knowledge of cerebral palsy through partnership working, and developing and delivering a new training programme for families, carers and professionals.

Cerebral Palsy Scotland never stands still; but our commitment to our work remains constant – to reach as many people with cerebral palsy in Scotland as we can, and to support people with cerebral palsy build skills, knowledge, confidence and relationships that help them make the most of their abilities.



Stephanie Fraser
CEO Cerebral Palsy Scotland



Ian Johnstone
Chair of Trustees



What is cerebral palsy?

Cerebral palsy (CP) is a lifelong neurological condition that 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:

Of those people living with cerebral palsy

1 in 3 is unable to walk

1 in 4 is unable to talk and uses alternative methods of communication

3 in 4 experience pain

1 in 4 has epilepsy

1 in 2 has a learning disability

1 in 4 has bladder control problems

1 in 5 has a sleep disorder

1 in 5 has saliva control problems

Our year in numbers



Saw

253

people with cerebral palsy for specialist therapy



an increase of

28%

on last year.



Ran

22

Baby buds sessions for children aged 0-2 and their families providing expert input at a time when targeted therapies are critical in enhancing development.





Spent over
3 months

providing therapy to children and families in Edinburgh, Midlothian, East and West Lothian through outreach with our Better Start programme.



Trained

184

professionals through five training courses.

Hosted
7 social events

attended by...

68
adults

38
children

Brought together

212

delegates

27

speakers

30

exhibitors

at our 10th annual Cerebral Palsy Scotland conference.

Welcomed

89

attendees to our cerebral palsy information sessions.



Making sure people with cerebral palsy are heard

Building our community

In October 2023 our 10th annual conference and exhibition was attended by over 200 delegates.

As the only cerebral palsy-focussed annual event in the UK, the conference offers a vital space for people with cerebral palsy, their families and professionals to meet and learn. We thank Digby Brown Solicitors for supporting this event.



We ran **surveys** to understand the cerebral palsy community's views on social care, Self-Directed Support, and the development of the National Care Service. This lived experience was taken forward into our policy work and service development.

Listening and learning

We're gathering richer feedback from the people who use our services, including through our new co-production group, to ensure that people with cerebral palsy are at the heart of service development.



Raising awareness

Reaching new audiences

We're working to connect with more people, so they know who we are and how we can support them:

- ▶▶ Increasing engagement and followers on social media
- ▶▶ Publishing regular newsletters
- ▶▶ Responding to over 200 support enquiries by phone and email

Our Cerebral Palsy Awareness Month campaign in March 2023 was led by a group of 27 volunteer content creators with lived experience of cerebral palsy.

The creators filled our social channels with videos, blogs and infographics, reaching new audiences, educating about cerebral palsy and raising awareness of the services we offer.



Providing therapy, support and information

Therapy is the key treatment for cerebral palsy and providing specialist therapy using the Bobath concept is at the heart of what we do. This year, a range of funded projects enabled children and adults to access therapy and mental health support based on clinical need, not ability to pay.

A better start

Better Start is a funded therapy programme for children with cerebral palsy aged 2-14 and their families. Working across Edinburgh City, Midlothian, West and East Lothian and Glasgow, 80% of the families seen by our team would not otherwise have had access to condition-specific therapy.



If we hadn't come to Cerebral Palsy Scotland, I don't think Leah would have built her confidence and self-esteem back. Now she knows how to move her body again. She knows that she can trust her body again. She's gone back to who she was and so much more."

Leah and Alleashia



Learning about the different stretches Jack can do to help his tight muscles has really, really helped us. Now, I'm pushing him more on different things. Now I know he's capable of doing more himself."

Jack and Amanda



Seeing the whole person

We are developing a 'psychologically informed practice', where mental health and wellbeing support is embedded in everything we do.

Our Chartered Psychologist provides support and advice to the staff team as well as holding one-to-one sessions with people with cerebral palsy and their families.

We have begun developing a range of online wellbeing resources and have published advice for parents on 'How to talk to your child about their cerebral palsy'.

Baby buds is a fortnightly play and therapy group for children aged 0-2 and their families. Providing regular, targeted therapy input at this age is critical to enhancing development and helping children make the most of their abilities.



Roo and Rob

“Our son Ruaridh, or Roo, is two years old. He’s a very smiley and happy wee boy. He loves music and especially having a dance party with his family.

“Roo was born seven weeks early. His cerebral palsy affects pretty much his whole body and his vision is also impaired, so he presents very different challenges compared to a typical one and a half year old. Day-to-day life is much more complex.

“Baby buds has been fantastic for Roo and me. When we’re singing or doing stories, there’s always extra things to support the children, like symbols, pictures or toys they can touch and feel. We always do some mobility work. Everything is done through play, but it’s physio play. Roo always has a good time - he’s working hard, but he’s enjoying it too.

“Becoming a parent of a child with cerebral palsy, it’s a whole new world. It was a really tricky time for everyone when he was born. As much as we treat him like any other child, it is different, and you don’t always know what to do to best support his development.

Having all these experienced people around who can support you is fantastic.

“At Baby buds we have learnt ways to help him move, ways to support him so he can engage more with toys. We’ll bring back ideas from the sessions and incorporate it into the way we play with Roo, or how we support his posture and building his strength and coordination.

“It’s also nice for us to meet families in the same situation. It can sometimes feel quite painful to take Roo to a regular toddler group, where you’re noticing how non-disabled children are developing. At Baby buds, for a couple of hours, you don’t feel like that. Having that shared experience takes a lot of pressure off. You don’t need to explicitly say it out loud, but there’s an understanding that everyone has that similar experience.

“It’s great to have made a connection with Cerebral Palsy Scotland. It’s something that Roo can be a part of, and it’s nice to know that as he gets older there will be that source of support out there for him.”

Specialist Reviews support adults to stay well, ensuring they have access to condition-specific specialist clinical support that isn't available elsewhere.





Kirsty

“I’m 24 and I’ve been coming to Cerebral Palsy Scotland since I was three. I got a lot of physio going through school, but since I left school at 18 I’ve not had any at all and over the past six years I have noticed changes.

“With the Specialist Review, even though I just came for two sessions, there were definitely positive changes that came out of it. We looked at different ways of getting into the car that would work better for me, and also a different way to put on socks. I also got advice about improving my sleeping position to help with my posture and reduce my back pain. It was great to hear about things that I can do to help me which are easy to put into my daily schedule.

“I was also referred on to the orthotic clinic, as I was worried about my foot turning in. I had stopped wearing splints at 15, but I said I was open to wearing them again. I now have a splint and it’s definitely helping to take the pressure off my foot.

“All the therapists at Cerebral Palsy Scotland are very friendly. They make you feel comfortable, which makes it easier to admit that maybe there are some things you struggle with as an adult with cerebral palsy. I can see my body changing, I’m getting a wee bit stiffer. I can pinpoint the pain or tightness that I have, but I don’t really know how to fix it. So it’s nice to have somewhere that specifically works with people with my diagnosis. People that know my body and how it works.

“When I think back to all the input I have had over the years at Cerebral Palsy Scotland, I don’t think I would be half as mobile or half as independent as I am today if I hadn’t ever come. They’ve helped me work with my body, my balance, my tightness, and helped me to be as independent as I want to be.”

Increasing knowledge and understanding

Advocating for the cerebral palsy community to have life-long access to knowledgeable, compassionate services and support is a core part of the charity's mission.

Over this year we:

- ▶ Submitted responses to two Scottish Government consultations, one Scottish Parliament Committee and two UK Government consultations
- ▶ Continued to chair the Scottish Government's National Advisory Committee for Neurological Conditions, which is led by our CEO
- ▶ Represented the views of people with cerebral palsy as part of the Neurological Alliance of Scotland
- ▶ Ensured the experience of people with cerebral palsy and their families is reflected in the Scottish Covid-19 Inquiry

This year, we have provided more training sessions. This improves access to specialist knowledge and boosts outcomes for people with cerebral palsy.

We hosted regular online and in-person cerebral palsy information sessions, plus other courses on PODD communication books, switch skills, early communication and advanced bimanual skills.

184

professionals
attended trainings

89

people attended
cerebral palsy
information
sessions



“

Really practical tips to try with clients. Increased my confidence in the area.”

Training participant



Fundraising

Cerebral Palsy Scotland is wholly reliant on the generosity of people, trusts and corporate organisations to enable us to support the community we serve. Every single donation we receive makes a difference, and we are sincerely grateful to everyone who has contributed to our fundraising this year.

Individual donors

We are deeply thankful to the Friends of Cerebral Palsy Scotland who support us with regular gifts.

December's Big Give Christmas Challenge saw individual donors raise over **£15,000** in just seven days. Thanks to a kind supporter and The Reed Foundation, every donation was doubled and a total of **£32,435** was raised for our therapy service.

Charitable trusts and foundations

We sincerely thank all the charitable trusts and foundations, their trustees and grant making staff who support us and share our vision.

Organisations providing strategic grants over the last year included the players of the National Lottery and The National Lottery Community Fund, The Scottish Government's Children and Young People and Families Early Intervention Fund, Charities Aid Foundation (CAF) - Connecting Communities Grants, Glasgow City Council Glasgow Communities Fund, The RS Macdonald Charitable Trust, The Allied Vehicles Charitable Trust, The Hospital Saturday Fund, The Morrisons Foundation and The Health and Social Care Alliance Scotland.



Thank you to everyone who gave their time and energy to take part in our community fundraising events.



Corporate organisations came together to take part in our 20th Dragon Boat race day, supported by Allied Mobility.



Our fully accessible fundraising challenge, Walk 'n' Roll, gave all our supporters the opportunity to get active and raise funds.

Financial review

For the year ending 31 March 2024 the income of the charity from all sources was **£844,447**. We are showing a surplus for the year of **£52,093**. This surplus is due to unspent restricted funds attached to the provision of psychology support and to the one-off transfer of funds to us from the closure of the charity, Cerebral Palsy Aberdeen (CPA). Funds from CPA are restricted to support people with cerebral palsy who live in Aberdeen and Aberdeenshire to access our services.

Our longer term aim is to develop work that will generate income, including through providing training and options for people to contribute to the cost of therapy. We have started this work, but it will take time to build and we need continued support to work towards greater sustainability.

While we continue to rely heavily on fundraising, which makes up **89%** of our income, we ensure we are not dependent on any one grant-giver through a portfolio of support that varies in contribution level and grant length. We also carry a level of free reserves that represents around six months of expenditure.

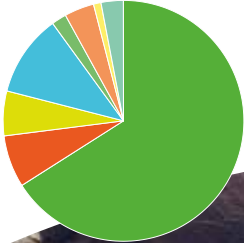
The success of our work is also linked to our ability to attract a skilled team. In 2023/24 we are proud to have recruited and supported through Bobath training, a specialist physiotherapist and have engaged a regular consultant Chartered Psychologist to support the whole team and ensure our services continue to meet the needs of the community we serve.



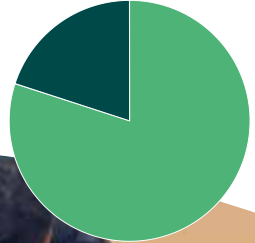
Income	£	%
Trusts and grants	556,155	66
Charitable activities	55,300	7
Individual supporters	52,656	6
Community fundraising	93,792	11
Legacies	15,000	2
Events and merchandise	33,375	4
Corporate fundraising	7,403	1
Other income (Rents/bank interest)	30,766	3

Expenditure	£	%
Charitable activities	640,355	80
Raising funds	164,745	20

Income



Expenditure



Bell Barr & Company
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Chief Executive

Stephanie Fraser

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I Johnstone - Chair

K Campbell - Treasurer

K Colquhoun

G Craig

B Dunn

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