



cerebral
palsy
scotland

Annual Review 2025 • 26



Welcome to our 2025/26 review of the year.

During 2025/26, we were proud to support more people from across Scotland to access therapy, offering greater flexibility in how and where support is provided to meet the needs of the children, families and adults we serve.

Whilst our Therapy Centre is based in Glasgow, we are proud of our ability to help people from all across Scotland living with cerebral palsy. We were here to support people with a wide range of enquiries. Everyone who contacted us for therapeutic support was offered a first assessment consultation, either virtually or in-person. The first assessment is to understand an individual's needs and enables a collective identification of the appropriate follow up.

During the year we supported people from all but one of Scotland's 14 health boards and all but four of Scotland's Local Authority areas. We've visited homes and schools, run Lottery-funded outreach work across the country and seen people with all types of cerebral palsy, from babies to pensioners and every age in between.

This was a remarkable achievement, only possible thanks to the incredible support from donors, funders and the incredible generosity of those that walked, ran, wheeled, jumped or responded to our giving campaigns throughout the year. You enabled us to focus on what matters most, helping everyone with cerebral palsy.

During the year, we took the opportunity to consult with our community and develop a longer-term strategy designed to support the ongoing sustainability of our organisation while maintaining a clear focus on our purpose. This work will help ensure that we can continue to provide vital services to people with cerebral palsy and their families. On behalf of us all, thank you for your support.



Stephanie Fraser
CEO Cerebral Palsy Scotland



Ian Johnstone
Chair of Trustees

What is cerebral palsy?

Cerebral palsy is a lifelong condition caused by damage to the brain before, during or shortly after birth. It primarily affects movement, posture and coordination.

Every person with cerebral palsy is different, and while the brain injury does not worsen over time, the effects can change throughout life. Some people also experience

associated conditions such as communication difficulties, learning disabilities, epilepsy, vision or hearing impairments, or chronic pain.

There is no cure for cerebral palsy, but early intervention, therapy and the right support can help children and adults maximise their independence and quality of life.

There are currently no specialist health services for adults with cerebral palsy in Scotland.

65% of people **are not** able to access individual therapy outside of Cerebral Palsy Scotland

82% of people **are not** able to access groups for people with cerebral palsy outside of Cerebral Palsy Scotland

88% of people **are not** able to access psychological support for their cerebral palsy outside of Cerebral Palsy Scotland

Our Impact

The year in numbers

275 We provided specialist therapy to 275 people, including **130** children and **145** adults.

155 We delivered training webinars and information sessions to **155** people.

605 We dealt with 605 enquires from people seeking information on cerebral palsy.

156 We brought 156 delegates together for the 12th Annual Cerebral Palsy Scotland Conference.

103 We delivered 103 first assessment appointments

19 We delivered 19 therapist-led Baby Buds sessions for children aged 0-2 years.

66 People attended social events at our Glasgow centre



Our Impact Specialist Therapy

People with cerebral palsy need access to specialist therapy throughout their lives to meet their changing needs and support them to achieve their goals. Timely access to expert support enables children and adults with cerebral palsy to participate more fully in education, work, family life and their communities.

In 2025/26, we provided specialist, condition-specific physiotherapy, occupational therapy and speech and language therapy to **130 children** and **145 adults** with cerebral palsy.

We deliver sessions in a variety of ways to suit our service users. **425** sessions were delivered face-to-face at our Glasgow therapy centre, and **200** sessions took place virtually. Our therapists went on **22** home/school visits across the year.

We helped children and adults with cerebral palsy across Scotland, from Shetland to the Scottish Borders, and all areas in between.

Our Impact Support Service

We provide the Scotland's only Support Service dedicated to helping people with cerebral palsy and their families.

Our dedicated Support Coordinator provides information, support, facilitates access to specialist therapy, and signposts people to relevant services. Support is available in person, by phone and by email.

In 2025/26, we dealt with **605 enquiries** from people seeking information on cerebral palsy. We supported families seeking advice

following concerns about their child's development or a new diagnosis, as well as adults who received a cerebral palsy diagnosis later in life and were relieved to find trusted information and support.

We also helped people navigate everyday challenges, from accessing services to finding accessible holidays and community resources.



605
enquiries



Kirstie helped me understand my own emotions to help make me the best parent/carer I can be"

Parent of young person with cerebral palsy



Our Impact Psychological Support

Our Chartered Psychologist, Dr Kirstie Rees, provides psychological support to children, young people and adults with cerebral palsy, as well as parents and carers. Kirstie works closely with our therapists to ensure that all forms of support are psychologically-informed and also provides training to people with cerebral palsy, parents and professionals.

In 2025/26, Kirstie provided 1-2-1 support to 24 individuals across 60 sessions, helping people to manage emotional challenges, build confidence, develop coping strategies and improve their mental health.

For parents, psychological sessions provided a safe space to process their child's diagnosis, understand their needs and support their child's emotional wellbeing.



Case Study

We recently talked to Finlay's mum, Katie, about her son's cerebral palsy journey.

"Finlay was born prematurely in July 2023. He was born at only 29 weeks. He was in the neonatal unit in Glasgow for two weeks and then spent another four weeks in the neonatal unit down in Dumfries.

As he grew, I started to notice that Finlay just wasn't like the other children. He couldn't roll over, he was just very static in his movement. He was very rigid, very stiff.

When he was about one year old, I pushed and pushed with healthcare staff, I said: "Look he can't even roll over, he can't sit"

and they finally started to agree that he was significantly more behind than he should have been. **At 18 months old, he was diagnosed with cerebral palsy.** The doctor explained that he may never walk, he may never talk, he may never be able to communicate with you, they didn't know what his quality of life was going to be or what he was going to achieve.

And then it seemed like once we were told he had cerebral palsy that everything stopped. We didn't really get any physiotherapy or OT input. We didn't really see paediatrics anymore. We naively thought that he's going to get taken under somebody's wing, we're going to get all this help and they're going to see us all the time - and it just didn't happen like that."

Finlay has gone on to make fantastic progress. Katie tells us, "Finlay's cerebral palsy just really affects his mobility. We're so lucky that he speaks. His speech is unaffected and his cognitive development is unaffected, his mobility is better than what they first felt that it might be, but it's still hindered. He's only just learned to crawl, like properly

crawl, but it's not for a sustained period of time. He can stand, but not without support. And he can walk on a little K walker for a period of time."

We asked Katie how cerebral palsy affects Finlay's day-to-day life;

"The weekend comes around and people go to the park, or they go to the soft play, and they do all these things, and those aren't really viable options for us. There's not a lot that Finlay can do at a park. He can't go down a slide without somebody holding him because he would fall. He's not independent enough to do these things himself."

Finlay has been accessing specialist multidisciplinary therapy at Cerebral Palsy Scotland, and mum Katie told us it has made a huge difference to the family's life.



"We were not getting anywhere with our NHS service. We still didn't have a physio. When we came to Cerebral Palsy Scotland, it was just great for us. It was just so different to what we had received from the NHS. Support was very much tailored to Finlay. It helped us to know what was going on with him, what to do with him, what not to do with him. They've even lent us equipment. I've also had appointments with Kirstie the psychologist.

It's just knowing that whenever I e-mail or call, they're there to answer questions. It's just knowing that you've got Cerebral Palsy Scotland there to help."

Our Impact Training & Events

We provided condition-specific training to **155** professionals, parent/carers and people with cerebral palsy across 2025/26.

We hosted the 12th Annual Cerebral Palsy Scotland Conference on 8 October 2025. The conference was attended by people with cerebral palsy, families, and health and education professionals.



CP Social Events

During the year, we welcomed **66 children and adults** to our programme of accessible and inclusive social events. From pizza parties and Coffee Connections to our much-anticipated Christmas parties, our events brought people together to make friends, reduce isolation, build confidence and create lasting memories in a welcoming and supportive environment.

Thank you to our social events funders; **Allied Vehicles Charitable Trust, AAB and The Merchant's House of Glasgow.**



Our Impact Baby Buds

Led by our team of specialist therapists, Baby Buds provided a welcoming and inclusive space where babies, toddlers and their parents or carers could play, connect and learn together. During 2025/26, **16 families** took part in the group. Through fun, play-based activities, children developed their communication, movement, sensory and social skills, while families received practical advice and tailored support from our therapists.

Baby Buds continues to provide a valuable source of peer support, helping families build confidence, reduce isolation and connect with others on similar journeys.

“We have learned so much from Baby Buds and we are so thankful the group exists”

Parent



Fundraising

Cerebral Palsy Scotland relies on the generosity of individuals, trusts and corporate partners to help us provide vital support to people with cerebral palsy and their families. Their support makes it possible for people across Scotland to access the specialist information, advice and therapy they need, helping us reach those who might otherwise struggle to access this essential support.

64% of our income in 2025/26 came from **charitable trusts and foundations**.

Thank you to all of our funders, including: **The National Lottery Communities Fund, The CYPFEIF & ALEC Fund, Garfield Weston Foundation, The Glasgow Communities Fund, RS Macdonald Charitable Trust, The Health & Social Care Alliance, Agnes Hunter Trust**, and many others, for their continued financial support.



We launched **10k Your Way** for Cerebral Palsy Awareness Month in March 2026, a brand-new, accessible, virtual event, that people could do in their own time, at their own pace.

We are very grateful to our donors who support us with regular monthly gifts and to those who donate to our campaigns throughout the year. We couldn't do what we do, without your support.



In 2025/26, we were delighted to welcome Slater & Gordon Lawyers as a corporate partner. Their valuable partnership funded our Support Service throughout the year, helping us to provide vital support to those who needed it. Alongside this, we offered free legal clinics, giving our community access to confidential, specialist legal advice.

We launched a new partnership with **QA Glasgow**, who provide access to training and apprenticeships in digital and technology skills.



We are hugely grateful to **all our corporate partners** for their valued and ongoing support.

YOU'VE GOT TO BE
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palsy



In October 2025, we launched a global partnership campaign for World Cerebral Palsy Day. The campaign featured award-winning Scottish writer and poet, Jack Hunter. Jack and our CEO, Stephanie Fraser, were featured on BBC Scotland News at 7 to talk about the campaign.

Financial Review

2025/26 has been a year of transition for Cerebral Palsy Scotland. Following significant reductions in our costs in the previous year, we have focused on building strong foundations for the future while continuing to operate in an increasingly challenging funding environment.

Our total income for the year was **£578,165**. Trusts and Foundations remain our largest source of income, providing **64%** of total income. We have made good progress in developing individual giving, corporate support and community fundraising, helping us to build a more diverse and sustainable income base.

90% of our income is raised through fundraising, reflecting the importance of our supporters in enabling us to provide specialist, condition-specific services to people with cerebral palsy across Scotland and throughout their lives.

Careful management of expenditure has remained a priority. While the majority of our costs are essential, including staff and building costs, we continue to keep costs under close review and prioritise spending that directly supports our charitable work.

As planned, we ended the year with a deficit of **£76,087**, funded from our reserves, as we invest in organisational change and build towards a more sustainable future. The Trustees have approved a break-even budget for 2026/27.

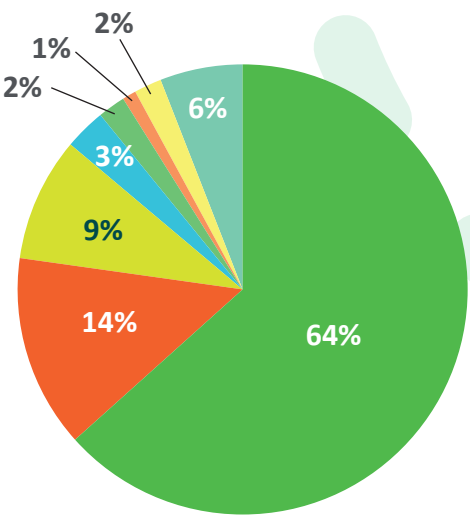
Despite the challenges ahead, we are focused on building a financially sustainable organisation that can continue to provide vital support to people with cerebral palsy and their families across Scotland.



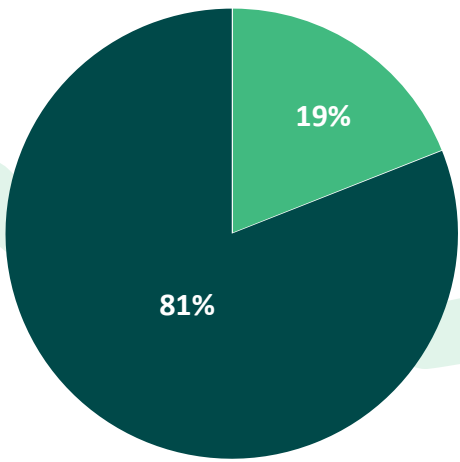
The Breakdown

Income	£	%
● Trusts and Grants	£368,363	64%
● Individual Giving	£80,091	14%
● Community Fundraising	£50,650	9%
● Corporate Partnerships	£19,575	3%
● Legacies	£10,021	2%
● Events and merchandise	£6,563	1%
● Charitable activities	£9,560	2%
● Other income (rents/bank interest)	£33,342	6%

Expenditure	£	%
● Charitable activities	£542,210	81%
● Raising funds	£125,937	19%



Income



Expenditure

Bell Barr & Company
2 Stewart Street
Milngavie G62 6BW

Chief Executive

Stephanie Fraser

Trustees

Ian Johnstone

Katie Campbell

Kirsty Colquhoun

Gill Craig

Bernard Dunn

Morag Inglis

Gary Macaulay (appointed 20.8.2025)

Eilidh Macleod (resigned 22.4.2025)

Allison Mathews

Jon McFarlane (appointed 24.11.2025)

Leanne Miller

Paul Morris

Fiona Smart (appointed 20.8.2025)

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