

Annual Review 2018/19



Joint Statement from Chair & CEO

Welcome to Bobath Scotland's annual review of 2018 – 2019. Our single purpose is to make the lives of those living with cerebral palsy (CP) better. We provide specialist therapy and other opportunities to enable people with cerebral palsy to build skills, knowledge, confidence and relationships. We advocate for the CP community to have lifelong access to knowledgeable, compassionate services and support.

We are delighted to be able to report here that thanks to the support of our funders, more children and adults were able to access our services from across Scotland. Additionally, our fifth annual Cerebral Palsy Scotland Conference boasted a packed programme of speakers and exhibitors and was attended by more people than ever before. We are demonstrating our commitment to supporting the development of specialist knowledge of CP in Scotland through our funding and delivering of training for NHS therapists. We have also begun development work to look at our own in-house provision to enable us to support wellbeing and offer a psychologically informed service.

This is just a snapshot of the range of work that we deliver over the year. We always aim to respond to need and are extremely proud of how we continuously look to meet new challenges. We could not exist without your continued support and for that we would like to say a huge thank you. We promise to always ensure that we are a lean and efficient organisation, focussed on our beneficiaries and therefore led by doing what will most benefit and improve the lives of people in Scotland with CP.



Ian Johnstone
Chair of Trustees



Stephanie Fraser
CEO Bobath Scotland

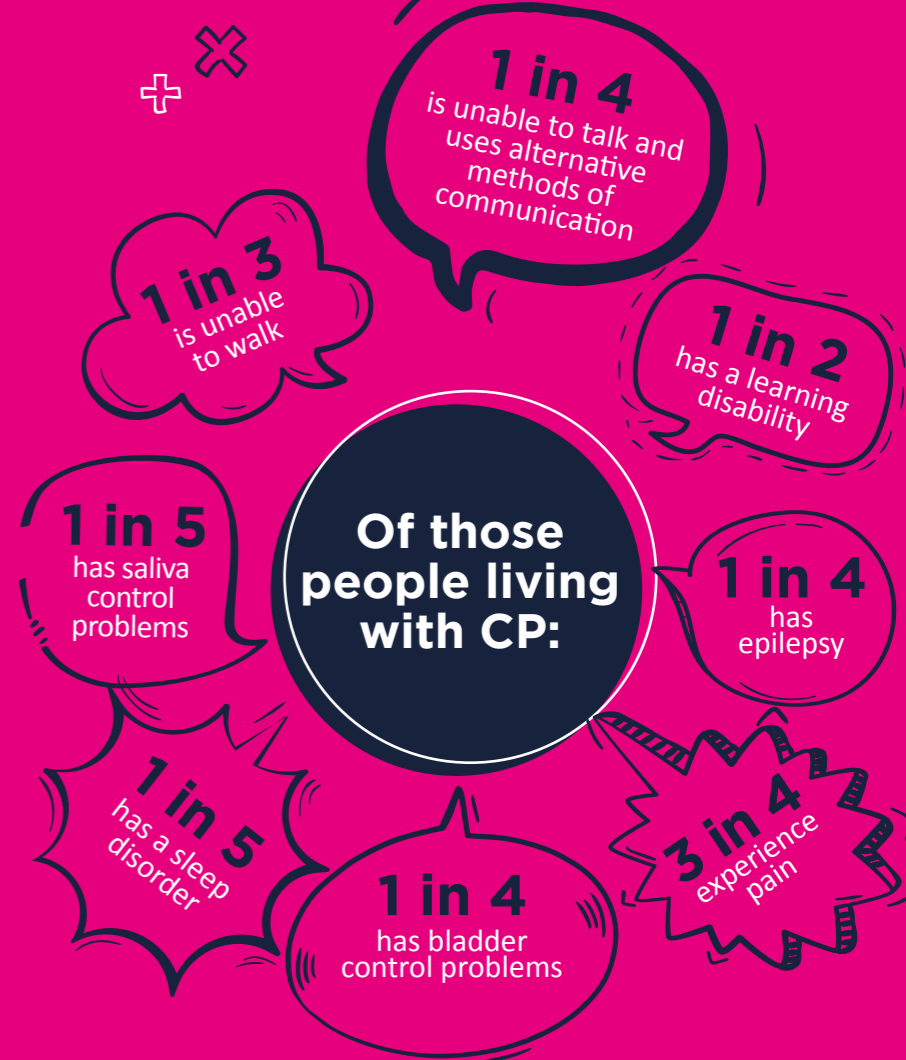


What is Cerebral Palsy?

Cerebral palsy (CP) is a physical disability that affects movement and posture.

CP is the most common physical disability in childhood. Around 1 in 500 births will result in a diagnosis of CP and in Scotland around 150 children are diagnosed each year.

Cerebral palsy results from an injury to the infant brain and affects each person differently. The spectrum of CP ranges from mild through to severe, depending on the type of CP a person has, and how much of their body is affected.



About Bobath Scotland

Established in 1995, Bobath Scotland's purpose is to make the lives of those living with cerebral palsy better.

Our vision is to ensure that in Scotland, people with CP have access to specialist help and support throughout life so that they are able to achieve their potential, and lead healthy and fulfilling lives.

We work to achieve this in three ways:

1

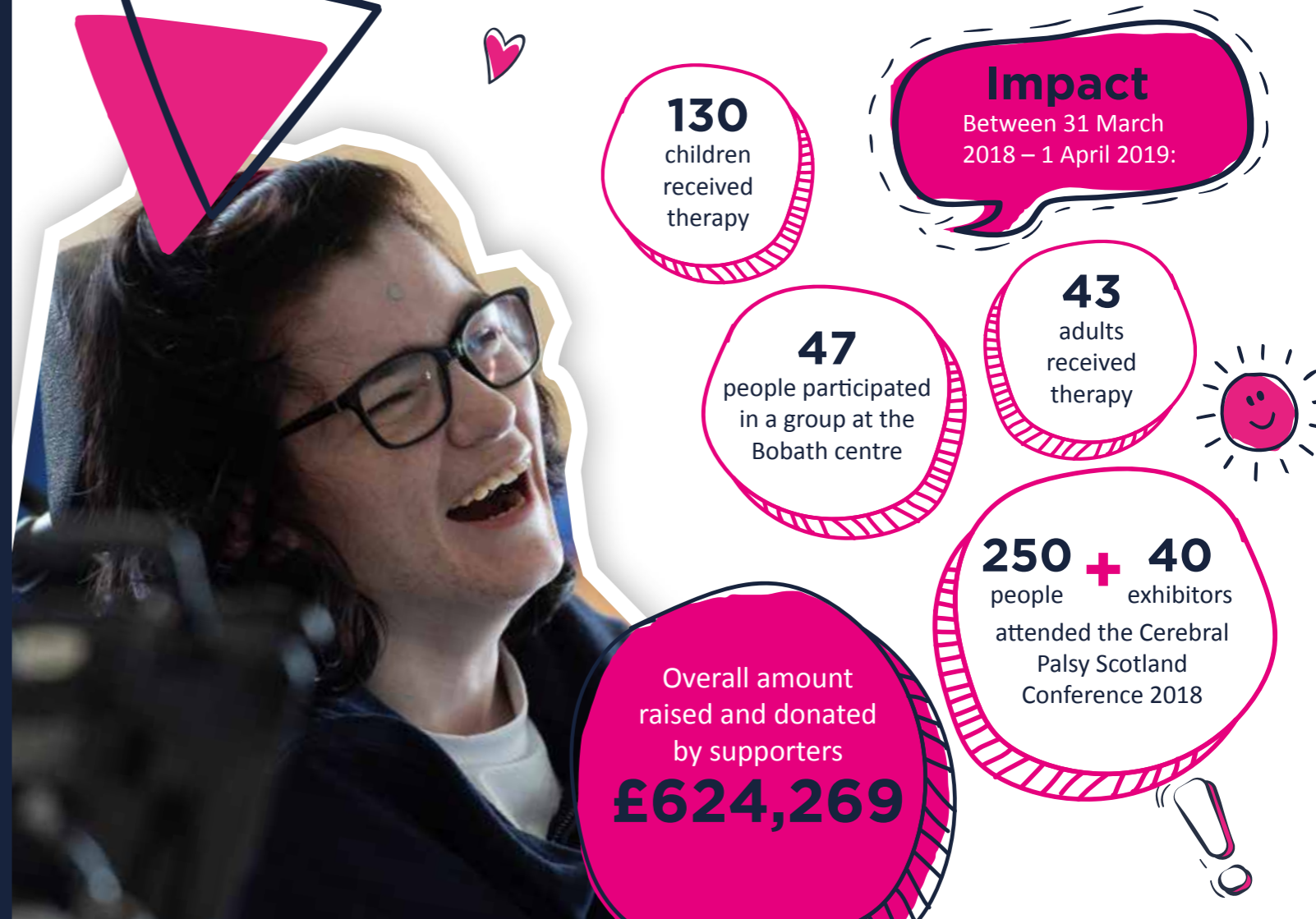
To provide lifelong support for people living with CP

2

To connect the CP community through events, relationship building and information sharing

3

To work for changes in policy that improve the lives of people with CP



Highlights of the Year

Bobath Scotland helped more people during 2018/19 than last year. This year, we supported 130 children and 43 adults, compared to 114 children and 29 adults in 2017/18.



We undertook development work that will allow us to embed mental health and psychological support within our core therapy service.



Bobath Scotland, in partnership with Digby Brown Solicitors, held our biggest annual conference to date in October at Hampden Stadium. Bringing together around 250 delegates and 40 exhibitors, delegates heard from a diverse

range of speakers, with workshops covering: mental health and CP, making the transition from children's to adult services, self-directed support, postural care, Bobath therapy, and Selective Dorsal Rhizotomy (SDR).



Our outreach programme has helped to ensure that people across Scotland have been able to access our services.



Through bringing the Bobath Foundation Course to Scotland in 2019, Bobath Scotland is creating long term professional training opportunities to support greater clinical expertise in Scotland.

Bobath benefited greatly from being selected as charity partner of the year with Just Employment Law in 2018 and we continue to partner in 2019 with NHS Credit Union, along with mental health charity Penumbra.



Bobath Scotland ensured there was a strong CP voice and strategic input into the first Scottish National Action Plan for Neurological Conditions.

In November, Joe Fitzpatrick MSP, Minister for Public Health, Sport and Wellbeing visited our centre to launch the public consultation for the National Action Plan for Neurological Conditions and heard from people with CP and their families who come to Bobath Scotland for therapy.

In December we hosted an open session gathering the views of people with CP and their families on the draft National Action Plan for Neurological Conditions. The feedback formed the basis of Bobath Scotland's response to the consultation.



Help for children

Bobath Scotland has a superb team of specialist physiotherapists, occupational therapists and speech and language therapists who work together with children and adults with cerebral palsy.

We provide individual intensive therapy and therapist-led groups for children throughout the year.



Therapy for children

130 children received intensive individual therapy sessions in 2018/19. Of these children, 25 aged 2-6 received funded therapy through the National Lottery Community Fund, Scotland's funded "Right Start" programme.



Bobath Babies

With funding from Glasgow Credit Union in 2018/19 this fortnightly group for children aged 0-2 provided fun, relaxed companionship and therapy for 16 families supporting them with any concerns around their child's early development.

Bobath Buddies

Running for five days over the October holiday, 8 children aged 5-11 enjoyed a week of superhero-themed fun and games. The children created their own superhero identities and took part in a host of activities to develop their physical, communication and social skills.



Summer Skills and Life Skills

With support from the Self-Management Impact Fund, over the summer holiday Bobath ran a week-long Life Skills group for four young people aged 11-14. A further Summer Skills group for six people aged 16-26 ran once a week for five weeks.

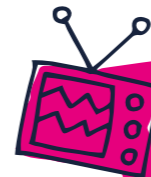


Outreach programme

Through our Right Start programme funded by the National Lottery Community Fund Scotland, Bobath therapists worked alongside local health professionals to support 10 children and their families in East Lothian and Midlothian between February and March 2019. In March the team began a project, funded by Brewdog to deliver outreach support to adults in Aberdeen.

AAC Group

Seven children attended the three-day holiday group for young users of Augmentative and Alternative Communication (AAC). Activities centred around developing skills on their communication aids and forging friendships.



Katie and Caoimhe

Katie's daughter, Caoimhe, is eight years old. She has attended the Bobath Buddies group and has also completed two blocks of individual intensive therapy.

"Caoimhe loves coming here. It is therapy, but it's made fun. She doesn't actually realise she's working when she's here. It's play, but subtly working on developing important skills.

"I think Bobath is a place where Caoimhe can feel 100% included. She has fun, she learns new skills and improves in so many different ways - in her mobility, her speech, and her physical strength as well. Caoimhe gets to meet other children that are similar to her and interact with them, which I think is just amazing, and it's good to meet other parents in similar situations.

"The therapists at Bobath are so supportive, so understanding. They're always listening to what your thoughts are and trying to help in whatever ways they can.

"It's refreshing here, compared to hard life when you're rushing about and people don't really get how much work is involved. You just kind of forget about the other stuff when you're here. As a parent, you have fun as well, and it's good getting fresh ideas and seeing fresh ways of doing things, which I can then do at home. When I come out, I feel more motivated to do what needs to be done."

Sam

"About 8 years ago I stopped having physio. When I moved from children's to adults' services, I don't think the transition was really that great. It went from, you got a lot of support, to not getting any.

"The therapy at Bobath was good, because we sat down and Lesley asked what I wanted to get out of the sessions. And she obviously had a lot of experience. We practised different exercises. It was good doing it with Bobath because they have dealt with people like me before, and they knew what I was talking about.

"My main goal was I wanted to get looser. But we also looked at how I do housework, which I can find quite tiring. We looked at things like making my bed, and how to put stuff in the washing machine in ways that worked better for me.

"At times it was sore, but I definitely felt looser after the therapy. I've always got more benefit out of the physios that pushed me a bit more. Lesley definitely pushed me quite a lot, so that helped.

"I first came to Bobath through the get together events for adults with CP. The information side of the get togethers are good. Bobath makes you more aware of what's out there. And the social side is good because everyone has got similar experiences, because we're all in the same boat in a way.

"Sometimes if you're surrounded by able-bodied people, in a lot of places, you don't always feel part of it, but you always feel part of what's happening at Bobath. You never feel left out, and everybody comes up and talks to you. Everyone's learning from each other's experiences. That's definitely one of the biggest benefits that I can think of."



Our work with adults

Therapy for adults

Over 2018/19 therapists worked with 43 adults, either at the centre or through outreach and home visits.



Get together

Over 2018/2019 we ran two informal 'get togethers' for adults with CP. These user-led sessions provided a platform for people to share their stories and hear from relevant organisations.

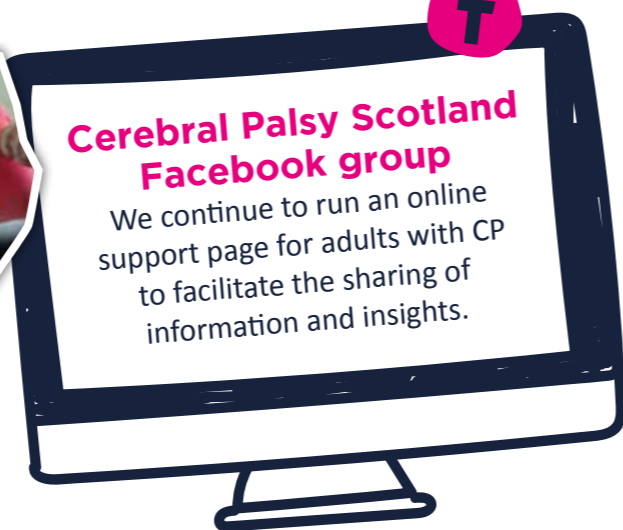
AAC users' group

We secured funding from the Scottish Government's Section 10 grant programme to run six sessions with six adult AAC users, with the aim of building relationships and addressing and resolving challenges with communication equipment. The sessions also included a storytelling training event.



Cerebral Palsy Scotland Facebook group

We continue to run an online support page for adults with CP to facilitate the sharing of information and insights.



Mental health and cerebral palsy

Over 2018/19 Bobath Scotland commissioned Dr Joy Nisbet BSc (Hons), D.Clin.Psy, C.Psychol Chartered Clinical Psychologist to carry out a major piece of research to understand the state of mental health support for people with cerebral palsy across Scotland, and how the use of clinical psychology could add to existing services being offered by Bobath Scotland.

The report concluded that, nationally, there was a lack of specialist services available for people with CP in general, that supports offered had a predominantly physical focus and that there were no clearly defined specialist mental health services for people with CP.

Looking at Bobath Scotland services specifically, Dr Nisbet recommended developing a more "psychologically informed" approach to the charity's own services and we will continue to work with her over 2019/20 to achieve this.

In commissioning this report, Bobath Scotland is underlining our recognition of the importance of addressing this issue and our absolute commitment to providing services that support the whole person, including their mental health and wellbeing.

This work was supported by the Joan Strutt Charitable Trust.

Training for health professionals

In March 2019, 18 Scotland-based NHS therapists came to our centre to begin their Bobath Foundation Course training. The course is being fully-funded by Bobath Scotland and Baillie Gifford, something which we have been working to achieve for some time. On completion, the impact of the course will mean more specialist therapists across Scotland with clinical expertise in the treatment of children with cerebral palsy.



Sandra MacKay

Sandra has worked as an Occupational Therapist at Bobath Scotland for over ten years.

“As an OT, I think that at Bobath we are trying to get a child or adult to be as active as they can be themselves, so that they experience success in something - it doesn't matter how little or big that is. We look at the potential, not what they can't do.

“We also have the privilege of being able to do that in an intense, concentrated period of time, and to have two or three therapists inputting into each session.



“We work with the person to set goals for their therapy, so it's about what's important to them. We don't want Bobath to be seen as another hour of exercises for you to crowbar into your already busy life. It's more about adapting what you're already doing so it's more beneficial, be it play, or dressing, or working in the kitchen.

“The team here are so experienced. I've learnt so much working with them and people tell us they appreciate being listened to by someone who really knows CP, and who really understands where they're coming from.

“I love it when you have a session that, at the beginning, it's clear that the child isn't up for it. Then by the end of the session they don't want to go because they've had such a good time! And they've obviously felt successful that they can do something, and they don't want it to stop. I always go upstairs with a chuckle when that happens.”



Angie McLeman

As part of Bobath Scotland's outreach programme, our therapists work across Scotland providing therapy for children and adults with CP outside the Glasgow area, in partnership with local NHS teams.

Between February/March 2019, Bobath therapists worked with 10 young children in East Lothian and Midlothian and staff from the NHS Lothian therapy team, including Angie McLeman, Advanced Practitioner, Occupational Therapy.

“For us, what was unique about this project was the opportunity to bring everyone together in the child's own environment – because the majority of sessions were delivered in the children's schools. The team around the child – the family, the learning assistants, teachers, local therapists and Bobath therapists – were working together to get the best outcomes.



“Because the Bobath therapists were in the school environment, they were very mindful of looking at what was practical in that context and using equipment that could be sourced within the school.

“It was great to be able to welcome the school staff in to observe and do hands-on sessions alongside the family. The approach allowed the school to embed what they had learnt into everyday practice.

“It also saved the families travelling to Glasgow. Some of the families who participated in the project were unable to travel to Glasgow because of family circumstances, so they had never had Bobath therapy before, and we were so pleased to be able to give them that opportunity.

“What I think Bobath does is to provide the opportunity to work collaboratively and share expertise. This can inform us in our everyday interventions with the child which in turn supports the child's life moving forward.”



Fundraising

Fundraising and events are at the heart of Bobath Scotland's work, **raising £624,269 during 2018/19**. This makes up around **83%** of our income over the last year. We were incredibly touched to receive three separate legacies during the year. As a small charity we do not generally receive much of our income from legacies so this was an unexpected bonus for us and has enabled us to fully fund Bobath Babies during 2019/2020 in addition to supporting our work throughout Scotland in 2018/19.

We would like to thank all our partners who help us reach our goals. From the Scottish Government, the RS Macdonald Charitable Trust, the Henry Smith Charity, the National Lottery Community Fund, the Robertson Trust, and to all those who've given their time and energy baking, running or standing in Central Station on a cold winter's day, we wouldn't be here without you.

During this year we have taken a break from our ball to review the events that we run each year. We're delighted to be welcoming the event back with our 25th Anniversary Silver Ball, which will take place on 6 March 2020.

Bobath Scotland exists to help people with CP, and there is a community around the organisation who get involved in practical ways. Part of this community is our volunteers. We would like to thank them too. The volunteers support the conference, bucket collections, community activities, social media and online content as well as many other things. Thank you to each and every person who has given up their time this year make sure that people with CP get the help they need, when they need it.

If you would like to volunteer or get involved please contact fundraising@bobath.scot



Gary Logue

For the last ten years, Gary Logue has put on his trainers for the Great Scottish Run and other races, asking his clients, friends and family to support him. In that time he has raised an astounding £29,083 for Bobath Scotland, with the final total still to come. During 2019, Gary is running a final five 10k races for us.

With Gary's help, six families have been fully funded to come for therapy. Gary was inspired to complete these challenges by a friend and over the past ten years he has quietly raised a huge sum of money and made a real impact. From all of us at Bobath Scotland, we thank Gary for everything he has done to help people with CP.

"Life is short and if everyone can stop to make a difference to other people's lives surely this is the right thing to do. Bobath Scotland provide life changing therapy which makes a difference for hundreds of people and provide a motivation purpose for us all."



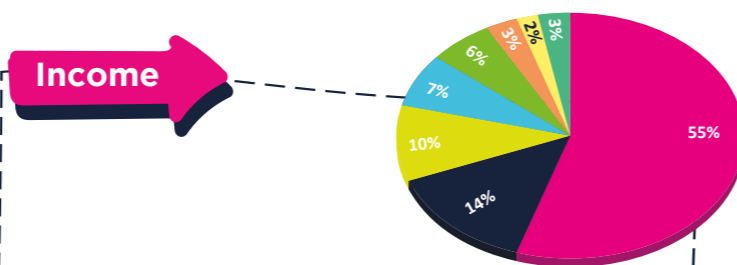
Financial Review

Bobath Scotland is committed to ensuring access for as many people as possible who need our vital services. Provision of therapy is by clinical need, not ability to pay, but we cannot continue to offer lifelong support without securing funding.

During the year our gross income was **£746,735** whilst total expenditure was **£688,683** which resulted in a surplus for the year of **£61,141**. We had budgeted for a small surplus in order to fund our specialist training course for NHS therapists, but our funds have been boosted as we were fortunate enough to receive **£73,639** of income from unexpected legacies. Legacy income has therefore ensured that the Bobath Babies group is fully funded in 2019/2020 and we have been able to deliver more work outside the centre and across Scotland during the year as a result.

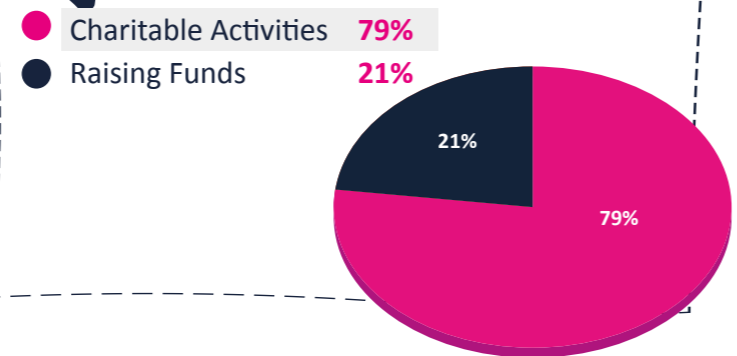


Income



Trusts and Grants	55%
Charitable Activities	14%
Legacies	10%
Individual supporters	7%
Community Fundraising	6%
Events	3%
Corporate Donations	2%
Other	3%

Expenditure



Charitable Activities	79%
Raising Funds	21%

What's Next

We know that our work is improving the lives of people with CP and their families, but we are committed to doing more. Over the next year, we will:

1. Continue to invest in training opportunities for therapists based in Scotland, particularly through completion of the Bobath Foundation Course and offering other training opportunities throughout the year.
2. Continue to embed wellbeing and mental health support into our services.
3. Input into national policy development, particularly through the implementation of the National Action Plan for Neurological Conditions and the General Standards for Neurological Conditions. We also want to support people with CP to input into national policy work.
4. Build and strengthen relationships in the CP community, at the national level through hosting the Cerebral Palsy Scotland conference in 2020, and at our centre through the development of an adults' group, a parents' group and through other opportunities.
5. Refine our outreach programme to be more responsive to need.
6. Review and refresh our brand. While celebrating our 25th anniversary in 2020 we will be looking at how we communicate as an organisation and how we can best position ourselves in the strongest possible way so that we can continue to support people with CP for the next 25 years.





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[dmu design: dmudesign.co.uk](http://dmudesign.co.uk)

Bobath Scotland is a Scottish Charitable Incorporated Organisation (SCIO), Scottish Charity Number: SC022695

Trustees

Ian Johnstone (Chair)

Elaine Boyd

Katie Campbell

(appointed 14.05.19)

Kirsty Colquhoun

(appointed 19.02.19)

Neil Lapping

Janette McPhail

Paul Morris

Donald Reid

Ciara McColgan

(resigned 26.03.19)

Harry McGeough

(resigned 13.11.18)

Martin O'Neill

(resigned 14.05.19)

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