



[bobathscotland.org.uk](http://bobathscotland.org.uk)



annual review

## Joint Statement from Chair & CEO

Welcome to the story of Bobath Scotland in 2017-2018. Our single purpose is to help people in Scotland with cerebral palsy (CP) and we have worked hard during the year to ensure that the voices and needs of people with CP were clearly heard and addressed at many different levels.

With the support of our funders we were able to ensure greater access than ever before to our vital therapy services, at our centre in Glasgow and, through our outreach programme, across Scotland. We continue to develop both the services offered at our therapy centre and our outreach programme for children and adults and are committed to working with local organisations and statutory services to ensure continuity of support and greater levels of knowledge of the ongoing challenges for people with CP. However, we are aware that specialist knowledge of the management of CP for people in Scotland is not widespread and therefore one of our aims in the coming year is to ensure that the expertise of specialist Bobath therapists is further embedded across Scotland through training, joint working and treating.

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, fit to tackle the many challenges ahead being 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.

It 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. CP is an umbrella term; the impact CP will have on a person's life depends on the type of CP they have, the area of the body affected and the severity of the condition.



## 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 all are able to achieve their potential and lead healthy and fulfilling lives.

We work to achieve our purpose and vision in three ways:

- To provide lifelong support for people living with CP
- To connect the CP community
- To work for changes in policy that improve the lives of people with CP

We deliver a range of services and support that meet the varied needs of people living with cerebral palsy. Examples include:



A person with CP working together with therapists in a series, or block, of sessions to develop strategies to help them eat or dress more independently.

Adults with CP working alongside staff to set up social events or an online support group.



Working constructively with partners at the national level to improve the rights of people in Scotland to access communication equipment



Bobath therapists supporting a group of teenagers with CP to take a bus journey to help them develop the skills and confidence to use public transport independently.

The results of these actions – and of all the actions delivered every day at Bobath Scotland – can be transformational, leading to improved independence and emotional well-being for people living with cerebral palsy and their families.



## Francesca Vernel has attended two blocks of therapy at Bobath with her son Daniel, age 2. They also attend Bobath Babies group.



“Daniel is 2 and he has got a diagnosis of dyskinetic athetoid cerebral palsy. He absolutely loves singing and stories - that’s his passion in life! Daniel can’t speak, but he understands well. He communicates by using his eyes to point at word and picture symbols to indicate his choice.

“I got in touch with Bobath when Daniel was 10 months old. Basically I almost feel that Bobath saved us from going under as a family. I had no idea how to deal with Daniel, my husband had no

idea how to deal with Daniel, and going there really has helped us in every way possible, and not just Daniel but the entire family.

“For our first block of therapy, Daniel had Claire and Petra as his therapists. It is therapy, but they do it through play, so once they got to know Daniel they tried to build the therapy session round things that he would like. Coming to Bobath, I learnt how to position him, how to dress him, how to move him, how to involve him in family life. I felt beforehand I was

just getting through day by day, whereas going to Bobath helped me actively get him to do physio through his play. Once I got some basic ideas from Petra and Claire I was like, “Oh! I could do this in the house with another toy we have”.



“Initially I thought Daniel would never be able to communicate at all, but seeing Claire and Petra work with him, it completely blew me away because I didn’t even know he was capable of doing it. I realised that we can talk about things - in different ways.

“I take Daniel to the Bobath Babies group regularly. We do singing, and we do activities. And through all of this the therapists are coming round and they’re helping position your child, so that they are able to do everything as best they can. And there is always a story, which is Daniel’s highlight! The therapists differentiate for each child throughout the story for what each child likes, or can or can’t do, which is really good. So it’s more than just a baby group and a story - everything has been



thought through for each child which is fabulous. For Daniel, that’s what he needs - he needs to be playing and working on skills and not being aware that he’s doing it.

“So it is lovely, and I’ve met a few Mums there. It has set up a friendship, in that you know you can talk to them and you’re not going to be judged because they are in a similar position, which is really nice to have. It’s kind of opened up a whole new community.”



**Daniel at Bobath Babies with Petra, Bobath therapist**



## Providing lifelong support for people living with CP

Bobath Scotland has a superb team of specialised physiotherapists, occupational therapists and a speech and language therapist that work together to provide therapy for children and adults with CP, through the implementation of the Bobath therapy concept. Over the last year, we have worked hard to maintain and develop these lifelong services:

### Bobath Babies

In 2017/2018 this fortnightly group for children aged 0-2 provided support for **11** families in the early years after diagnosis.



### Therapy for Children

**114** children in 2017/18 received intensive therapy sessions. Of these children, **25** aged 2-6 received funded therapy through the Big Lottery-funded Right Start programme.



### Bobath Buddies

In the 2017 October holiday week a group of **9** children aged 5-11 took part in a week of woodland-themed crafts, singing and games, all designed to develop their physical and communication skills.



### Teen Academy

In Summer 2017 Teen Academy gave a group of **10** 14-18 year-olds a week of opportunities to develop life skills, try different activities and meet other young people in a parent-free zone.



### Therapy for Adults

Bobath provided therapy for **29** adults in 2017/18, and subsidised therapy is offered through the Helping Hands scheme supported by the Robertson Trust.



## Outreach Programme

We work across Scotland, providing therapy for people with CP living outside the Glasgow area and delivering training and support for health, social care and education professionals.

In 2017/18 we delivered therapy to children in Dumfries and Galloway through the Big Lottery-funded Right Start programme. We also worked in partnership with the RS Macdonald Trust in NHS Ayrshire and Arran and the three Ayrshire Health and Social Care Partnerships to deliver therapy and support for adults with CP in those communities.



# Connecting the CP Community

People with CP and their families need not just therapy, but access to the right information and support. Over 2017/18, we have provided a range of services – both online and face-to-face – that aim to bring the CP community together.

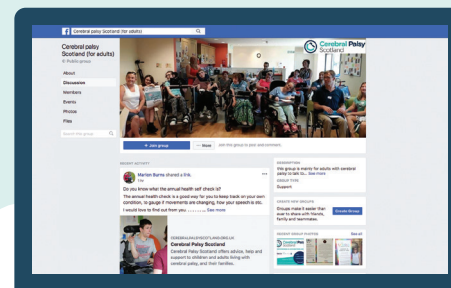
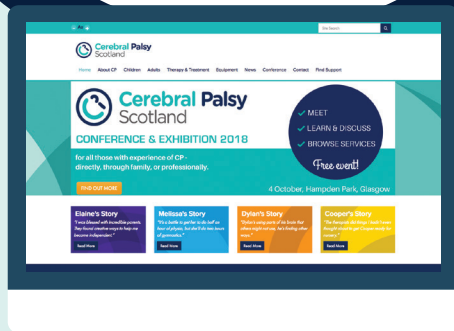


## Cerebral Palsy Scotland Conference 2017

The fourth annual Cerebral Palsy Scotland Conference was held in October 2017, attracting **114** delegates and **29** exhibitors. The event is unique in Scotland in bringing together those with experience of CP - either directly, through family or professionally - to meet and discuss key issues.

## Cerebral Palsy Scotland Website

Established in 2016, this website is a knowledge bank for people with CP and their families. In 2018, with the support of the RS Macdonald Foundation, the site was expanded to cover information for adults on ageing well with CP. An online Annual Self Check tool was also developed to allow adults with CP to regularly self-assess their own health.



## Cerebral Palsy Scotland Online Group

A Facebook group was established in July 2017 to enable adults with CP to connect online. The group now has **124** members. Setting up the online group directly led to a social event at the Bobath centre in Christmas 2017 to allow members to meet face-to-face, and an agreement to organise more meetings in the future.

## AAC Group

1 in 4 people with CP are unable to talk and instead use Alternative and Augmentative Communication (AAC) such as communication books, tablets or 'eye gaze' communication devices. In February 2018 our first AAC Group for **6** primary-age children gave these young AAC users a chance to meet each other, have fun and develop their communication skills.



# Working for changes in policy that improve the lives of people with CP

Over 2017/18 we have worked hard to raise awareness of issues relating to people with CP at the national level and press for positive change. During the year:

## Leading

CEO Stephanie Fraser was appointed to the role of Deputy Chair of the Scottish Government's National Advisory Committee for Neurological Conditions, which is currently developing Scotland's first National Action Plan for Neurological Conditions.

## Listening

Bobath Scotland worked with the Health and Social Care Alliance and the Neurological Alliance of Scotland to host focus groups on the lived experience of people with Cerebral Palsy for the development of the National Action Plan for Neurological Conditions.

## Collaborating

Bobath Scotland continues to be represented on other collaborative groups including The Neurological Alliance of Scotland, the Self-Management Network, the NHS CP Network and the National Postural Care Strategy team.

## Campaigning

As part of the AAC Collaborative, Bobath Scotland was closely involved in developing guidelines for the enactment in March 2018 of the Health (Tobacco, Nicotine etc. and Care) (Scotland) Act 2016 which ensures that people who have difficulty speaking are entitled to communication equipment and the support to use it.





## Kirsty Soutar is 23 and has been coming regularly to Bobath Scotland since she was two.



Here, Kirsty and her mum Alice talk about how she has benefitted from receiving therapy at Bobath Scotland as an adult.

**Kirsty:** When I turned 19 and moved from children's services into adult services in the community it was terrible. When I was in children's services I got physiotherapy every week, occupational therapy, some speech therapy, learning support at school all the way through. Basically, there was absolutely everything, and then nothing at all.

First I got very low mood - it was called an adjustment reaction. It wasn't me at all. I felt lost and abandoned like no-one cared, although I knew deep down that they really did. Then my walking got worse and worse over a number of weeks. For three months I hated myself and everything, and felt life was too difficult and everything was against me. Everything I thought and did was negative. I withdrew from mainstream and disability social circles and was ditching even my really close friends.

**Alice:** You didn't feel you could apply for jobs. You were beginning to think you would rather be in 24 hour care, which is patently nonsense, but that's how you were feeling. It wasn't until you managed to come back to Bobath that it began to get sorted out. And I remember something you said when you first came back here as an adult. You said, "I've just been home". You said you felt so safe there, which allowed you to try things again.

**Kirsty:** When I came to Bobath at that time, I worked with Petra, Lesley and Leen. And I said I wanted to go back to basics and relearn some of the stuff I had learnt how to do when I was in primary school. And that really helped.

**Alice:** Petra made a huge difference to your psychology. She got you walking again, because you weren't walking. You also worked on your fine motor skills and gross motor skills. It was things like being in a shop and

being able to hand over change, or being taught how to fold your own clothes, because you were kind of refusing to do that sort of thing. And they talked to you a lot about the kind of stuff that nobody else does - about being a disabled adult.



People think that the same things don't bother disabled people in their teens that bother other teenagers, but actually exactly the same sort of things bother them.

**Kirsty:** When I walk into Bobath, I just (takes a big deep breath). Everyone is so friendly. I'm in a safe place here. If Bobath didn't exist, I don't know where I would be.

**Alice:** I don't think you would be here at all, if I'm honest. Because you were doing some pretty scary stuff. Bobath was a saviour.

**Kirsty:** Bobath is a life support. A lifeline. A second home. It's people to talk to. Now I am volunteering at the Children's Hospital in Glasgow, and I have recently been at the World CP Games doing the club throw, and I'm part of the UK training squad for that. I also have a part-time permitted work job with a healthcare company doing some data input.

**Alice:** And you couldn't have done any of that and got back on track without Bobath. It's taken three years and a huge amount of help from Bobath, but you've done it.

# Fundraising

In 2017/18 fundraisers and donors helped to raise **£586,959** - an 18% **increase** on the previous twelve months. This hard work and generosity has meant that more children and adults with cerebral palsy have had the help they need when they need it. Thank you from everyone at Bobath Scotland for your support. Every penny really does make a difference.

- Charitable trusts and foundations remain the bedrock of Bobath Scotland's support. We would like to thank all those trustees who have made progress possible and particularly those who have provided strategic grants over the last year: Big Lottery Scotland, The Alliance, The Scottish Government's Children, Young People and Families Early Intervention Fund, The Robertson Trust, RS Macdonald Charitable Trust, Henry Smith Charity and the Scottish Children's Lottery.
- Corporate partnerships raised **£35,035**; particular thanks to Sainsbury's Bank whose 18-month partnership with us came to an end in 2017, and to Blackbaud and the Schuh Trust for their support. Digby Brown Solicitors have continued to support the annual conference, an event that simply wouldn't be possible without them.
- Bobath's Emerald City Ball raised **£23,816**, and our annual Dragon Boats race day raised a further **£16,078**.
- £60,490** was raised by people in their local areas for Bobath. A huge range of people made this possible, including a local partnership with the TSB branch in Glasgow's St Vincent Street, ongoing support from staff and customers at Steven's Barbershop in Kirkintilloch, and many runners, cyclists, triathletes, sky divers and adrenaline junkies. **Thank you.**



# Financial Review

Bobath Scotland continues to strive to open up access for as many people as possible who need our vital services. Access to therapy is by clinical need, not ability to pay, but we cannot continue to offer life-long support without securing funding.

During the year our gross income was **£758,589** whilst total expenditure was **£698,907** which resulted in a surplus for the year of **£59,682**.

Part of the reason for the surplus was the difficulty in recruiting experienced and specialist staff. This allows us to be in a position to ensure that we look at training and supporting more Scotland-based Bobath therapists in the future. We have therefore committed to funding the Bobath training course for therapists at the centre in 2019 and **£50,000** (around **50%** of the total cost) of the surplus has been earmarked for this purpose.

## Income



## Expenditure



## More work to do

We are proud that so many people with CP and their families who come to Bobath Scotland feel passionately about the services provided. However, we are committed to continually reviewing and improving everything the charity does. There are a number of challenges to address in 2018/19:

1

Mental health is a key issue facing people with CP and their families, but to date Bobath Scotland has lacked the clinical expertise in this area. We have now secured project funding to investigate the possibility of embedding provision for mental health within our core therapy service.

2

Recruiting clinical experts to Bobath Scotland remains a challenge. To this end we have committed to bring the eight week Bobath Foundation Course to Scotland in 2019 and to provide funded places for Scotland-based therapists with the requisite criteria and experience.

3

Although it would benefit their health in the long term, teens and young adults are less keen to engage in therapy. Bobath Scotland will explore how we can ensure that young adults better engage with our services and will also look at how we can further support people with CP as they make the challenging transition from children's to adult services.

4

Isolation and loneliness are challenges faced by people with CP and we want to foster and encourage more social interactions for the CP community, supported by Bobath Scotland but led by people with CP.

5

At national level, we must do more to ensure a strong CP voice at the table. Bobath Scotland will continue to input into national policy affecting people with CP, specifically with Scotland's first national plan for Neurological conditions and to lobby for better all-round service provision.



Bradbury House,  
10 High Craighall Road  
Glasgow G4 9UD

Tel: 0141 352 5000  
Email: [info@bobathscotland.org.uk](mailto:info@bobathscotland.org.uk)  
[www.bobathscotland.org.uk](http://www.bobathscotland.org.uk)

follow us on  

## Photography

Sean Purser & Ross Barber

## Design

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)	Paul Morris
Elaine Boyd	Martin O'Neill
Ciara McColgan	Donald Reid
Harry McGeough	Neil Lapping
Janette McPhail	(appointed 12.09.17)

## Auditors

Hardie Caldwell LLP  
Chartered Accountants, Registered Auditors  
Citypoint 2, 25 Tyndrum Street,  
Glasgow G4 0JY

## Bankers

Bank of Scotland,  
836 Crow Road, Glasgow G13 1ET  
Clydesdale Bank,  
30 St Vincent Place, Glasgow G1 2HL

## Solicitors

Mitchells Robertson, George House,  
36 North Hanover Street, Glasgow G1 2AD