



National Bobath  
CEREBRAL PALSY CENTRE

# Impact Statement 2021



## Dear Reader



I am sure you will be as impressed as I was when I looked back on the year and reflected on what we have achieved. We adapted to the changing circumstances caused by the pandemic and continued to support people of all ages living with Cerebral Palsy to reach their full potential. These achievements were only made possible by the hard work and flexibility of our dedicated staff and our generous donors who continued to support our vital work.

Next year we have even more ambitious plans including a new service in the community, an annual review pilot and exciting new training courses. So watch this space!

*Madeleine Cassidy*  
Chief Executive

### **“Bobath has helped me pull my pants up” John, aged 5**

John is one of the many children that has benefitted from the tailored physical, occupational and speech & language therapy that our charity provides to people living with Cerebral Palsy (CP) to help them reach their full potential.

CP describes a disability caused by damage to those parts of the brain that control muscles, movement and posture. It usually happens during pregnancy, around the time of birth or within the first 3 years. It occurs in around two in every 1000 live births making it the most common physical disability in childhood. CP is not one, but many conditions depending on where the damage took place in the brain. Put simply, it can make ordinary activities that most of us take for granted difficult to do. These can include walking, talking and fine motor skills such as holding a pencil or even pulling their pants up! However, research has shown that early intervention can make a significant difference to babies and children, helping them reach their full potential and participate more fully in life.

The effects of CP change over a lifetime. As a result of improvements in health provision, people now live longer but experience accelerated ageing. Many need intensive support to remain active for as long as possible. The most common challenge adults face is premature ageing resulting in increased pain, increased difficulty walking or stiff muscles, increased risk of falls and long-term side effects from medication and/or surgery. People with CP use up to five times more energy than other adults. 25% of people with CP who are able to walk as children will lose this ability as they get older.



# Our Services

The Bobath Centre supports people living with Cerebral Palsy and their families, to reach their full potential and live their best possible lives. We are experts in understanding Cerebral Palsy and its challenges, both physically and mentally. Our therapists focus almost exclusively on Cerebral Palsy providing specialist treatment, therapies, and advice. Our services include the following:

## Children's Services

Research has shown that early intervention is the most beneficial option so we place emphasis on the treatment of babies and children. We offer a range of virtual and in person services including:

- Weekly Welcomes, a one-to-one advice & information session
- BoBaby!, a weekly play, therapy & information service
- Early Intervention Scheme, a series of hands on treatment and advice to help families feel confident in handling their baby in the best way to optimise development



## Adult Services

In addition to supporting adults with Cerebral Palsy, we work with adults with other neurological conditions such as Parkinson's, strokes and traumatic brain injury. Our combination of occupational, physical and speech & language therapies can re-establish the skills needed for active participation in everyday life. Our virtual and in person services include:

- Monthly Meet Ups, a chance to meet other people with Cerebral Palsy as well as enjoy a talk on a different topic each session
- Hands on therapy sessions to maintain or improve mobility



## Training Courses

We believe in sharing our specialist knowledge and experience so we run a range of courses to train health professionals such as physiotherapists, occupational therapists, speech and language therapists or doctors. The courses are designed to improve their clinical handling skills for children with Cerebral Palsy



# Our Year In Numbers

Despite the pandemic, we're proud of what we achieved!



43

children received face-to-face therapy despite lockdowns

163

people attended our virtual adult Meet Up sessions

84%

of children attained their GAS\* target or higher

89%

of children attained their GAS Light\*\* target or higher



100%

of parents felt our BoBaby! sessions were very or extremely useful



51

free virtual Welcome sessions were held



86%

of parents were more confident in handling their child following our BoBaby! sessions

71%

of parents reported their child's gross motor skills improved following our BoBaby! sessions

\*GAS = Goal Attainment Scaling

\*\*GAS Light = for children attending for less than 2 weeks or for Early Intervention

The pandemic had an unprecedented effect upon the delivery of clinical services - all in person therapy ceased during the various lockdowns. We acted quickly to move many services online and developing new services as well. We re-introduced safe hands-on therapy at our Centre as soon as we could.



56

adults were treated

390

children therapy sessions were held

212

baby therapy sessions were held

1500

followers on social media



188

people have attended our virtual Monthly Meet Ups



157

people have attended our special webinars



143

families have attended our BoBaby! sessions

46

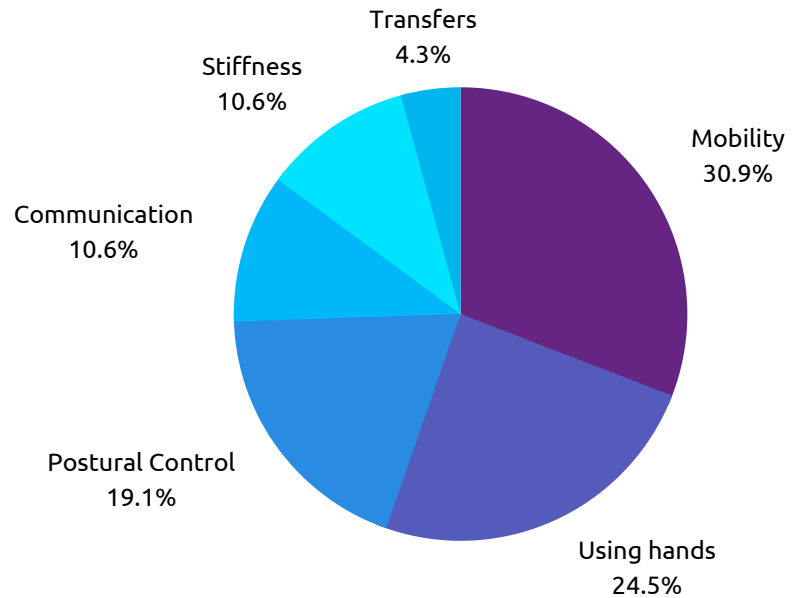
BoBaby! sessions were held

# Facts And Figures

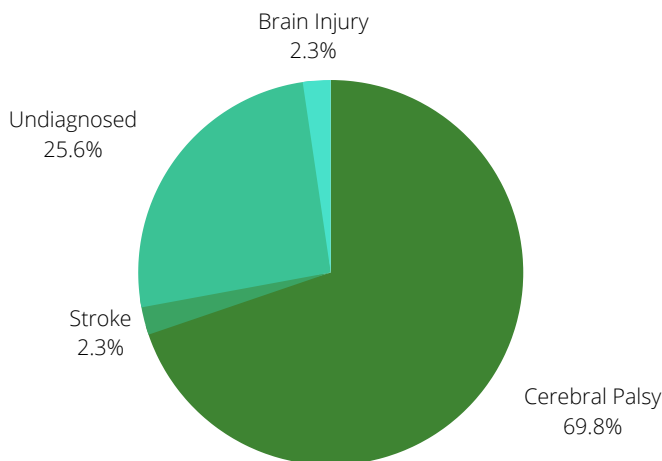


## Top Areas of Parents' Main Concerns

Parents are asked about their main concerns at the beginning of therapy. Here are the most common ones:

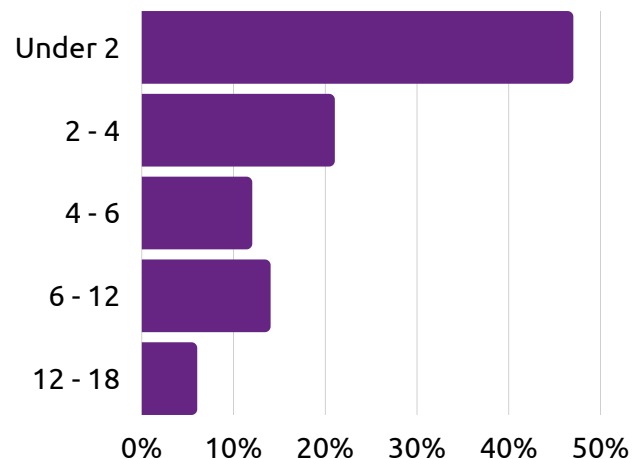


## Diagnoses of Children Using Our Services



## Ages of Children Attending In Person Sessions

We believe that early intervention is the key to supporting children with Cerebral Palsy



# Client Feedback

The therapist helped no end, showing lots of ways of helping our daughter sit comfortably while in plaster



We wish our own GP knew about the Centre so that other children could also benefit

Couldn't have asked for a better intervention



Loved the sessions. I feel more confident in positioning my daughter; can't wait to come back

They took time to get to know my son and understand his individual challenges



The therapy and recommendations felt very personalized to our son

We are hugely grateful, it is obvious to us how incredibly experienced and knowledgeable the team are



They took time to explain everything they were doing in detail

# Help Us To Continue Our Work:

Most people living with Cerebral Palsy do not automatically get funding for their therapy from statutory sources, which is why we need your help:

- Make a donation at <https://www.justgiving.com/bobathcentre>
- Choose 'The Bobath Centre for Children With Cerebral Palsy' as your chosen charity on Amazon and donate whilst you shop, at no extra cost.
- Nominate us as your company's chosen Charity of the Year
- Apply for one of our guaranteed places in the 2022 London Marathon
- Contact us for support to organise your own fundraising event



Please contact us if you would like more information or to get involved:  
[contact@bobath.org.uk](mailto:contact@bobath.org.uk)



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National Bobath Cerebral Palsy Centre

[www.bobath.org.uk](http://www.bobath.org.uk)

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