

Bobath Wales

Newsletter Autumn/Winter 2018



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Bobath Children's Therapy Centre Wales

Bobath Children's Therapy Centre Wales is a specialist Centre for children in Wales who have cerebral palsy. Cerebral palsy is caused by damage to a baby or young child's brain and approximately 70 babies will be born in 2018 in Wales who will have cerebral palsy.

Our Mission

Our mission is to improve the quality of life of children in Wales who have cerebral palsy. We do this by providing specialist physiotherapy, occupational therapy and speech & language therapy to children to help them achieve their own full potential, learn how to explore their world, communicate their needs and so participate and interact as fully as possible in the community around them.

Bobath Wales facts

- We provided **1744** therapy sessions to children across Wales in 2017-2018
- **£1,228,882** was raised last year through fundraising activity
- We have **14** Bobath trained therapists working at our therapy centre in Whitchurch
- More than **1000** cakes were made and eaten across Wales for our 2018 Bake for Bobath campaign which raised £8,000!

What's inside

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CPAM 2018

The month of **October** marks our **Cerebral Palsy Awareness Month (CPAM)** and there are so many fun ways that **YOU** can get involved to raise awareness of cerebral palsy and Bobath Wales across the country!

BLUE VS GREEN

Brand new for CPAM 2018 - which side are you on? Green or Blue? For one day in October, encourage your school, workplace or community group to wear Blue or Green items of clothing and donate a £1 to Bobath Wales. If everyone who received this newsletter got just 10 people involved in this we could raise £50,000 !



The Welly Walks are back! Dust off your wackiest pair of Wellies and join us for our annual charity walk. Welly Walks are approximately 1 mile long and suitable for all ages and capabilities. Fundraising packs can be ordered by calling a member of our friendly fundraising team.
Aberdare Welly Walk - Dare Valley Country Park - 6th October
Cardiff Welly Walk - Roath Park - 20th October

WELLY WALKS

WEST WALES COFFEE MORNING

Join Bridget James (Regional Fundraiser) and Glenys Evans (Family Support Coordinator) on the 23rd October. Pop into Bronwydd Hall, Carmarthen, SA33 6BE any time between 1:15pm-2:45pm for a chance to catch up over a cuppa, ask our team any questions and celebrate CPAM!

RSVP bridgetj@bobathwales.org / 07949836462



AWARENESS TALKS

Want to find out more about cerebral palsy and the work we do here at Bobath Wales? Get in touch and we can arrange a fun and informal talk at your workplace group or school. We can tailor each talk to suit our audience and make it interactive to help you imagine what it might be like to have cerebral palsy.

For more information on any of the above, please contact a member of our fundraising team on 02920 522600 or fundraising@bobathwales.org.

Additional information regarding CPAM 2018 will be posted on our website www.bobathwales.org and across our social media channels.

Five go to Georgia

No, it's not the latest Enid Blyton book!

In May this year our Centre Director Jenny Carroll and therapists Dawn Forbes, Dr Sally Jary, Therese Millar and Rina Van Der Walt travelled to Georgia, Russia

to take part in the annual European Academy of Childhood Disability (EACD) conference. Over the

4 days the team represented Bobath Wales superbly by making

presentations and showcasing posters on subjects such as our work on setting clinical goals for the children, how we work with children and families, breathing, and early

intervention service, 'Better Start, Better Future. Dr Dido Green, from Oxford Brookes

University also presented her research on the recent Jungle Explorer's Camp we held last summer for children who have hemiplegia. In addition, Therese presented as

treasurer for EACD at the AGM and management committee. We are all so proud of our fantastic therapy team; they truly are the Famous Five! Well done ladies!

We were also delighted to hear that our very own Dr Sally Jary won the British

Academy of Childhood Disability (BACD) Mac Keith Poster Prize for her research work with Bristol University into motor impairment. Congratulations Sally!



Increasing our knowledge and skills...

In May this year we hosted a six day training course on 'Early Assessment and Intervention with Babies and Young Children' which was the first time it had been delivered in Wales. Eleven of our Bobath therapists attended the course as well as other health professionals from across Wales in order to increase their knowledge and skill with babies from pre-term age to 18 months. Demand for our early intervention service for babies, 'Better Start, Better Future,' is growing, so it is essential that we develop our therapy team to meet this demand.



Looking ahead

We are hosting a Mini Assisting Hand Assessment (AHA) course here at the Bobath Wales centre in September. This is training for therapists to do a hand assessment on very young children (5-18 months) with signs of hemiplegia. This is the first time the course has been run in Wales and is only the second time in Europe!

" We have just completed our first Baby Block of 6 weeks of Bobath Therapy and it has been a life changer"

When Clara was born she suffered a lack of oxygen to her brain. She was so unwell, she couldn't breathe on her own, and she had suffered a severe brain injury. Following an MRI scan, her parents were told that their baby girl had global brain damage (damage in every area). They were then told that Clara had a very strong chance of developing cerebral palsy and that she was already showing signs of spasticity in her arms, specifically her right side.

In her own words, Clara's mum Sera-Jane tells us about Clara's first Baby Block at Bobath Children's Therapy Centre Wales.

Our Occupational Therapist first introduced us to Bobath Children's Therapy Centre and we took Clara along with a very open mind. Clara was only 11 weeks old, so it was just simple things like learning to settle her, finding positions she would tolerate to play in and most of all, how to sit her comfortably in the dreaded car chair.

We have just completed our first baby block of 6 weeks of Bobath therapy and it has been a life changer. We've learnt all about positioning Clara in ways that will stop her developing bad habits when it comes to posture. We are able to sit her on our laps and play with her in a way we couldn't before. The best thing for us is feeling like we can finally help her and even have more control over the outcome of Clara's brain injury. We have even managed to crack the car chair nightmare through extra support of her arms, she can now do the whole journey to Cardiff without any tears!



Clara (Middle) with her sisters Nancy and Anabelle

We have now incorporated Clara's tailor-made programme into our daily lives. It feels like she is having therapy every minute of the day from holding her to changing her to playing with her. We are truly grateful to have found such help and guidance amongst the darkness, we can now look forward to the future, thanks to Bobath Children's Therapy Centre Wales.

A message from Marissa, Clara's Bobath Wales Therapist

It was lovely to work with Clara and her family. Making small changes to how Clara is held and positioned at this age, can make a big difference to providing her with the opportunities to be settled, as well as move in ways that will be more efficient for her as she develops. It was quite challenging for Clara to tolerate this initially, however Sera-Jane and Peter's commitment and perseverance to take on board the strategies was invaluable to her. It was also very beneficial to have her local team come to a session and we were able to share our ideas. It was lovely that by working closely with Sera-Jane and Peter as a team, enabled Clara to meet her therapeutic goals.

Why a regular gift means so much...

For several years, income from fundraising and donations has made up more than $\frac{3}{4}$ of the funds required to run the Centre and our outreach services each year.

Every gift we receive, no matter the size, helps to make a difference to the children and families who we exist to support.

Nonetheless, supporters who make regular gifts to us are exceptionally important – because ongoing and consistent support helps to plan our services.

If you are one of those generous existing supporters, thank you very much indeed!

Introducing the 1992 club

In the early 1990s one couple made a very special gift that we shall be forever grateful for. Glenys and Bob Evans were part of the remarkable group of parents who founded Bobath Wales. Glenys, who is today our Family Support Coordinator, tells the magical story of how a group of parents, frustrated by having no other choice than to travel to London if they wanted to access specialist Bobath therapy for their children, huddled in a South Wales pub one evening and made the inspirational pledge to open a Bobath Centre for Wales, both for their own children who had cerebral palsy, and also for the future generations yet to be born.

A few months later, after many letters on her type writer and approaches to anybody and everybody who might be able to help, Glenys received a phone call from the local health board to say 19 Park Road in Cardiff was available. A few of the Founding Parents went to look around. The Health Board said they could have the building on two conditions – they paid £30 up front in rent for the next 3 years, and they do all the refurbishment required.



Bobath Children's
Therapy Centre
Wales
1992



Glenys Evans (Far Left)
with her son Tom
in 1992

Glenys wasn't going to miss this incredible opportunity and duly paid the £30 to secure the premises!

That year we helped 45 children. Fast forward 25 years and in 2017/18 we treated 489 children and delivered 1,744 sessions of specialist therapy.

Yet none of this progress would have been possible without the Founding Parents' determination and hard work – and Glenys and Bob's gift of £30.

To mark that special gift and to help us increase that vital, regular income, we therefore appeal today to those of you who are able, to join the very special '1992 Club'. Members will be donors who give £30+ per month or an annual gift of £360+.

In addition to the feedback we provide to our existing invaluable regular donors, members of the 1992 Club will receive an invitation to an exclusive event every year and a copy of the Annual Review with a personal letter from our Centre Director, Jenny Carroll.



Sarah and Judith, two of the original therapists who worked at the Bobath Wales Centre



Family Christmas Party 1992



Summer Fete 1994



Marissa and Melissa, two of our current therapists who work at the Bobath Wales Centre

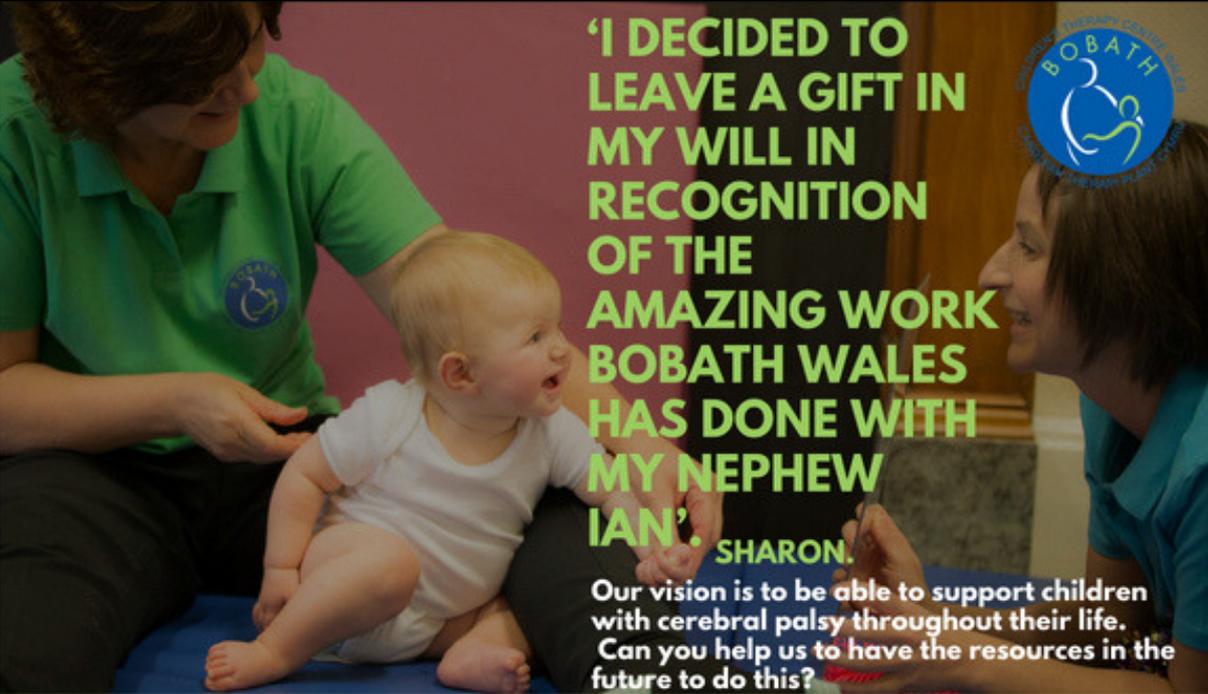


Family Coffee Morning 2017



Summer Fete 2018

If you would like further information about the 1992 Club, please visit www.bobathwales.org/1992-club/ or if you have any questions please contact Rachel Morgan, Head of Income Generation, on 02920 522600 or via email at rachelm@bobathwales.org



'I DECIDED TO LEAVE A GIFT IN MY WILL IN RECOGNITION OF THE AMAZING WORK BOBATH WALES HAS DONE WITH MY NEPHEW IAN'. SHARON.

Our vision is to be able to support children with cerebral palsy throughout their life. Can you help us to have the resources in the future to do this?

TO SPEAK TO SOMEONE ABOUT LEAVING A GIFT TO BOBATH WALES IN YOUR WILL OR FOR A FREE LEGACY PACK CONTACT:

EMMA BROOKS (TRUSTS & LEGACIES COORDINATOR)
02920 522 600
EMMAB@BOBATHWALES.ORG

Emlyn Friends of Bobath are back in the saddle



This August saw 13 cyclists from Newcastle Emlyn and further afield take on a challenge that had to date never been completed! The team cycled 600 miles around Wales over 7 days to raise money for Bobath Children's Therapy Centre Wales and the Fire Fighters Charity.

"It was a great event but also very challenging with nearly 35,000 ft of climbing over 7 days. It was by far the biggest challenge I have ever attempted to do!" explains cycle organiser and grandparent to a child who attends the centre, Dylan Walters.

Starting and finishing at the fire station in Newcastle Emlyn, the route took them along the outskirts of Wales, with the team sleeping in fire stations along the way. To fundraise, Dylan and friends have held epic 12 hour spinathons, cake stalls, quiz nights and more.... racing towards their final fundraising target of £3,500 for each charity. Well Done Team!

"It was by far the biggest challenge I have ever attempted to do..."





Timeless Ball 2018



Thank you for helping us raise £27,000



Where in Wales will

Hi, I'm Bridget, the new Regional Fundraiser for Bobath Wales. I am based in Aberystwyth but will cover Mid, West and North Wales when required! My role is to increase awareness and income for the charity in order to help us to continue to support children from all over Wales. If you live outside of South East Wales and want to find out how I can support you with your next fundraising project please get in touch at bridgetj@bobathwales.org



Bridget James
(Regional Fundraiser)

Single Consultation Blocks

Throughout 2018/2019 we will provide 6 single consultation blocks in the Hywel Dda Trust meaning our therapists will travel west and work with an additional 18 children.

Claire's Ride

Christian Fox, from Swansea and his team of 8 riders decided to take up the challenge of an epic 135 mile bike ride from the West Midlands to Swansea in memory of Christian's cousin, Claire Fox, who had cerebral palsy. The bike ride raised an epic £1,500 for Bobath Wales. Well done team!



you find us?!

North Wales Outreach blocks

Alongside the super work we do at our therapy centre in Cardiff, we have also previously provided outreach blocks of therapy in North Wales. We are hoping to plan more outreach blocks in the future so that we can treat more children across Wales!



Tawona's Dad said, 'This is a new situation for us and we have found that the therapists at Bobath Wales really take the time to explain things to us. We leave the therapy sessions feeling more educated and confident in how to help Tawona. The journey to Bobath Wales is more than worth it, I would do it any time, any day.'

Tawona's story

Tawona, age 2, from North Wales has been attending Bobath Wales ever since he was 1. He's one of the babies we're supporting as part of our early intervention service 'Better Start, Better Future'.

Our Bobath Centre in Whitchurch, Cardiff!

For over 25 years we have been treating children from across Wales.

We also hold our annual summer fete and family coffee mornings here! If you would like to visit, please get in touch at info@bobathwales.org.

Upcoming events for Bobath Wales

we have lots of exciting events coming up which you can all take part in. To find out more about each event, visit www.bobathwales.org or call 02920 522 600

CPAM EVENTS

6th October - Aberdare Welly Walk

6th October - World Cerebral Palsy Day

20th October - Cardiff Welly Walk

23rd October - West Wales Coffee Afternoon

Note to self - remember to ask school or my workplace to wear **Blue** or **Green** for Bobath.



Cardiff Half Marathon

7th October

Christmas Events

Christmas Market
24th November

Jingle Bell Rock Aberystwyth
30th November

Jingle Bell Rock Cardiff
7th December

Carol Concert
10th December

(it's never too early to start thinking about Christmas!)



Horse Race Night
12th October



New house country hotel,
Cardiff
£16 PP

2 course meal included!

Remember to keep up to date with all things Bobath Wales by following them on twitter @bobathwales

