



Impact Review 2016

...and
looking
ahead to
2017...



Hi - I'm Monty. You might have seen me on Facebook and Twitter. Look out for lots of ideas on how you can help The Movement Centre throughout this Impact Review wherever you see the lightbulb icon!

Our vision

is that all children who have a disability affecting their movement control are able to reach their full potential.

Our mission

is to maximise the potential of children's movement control through TMC Targeted Training.



Welcome

from The Movement Centre Team

During our last financial period 65 courses of our specialist therapy Targeted Training were completed at The Movement Centre and 91 courses were active in total during the year. Through each course we helped children who have a disability affecting their movement control to reach their full potential.

2016 saw the beginning of celebrations to commemorate 20 years since Targeted Training was founded. We have planned a variety of exciting events over the next year, which will help us to spread the word and raise vital funds.

We have been overwhelmed by the fantastic support of so many individuals, companies, charitable trusts and foundations. over the last two decades. The last year has been no exception. We could not continue without our brilliant supporters – Thank you!

A huge thank you must also go to all of our families. As Targeted Training is a specialist therapy it falls outside of the remit for standard NHS funding. This means that, for many families, NHS funding is, sadly not available. We have seen this become more of a challenge over the last year.

Many of our families work very hard to raise funds to contribute towards their course of Targeted Training.



Why not follow us on Twitter?
Look for @TMCOswestry - likes, retweets and mentions are always welcome. You can also spread the word about our work and events!

From experience we appreciate what a challenge this can be! We enter 2017 ready to embrace a new year and are excited to continue to provide therapy to the children who come to The Movement Centre. We also look forward to new challenges, to working with our amazing supporters and to reaching more and more children from across the UK who could benefit from Targeted Training.

Together we can continue to make a difference!

The Movement Centre Team

Why?

Every year in the UK around 2,500 children are born who have a disability that can affect their movement control, such as Cerebral Palsy, Down's Syndrome or Global Developmental Delay.

This means that they can find it difficult to lift their head to see the world around them, to sit and play with their toys or to take their first steps.

For children who do not reach their movement milestones, it can affect their functional skills, meaning everyday activities may not be achievable. It can limit a child's ability to communicate with their families and could mean that they may not have the same level of independence as their peers.

This can have a real impact on family life.



Why not join our lottery and help make a difference to our vital work? It's easy to take part and for just £1 a week you will be in with the chance of winning £25,000! Visit our website to find out more: www.the-movement-centre.co.uk



Our response: Targeted Training

Children with disabilities that affect their movement control require specialist care to enable them to fulfil their potential.

At The Movement Centre we work with children and their families from across the UK to provide an evidence based therapy called Targeted Training.

The Movement Centre's Targeted Training draws on specialist physiotherapy and bioengineering and has been developed using clinical trials, audit and research.

It is different from other therapies because it works by placing a child in an upright position and using specialist equipment to provide stability and support. This happens directly beneath where control becomes an issue. As each child makes progress the level of support is lowered so that they can continue to develop movement control. By doing this it mimics the way in which movement control is naturally developed in a young infant; from the head downwards.



We believe that with the addition of a course of Targeted Training a child is 3-4 times more likely to gain movement control than with regular physiotherapy alone.

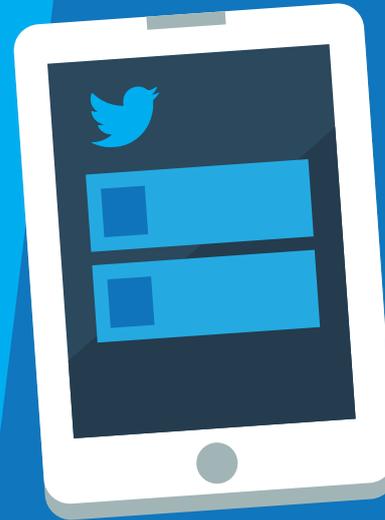
A course of Targeted Training

Targeted Training at The Movement Centre takes place over 9 – 12 months. Our physiotherapists set functional goals at the start of a child's course: These may be relating to:

- › head control
- › independent sitting balance
- › standing
- › walking

Families take their child's Targeted Training equipment home with them, where practise takes place for half an hour each day. This repeated therapy each day allows children to learn to control their own movements.

Children attend our centre in Oswestry every eight weeks, where their standing frame may be altered depending on the child's progress. Each family has a dedicated specialist physiotherapist from The Movement Centre throughout the course of therapy, who is on hand with support and advice.



By the start of 2017 a total of 856 courses of Targeted Training had been completed at The Movement Centre.



Each course costs £6250. We work with families to support them through the process and the different funding and fundraising options available. With the kind support of our fantastic donors we are also able to raise funds to enable us to offer assistance towards some of the cost of therapy.

Charlie's Story

Charlie started his Targeted Training journey in May, when he was four and a half years old. Charlie was born with cerebral palsy.

He was finding it difficult to control his posture and movement, which meant he found it hard to stand or walk independently.

When Charlie was supplied with his specialist standing frame, he was very excited to catch a ball for the first time!

Eight weeks later he came back to The Movement Centre. He had made fantastic progress, even exceeding the goals that had been set for him. As well as being able to stand by himself for 30 seconds, he took 10 impressive independent steps.

We all enjoyed hearing about the inventive ways Charlie had been practising Targeted Training, from using a punch bag to enjoying a Pilates session with his Grandparents.

Less than four months after starting therapy Charlie began mainstream school. He really enjoys PE and has also joined a gymnastics club. Targeted Training has had a big impact on Charlie's life already. By his third review he had developed yet another skill – he can now make it up and down the stairs on foot!



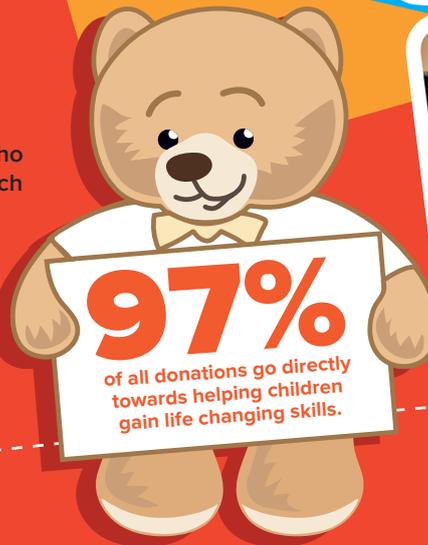
Fundraising

As a charity we have to raise vital funds every year to continue our work. As Targeted Training is a specialist physiotherapy service, it falls outside the remit for standard NHS funding.

This means that many of our families are unable to access funding to support a course of therapy at The Movement Centre. Our fundraising team are there to support families with their fundraising. With the help of our fantastic donors we are also able to raise funds to enable us to offer assistance towards some of the cost of therapy.

Fundraising is essential to enable us to help children who face a disability affecting their movement control to reach their full potential. There are lots of ways to raise funds, from sponsored cycles, to choir events or even taking part in our lottery.

By supporting The Movement Centre you can make a real difference.



Spreading the Word

It is important for our team to raise awareness of our work. This year we have been involved in the following:

Presenting

We welcome opportunities to present on Targeted Training and our work. Some highlights from last year include:

Inclusion Independence Choice Show: Senior Physiotherapist, Sarah Bew, and our Advisor Gabor Barton (MD PhD), Professor of Clinical Biomechanics at Liverpool John Moores University, delivered a presentation on 'How Goblins and Dragons virtually assist learning and rehabilitation' at the 2016 IIC show in Manchester.

Keele University: Sarah Bew and Pauline Holbrook, Director and Clinical Lead, delivered a presentation entitled 'Targeted Training: An innovative concept for promoting upright control' to the postgraduate group of physiotherapists doing a module in Assistive Technology in Neurological Rehabilitation at Keele University.

'Surviving Brain Injury' Conference: In March, Director and Clinical Lead, Pauline Holbrook, delivered a presentation at a conference 'Surviving Brain Injury' held at Theatre Severn in Shrewsbury and organised by Lanyon Bowdler Solicitors. The event was very informative and engaging and was attended by 250 delegates.



Some of the delegates at The Movement Centre's Inclusive Community Training Event in October 2016.

Inclusive Community Training Event

The Movement Centre held an Inclusive Community Training Event in October 2016. It consisted of two sessions and was aimed at clinicians, parents and carers, held at University Centre Shrewsbury. The programme provided training to improve skills, know-how and confidence in delivering sports-based activities to disabled people. It was developed in partnership between Sainsbury's and Sport England through a National Lottery investment and delivered by the English Federation of Disability Sport and Sports Coach UK.

Targeted Training at home

Targeted Training, unlike other therapies, can be delivered in the absence of a trained professional. This means that each child's family, including their brothers and sisters, can get involved.

We love the inventive ways our families find to practise Targeted Training, and it's great that everyone can share ideas on Facebook and Twitter!

So, although having to practise at home might sound like homework, it can actually be lots of fun, as you can see from these smiles....

Max is having lots of fun practising his Targeted Training today. We had to come up with some new ideas; he wants to do it so much!

 @TMCoswestry

 facebook.com/TMCoswestry



Celebrating Success!

A highlight of our year is our children's Awards Party. We love the event as we get to celebrate all the hard work our children and their families have put into their course of Targeted Training.

It is a very special occasion indeed and each child's achievement is a big cause for celebration, from learning head control, to sitting unaided or gaining enough control to be able to walk. We are so proud of the progress everyone has made. There is also chance to put those new found skills and independence into practise, with lots of fun to be had on the day!

At our Awards Party we also announce the winner of the Lady Trevor Award, for outstanding contribution to the work of The Movement Centre. The 2016 award went to Nicola Kearsley, whose son, Liam, attended The Movement Centre, where he took his first steps. Nicola took quite a few steps of her own, bravely trekking the Sahara with her friend Helen, in aid of The Movement Centre.



We love seeing Ollie looking so tall and standing so straight in his standing frame! He has been enjoying his frame on his wobble board whilst having a dance to music with his brother and sister!

Millie's Journey

Millie began her first course of Targeted Training back in August 2015, when she was one and a half. At this stage Millie had not been formally diagnosed but she was not meeting her movement milestones. She needed help with her sitting posture and balance but was also unable to crawl. This made it hard for Millie to be independent and to play.

After taking home her standing frame Millie and her family practised lots of Targeted Training. Over the next few months we were all delighted to see Millie make lots of progress. Just eight weeks into her course Millie could free her hands when sitting down and pick up her toys to play with her twin brother Evan. She even started to commando crawl!

Her excellent progress continued and by the end of her course, in just 11 months, Millie had accomplished so much. She had gone from achieving high kneeling and four-point kneeling to being able to pull herself to standing and cruise around furniture.

By now Millie had been given a diagnosis of Spastic Diplegic Cerebral Palsy. But this did not hold her back! Everyone was so impressed with her progress that it was agreed she could benefit from a second course.



Millie has continued to make great progress, and by her third review we could see that she was becoming much more confident. While she had previously been using a Kaye Walker, Millie now has some Quadrupod sticks to practise her stepping. These offer less support than the walker, which should allow Millie to put her improved movement control into practice!

After Targeted Training

Nancy was three years and eight months when she began her course of Targeted Training at The Movement Centre. At her family's first appointment their dedicated physiotherapist, Sarah, set some goals for Nancy.

Sarah could see that Nancy was able to pull herself up to a high kneel and hold mum's hand to take some steps, but had not yet managed to walk on her own.

Nancy was supplied with her standing frame. She was unsure of the frame at first but her siblings got involved and made it more fun.

Nancy's family liked the fact that Targeted Training is very visual; the equipment was lowered each time she came back to The Movement Centre so it gave them all lots of motivation.

On her last appointment Nancy took a few steps without holding on to anyone's hand. She continued to make great progress afterwards, building up her control. Just two months later she walked across the room to pick up her certificate at The Movement Centre Awards Party!

The main difference for us is the positive impact on our family life.

Francesca, Nancy's Mum



Later that year Nancy walked into her first day of school, which her family say was a real milestone to reach. But the progress hasn't stopped there! Nancy was unsteady walking on the grass when she started at her school, but by the beginning of her second year she was able to walk across the grass for her photo to be taken. Now Nancy is able to walk down to the sea with her family at the beach. She can also make footprints in the snow!

Our supporters

Every year our fantastic supporters help The Movement Centre raise awareness of Targeted Training and raise vital funds to enable us to continue our work.

We are funded by a number of charitable trusts and foundations, who support our core activities and also enable us to support many of the families, who are unable to access NHS funding.

Our Corporate Partners, Individual Supporters and lots of fantastic Community Groups are instrumental in helping raise awareness of our work and raising funds too. We are always overwhelmed by all of the donations and fundraising activities that take place.

Here are just a few of the brilliant activities that our supporters have held....



Do you like us on Facebook?
Find us at:
[facebook.com/TMCOswestry](https://www.facebook.com/TMCOswestry)
to get regular updates about our work.



Sophie Davies from Lanyon Bowdler pictured with Junaid and his mum, Hayley. Junaid was very happy indeed to win this fantastic teddy on their Teddy Bear Hoopla!

Lanyon Bowdler are delighted to support The Movement Centre and their work with children who have a disability that affects their movement control. We understand the challenges that so many families can face and the importance of specialist therapy. It is fantastic to see the positive difference that Targeted Training can make!

Kay Kelly, Partner, Head of Clinical/Medical Negligence Team, Lanyon Bowdler Solicitors



Jane Wordsell and Claire Jones from Beaumont Financial Planners enjoying a tea party with Sophie and her mum, Kelly.

We support The Movement Centre because of the impact their work has on the children who receive Targeted Training therapy. It can make a huge difference to a family's life. Beaumont Financial Planners are excited to continue working with The Movement Centre. We have some great activities planned for the upcoming months!

Mark Evans, Director, Beaumont Financial Planners

Research and Development

The Movement Centre has a commitment to research and development that supports our work. Key highlights over the last year include:

Collaboration with Manchester Metropolitan University

The Movement Centre has been supporting María B. Sánchez, a PhD student from Manchester Metropolitan University. The aim of this work is to create a quantitative outcome measure (giving precise numbers and angles) that can be used to assess trunk posture and movement in a regular physiotherapy clinic environment. At present, only subjective outcomes (physiotherapist opinion of posture) are available.

A successful outcome to this collaboration between Manchester Metropolitan University and The Movement Centre has the potential to benefit the many thousands of severely affected children worldwide who have cerebral palsy and difficulties with trunk posture and control. It is in line with The Movement Centre's innovative approach to therapy and intervention for children with movement difficulties.



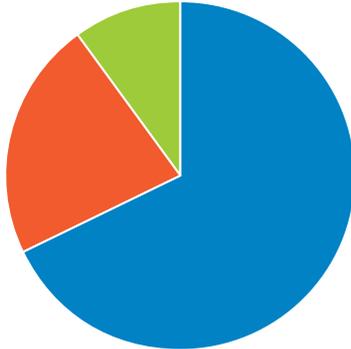
María is the corresponding author on an article, “A video based method to quantify posture of the head and trunk in sitting”. It is published in Journal: Gait & Posture (51) January 2017, following its publication online in October 2016. Her PhD will be submitted in 2017.

Targeted Training Seminar

In August 2016 The Movement Centre hosted a week long seminar for key delegates from around the world who have an interest in the principles of Targeted Training. This gave all of those attending a platform to share information on clinical practice and research and discuss plans for the future.

Finance

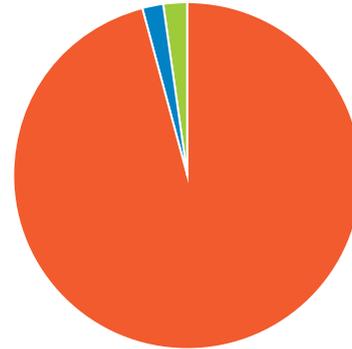
Income



Charitable Activities	68%	£288,212
Donations	22%	£95,521
Fundraising	10%	£43,206
Other	<1%	£925

Total Income **£427,864**

Resources expended



Charitable Activities	97%	£388,254
Raising Voluntary Funds	2%	£6,131
Governance	1%	£7,642

Total Expenditure **£402,027**

2015-16 saw income growth, expenditure within budget, and reserves met.

These figures are summarised from our full Report and Accounts. Please contact us if you would like a copy.

Please note that these figures are for our 2015-16 financial year. The Movement Centre decided to extend its financial year by 6 months from the 1st August 2015 to 31st December 2016. This was to enable us to change our accounting year to fall in line with the calendar year.

What's next?

A new strategic plan

Our staff and trustees are currently developing our new strategic plan. A key part of our future plan is to increase the number of children to whom we are able to offer Targeted Training therapy to at The Movement Centre. In order to do so we are investing further energy into our marketing and fundraising, to enable us to raise awareness of our work and to offer support to as many families as possible.

New specialist equipment

We are in discussions regarding the development of a new piece of equipment for Targeted Training. We currently use two types of specialist equipment for Targeted Training. The development of new equipment will help support our strategic aim of providing our therapy to a greater number of children.

We are also seeking funding to digitalise our video recording and storage system and are aiming to provide more sensory equipment for the children who visit The Movement Centre for Targeted Training.

Celebrating 20 years of Targeted Training

September 2016 saw the start of a year of activities to celebrate 20 years since The Movement Centre's specialist therapy was first pioneered. We have lots of exciting activities and events planned for 2017.



Planning an event or taking part in a fundraising activity can be both rewarding and lots of fun. We can help support you along the way too! Visit our website to find out more:

www.the-movement-centre.co.uk

Continuing to spread the word

We have a planned schedule of meetings, presentations and awareness raising throughout the year. These include a presence at the 2017 American Physical Therapy Association's Annual Conference in Texas in the USA, where our Senior Physiotherapist, Sarah Bew will present to delegates.

Thank you!

Thank you to all of our families, supporters, donors and friends, from everyone at The Movement Centre, for all of your support. We couldn't continue our work without you!





It was Leon's last session today. Coming to The Movement Centre has helped Leon so much! He couldn't balance when sitting unaided back then and now he's sitting, four-point kneeling, standing confidently and mostly fighting off his sister who is fascinated by his frame. You will be missed!



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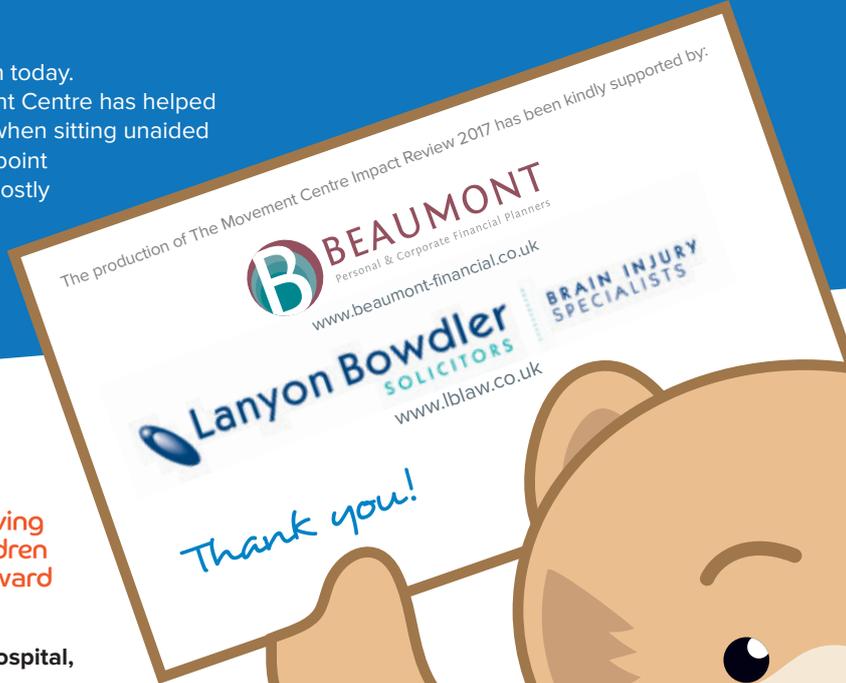
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**BRAIN INJURY
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Thank you!

