



# Information Guide



## Who we are and what we do

The Movement Centre is a UK registered charity providing a specialist therapy called Targeted Training to help children with movement disabilities gain movement control.

Targeted Training can help children with Cerebral Palsy, Global Developmental Delay, Down Syndrome and other problems affecting movement control to gain functional skills and independence.

Support is given directly beneath where control is an issue. As each child makes progress the level of support is lowered so that they can continue to develop movement control. This mimics the way in which movement control is naturally developed in a young infant, from the head downwards.

“Without The Movement Centre, Ryder would not be at the stage he is at now. We’ve been to some places in the past where he was clearly just a number... everyone at the centre is so nice and they all really care about Ryder’s development and where he can get to.”



## Children we support may have conditions such as

- Cerebral Palsy
- Global Developmental Delay
- Genetic Disorders
- Down Syndrome
- An Acquired Brain Injury
- Childhood Strokes
- Undiagnosed
- Syndrome Without a Name (SWAN)
- Spinal Muscular Atrophy



Watch our videos  
to find out more



Every child has an initial assessment to determine if Targeted Training is suitable. If so, a specialist standing frame will be supplied. Targeted Training is specific and accurate, and you will be given guidance and support to practise the therapy at home. Continuity is important and we ask families to commit to 30 minutes a day.

Every 8 weeks we have a scheduled appointment with you, lasting 1-2 hours, where you will come to The Movement Centre. During these appointments the support on the standing frame may be altered depending on the child's progress. A course of therapy lasts 12 months.

Early Intervention will significantly improve the outcomes for the child. Providing Targeted Training at the earliest opportunity ensures we can address problems of movement control before they become more complex.

# Get in touch!

## We would love to hear from you



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The Movement Centre

