

**SUPPORTING CP.  
FOR LIFE.**



**National Bobath**  
CEREBRAL PALSY CENTRE

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Welcome to **The Bobath Centre Newsletter** for September.

## NEWS & EVENTS



**WORLD CP DAY**  
*6th October*

To mark World CP Day 6th October 2023, you're invited to The Bobath Centre for our Open Day. We'll start at 11.00am with an address from our special guest Liz Green, High Sheriff of Hertfordshire, and then you'll be guided through the centre to learn about our therapy, training courses, research work, and exactly why we're so passionate about 'Supporting CP. For Life'.

**Join us!**

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**We need your help!**



**Calling all parents/legal guardians of a child who have previously participated in our Early Intervention programme**

We've collaborated with the [University of Hertfordshire](#) to launch a review of our Early Intervention therapy programme, which aims to better understand what impact this programme has on children with cerebral palsy, and their families, and what can be done to improve the service. What impact Bobath therapy has on babies with cerebral palsy & developmental delay, and their families, and what we should do to improve the service

We would be grateful if you would help us by taking the survey: <https://ow.ly/yoKb50PgXex>

**Find out more**

A photograph of Joe Hardy, a man with a beard and mustache, wearing large black headphones and a dark blue polo shirt. He is smiling and looking towards the camera. In the background, a laptop screen shows a video call with another person. Overlaid on the bottom of the image is a graphic with a green and orange wavy border. It includes a small icon of a person in a wheelchair, the text 'An Evening With Joe Hardy @BlokeOnWheels', the date '13th September 2023', the time '18.30-20.00', and the logo for the 'National Bobath Cerebral Palsy Centre'.

**Bobath live: An Evening with Joe Hardy**

Joe Hardy (@BlokeOnWheels) is a successful media influencer, **#DisabilityRights** campaigner and

event.

There are still plenty of places available if you can join us on 13<sup>th</sup> September at 6.30pm on Zoom.

This is a free event but we would appreciate if you would consider donating to The Bobath Centre:

<https://bobath.org.uk/support-us/donate/>

**Sign Up!**

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### Spotlight On: Peter Rasmussen



Welcome to the latest member of Team Bobath - Peter Rasmussen, our new Community Fundraiser. Peter was formerly with Peace Hospice Care and has over 15 years experience working in the Charity sector. Peter is married and has a teenage son. In his spare time he likes to draw and take long walks.

Peter says, *"I'm really excited to be on board and look forward to getting to know our supporters."*

### SUPPORT US IN 2023

**Do you want to support us and love a challenge?**



### Run Alton Towers

**Saturday 11th & Sunday 12th November  
2023**

Starting and finishing within Alton Towers Theme Park this is an event for the entire family. Open to all abilities, you can take on a chip timed **5k, 10k or Half Marathon** to earn yourself a unique themed medal before enjoying the incredible rides at the park.



### NEW! Halloween Walk

**Saturday 28th October 2023**

Treat yourself to a hair-raising hike around some of London's scary streets and historic haunts! Choose the distance that suits you, from **10km or 25km**, and gather your bravest guys & ghouls to make up a team – or go it alone if you dare and meet up with other chilling challengers. It's the perfect event for dressing up in your spookiest outfit!

**Bring it on!**

**Support us when you play Watford Community Lottery**



Did you know you can support a charity while playing the Watford Community Lottery? We would be so grateful if you could nominate us, so we can continue to offer and even expand our service. That way, everybody wins!

**Donate!**

**LEGAL ADVICE**

**Have you considered Medical Negligence?**



Legal advice can be an important part of the journey as a family when living with cerebral palsy. If your child has developed CP as a result of mistakes made during pregnancy or childbirth, our legal partners at Slater and Gordon may be able to help you. [Emma Doughty](#), Head of Clinical Negligence at Slater and Gordon, is available to help you and can be reached by email at [emma.doughty@slatergordon.co.uk](mailto:emma.doughty@slatergordon.co.uk).

**Find out more about Slater and Gordon**

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Legal advice is an important part of the journey as a family when living with cerebral palsy.

Find out more here: [The Bobath Centre - Legal advice](#)

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Thank you Hodge Jones & Allen, who are hosting a quiz night on October 12th, with a charity auction and all donations are being kindly donated to The Bobath Centre.

**BOBATH COMMUNITY**





### **BoBaby!**

A weekly play and therapy session where you will be joined by Bobath Therapists. They can provide support and essential therapy skills, to support your baby.  
Join us virtually, every Wednesday at 10am.

[Register here!](#)

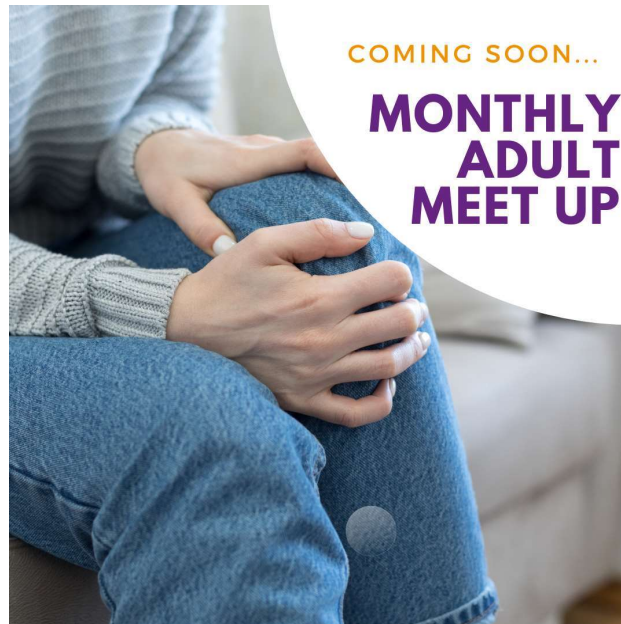
or come and visit us at The Bobath Centre, on the first Wednesday of every month.

**Book a Face to Face session!**



### **BoBaby Facebook group!**

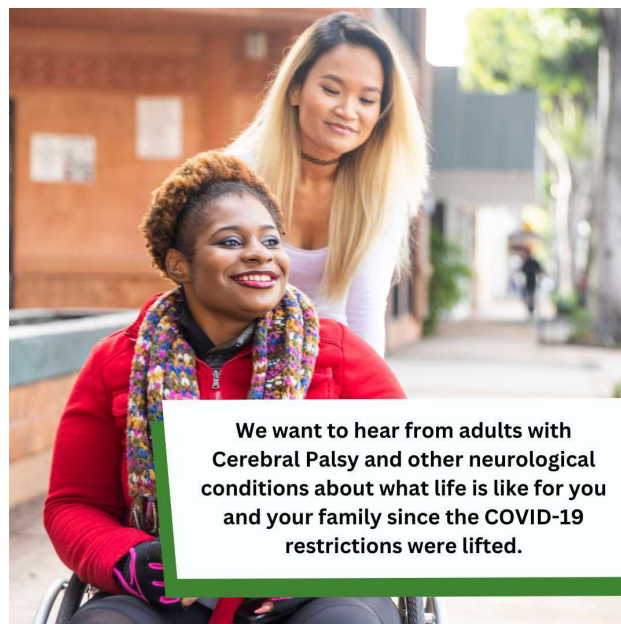
We also want our families to be at the heart of BoBaby, so why not join our Facebook group '*BoBaby advice, support & play!*' and meet other families, share experiences and gain and share valuable support and advice?!



### Monthly Adult Meet up

Our Adult Meet-ups are a **free**, on-line, monthly therapy and information service for adults and their families or carers. Although we haven't got a date for our next meet up yet, it's coming soon! The topic will be knee pain and include a fun dance session with physiotherapist and dance teacher, Helen. Follow our Eventbrite page and keep an eye out!

[Follow us on Eventbrite](#)



The COVID-19 pandemic and the cost of living crisis have significantly impacted people's ability to access the support they need.

for you and your family since the COVID-19 restrictions were lifted.

We aim to use this information to drive service improvements and inform others, including politicians and policymakers, so that they consider the needs and experiences of adults with CP.

We would be grateful if you would help us by taking this survey: <https://ow.ly/TZbb50PgQWV>

## Survey

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Get in touch if you believe you or your child would benefit from one of our Welcome Sessions. We offer a FREE, 45-minute advice and support session with one of our Bobath therapists. No need to wait for a referral, just get in touch.

## Contact Us Now

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# people with Cerebral Palsy throughout their lives

Started  
Petition to


15 June 2022  
Health Ministers (Secretary of State for  
Health and Social Care)

2,852

Signatures

5,000

Next Goal

 Support now

We believe too many people in England cannot access the specialist therapy they need and lack the funds to pay for private therapy sessions themselves.

Our petition calling for **FREE** specialist therapy for people with CP throughout their lifetime for pain management and mobility is growing with more signatures every day.

Thank you so much to everyone who has signed/shared the petition so far.

Join the movement! **Sign our petition by clicking the link below or visit:** [change.org/freetherapyforCP](https://change.org/freetherapyforCP)

Sign the petition

Click here for more info

## UPCOMING COURSES



### Therapy Assistants Course 25th September 2023

This course provides an overview of what cerebral palsy is and how we approach treatment using the Bobath concept. We take a practical approach, looking at how the



### Introductory Bobath course for the treatment and management of children with CP

26<sup>th</sup> - 27<sup>th</sup> September 2023  
8<sup>th</sup> - 9<sup>th</sup> November 2023

This course is suitable for  
physiotherapists,



### Problem Solving and Handling for Activity and Participation

24th - 25th January 2024

This course is suitable for  
**physiotherapists,  
occupational therapists and  
speech & language**

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**Past Issues**

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floor, talks, plays etc.) We discover what happens to their body as they do this and learn why they cannot do certain activities.

**Find out more**

**therapists.** You'll gain an overview of the transdisciplinary nature of assessment and treatment within the Bobath concept. Here we explore the classification of Cerebral Palsy and principles of treatment.

**Find out more**

with cerebral palsy and other neurological conditions. We aim to develop a problem-solving approach in participants to their assessment and treatment of children with Cerebral Palsy.

**Find out more**

## Bobath Training



Last year we trained a new generation of therapists to treat people with Cerebral Palsy across the UK and we look forward to continuing our training this year. In 2022, we taught 197 trainees over 14 Bobath courses and we had some amazing feedback.

***"Excellent teaching from all tutors, very grateful to have been on this course and you all sharing your knowledge"***

## Our 2024 Courses

## JOIN OUR TEAM

**We have some great opportunities to join our amazing team.  
Do you know someone who should apply?**

### **Bobath Speech and Language Therapist**

If you're an experienced speech and language therapist and would like to be part of our skilled, multi-

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[Find out more](#)

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