

To sponsor a child like Charlie please complete the form below



Donation details

Please let us know how much you would like to donate and how frequently you would like the donation to be given.

Please pay

Account name: Bobath Children's Therapy Centre Wales
Bank: Lloyds TSB - Penarth Branch
Account No: 0102910 Sort code: 30 96 52

£5.00 £10.00 £15.00 other

Payable monthly, commencing/...../.....
OR
£_____ payable annually on/...../.....

Gift Aid

If you pay tax, for every £1 you give, we get an extra 28p from the Inland Revenue, helping your donation go further at no extra cost to yourself. Please treat all donations since 6th April 2001 as Gift Aid. To opt for Gift Aid please tick the box.

Ref No:
for office use only

Your Bank Details

Bank/
Building Society: Address:

Name(s) of Account holder(s):
Account No:
Sort Code:

Your Contact Details

Name: Address:
Tel No: Postcode:
Email: Mobile No:
Signed: Date:

Return form to:

Bobath Children's Therapy Centre Wales
19 Park Road, Whitchurch,
Cardiff, CF14 7BP
Telephone: 029 20522600
Email: fundraising@bobathwales.org
Website: www.bobathwales.org



The Wave



Bobath Children's Therapy Centre Wales

Spring 2010

HOLLYWOOD

star makes fundraising a piece of cake!

Welsh actor Matthew Rhys, star of hit TV series Brothers and Sisters, popped into the Centre for a visit recently to lend his support to Bake for Bobath and have a Welsh cake or two! Matthew wasn't the only star in the room as he was joined by 3 year old Charlie, who attends the Centre for specialist Bobath therapy.

Bake for Bobath is Wales' biggest Welsh cake bake for charity and sees individuals, groups, schools and work places all over Wales hold coffee mornings, afternoon teas and cake sales, during the week of St David's Day, **1st - 8th March**, to raise much needed funds.

We would like to thank Tan y Castell Welshcakes for their continued support. Look out for information about Bake for Bobath on their Welsh cake packs in Spar stores around Wales.

For a **free** Bake for Bobath pack contact the fundraising team and join Matthew in raising what we hope to be our biggest amount ever!



Rhydian adds the X Factor • Get on your bike! • Support us for a reason



Make it your year to have fun



*Share your friends,
share your food,
share your cause!*

Are you a serious foodie? Do you like getting friends and family together and tasting different dishes? If so, this fundraising week is for you and it's all in a good cause too!

- Your **Recipe Swap** event can be as big or as small as you like, use your own home or book your local community hall.
- Ask friends and family to bring a dish – either a main course or pudding – then get them to send the recipe to you a few weeks before the day so you can put a simple recipe booklet/sheet together.

A reason to cook

"As parents we all cherish the special moments when our child does something for the first time – for us as a family so many occur at Bobath."

- Charge £5 entry on the day which includes a scrummy meal and a drink. They can also purchase the recipes for an extra £2 donation.

Or, if you fancy holding a dinner/supper party, you could ask friends to **Be My Guest**. Guests could donate what they might normally spend on a meal out in return for dinner cooked by yourself. You could host a black tie dinner party, girls night in, movie night, murder mystery evening or perhaps have a theme.....the ideas are endless!

So please turn a social get-together into something special by holding either a **Recipe Swap** or **Be My Guest** evening. For a free fundraising pack which includes invites, recipes, balloons and posters please contact the fundraising team.



a question of women 2010

Chase away the January and February blues and join us for a night to remember. **a question of women** takes place on **Friday 5th March at The Holland House Hotel, Newport Road, Cardiff**. We are delighted to welcome back our host and compere for the evening BBC Radio 2's **Lynn Bowles**.



This is an exceptional evening's entertainment starting with a champagne reception, three-course meal, goody bag and the **a question of women** panel plus entertainment from singer Paul Child. Tickets are priced at only £40 per person - a great gift for Mother's Day.

Some of the most inspirational and successful women in Wales will be answering your questions and sharing the secret of their success including top barrister **Ruth Henke, QC**; Honorary Consul for France, **Claude Rapport**; **Gemma Lang**, a young lady who set up an anti-bullying campaign; author **Lynne Barrett-Lee** who co-wrote the biography of Melanie Davies that is currently in the bestseller charts and **Melanie Davies** herself whose life story is truly remarkable.



The 'Rat Pack' Birthday Ball

Join us for a night of glamour and glitz at Bobath's premier event, on **Friday 11th June at 7pm**. This year's theme is the era of 'swing', sophistication and style influenced by the magic of Sinatra, Davis and Martin. This exciting event held at the magnificent **City Hall, Cardiff** will commence with

a champagne reception followed by a sumptuous four course meal, entertainment, concluding with dancing to fantastic live music.

Don't miss out on the event of the season. Tables of ten are available at £700 although individual tickets can be purchased if preferred.

Take on a challenge

Get on your bike ... for the Lôn Las Cycle Challenge

29th May
-
3rd June
2010

Cycle **254 miles** from Holyhead to Cardiff Bay in a spectacular 6 day event that covers some of Wales' most breathtaking scenery.



An experience not for the faint-hearted, cyclists will cross three distinct mountain ranges, but the rewards are more than worth it. From quiet rural lanes, rolling green countryside and old industrial and agricultural heritage, Lôn Las really captures the richness and diversity of Wales.

Bobath is looking for anyone over 18 who enjoys cycling and is looking for a 2010 challenge. All you will need is a bike, a good level of fitness and heaps of motivation!

Give the fundraising team a call for more details or check out the Lôn Las 2010 information pack on our website.

We would like to thank our very kind sponsors See Wales and the Spar, Caerphilly Road, Cardiff for their invaluable support.



The sky's the limit

If you would like to experience the exhilaration of leaping out of an aeroplane at 10,000ft, please contact us for an information pack. No experience is necessary as you will receive a full days training and if you raise the minimum sponsorship of just £395 you can jump for FREE. Dates can be arranged to suit you, so all you need to do is build up your nerve and take to the skies!



Race the Dragon for Bobath

Sunday 20th June 2010
Swansea, SA1 Waterfront

Sunday 12th September 2010
Cardiff, Atlantic Wharf

Bobath is looking for teams to enter these fun filled and dynamic days of Dragon Boat Racing.

For the first time we will set sail in Swansea's fantastic SA1 Waterfront area and it is sure to be a very colourful and action packed day. Bobath is teaming up with the South Wales Boat Show for this event so the day really will be a spectacle.



This will be the second year that we will be setting sail in the Atlantic Wharf waters, Cardiff Bay. Last year's event was a great success and fun was had by all. The teams raised in excess of £12,000 and we hope that 2010 will be an even greater success.

We are looking for teams of 11 passionate paddlers. Maybe you are a company, social group or club and would like to participate. All we ask is that you are over the age of 12.



A reason to paddle "We did not appreciate how emotional our first few visits to Bobath would be, in retrospect I can say this was not to do with coming to terms with our son's condition but was more to do with the relief and excitement of receiving such expertise and support from specialists within the field."

Make it your year to get active

Why not make 2010 your year to get fit and make a difference!
From Welly Walks to marathons, there really is something for everyone.

**Sunday
23rd May 2010**



The 5K Cardiff Fun Run is taking place at Bute Park, Cardiff and is open to affiliated runners, enthusiasts, teams and families.

For further information please visit www.cardiffunrun.co.uk or call 05601 824437.

**Sunday
17th October 2010**



Congratulations to the seven runners who pounded the streets of Cardiff on a sunny day last October and raised over £900 for Bobath. Thank you so much and we hope you are all raring to go again this year.

**Welly Walk
Fill your boots for Bobath!
Cerebral Palsy Awareness Week
- 10th -17th October 2010**

Join us as we make a splash once more at our sponsored Welly Walk on Sunday 10th October. Or why not plan a Welly Walk in your area or organise a wear your wellies to school or work day?



Machynlleth Primary School
Thank you to **all** our 2009 welly walkers

**Saturday
4th September
2010**



A BIG thank you to the 21 runners, joggers and walkers who raised £2,336.48 for the Centre by taking part in the 2009 BIG Fun Run. Register for 2010 at www.bigfunrun.com selecting Bobath as your charity.

**Sunday
17th April 2011**



Bobath has been allocated a Silver Bond Place for the 2011 London Marathon. As there is sure to be a lot of interest we have decided to hold a draw. If you would like to enter the draw please contact the fundraising team. The draw will close on the 31st August 2010.

If you want to see some of the world's most amazing sights, achieve a personal goal, push yourself to your physical limits and do it all for a great cause – take on an over overseas challenge.

**Mount Kilimanjaro Trek
29th October –
7th November 2010
11th – 20th March 2011**

This trip is for anyone who wants to take on a real challenge or simply has a dream to stand on the roof of Africa. At 5,895m and rising majestically out of the surrounding plains, Mount Kilimanjaro is Africa's highest mountain and a truly breathtaking sight.

Sahara Trek

On the 5th March Glenys Evans, Lynne Clarke, Christine Pascoe and Melanie Kedde are embarking on a nine-day challenge trekking 100km across the Sahara Desert for Bobath. So far the 'Fantastic Four' have collectively raised over £20,000 – which is an amazing feat in itself. Everyone here at the Centre would like to wish them the very best of luck and we look forward to reporting on their adventures in the next edition of The Wave.

If trekking the Sahara appeals to you then why not sign up for the 2011 trek which is taking place 4th- 13th March.

**Great Wall of China Trek
14th – 24th October 2010
7th – 17th April 2011**

Experience one of the world's greatest wonders. This ten day trip treks over the enormous ramparts of the Great Wall and through the countryside of rural China. The challenge offers fabulous scenery and a fascinating insight into a rich culture and history.



A reason to trek

"Bobath therapy has made my legs better and the therapists are helping me get closer to my dream, to walk like all the other boys and girls in my class."



Bobath online

DVD

Towards the end of 2009, we launched our new DVD, produced free of charge by award winners JM Creative. We are indebted, as well as tremendously fortunate, to have had the support of JM Creative who are responsible for the iconic six nations' commercials. The DVD has received great acclaim from those who have viewed it.



We are extremely grateful to parents Nant and Sioned, as well as all the children who took part; Amirah, Bradley, Ciaran, Darcie, Imogen, Seren, Tomi, Tomos, Zara and Jessica, all of whom were stars! The new DVD will be shown at our events and used to raise awareness of the charity when giving talks and presentations. Shortly, you will be able to view the DVD, in either in English or Welsh, on our website.

A reason to view

The new DVD features three year old Tomi. Tomi's cerebral palsy affects the right side of his body and during his latest block of therapy Bobath therapists used activities such as dressing and playing to help him become more aware of his right side. For example when pushing his right hand through the sleeve of a jumper, they prompted Tomi to find his hand, looking at it as it comes through the sleeve. They also used specific techniques to help Tomi to use more controlled and active movements of his right arm. Tomi's parents were then shown how they could use these handling techniques at home.



"The service that our son, and us as parents, have received during our visits to Bobath has been outstanding and most importantly extremely productive and beneficial to Tomi. There has been a marked improvement in his posture and movement – the service is invaluable and is helping him reach his full potential." Tomi's Mum

Have you visited our website?



We continue to be indebted to Caboodle Digital who maintain and update our website free of charge. The Caboodle team are always so obliging and professional and we really cannot thank them enough.

As we move into a new decade we are looking at ways in which we can improve our website and we really would appreciate your feedback. Do you find the website easy to navigate? Is there anything else that you would like to see on the website? Does it tell you enough about the charity and the work of the Centre? **Please send your views to fundraising@bobathwales.org or write to us here at the Centre.**

A reason to visit

Sign up for our e-newsletter via the website and help us keep you fully up-to-date with all our latest news and events at no cost to ourselves or the environment.

The next time you're surfing the web, please take 5 minutes to visit some of the websites that support Bobath.



www.timto.co.uk

'there is more to birthdays' is a unique present wish list service that enables people to receive presents they actually want whilst raising funds for Bobath



www.charityflowers.com

Order your Valentines, Mothers Day and Easter bouquets through this website, quoting bctw and 15% of the order cost will be donated to Bobath.

easyfundraising
.org.uk

www.easyfundraising.com

If you're planning to shop online please do so via easyfundraising.com and we will receive commission on what you buy at no cost to yourself.



www.everyclick.com

Everyclick is a search engine, similar to Google that allows our supporters to raise money for the Centre as they search the web.

Charity of the year

Lord Mayor's Charity

The Rt. Hon. The Lord Mayor of Cardiff is hosting a very special Gala Concert on **Friday 12th February at the City Hall, Cardiff**. X Factor's Rhydian will be joining West End star Peter Karrie, renowned opera singer Dennis O'Neill, singer Margaret Williams, Bechgyn Bro Taf, Roy Noble, Castell Coch Choral Society, The Debbie Chapman Dancers and Cardiff County and Vale of Glamorgan Youth Orchestra. Tickets priced £25 are available from the fundraising team.

The Lord Mayor said: *"The concert will be a fantastic fundraising event and I am very grateful to all the stars that are taking part for their support."*



Lord Mayor's Charity ~ Dates for your Diary

Bake for Bobath Coffee Morning

Mansion House, Cardiff
Thursday 4th March, 2010

Race Night

The New House Country Hotel, Cardiff.
Thursday 6th May, 2010

RAOB spread the word out West

The Royal Antediluvian Order of Buffaloes came to the end of their fundraising year in 2009 after raising a fantastic £3,500 for Bobath through sponsored walks, a stand at the Pembrokeshire Show and bucket collections. They have also done a great job in raising awareness of Bobath throughout Haverfordwest! Lodge Member, Bob Hartland said at the cheque presentation, "We have really enjoyed raising funds for Bobath. The fundraising team have supported and appreciated our fundraising every step of the way."



Sainsbury's

They really are trying something new everyday!

Our thanks once again to Sainsbury's, Colchester Avenue for coming up with many creative ways to raise funds for Bobath – including:

- A wicked welly fashion show during Cerebral Palsy Awareness Week
 - Four fab members of staff had a hard days night entertaining the shoppers by singing hits of the Beatles
 - In the run up to Christmas, staff grew a tache for cash. The competition was judged by The Rt. Hon. The Lord Mayor of Cardiff and the Lady Mayoress.
- Check out those lamb chops!**



We are extremely grateful to all the companies, organisations and grant-making trusts who support us. We just wish we had the space in this newsletter to name you all! If you know of an organisation or company who are looking for a charity to adopt please encourage them to choose Bobath. We couldn't run the Centre without this kind of support.

A reason to adopt

"Bobath Children's Therapy Centre Wales has been invaluable to us as a family. I firmly believe that Bobath therapy is so important for very young children who have cerebral palsy, but it is also equally important as they grow and face different challenges."

Where there's a will....



When supporters remember their loved ones by making a donation to Bobath in their memory we are extremely grateful. This is a valuable and positive way to remember and celebrate the life of a loved one. Also leaving Bobath a gift in your will means your support will carry on. Remember, **every gift in every Will makes a difference – it doesn't matter whether it's £50 or £5000.**

Thank you, everyone

Our fantastic fundraising groups continue to raise thousands of pounds for the Centre each year and we really cannot thank them enough.

Friends of Bobath Wales

A huge thank you to our 'Friends of Bobath Wales' group for their tireless efforts in raising **£21,000** over the past year. This amount will fund 5 blocks of Bobath therapy so you can see how the group really makes a difference! Their total over the years is now a fantastic **£186,000**.



Cwm Crafters

In 2009 Susan Jones and the Cwm Crafters raised an incredible **£5,274.19** for Bobath. Susan spends many hours crocheting and knitting items to sell, which have been a huge hit at the Prince Charles Hospital, Merthyr. We would like to thank the Cwm Crafters for their enthusiasm and commitment, not only in raising funds but also in raising awareness of the important work of the Centre.

Margaret Lauder

Margaret Lauder is our 'Car Boot Sale' queen and every month she raises hundreds of pounds for the Centre. Margaret's warm personality and unswerving dedication to Bobath inspires other people to fundraise for us too. Margaret's colleague Paul Quick recently hosted a Charity Showcase event and produced a CD in aid of Bobath.

151 Club

Congratulations to The 151 Club, who were runners up for the award of 'Most Admired Organisation' in the Network Wales Awards 2009. The group, based in Blackwood, organise a variety of fundraising events and they have recruited Assembly Member Irene James as honorary president. They have secured company sponsorship's and they have even built their own website www.the151club.co.uk. No wonder they won an award!



Our festive fundraising began in earnest on Saturday 21st November with our **Christmas Market** and thanks to the help of our fantastic volunteers, it raised over **£2,000**. On Monday 8th December, St Mary's Parish Church resonated with Christmas Carols at our annual **Carol Concert**. Many thanks to our official sponsor Legal and General, the Caldicot Male Voice Choir, the very funny Don McClean, our wonderful readers and the Bobath children who helped to make it a very special evening.



For the few weeks in December, the fundraising office was more like Santa's grotto, as the Bobath Elves were busy making reindeer food and writing **Father Christmas letters**. The letters were a big success and thank you for all the lovely comments we received. Many thanks also to everyone who got their knitting needles out and made wonderful Christmas decorations to sell in aid of Bobath. We would now like to encourage more supporters to '**Knit for Bobath**'. Please contact the fundraising team for a FREE Bobath Knitting Booklet.

Special thanks also to:

- **The New Theatre, Cardiff**, whose band of merry men organised bucket collections during the panto season and raised an incredible **£6,616.43**.



- **Radyr Primary School** whose Christmas concerts raised a magnificent **£1,500**.
- **The Royal and Morgan Arcades** who opened their doors for a special fundraising shopping evening, with entertainment from the Rhiwbina Welsh Society Choir and the vibrant Jukebox Juniors.

And finally a **BIG** thank you to everyone who purchased tickets for our **Christmas Prize Draw**. Congratulations to the top 3 prize winners: Marc Gwilt, Rhun Jones and Barbara Rhys. A full list of winners can be obtained from the fundraising office.

Making a difference

Charlie

Charlie is three years old and first attended the Centre in January 2009. Charlie's cerebral palsy predominantly affects the left side of her body and as a result she has limited control over her limbs and everyday tasks such as dressing, walking and eating prove difficult for her. During Charlie's recent block of therapy Bobath therapists used specific handling techniques to help Charlie to stand straighter and move more independently. They also practised getting dressed whilst sitting on a bench.

In November Charlie, along with some of the other children who attend Bobath, had the opportunity of going to Jump, Cardiff. The children and Bobath therapists spent the day jumping, crawling, bouncing, sliding and swinging on all the equipment that Jump has to offer. A great day was had by all and we're not sure who had the most fun, the children or the therapists! We would like to thank Jump and Children in Need for funding this special day.



"We can't convey how pleased we are with the treatment sessions Charlie receives at Bobath. She responds incredibly well to the input received from the staff and we always see a noticeable difference throughout the sessions. The sessions are also of immense benefit to us as Charlie's parents, not only through developing our handling skills but in other ways too.

Bobath has helped re-educate me too – the soft play area at Jump is the sort of place I avoided taking Charlie previously, as selfishly I was more concerned about being upset by my daughter's inability to take full advantage of the play things, than about her inclusion and enjoyment. However having seen the pure joy she experienced whilst attending Jump with the Bobath therapists we are now regulars." Charlie's Dad.

A BIG Bobath thank you to Charlie's family and friends.



Sponsor a Child Week

13th – 20th February 2010

During Sponsor a Child week we are asking you to sponsor a child like Charlie and help us to continue to provide specialist therapy to children who have cerebral palsy.



Why sponsor a child?

Because you are needed!

We are doing everything we can to raise the money needed each year to continue seeing the children who come to us and also to reach as many children in Wales who need us. But we would love to do much more and with your help we can.

Because you can make a difference to a child's life

As well as a regular newsletter we will send you a twice yearly update on what's been happening with the children who come to us, the

achievements they've made and the way in which they have benefited from your support.

Bobath Fundraising Manager, Gail Griffiths says, "By donating a minimum of just £5 a month (perhaps what you might spend on 2 coffees or your daily lunch) you can help us continue to provide specialist therapy to a child with cerebral palsy. Because the gift is regular it will help us plan ahead in the knowledge that we have some money coming in each month."

A reason to sponsor

£5 a month can help a child:

- Attend a centre of excellence to receive life changing specialist Bobath therapy
- Play, learn and develop to their maximum potential
- Communicate their needs
- Develop the skills to become as independent as possible
- Provide the family with support, hope and a positive outlook for their child's future

It couldn't be easier to Sponsor a Child like Charlie, simply fill in the form on the back of this newsletter.