

INCOME AND EXPENDITURE

2015-2016

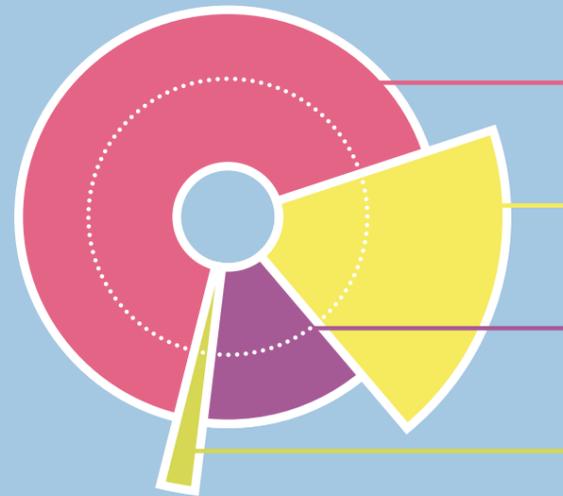
Income

£144,825	General Donations	21%
£149,132	Trusts & Grants	21%
£135,478	Corporate	19%
£114,992	Shop & Rental Income	16%
£91,501	Charitable Activities	13%
£54,945	Events	8%
£13,592	Other Income	2%
Total	£704,465	

Expenditure

67%	Service Delivery	£527,565
19%	Fundraising	£147,109
13%	Shop Costs	£99,641
2%	Governance	£15,674

Total £789,989



THE RAINBOW CENTRE

ENABLING GREATER INDEPENDENCE

The Rainbow Centre helps people with cerebral palsy, MS, Parkinson's, stroke and head injury to live life to the full using Conductive Education. Conductive Education is a unique system of learning which is effective in training undamaged parts of the brain to take control of motor functions previously managed by the areas of the brain which no longer work.

Children – A Brighter Future

The Rainbow Centre is the only facility in the region providing an intensive early intervention programme for children with cerebral palsy. We can help children who were unable to meet normal developmental milestones to learn to sit up, stand, walk, play, and do many of the things that other children take for granted.

Adults – A Fresh Start

A growing part of our work is with adults who have Parkinson's, MS, a stroke or a head injury. At The Rainbow Centre, people with these conditions can improve their mobility and learn practical strategies to help them live as normal a life as possible.

The Rainbow Centre is the only Centre for Conductive Education in the South of England providing services for both children and adults.

If you would like to find out more about The Rainbow Centre please go to www.rainbowcentre.org

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Registered Charity No. 1096603 Company No. 4465743



The Rainbow Centre
Changing Lives for 26 Years



IMPACT REPORT

2015-2016



OUR PARTICIPANTS

2015-2016

Our Participants travelled from:



55
Adults



53
Children

1054
Sessions of
Conductive
Education



The Rainbow Centre for Conductive Education has continued to have a significant impact on the quality of life of children and adults living with neurological conditions, such as cerebral palsy, Parkinson's, multiple sclerosis (MS), a stroke or head injury, throughout 2015/16. We provided Conductive Education sessions to 53 children and 55 adults – an increase of 16% on the previous year – supporting them to improve their mobility, gross and fine motor functions, independent living skills, communication skills, cognitive abilities, and emotional wellbeing and development.

“Thomas is far more able now than we ever envisaged when he was a toddler and first started attending The Rainbow Centre. Knowing that Thomas is getting support from The Rainbow Centre reduces overall stress levels at home.” – Thomas’ family



The Rainbow Centre in the Community

We are very lucky at The Rainbow Centre to have had 64 volunteers over the course of the year provide the wonderful support that helps us to deliver our services, as well as helping with administration, fundraising, events, gardening, maintenance and in our 3 charity shops.

In May, we hosted our own Volunteer and Staff Appreciation day, at which our Chair of Trustees presented certificates to our volunteers in recognition of their support, and staff were awarded for long service, up to 15 years.

“Skyla’s improvement is significant since we started attending the sessions. The most important thing we had from Rainbow was hope. When all the other professionals painted a dark picture of Skyla’s future, the Centre changed our outlook on it. We have learnt about her abilities, how to push her towards fulfilling them. Her improvement has had a very positive impact on our daily, family life.” – Skyla’s mother

WHAT WE ACHIEVED 2015/16

96% of parents agreed or strongly agreed that their child accomplished things by attending The Rainbow Centre that they thought would be really challenging or almost impossible.

87% of adults using The Rainbow Centre agreed that they have maintained or improved their mobility since attending The Rainbow Centre.

Building Partnerships

Throughout 2015/16, we have continued to develop The Rainbow Centre’s organisational profile and to sustain and enhance existing relationships and partnerships with health professionals, patients’ groups and disability organisations in the Solent region, as well as developing new ones.

We worked with NHS physiotherapists, occupational and speech therapists to ensure the best outcomes for our participants. We are members of the MS Steering Group and an MS Nurse holds a regular clinic at The Rainbow

Centre open to all affected by MS, not just our participants.

Conductors on the children’s service have undertaken school visits, and participated in Education, Health and Care Plan meetings, Multi Agency Meetings, Child in Need Meetings, and Team Around The Family Meetings to support the children and their families.

We have continued to work with local universities to provide undergraduate work placements and with Fareham College to provide apprenticeships in Health and Social Care and Child Care.

“Ted feels very relaxed and confident with his friends again and he is less selfconscious about eating and drinking in company. He really enjoys the sessions and always looks forward to the next. Coming here helps him to stabilise his symptoms rather than deteriorate. He is also using the learnt techniques at home.” – Ted’s wife



Children’s Services

In April 2016, The Rainbow Centre received our fourth consecutive “Outstanding” inspection from Ofsted as an Early Years Education Provider, an achievement of which we are justly proud and which showcases the high quality of our services.

We provide a comprehensive Early Years education that is appropriate to the age and stage (in both ability and needs) of the child with an emphasis on the development of physical, social, emotional and self-care skills as well as communication and intellectual abilities.

Our priority is to lay down the foundation of essential skills that will enable the children, in the longer term, to continue to make significant progress at later stages in their lives. Therefore, even achievements that might seem to be minor are actually crucial and essential for the individual child’s development.

Over the course of the 2015/16 academic year, we supported 53

children and young people with cerebral palsy and other motor disorders between the ages of 9 months and 19-years-old by providing Conductive Education to enable them to stand the best chance of fulfilling their potential.

During 2015/16, we provided 635 group sessions and 53 individual sessions. As a part of our Early Intervention Unit, we ran School for Parents sessions for those with children under the age of 3. We also ran: sessions in our Special Needs Nursery 5 days a week; School Booster sessions designed for children of early school age; and Saturday clubs.

There is a growing recognition of our work amongst health, education and social care practitioners, and we have benefited from referrals/signposting from a wider range of professionals over the course of the past year than ever before, such as an orthopaedic consultant, portage and health visitors.



“I join in well with circle time and try very hard to keep my head up.” – Matilda

“I can walk with a ladder with very little help.” – Finley



Adult Services

In 2015/16, we once again increased the number of adult sessions we were able to run to: 4 stroke groups, 7 Parkinson’s groups, and 3 MS groups per fortnight, and 2 adult cerebral palsy groups per month, in addition to 5 individual sessions per fortnight. Over the year, we provided 296 group sessions and 70 individual sessions for our adult service users, supporting 29 service users with Parkinson’s, 10 who have had a stroke, 11 with MS, 3 with cerebral palsy and 2 with other diagnoses.

We have further extended our capacity this year by employing a newly qualified conductor, who has now completed her training, specialising in working with adults. We have continued to resource our adult services room, acquiring equipment that has allowed us to continue to improve our service and implement a wider range of activities tailored for each condition. For example, mirrors can allow a focus on improving mimicry and facial expression in sessions, whilst a staircase is used to give confidence

in mobility around the home. We have installed information boards for participants and carers to provide them with more information about activities, events and developments in diagnosis-specific research.

During the year, our adult service has provided positive benefits physically, psychologically, cognitively and socially, not just for the service users themselves, but also for their families – as participants become more independent and less reliant on carers and/or partners, this reduces the stress and strains on the whole family.

We are delighted to be able to say that all adult service users who responded to the end-of-year self-assessment monitoring questionnaire would recommend our service to people with a similar diagnosis.

This year we commenced a research project, funded by the National Lottery through the Big Lottery Fund, into the demand for and viability of a future outreach service for adults who are unable to travel to the Rainbow Centre.

“I was so lucky that a friend recommended The Rainbow Centre to me when I was diagnosed with Multiple Sclerosis. I have attended the MS sessions for over a year. I don’t know how I would of coped without the support from the fantastic staff and other clients in my MS group.”- Julia

