

NEWSLETTER

VOLUME 1



Megan Baker House



Welcome to
our new
monthly
newsletter!

Here you can
find out
what we've
all been up
to at MBH.

MONTHLY NEWSLETTER

JANUARY 2025



01531 633840



www.meganbakerhouse.org.uk



**Welcome back to a new term!
January has been a busy but exciting
month for everyone at MBH.**



Events



A Masquerade Ball

● **28TH MARCH 2025**

Our annual ball is back! Get in touch with Lee to book your place!

lee@meganbakerhouse.org.uk

Bank House Hotel, Bransford, WR6 5JD



Once a year a Conductive education conference is held somewhere across the UK. this year it will be held at the MAC Centre in Birmingham and hosted by NICE! This is always an exciting event and is open to anyone interested in CE and what we do. Scan the QR code for more information and tickets!

THE ANNUAL CE CONFERENCE

8TH MARCH 2025



Run in the mud for MBH and help us make the biggest team yet!



Eastnor Mud run will be held on Sunday 11th May with the option of 3km Mini, 6km and 10km

Entries will close at 9am Saturday 3rd May

Start Times are from 10:00 for the 3km Mini and from 11:00 for the 10km and 6km

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Date and time to be announced!

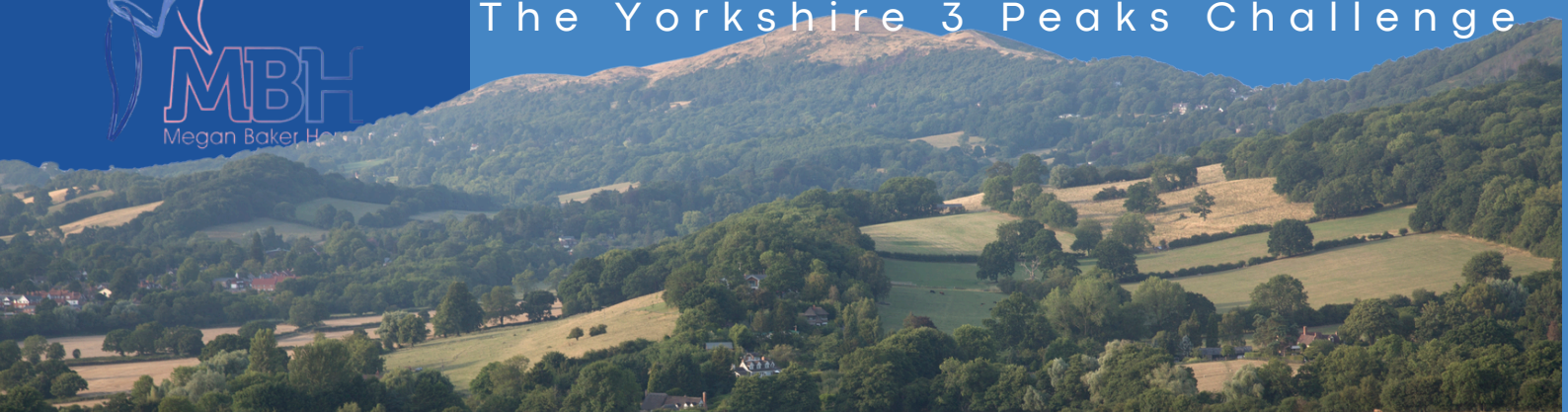
FANCY AN ADVENTURE?



Staff and clients will have the opportunity to raise funds for Megan Baker House by taking part in:

The Malvern Hills Challenge
And/or

The Yorkshire 3 Peaks Challenge





GOLF DAY

6TH JUNE 2025

- Ombersley Golf Club, WR9 0LE
- Registration from 07:30
- Shotgun start 08:30

**£200 FOR A
4 BALL
(INCLUDES BREAKFAST
AND BUGGY)**

Megan Baker House provides conducive education for children with movement disorders and adults with Parkinson's, stroke, or MS, offering in-person, outreach, and virtual sessions across Herefordshire, Worcestershire, and Gloucestershire.

We need **YOUR** help to raise vital funds

SPONSORSHIP OPPORTUNITIES AVAILABLE

- Longest drive
- Nearest the pin
- Hole sponsor

FOR MORE INFO

lee@meganbakerhouse.org.uk
07801 900518
www.meganbakerhouse.org.uk

Charity No. 1141827 Company No. 0605273



Stars of the month!



ADULT

Suraj

Suraj has been working so hard to complete his aims this month, he always works to his full potential even with the pressures of his university studies! Well done Suraj, keep up the good work.

Freddie

CHILD

Freddie has been super brave for moving groups. He has coped with the change really well and settled quickly – he is trying lots of new tasks and is determined to give everything a good try! Great work Freddie!



EMPLOYEE SPOTLIGHT...

BECKY – SENIOR CONDUCTIVE ASSISTANT

Employee spotlight will give you a chance to get to know our staff a little better. This month's employee spotlight is on Becky, our Senior Conductive Assistant.



**1. How long have you been Working at MBH?
-I've been at MBH for 12 years.**

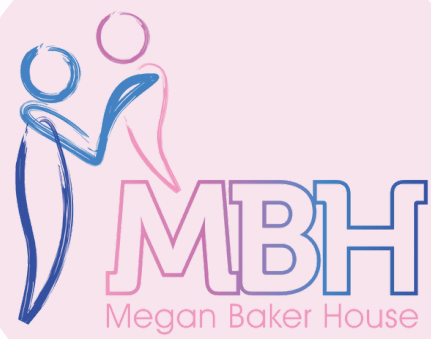
**2. What is your favorite part of working at MBH?
-My favourtie part is seeing clients progress and being a friendly face of support to both clients and families.**

**3. What do you get up to in your spare time?
-In my spare time i like to spend time with my partner, 2 sons and puppy! We love going for long walks! i also enjoy music, singing and going to the theatre.**

**4. Favourite food?
-Chocolate or a good steak dinner!**

**5, Do you prefer a night in or night out?
-I enjoy both a night in or night out(occasionally) but you'll usually find me in my pjs on the sofa watching telly!**

A Big Thank you!



Thank you to The Original Factory Shop for donating some lovely toys to us at christmas time!

The toys have been very much appreciated by all the children in sessions x

the original factory shop

A big thank you to Liza and Sarah from The Aesthetic Clinic for donating £268 from their annual work collection! We really appreciate your kindness and so will all of our clients

x

THE AESTHETICS
skin & laser
CLINIC

THANK YOU TO ALL WHO HAVE DONATED THROUGH OUR AMAZON WISHLIST. IF YOU WOULD LIKE DONATE PLEASE VISIT OUR WISHLIST VIA THE QR CODE.

Amazon wish list

Check out our wishlist via the QR code below



Some lovely feedback...

'IN ORDER TO TRY AGAIN AFTER YOU FAIL, YOU NEED TO HAVE SOME DEGREE OF BELIEF THAT YOU CAN DO THAT THING IF YOU KEEP ON TRYING. MEGAN BAKER HAVE GIVEN IVY THAT BELIEF.

THANK YOU SO MUCH TO MEGAN BAKER FOR EVERYTHING THEY HAVE GIVEN IVY... THE PROGRESS SHE HAS MADE PHYSICALLY, THE DETERMINATION AND SELF ESTEEM TO KEEP TRYING AND THE JOY SHE GETS FROM SHARING HER SUCCESSES WITH THE TEAM!'

- PARENT FROM ONE OF OUR SCHOOL SESSIONS X



MBH HAVE GIVEN HIM THE CONFIDENCE TO WALK AGAIN. HE LOOKS FORWARD TO THEIR VISITS, EVEN THOUGH THEY WORK HIM HARD! HE ENJOYS HEARING NEWS OF HIS FELLOW GROUP MEMBERS. WITHOUT THEIR HELP HE WOULD NEVER HAVE MOBILISED AGAIN AND DAVID AND HIS FAMILY WILL BE ETERNALLY GRATEFUL TO EVERYONE AT MBH.

-WIFE OF ONE OF OUR PARKINSON'S CLIENTS X

We are always looking for feedback to give to our funders and to improve our services. Any feedback on our sessions, please send to Sue:
sue@meganbakerhouse.org.uk

EXCITING CHANGE IS COMING...



A MESSAGE FROM OUR HEAD OF CLIENT SERVICES

SUE MECHAN

SERVICES UPDATE

First and foremost, I would like to extend my heartfelt thanks to all our clients, families, and staff for embracing the changes we've implemented as we move into 2025. Your thoughtful anonymous feedback during our annual consultations has been instrumental in shaping our services to meet the needs of our community. We are proud to now operate year-round, including the full introduction of intensive sessions that are so vital to many.

Looking ahead, 2025 promises to be an exciting year with many new opportunities at MBH. We will continue to share updates as the year progresses.

INTENSIVE COURSES

We are thrilled to announce that intensive courses will run during half-term, Easter, and summer holidays. This is a fantastic development, especially as clients from across the country have been eager for these sessions to return. We're already nearly fully booked for the February half-term! Additionally, we will offer specialised intensive courses for Parkinson's during Easter and the summer.

Many of you have inquired about how our staff are adjusting to the new arrangements. I'm pleased to report that we consulted with all staff members, and most have transitioned to the new hours/holidays, while two team members have opted to maintain the previous schedule to better accommodate their young families. This balance ensures staff well-being remains a top priority.

If you have any questions or suggestions as we move forward, please don't hesitate to reach out to me at [email: sue@meganbakerhouse.org.uk](mailto:sue@meganbakerhouse.org.uk). I would love to hear your thoughts.

Wishing you all a successful year ahead!

Warm regards,
Sue



AND FINALLY, FROM OUR CEO - JOHN GOUGH

I hope everyone who attends sessions at our venues enjoyed at least some time to relax with family and friends during Christmas and New Year although I expect that for many of you it was busier than usual!

We are very grateful that many of you have made prompt payments of your invoices or initiated a monthly payment plan, so that we can put in place the resources to deliver your services. If we appear to be contacting you more often regarding invoices, please accept our apologies in advance! Unfortunately, we do not operate a well-staffed finance department, preferring to spend that money on our specialised staff and your services.

MBH does not receive any funding from local or national governments but must raise all of the income ourselves. Your fees pay for around 25% of costs so this year we will need to find an additional £350,000 which, as you can imagine, is a demanding objective for your charity. Anything you can do to help with your own fundraising events and challenges would be appreciated.

MBH is blessed to have the very best staff and soon we will have an additional building with client treatment rooms and an office for admin work and confidential client meetings - such luxury! Ledbury 2, on the same site as our other Ledbury facility, is being completely refurbished and I expect it to be ready for us around Easter time.

I hope we continue to help you and your families achieve the outcomes you deserve and may I wish you all a successful 2025