

NEWSLETTER

VOLUME 2



Megan Baker House

Megan Baker House

MONTHLY NEWSLETTER



FEBRUARY / MARCH
2025



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www.meganbakerhouse.org.uk

CONDUCTIVE
EDUCATION
AWARENESS
WEEK

CE awareness week!

This year, we are celebrating the 70th anniversary of Conductive Education with Conductive Education Awareness Week, which aims to raise awareness and highlight the benefits of this unique learning programme.

10th - 15th MARCH 2025

We have some exciting things planned during this week to help spread awareness of CE.

*Conductivecreations*



Meganbakerhouse



Megan Baker House

**Keep an eye
on our
socials for
photos &
videos!**



Celebrating World Down Syndrome Day



21ST MARCH 2025

Did you know?



THE 21ST DAY OF MARCH (THE 3RD MONTH OF THE YEAR) WAS SELECTED TO SIGNIFY THE UNIQUENESS OF THE TRIPLICATION (TRISOMY) OF THE 21ST CHROMOSOME WHICH CAUSES DOWN SYNDROME. EVERY YEAR ON MARCH 21ST, WORLD DOWN SYNDROME DAY IS OBSERVED TO CREATE AWARENESS ABOUT DOWN SYNDROME

CEREBRAL PALSY AWARENESS MONTH

March is Cerebral Palsy Awareness month!
Take a look at one of our CP Superstars
journey with Conductive Education.

Days.

Then and now.



Cerebral Palsy
Awareness Month
MARCH

Stars of the month!

ADULT

Ben



Ben always comes in with a smile to sessions and is making some great progress with his range of movements, especially with his legs & hips when practising his walking. Well done Ben. Ben has an Acquired Brain Injury (ABI) and this month we are celebrating ABI month!

ABIawareness
ABImonth

Frank

CHILD

Frank joined us in June 2024 in our parent and child group at Bodenham. Frank has worked incredibly hard since then, especially with his crawling, standing and walking. Mum has been continuing tasks with him at home, the benefits of which have shown in our sessions. His confidence to believe in himself is also evident! He is a joy to have at MBH. Well done Frank :)





Upcoming Events



Can you walk a mile for MBH?

**WEDNESDAY
30TH APRIL**

Clients, families, friends & supporters are invited to walk a mile around Eastnor, Ledbury to raise money for us!



For more information or to sign up, email Sue on sue@meganbakerhouse.org.uk



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



Fancy a Challenge?

27th
April
2025

The Woodshed at Eastnor to British Camp on the Malvern Hills and back!

This is a walk during which you will enjoy the stunning countryside of Herefordshire, Worcestershire & Gloucestershire. The walk is approximately 7.5 miles long. It is a fairly strenuous walk with ascents and descents, so a satisfactory level of fitness is required, although this challenge is designed to ensure that everyone completes it together in a relaxed and enjoyable way.

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.

for more information or to book your place get in contact with lee@meganbakerhouse.org.uk



It's **fun**
Running
for MBH
at Eastnor Castle

Entries
will close
at 9am on
Saturday
3rd May

Sunday 11th May 2025

10km, 6km, 3km Mini Mud Bath

Always a major MBH fun and fund raiser for the charity, please help us make it even bigger this year with the generosity of family and colleagues sponsoring your run.

Look forward to seeing you there.



**SCAN
ME!**

For registration details please see the Relish running website
<https://www.relishrunningraces.com/mud-bath-running-race-eastnor-castle.php> or scan the QR Code.



t: 01531 633840

www.meganbakerhouse.org.uk



FANCY AN ADVENTURE?

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

The Yorkshire 3 Peaks Challenge

28th June 2025

The Yorkshire Three Peaks Challenge is a 24 mile route covering three major peaks in the Yorkshire Dales within 12 hours. This challenge is a circular route, starting and ending in Horton-in-Ribblesdale, and includes some of the most spectacular countryside in the Yorkshire Dales National Park. You will also have the opportunity to get your clocking in and out card stamped at the famous Pen-y-Ghent café!

The peaks you will ascend are:

Pen y Gent (694m/2,277ft)

Whernside (736m/2,415ft)

Ingleborough (723m/2,372ft)



For more information or to find out how to join us contact Lee at: Lee@meganbakerhouse.org.uk

EMPLOYEE SPOTLIGHT.

TASH – CONDUCTIVE EDUCATION
SPECIALIST & DEPUTY
SAFEGUARDING LEAD

Employee spotlight will give you a chance to get to know our staff a little better. This month's employee spotlight is on Tash!



1. How long have you been working at MBH?

- 5 years in September

2. What's your favourite part of working at MBH?

- Few people can say they truly enjoy their job, but I do – I am lucky to work with such amazing children and adults. Working at Megan Baker House, I meet so many different people with an abundance of knowledge and experiences. I really enjoy learning about everyone's background and getting to know them. The fantastic thing about conductive education, it is about looking beyond the diagnosis and looking for the potential to improve and maintain independence; and make a real difference to people's lives.

3. What do you get up to in your spare time?

My spare time revolves around all my four-legged friends (Pictured above); I love to walk the dogs and go out for food! Also, I attempt DIY when renovating my house – this often involves calling my dad for help...

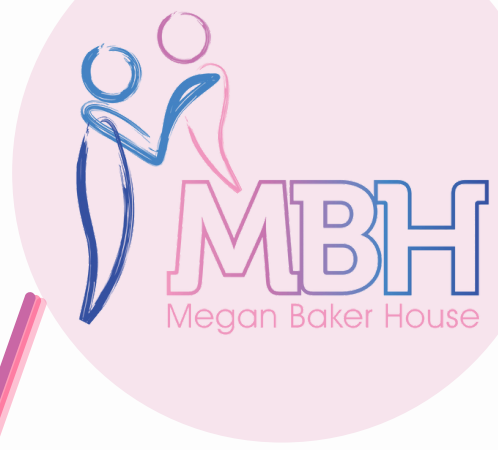
4. Favourite movie/series?

Oooo this is hard... I need to name a few – Gavin and Stacey, Happy Valley, Broadchurch, Surgeons: At the Edge of Life.

5. Do you prefer a night in or night out?

100% a night in!

A Big Thank you!



A big thank you to Rick Gannon and his family for all the support and donations received from their challenges... Scan the QR code to see what they've been up to!



We are also delighted to announce a grant of £15,000 from Herefordshire Council and the UKSPF Community Capacity Grant. This grant will help fund our Conductive Education Specialists!



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...

MBH have helped me and my daughter Elsie, in so many ways. Their support to not only Elsie but myself has been amazing and I couldn't thank them enough. Elsie has made overwhelming progress since we've been going there and it's so lovely that they celebrate Elsie's development alongside us. They are vital superheroes in Elsie's team.

SAMANTHA THOMAS, WHO ATTENDS OUR PARENT & CHILD GROUP IN LEDBURY



Megan Baker House have supported my youngest child for around 4 months and I have already seen an amazing difference. The Megan Baker House team have listened to my worries and supported me to put the right plan in place with fortnightly support to help her build her strength and confidence in an age-appropriate way. I'm so grateful to have their support and feel confident my daughter will reach her milestones now. Already my daughter is showing she is stronger and more confident. Thank you for everything you do to support.

Anonymous, Ludlow

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

Intensive Sessions

In addition to our regular programs, we are pleased to offer specialised face-to-face and virtual intensive sessions designed for children and adults who are unable to attend our standard sessions or who wish to maximise the benefits of additional support.

Our next intensives

14th – 17th April 2025

Children/Adult other conditions (face to face/virtual)

A dedicated 4 day programme tailored for children/adults (other conditions).



22nd – 25th April 2025

Parkinson's intensive sessions: Intensive Week for our Parkinson's Clients – everyone is welcome. A dedicated 4 day programme tailored for individuals with Parkinson's.

You can attend 2, 3 or 4 days (optional) for both weeks.

Future 2025 dates:

27-30th May 2025 – 4 days
21st July – 22nd August (to be arranged)
27th – 31st October

For further information or to book your session, please contact:
sue@meganbakerhouse.org.uk





AND FINALLY, FROM OUR CEO - JOHN GOUGH

I am delighted to announce that, from 1st April, Victoria Branciamorie will be joining MBH as the Fundraising Manager, working alongside Lee, our Development Director.



Victoria (Vicky) lives in Malvern with her husband and two young children. After completing an undergraduate degree in criminology/social policy in Cardiff, she continued her post graduate studies in the restorative justice field in Canada, Croatia and at the University of Cambridge. Vicky brings extensive experience to MBH, gained from her roles with The Prince's Trust where she has been for the past twelve years.

Although Vicky's official starting date is 1st April 2025, she has kindly volunteered to help organise the MBH entry to Mud Bath, which will be her first fundraiser for us.