



**Helping improve quality of life for children with neurological disorders through intensive physiotherapy**

### **Who are we?**

The charity Footsteps Foundation was set up in 2008 to help children and young people with neurological disorders to access intensive physiotherapy at the Footsteps Centre. Footsteps Foundation helps to pay the therapy costs for families who would otherwise struggle to fund this private treatment.

### **Our vision & mission**

Our vision is of a future where all children affected by neurological disorders are given the opportunity to reach their maximum potential.

Our mission is to improve the quality of life for children with neurological conditions, enabling them to receive the intensive physiotherapy they need, regardless of whether their families can afford private treatment or not.

### **Why do we need your help?**

Without the support of Footsteps Foundation, many families would not have the means to access intensive physiotherapy. We don't receive any funding from the government and a large amount of our income comes from our committed supporters across the UK. With your support, we can fund a footstep and help begin a journey for disabled children in need of intensive physiotherapy.



# The Footsteps Therapy Programme



## The 'Spider'

- Developed in Poland, the specialist equipment we use called the 'Spider' enables therapists to carry out a full course of exercises in any chosen position by aligning & supporting the child's body using elastic ropes.
- The Spider is not currently used anywhere else in the UK.

### Benefits

- Encourages progress and development in child
- Strengthens and tones muscles
- Improves balance, co-ordination and balance

### Mat-based therapy

Footsteps therapy is hard work but our therapists make it fun! Incorporating traditional equipment such as balls, rollers, treadmills and lots of toys to facilitate therapy

“After our first session James was able to take ten independent steps, after our second, over fifty, and after the third, over seventy. Footsteps has helped him gain strength, confidence and increased his overall range of independent movement.”



“After the confines and restrictions of a wheelchair and standing frame it is a joy to see my daughter Lucy kneeling, standing, stepping and even bouncing independently in the 'Spider'. One visit and you are hooked!”







# FOOTSTEPS foundation

Helping families on lower incomes  
to access specialist therapy at  
The Footsteps Centre



## Who do we help?

Children with a neurological disability who are determined to maximise their potential. Children who come to Footsteps work really hard to develop their physical skills and capability and this helps them improve their mobility confidence and independence



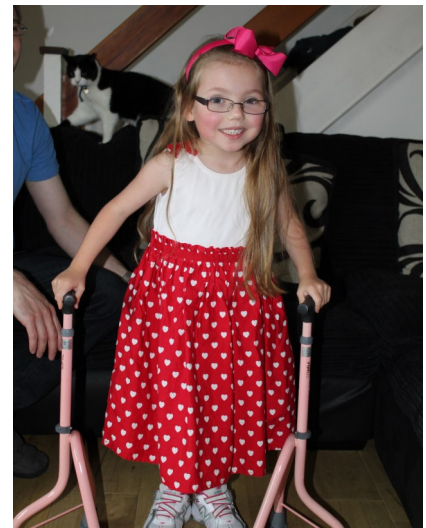
## How do we help?

We enable these children to access the Footsteps intensive physiotherapy programme by providing grants to their families towards the cost of their therapy sessions. Sometimes we also help pay for shoes or equipment they



## What difference can we make?

Children who attend Footsteps therapy all progress at different rates. Small improvements, like learning to sit up, to eat independently, to brush teeth and play with toys all have great impact. They will learn to move around and may take their first steps with us, a moment that many parents thought they may never see.



# Where does the money go?



**80p in every £1 raised directly funds therapy**

**£10** will go toward funding therapy for a disabled child

**£55** is equivalent to one hour of specialist therapy

**£110** will allow a child to have a day at Footsteps

**£550** enables a child to benefit from a week of therapy

**£1,650** will cover an entire three week session of physiotherapy

**£4,950 +** allows a child to complete a year of life-changing therapy.

## Meet Ellise...

"Ellise has totally defied what the doctors told us she would achieve; she is really sad when her three week session is over. As a family, it is amazing to see Ellise, who was dependent on us for everything, now so happy with life. Her hands have improved so drastically, and it is wonderful to see her getting up and down from the sofa and walking across the room. I can't thank you enough for the grants we have received; we wouldn't be able to afford the physiotherapy without them and we would have been left to see the NHS physiotherapist just once a term. She is so happy now and she looks forward to life. Footsteps is a life -changing place and it's helping my daughter's dreams come true."

