



# MEGAN BAKER HOUSE



Megan Baker House, Moreton Eye, Leominster, Herefordshire, HR6 0DP

Tel. 01568 616179

[www.meganbakerhouse.org.uk](http://www.meganbakerhouse.org.uk)

## Newsletter – Spring 2006 – Edition 1

Welcome to the very first edition of the Megan Baker House newsletter. Finally the daffodils have decided to bloom and nights are getting lighter – spring is on its way and the sun is starting to shine!

Megan Baker House was set up in 2001 by Jo Baker, who now coordinates the centre. There are three full time conductors and often student placements from the National Institute of Conductive Education. The new members of staff who have recently joined us make the numbers up to eleven.

### Staff Profile



**Name:**  
Rita Szarvas

**My job title is:**  
Conductor

**I worked at MBH during:**  
March 2006

**The best thing about my job is:**  
Working with children

**The worst thing is:**  
Missing home and family

**My responsibilities are:**  
Participating in block sessions

**I am looking forward to:**  
Coming back to MBH!

**My hobbies include:**  
Sewing, hiking and reading.

**If I won the lottery, I would:**  
Travel

**If I was Prime Minister, I would:**  
Make Conductive Education accessible to all.

**On Friday night I will be:**  
With my family!

### Intensive Block Sessions

Our first intensive block sessions took place during March and were a great success.

Parents and children traveled from throughout the UK for the month long sessions.

In total six children, aged from two upwards attended the intensive sessions.

Please see page three for more information.

### Quote of the term

**Q:** What do you want to be when you grow up?

**A:** A boy!!



**Louise Fisher, age 6:**

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### Website Redevelopment

The Megan Baker House website is undergoing a major overhaul. We hope that the newly designed, fresh website will be launched early in the Summer.

Visit [www.meganbakerhouse.org.uk](http://www.meganbakerhouse.org.uk)

## Conductive Education

Conductive Education is a holistic, movement based educational approach for children and adults who have neurological motor difficulties.

The aims of Conductive Education are:

- To teach the child to be as independent as possible.
- To motivate the child to want to participate in life.
- To teach the child problem solving.

Megan Baker House offers sessions of Conductive Education free of charge as well as several group options, intensive block placements and outreach services.



## Outreach reports

Barrs Court School and the Bishop of Hereford Blue Coat School have been the first schools to receive the Conductive Education outreach service provided by Megan Baker House.

During the past twelve months four children from each school received Conductive Education via the outreach service, which is a fairly new concept for the UK.

Simon Welch, Outreach Conductor says 'The progress of the children has made the continual effort over the past year worthwhile and rewarding for all concerned.'

The first year of the service has been rewarding and the annual reviews have been finalised and completed, resetting the aims and objectives of the service for the next twelve months.

Without the outreach service there are a number of children that would not have otherwise been able to access Conductive Education and therefore would not have made the progress that they have.

For more information on the Outreach service please contact Simon Welch on 01568 616179.

## Intensive Block Sessions

The first ever Intensive Block sessions held by Megan Baker House have recently come to an end. Dylan, Finlay, Clementine, Josh, Sidney and Juliette attended the centre for five days a week, for one month.

By the end of the block the children had made considerable progress and to celebrate the children were presented with certificates to reward their hard work, followed by a small party with a huge chocolate cake! Thank you to everyone involved with these sessions.

The next sessions are being held from **19 June 2006**, if you would like a placement or more information please contact Simon.



## Hellos and goodbyes

We would like to welcome new members of staff to MBH.

**Peter, Lee** and **Latona** have joined the team as office based staff.

Peter will be coordinating the Big Chance Lottery Outlets, Lee will be working on securing grants and funding for Megan Baker House and Latona will be redeveloping the website and working on the administrative systems.

We hope that they enjoy working with us!

We also say a temporary goodbye to **Rita** as she heads home to Hungary for the Summer – she will be missed – although hopefully will return in September to continue working at Megan Baker House.

## Garden's a Go-Go



Plans for a new accessible garden for Megan Baker House are under way.

Designs for the garden include an area that will feature a multi-surface path for the children on the walking programme; a wildlife meadow with sensory area; a playhouse and activity area with equipment which is designed with our children in mind and a spiral mound, complete with willow den on top!

We hope that by mid-July, the children will be playing and learning in this new garden. We are asking and hoping for the support of local businesses and community organisations to sponsor different aspects such as the recycling station, wildlife garden, raised beds, trees, benches, child friendly water features and much more.

Do you know any organisations, businesses or nurseries that may be able to support us via sponsorship, donations or labour?

Can you volunteer some time to get your hands dirty?

It's all very exciting and if you would like to get involved or if you can help please contact Kirstie on 01568 616179.

## Naidex

The annual disability exhibition called Naidex was held at the NEC, Birmingham on 25-27 April 2006.

Megan Baker House had a garden themed, information stand in the exhibition hall which included butterflies that the children had made and lots of beautiful photos of the children during sessions.

Staff were present to answer questions on Conductive Education and promote the work of the centre.



It also gave the staff the opportunity to look at and try out new products on the market and develop links with other companies.

Through discussions during the event, twenty seven new assessments were booked and plans to start inviting these children to the centre have already begun!

## **Marianne and Hayley Earp - May 2006.**

I was a really frustrated mother of a disabled child. I knew Hayley was capable of doing a whole lot more than what she was doing but everyone I spoke to at school didn't have the answers for the questions I had. Physio at school is limited to two 30 minute sessions per week and they seemed to think that that was enough and it wasn't.

I had already applied for Conductive Education in Birmingham a few years ago but was turned down because they didn't think that they could treat Hayley. So one day I was looking through the local paper and I came across an article about Conductive Education at Megan Baker House.

I made a phone call and an appointment for an assessment was made. The Conductors initial thoughts were that it was going to be a tough job but a placement was secured and she started in September 2004. She attended the centre for two hours a week and within six weeks she was walking in the parallel bars. It's amazing you really can't put it into words, when you know your child can do more!



Hayley can now walk with the use of sticks and she has been taught other essential life skills such as coordination for taking her shoes on and off, dressing herself and she will soon be working on toileting. I no longer have to carry Hayley as she now wants to be independent and do things for herself.

Although it's hard work and some days are better than others, Hayley loves attending the centre and looks forward to visiting 'Becky's house' (Becky is a Conductor)!

If someone asked me about Megan Baker House I would say that you have to give your child the chance to achieve their best potential and at Megan Baker House they can concentrate on everyday needs and development. The staff are all really friendly and you can talk to them about anything, if you've got a problem with anything really they can point you in the right direction to get it sorted out and Jo is always available for advice.

**[www.buy.at/meganbakerhouse](http://www.buy.at/meganbakerhouse)**



If you find it difficult to find the time to visit the shops, you may be interested to know that you can now support Megan Baker House from the comfort of your own home avoiding queues, parking, crowds and hassle.

Simply log onto the above website and Megan Baker House receives commission for every purchase made.

Retailers include John Lewis, M&S, Virgin Wine, Comet, Early Learning Centre, Amazon, Sky, Littlewoods and more.

**\*\* Buy broadband from BT via this site and Megan Baker House will receive £30.00\*\***

## Big Chance Lottery

Megan Baker House is in the first stages of a new fundraising initiative – lottery machines!

Big Chance Good Causes Limited were granted charitable status by the charity commission in 2003, they were the organisers of the very successful Big Chance Lottery.

We have inherited a number of outlets in the West Midlands who will form the basis of our lottery coverage and the Big Chance Lottery are now able to offer local firms the opportunity to help Megan Baker House and generate additional regular business for themselves.

Megan Baker House is now able to offer selected outlets a chance to operate the lottery to boost fund raising.

The latest local businesses to host a lottery machine is; **Top Garage – Bromyard**

Peter will be traveling around the county and placing the machines locally to support the charity. If you would like more information or a machine to support Megan Baker House please contact Peter on 01568 616179 or email [peter@meganbakerhouse.org.uk](mailto:peter@meganbakerhouse.org.uk)

### Top Tips

Don't forget that a reduced rate of Council Tax is available to households with disabled children.

Contact your local council offices for information.

Top tip supplied with thanks by **Jo Moxam** Mum to **Brandon**.



### Equipment For Sale

**Recro car seat**  
Swivel base (JCM) £40.  
Contact 07974 040 738

**Lars car seat**  
OTTOBACK  
Swivel base  
Five point harness.  
Up to twelve years of age.  
£1000 new, will accept £400.  
Contact 07974 040 738

## Friends of Megan Baker House

Friends are valuable they are there in times of need and to share times of great excitement. Become a friend of Megan Baker House and you will have friends for life.

In return you will receive this newsletter on a regular basis, be invited to any public events and parties and be kept up to date with the children's progress and developments.

If you would like to help us to build a network of people to share in our success by becoming a friend of Megan Baker House, please contact Lee Gough on 01568 616179.

### Patrons

- Ian Whybrow
- Bill Wigan, MP

### Useful Websites

[www.buy.at/meganbakerhouse](http://www.buy.at/meganbakerhouse)

[www.justgiving.org.uk](http://www.justgiving.org.uk)

[www.givenow.org.uk](http://www.givenow.org.uk)

[www.bigcharitybox.org.uk](http://www.bigcharitybox.org.uk)

[www.everyclick.com](http://www.everyclick.com)

### Upcoming events

The Herefordshire SEN Consortium is being held on 22 May at Barrs Court School, from 7pm -9pm.

Parents are welcome and are encouraged to attend to discuss issues relevant to special educational needs.

### Bikes, trikes & circus Skills

Is a free event being held at the NIA, Birmingham on 1<sup>st</sup> June. Families can try out adapted bikes and enjoy circus skills and arts activities. For more information call Contact A Family on 0121 415 4624

### Children's Honey Crispies Recipe

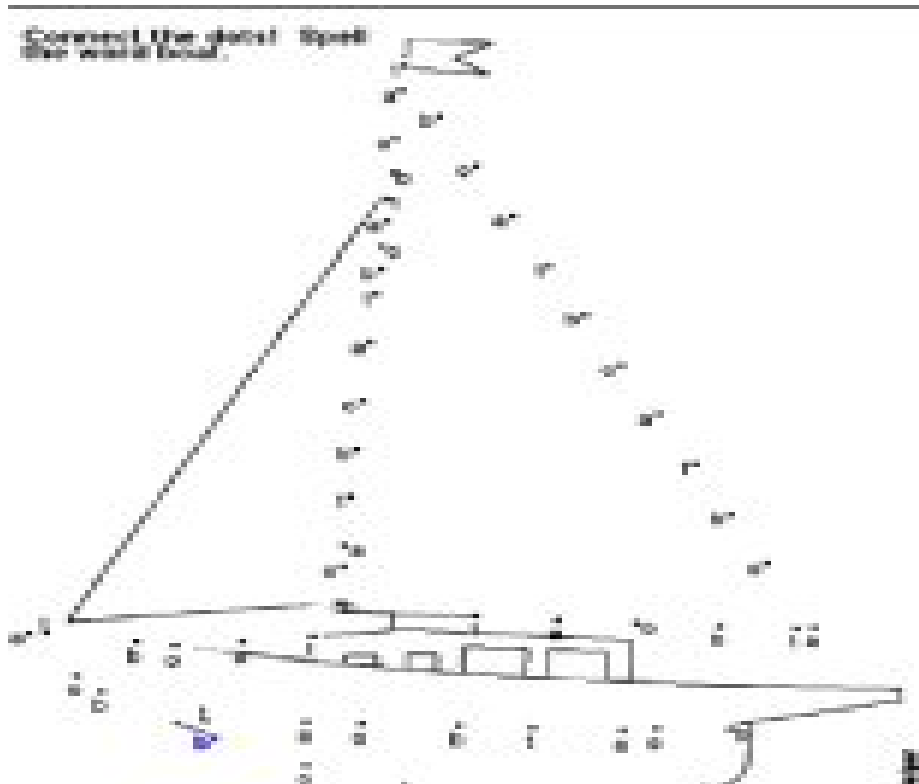
Crispy rice cereal  
Chocolate spread

Honey  
Mixing bowl

Raisins  
Spoon

Put a spoonful of honey into the bowl and two spoons of chocolate spread. Add some raisins and some crispies. Put all the ingredients together to make a gooey mixture. Spoon the mixture into the paper cases and put them in the fridge to harden. Now your Honey Crispies are ready to eat. Yum!

### Puzzle



### Subscription details

If you would like to include some information within this newsletter or to subscribe to receive this **free** e-newsletter please email Latona on [latona@meganbakerhouse.org.uk](mailto:latona@meganbakerhouse.org.uk)

The newsletter is produced 3 times a year in accordance with school term times.

This information will be held on a secure database and will be used for distribution of the newsletter only.

To unsubscribe please email Latona on the above email or telephone 01568 616179

**All services provided by Megan Baker House are free of charge, we rely solely on donations.**

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