



Therapies Unite carries out its purposes through 4 programs which all focus on improving the physical and/or mental health and general well-being of individuals with disabilities. The programs combine working directly with individuals with disabilities through services provided by Therapies Unite as well as sign-posting to additional community services. Therapies Unite works with family members, health care professionals and carers working within the field of disabilities to educate, empower and improve existing local services. We also focus on the wider communities, promoting and celebrating the achievements of individuals with disabilities, providing opportunities for work and recreational activities and improving integration into society. Therapies Unite strives to achieve positive changes that are long lasting and sustainable by the local community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The 4 programs which enable us to meet our purposes are outlined as follows

- **Catrin's Penguins:** Catrin's Penguins is a hydrotherapy service that incorporates a specialist form of therapy (Halliwick) to teach water safety and swimming to people with disabilities. We work directly with parents who deliver the therapy to their child under the guidance of trained volunteers. The therapy comprises of a combination of hydrotherapy and Halliwick therapy which is delivered based on the needs of the individual. Therapy sessions are completed in large groups and involve different games and activities designed to teach children and adults how to control their body positions and breathing in the water. Training is offered to volunteers and new parents to enable them to feel confident in the water and maximise the effect of the therapy for their child. Service users who learn how to swim are then supported to join a local disability sport group and provided with further specialist swimming training.
- **Postural Clinic/Catrin's Centre:** This service provides professional evaluation and provision, where possible, of specialist equipment for people with disabilities. The clinic is run twice a week by two local physiotherapists and a wheelchair technician and on average 5 people are seen a week. The service focuses on seating for children and adults with specialised postural needs; however it also caters for children, adults and their families who need advice, education, support and specialist equipment such as crutches, walking frames and occupational therapy equipment. In addition, families are able to attend for up to 4 sessions with the physiotherapist and receive a personal home exercise program and advice for working with their child. All the equipment we use has been donated from the UK

and is checked, repaired if needed and then donated. Once the family has finished with the equipment it can be returned, cleaned and checked and then is ready to re-donate again. Appropriate Paper Technology (APT) is also used at the clinic, which is a cost-effective way to produce various specialist seating and therapy items out of paper and cardboard. Items such as a moulded or modular seats that fit onto a normal wheelchair, tables for wheelchairs, standing frames, sleep support systems, therapy equipment, booster seats and splints can all be made from cardboard. These are all very important pieces of equipment that can be given to children from a young age that will greatly reduce the risk of them developing deformities and aid with physical, mental and sensory development. The majority of families cannot afford to buy these pieces of equipment and Therapies Unite are unable to fund them for every child. Using APT keeps costs to a minimum as specialist equipment is not required and materials are cheap/free and available locally.

Our clinic team also visit local centres, schools and organisations that look after children and adults with disabilities to assist them with postural management. They work directly with staff and parents to provide education as well as run satellite clinics to repair wheelchairs and seating equipment as well as provide new equipment where needed.

- **Courses and education sessions:** we respond to the needs of the local community (both professionals and non-professionals/families) by running various courses and workshops run by expert volunteers. We offer various courses for free (with and without formal qualifications) relating to relevant topics which have been requested locally as well as offering courses in areas that we feel may be of benefit to the local community. We offer support after the course has finished to assist with implementation of learning and new skills.

- **Volunteering Program:** We are able to offer qualified healthcare professionals a volunteer program that is tailored to their individual skills. Volunteers select which of our projects they would like to work depending on their experience and skill level as well as being able to work in additional external community projects. In addition to our Volunteer Program we also have a 4-week credit bearing physiotherapy placement with Keele University School of Physiotherapy.

Catrins Penguins

We provided weekly aquatic rehab swimming sessions in Puerto Vallarta for children and adults with disabilities. The sessions were run by our two physiotherapists and a qualified Hallwicks Instructor. The sessions lasted an hour and were split into two groups; adults and children. On average we had 12 attendees per week. The sessions stopped from December to February due to the weather (outdoor pool) and vulnerability of our service users.

We continued to train the parents and carers who attended the session in the various techniques and provide ideas for activities and exercises they can deliver with their child in the water.

We saw major improvements in the quality of life and independence within two members of our adult group. Both had been attending sessions over the year and achieved different goals; one managed to walk independently in the water and the other was able to improve her strength, balance and mobility in and out of the pool and is now walking with a prosthesis.

Catrin Wynn Davis, a UK Volunteer and Clinical Educator in Mexico, was funded to complete a Halliwick Foundation Course, this was completed over 4 days. The aim of her completing the course was to assist with the development of the aquatic rehab service in Puerto Vallarta. The aim was for Catrin to assist with training for our team and volunteers/parents, as well looking at how we could increase participation and complete an audit of the service.

In March our Mexico team and students from Keele University attended and delivered two training sessions in aquatic rehabilitation to physiotherapy students at the International Physiotherapy Congress at UTBB University in Puerto Vallarta. Sharing our knowledge with locals is so important to us and it was fantastic to see so many people (55) benefit from the sessions. In particular, hearing from the team that people who had no water skills or confidence got in and completed the training which just shows how skilled our local team is.

Catrins Centre

We continued to work from a small building (Bodega) provided by DIF the local Government Social Services sector. This is where we stored our equipment, have our workshop and assessment area. We held clinics on a Tuesday and Thursday with three members of the local team, two physio and two technicians. The clinics were also supported by volunteers, students and clinical educators whilst they were in Puerto Vallarta.

Children and adults were assessed by our Senior Physiotherapist & given advice & specially adapted equipment where necessary/possible. In total we were able to review ** people in the clinic over the course of the year. We continued to develop plans for our postural service

and ideas for the development of a postural pathway and had meetings with the local Government and providers of services for the disabled in regards to this. We also had meetings with local Rotary Clubs and similar organisations looking for support in developing this project further.

The team implemented their Appropriate Paper Technology (APT) skills to work on various pieces of equipment including a transfer board, foot stool and chair insert. This equipment was donated locally. They worked with volunteers from Keele University, who were able to learn the process of preparing the cardboard and measuring and making the equipment. We also managed to secure some specialist future training focusing moulded/custom seating using APT.

Our director, Laura Brown de Rodriguez, completed a course in December, Oxford Postural Management People with Complex Disabilities (the course was not funded by Therapies Unite). The knowledge and skills she learnt from this course has enabled her re-assess how the Postural Management Service should be set up in Puerto Vallarta, what equipment would be most beneficial and consider the best assessment process for the clinic. She has been able to share much of this information with her team in Mexico virtually and there are plans for her to complete training with them in the future.

We continued to work with organisations specialising in treating disabled children & adults in Puerto Vallarta, including Pasitos de Luz & The Adaptive Sports Team.

Throughout the year, we collected equipment from Hospitals, Clinics, Specialist schools & individuals from all over the UK. This was then taken to Yorkshire and stored by PhysioNet until it was shipped to Puerto Vallarta in February for use in our clinic. *?say how much was sent?*

Courses and education sessions

Catrin Wynn Davis, a UK Volunteer and Clinical Educator in Mexico, was funded to complete a Halliwick Foundation Course, this was completed over 4 days. The aim of her completing the course was to assist with the development of the aquatic rehab service in Puerto Vallarta. The aim was for Catrin to assist with training for our team and volunteers/parents, as well looking at how we could increase participation and complete an audit of the service.

In March our Mexico team and students from Keele University attended and delivered two training sessions in aquatic rehabilitation to physiotherapy students at the International Physiotherapy Congress at UTBB University in Puerto Vallarta. Sharing our knowledge with locals is so important to us and it was fantastic to see so many people (55) benefit from the sessions.

The Keele University students and Nadia Ramirez also delivered training in exercise, moving and handling and posture care training at a local residential home with 24 adults. They trained 20 staff. The students also worked alongside the physios based at the home throughout their 5 week placement and helped develop their rehab skills. In addition, they produced exercise programs, exercise and postural advice booklets and posters that will encourage this work to continue.

Laura Brown de Rodriguez was awarded £3500 by the Chartered Society of Physiotherapists Charitable Trust to set up an exciting new Therapies Unite project in Puerto Vallarta, focusing on health promotion and prevention. This project was due to start in March 2020 but has now been delayed due to the Covid-19 Pandemic.

Volunteering Program

We had four third year physiotherapy students from Keele University complete their final practical 5 week placement in Puerto Vallarta with Therapies Unite. This was supported by two clinical educators, one of whom was a lecturer from Keele University.

Two Keele University Physiotherapy students were interviewed and selected for Placement in March 2020 for 5 weeks. A volunteer clinical educator (Catrin Wynn Davies) was also recruited to assist with this placement. Laura Brown de Rodriguez visited Keele University to promote the placement to prospective students for 2021.

Laura Brown de Rodriguez had further meetings with Worcester University in regards to potential student placement for physiotherapist and Occupational therapists in Mexico with Therapies Unite in 2020/2021. She also had several meetings with Keele University to discuss the possibility of setting up a full Physiotherapy Scholarship for a Mexican National and plans were put in place for this to potentially start in January 2020.

Nadia Ramirez and Laura Brown de Rodriguez had meetings with the local University in Puerto Vallarta with a view to recruit volunteers/physiotherapy students to assist with our projects. In addition they discussed bespoke training in aquatic rehabilitation and postural management for the students.

Discussions and planning continued for a Scholarship at Keele University for a Mexican national to study Physiotherapy. Therapies Unite started to organise various fundraisers to reach the £20k target to fund this.

We had two visitors from Rotary International UK spend three weeks in Puerto Vallarta, visiting our projects and linking with other Rotary Clubs in Mexico. The aim of this trip was for them to learn more about the work Therapies Unite is completing and help strengthen links with Rotary International and joint working between the clubs.

Catrin Wynn Davies left for Puerto Vallarta in February 2020 and was planning to stay for 6 months to help develop our projects as well as facilitate the student placement. She unfortunately returned to the UK in March 2020 due to the Covid-19 Pandemic.

Events

Numerous fundraising events took place throughout the year organised by our trustees and supporters. One major event was the Therapies Unite Ball which took place in **September at** Keele University. We had *** people who attended to celebrate the achievements of the previous 9 years.

Our team in Mexico took part in the International Day of People with Disabilities in December. This involved them being part of a parade and many of the adults and children we work with attended.

Our Mexican team were also invited to talk on a local radio show about their work in Puerto Vallarta and were interviewed for an hour about the work they have been completing and the need for more local support.

Laura Brown de Rodriguez visited various Rotary Clubs in the UK to update them on the projects in Mexico and ask for more support.



Therapies Unite Income & Expenditure 01/04/19 to 31/03/20

INCOME	April	May	June	July	August	September	October	November	December	January	February	March	Total Income 2019/20
JustGiving	£1,723.53	£2,001.97	£397.97	£38.84		£33.73		£9.61		£442.81	£516.36	£75.88	£5,240.70
University of Keele	£1,881.44											£1,175.90	£3,057.34
Norina Pauling Ebay		£369.36							£70.00				£439.36
Salsa Fundraiser			£333.45										£333.45
Easy Fundraising			£17.01					£100.30			£18.00		£135.31
Rotary Club, Burntwood				£1,000.00									£1,000.00
Charity Ball Tickets						£1,800.00	£1,140.00						£2,940.00
Van Hire refund							£200.00			£200.00			£400.00
Ball raffle tickets							£225.00						£225.00
Money raised at Ball							£1,408.69						£1,408.69
H Sant donation							£60.00						£60.00
Stop the Clock fundraiser									£140.00			£90.00	£230.00
Rotary Donation, Cannock									£500.00				£500.00
S Millwood donation											£150.00		£150.00
Paypal refund												£45.38	£45.38
E Brown short term loan											£3,000.00		£3,000.00
Total income	£3,604.97	£2,371.33	£748.43	£1,038.84	£0.00	£1,833.73	£3,033.69	£109.91	£710.00	£642.81	£3,684.36	£1,387.16	£19,165.23
EXPENDITURE	April	May	June	July	August	September	October	November	December	January	February	March	Total Expenditure 2018/19
Staff Wages	£55.05	£913.17	£272.49	£342.19	£528.83	£31.42	£214.48	£322.31	£378.37	£74.01	£31.97	£261.17	£3,425.46
Director costs in Mexico	£1,212.61												£1,212.61
Justgiving fee	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£216.00
Ball Tickets printing					£74.40								£74.40
Swimming Training					£600.00								£600.00
Translation costs					£219.40	£44.20					£41.74		£305.34
Public Liability Insurance						£400.13							£400.13
Staff Uniform costs						£29.44							£29.44
Van Hire						£191.32				£435.90			£627.22
Keele Uni Ball costs							£2,995.00						£2,995.00
Lottery licence							£40.00						£40.00
Ball gifts							£84.00						£84.00
Postural Equipment									17.35				£17.35
Trustee Business Cards										£23.98			£23.98
Van Fuel										£111.67			£111.67
Refreshments										£10.47			£10.47
Physionet Shipment costs											£3,715.00		£3,715.00
Safety Equipment Mexico											201.69	£94.75	£296.44
Total expenditure	£1,285.66	£931.17	£290.49	£360.19	£1,440.63	£714.51	£3,351.48	£340.31	£413.72	£674.03	£4,008.40	£373.92	£14,184.51
Monthly Income - Expenditure	£2,319.31	£1,440.16	£457.94	£678.65	-£1,440.63	£1,119.22	-£317.79	-£230.40	£296.28	-£31.22	-£324.04	£1,013.24	£4,980.72