



Parents say why it matters

“ This is an amazing place and does so much for my daughter (and me) They make the impossible possible. In a world full of people telling her what she can't or won't be able to do, the staff here push her to do everything. We are getting so much out of our sessions (even if she doesn't always realise at the time.) Such a worthy cause. Thank you. Parent ”

“ Our daughter was only five weeks old when we first visited (we received a diagnosis of cerebral palsy at birth). It was an emotional and frightening time for us, and we felt quite numb. We were given a little ray of hope and understanding of how we were feeling and told to return when she was five months old; we haven't looked back since. Parent ”

“ The longer I attend, and the more I interact with other professionals, the more I realise how spot on and how amazing and how important Footprints sCEC has been in making those enormous changes. Parent ”



As a local charity, we must raise £200,000 per year, and we are completely reliant on donations from Companies, Trusts, grant organisations and the fundraising efforts of individuals to fund our work. Make your own lasting 'footprints' and help us to continue providing our vital service.

By making a donation or taking part in fundraising activities for Footprints CEC you're making a positive contribution, helping to empower families with disabled children and giving the child with additional needs the same opportunities as everyone else.

Contact us

The Manager

Footprints Conductive Education Centre

c/o Iona School | 310 Sneinton Dale |

Nottingham | NG3 7DN

[Email enquiries@footprintscec.org](mailto:Email.enquiries@footprintscec.org)

Telephone 0115 9586641



@footprintscec-notts



[footprintscec.newsandinformation](https://www.facebook.com/footprintscec.newsandinformation)

Registered charity 1093006



www.footprintscec.org



We are grateful to BBC Children in Need for their support.



FOOTPRINTS
CONDUCTIVE EDUCATION CENTRE

Empowering families with disabled children

(Formerly School for Parents)

www.footprintscec.org



Who are we?

Footprints Conductive Education Centre (formerly School for Parents) is a small charity based in Nottingham.

We provide Conductive Education, and other services, to help children from six months to twelve years of age with mobility and communication difficulties develop the skills they need to thrive and achieve their potential. We offer weekly group sessions, in which parents and children learn together. We're committed to creating a safe, positive, supportive and fun environment where parents receive practical assistance, information and training to help them support their child in their own home.



What do we do?

We follow the practice and principles of Conductive Education, an approach based on the belief that every person's brain can develop. Our skilled staff work with both the child and their parent to help develop the child's physical, communication, social, self-help and thinking skills.

Pre-school

We provide support for children aged from six months to five years of age with the following conditions:

- Cerebral palsy and associated sensory impairments
- Motor disorders (difficulty with movement), which include a range of related disabilities such as problems with swallowing, feeding, and speaking
- Gross motor delay and Global development delay
- Head injuries or strokes that have led to motor planning difficulties
- Genetic disorders, such as Down's syndrome and muscular dystrophy, that result in delayed or impaired motor development.

We also support children affected by other conditions including Rett syndrome and Angelman syndrome, so please contact us if you would like more information.

The sessions offer an opportunity to work as a part of a small group and take part in a range of activities designed to promote the child's development.

Age five to twelve years

We run weekly speech and language sessions for children with Down's syndrome and a Saturday Gym Club for children with cerebral palsy.



What is Conductive Education?

The basis of Conductive Education [CE] is a 'simple' concept of human potential; meaning that everyone can learn and develop irrespective of their starting point. CE originated in Hungary in the late 1940's as a unique form of education and rehabilitation for people with neurological movement disorders (e.g. cerebral palsy, Parkinson's, stroke, multiple sclerosis, etc.).

Conductive Education means we use lots of different ways to help children learn and remember such as repetition, images, songs and rhymes to accompany movement as well as incentives, games and fun!

All sessions provide a range of carefully structured educational programmes that enable each child to reach their full potential across all areas of their development. It brings some of the structure and rigour of schooling (e.g. individual learning plans and regular reviews), but in a setting that is welcoming, encouraging, and positive.