

# ANNUAL REVIEW



**HemiHelp**

For Children and Young People with Hemiplegia



One in  
a thousand

2010/11



# One in a thousand

You may not have heard the word 'hemiplegia' before but it's not a rare condition - in fact, as many as one child in 1,000 is born with it.

We believe that having hemiplegia shouldn't mean living half a life and our aim is to help every child and young person with this condition reach their potential.

To do this, we need your help to continue reaching out to parents, young people and the professionals who support them. It's a big challenge but one that we look forward to meeting.

## What is hemiplegia?

Hemiplegia is a condition caused by damage to the brain, which affects one side of the body. The most common cause is a stroke, but it can also result from an accident or infection.

Because hemiplegia is caused by damage to the brain, it's not just the children's movement that's affected. Based on a survey of our members in 2008, we estimate that approximately half have additional diagnoses.

These might be medical in nature - such as epilepsy or a visual impairment - but many will also experience less obvious problems, such as emotional and behavioural issues. These 'invisible' problems can become even more frustrating and disabling as the child grows up.

## 2010-11: the year in numbers

### 248 new members

In our constant efforts to support all those affected by hemiplegia, we reached out to families through our magazine, helpline, Home Visiting service and events programme.

### 1,120 Facebook group members

HemiHelp's Facebook group is an online space where parents and young people affected by hemiplegia can support one another.

### 33 one-to-one Home Visits

Our Home Visitors provide the hardest-hit families with specialist support on issues including emotional and behavioural difficulties, education and access to benefits and financial support.

### 80,941 website hits

Introducing new content to the website,

such as links to our social media channels and new content for young adults was rewarded with a six per cent increase in visits compared to 2009-10.

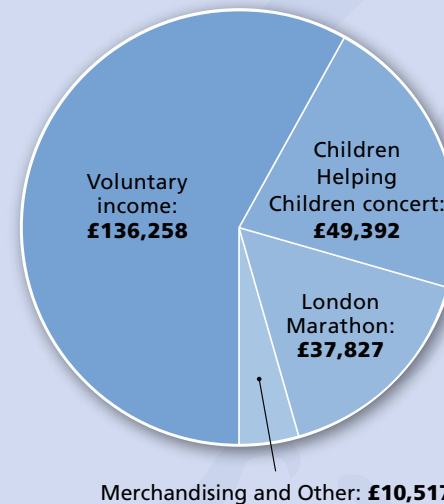
### 290 helpline calls and emails

Supported by our helpline volunteers - all of whom have personal experience of hemiplegia - we supported parents, young people and professionals with queries on everything from choosing an adapted bicycle to the latest treatments.

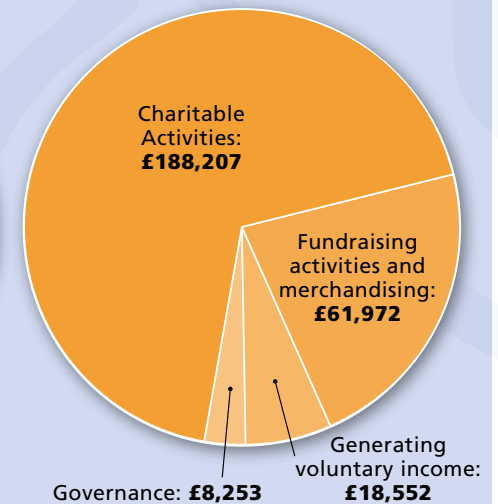
### 91 parents and young people attended our hemiplegia conference in Cambridge

HemiHelp events not only offer families the chance to hear from top specialists working in the field, they also provide a valuable chance for parents, children and young adults to share experiences and support one another.

### How we raised: £233,994



### How we spent: £276,984



# Looking ahead

With only four full-time members of staff and five part-time and sessional workers, HemiHelp could be described as a small charity. But that doesn't mean we achieve small things.

The coming year is set to be busier than ever as we improve our existing services, offer new resources and prepare to meet the changing needs of our members. Here's a look at just a few things we have planned...

- launching a **Transitions Programme** for young adults with hemiplegia - helping them find the confidence and skills needed for independent living
- bringing together top professionals working in the field to share knowledge and best practice in a **medical conference** in partnership with Mac Keith Press
- providing families with essential information on medical issues and everyday living in the **Hemiplegia Handbook**
- ensuring families have access to the highest-quality information by working towards the Department of Health-endorsed **Information Standard accreditation scheme**
- getting our members active and celebrating the Paralympic values by hosting a **Swimming Day** in conjunction with CP Sport



For more information or to find out how you can support HemiHelp's work, visit [www.hemihelp.org.uk](http://www.hemihelp.org.uk) or contact 0845 120 3713 / [info@hemihelp.org.uk](mailto:info@hemihelp.org.uk).

Another year supporting families affected by hemiplegia starts here.