



movement for learning & life



**"It's given my child a choice instead of having his life dictated to him by others."**

A grateful Mum whose child has benefitted from MOVE

## What is MOVE?

**Christine Shaw,**  
Director of  
Professional  
Development for  
MOVE Europe  
says....

“Movement for Learning and Life, is established in the US, New Zealand and European countries and is continuing to expand. The programme is developing and growing largely due to the extremely positive feedback we receive from all staff and families and also due to the improvements we see in the skills of

the young people.

An exciting new enterprise has been involvement in the Middle East where there were no such services previously for children or their families. A MOVE Centre was set up in 2008 which showed that with the right assessment, support, planning and teaching, children were demonstrating skills no one had even considered they might be capable of. Within a year two boys were attending regular school

because they could now walk. The impact of the programme can be quite startling and life changing.

Scotland continues to lead the way with twelve of the local authorities now using MOVE as a training tool for staff to create an individual programme for each child who has a physical disability based on the functional skills they need to expand their opportunities to learn and be included within their environment and the community.”



**Featured inside....**

**Celebrating  
National MOVE Day  
at the Hub at  
Sanderson's Wynd**

**Photos and stories  
from the Treasure  
Hunt**

**What happens  
next?**

**Please get in touch  
with any questions...**

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## On the MOVE!

To find out more information about MOVE and read some interesting case studies click onto

[www.move-europe.org.uk](http://www.move-europe.org.uk)

## MOVE in East Lothian

East Lothian signed up to MOVE in 2003. Since then we have trained over 40 staff to deliver MOVE programmes in schools and to date, 7 pupils are currently on the programme, 3 are being assessed with a view to starting and 3 have developed their skills to such a level that they have completed the programme and are successful graduates. Although the numbers are small, we are only a small authority, but what we do is part of a much bigger picture.

In 2006 East Lothian was represented at the House of Lords to be one of the signatories to a charter to support the further development of MOVE across Europe. The presentations made at that event, by young people and their parents, made it clear how much MOVE can add to the quality of a young person's life.

Framed in a national context made it apparent how well we do in Education in East Lothian. We were one of the first Scottish authorities to sign up to MOVE and our practice in this area is part of the ongoing commitment to innovative practice and multi-agency working, to secure the best outcomes for children and young people and to get it right for every child in the authority.



We have seen inspiration success stories here too. One of our pupils progressed from being a withdrawn, anxious young person with difficulties standing upright, to be able to stand in his walking frame and present flowers to the Queen.



***Danny (left) used to use a pacer. Has progressed from walking with hand held to, using a wall or handrail to walking independently.***

## Joint Working with Midlothian

"We collaborate with Midlothian so that, where possible, we have been able to organise joint training. This means that we can share the expertise of the small pool of trainers we have (4 per each authority).

Where possible, training takes place on an annual basis, over one and a half days usually on school in-service days. To date 69 East Lothian staff have been

trained and 74 in Midlothian. The venues for training alternate between East and Mid.

A celebration and practice sharing event took place in 2007. It was a very successful joint venture and it provided lots of opportunities for health staff, education staff, parents and young people to share stories of how MOVE can be life changing.

Local MSPs came along HRH Prince Charles (then a patron of MOVE) sent a personal message of support."

**Julie Orr, Access Officer  
Angela McLeman,  
Occupational Therapist**

**Please submit your stories and photos for a future newsletter to [slawson@eastlothian.gov.uk](mailto:slawson@eastlothian.gov.uk)**

## Fun at the Hub @ Sanderson's Wynd Primary School

There are 6 pupils from the Hub who are currently using the MOVE programme to develop their independent mobility skills. For some pupils this may mean using opportunities within the daily routine to walk, using a walker or pacer, from one activity to another, kneeling and crawling, standing to do an activity. For others this may mean using a standing frame during certain activities once or twice a week. The great benefit of MOVE is that it is incorporated into the day and

everyone works towards achieving the individual



targets at home, at school and in all settings.



**Koby gets to where he wants to go...the water tray**

## National MOVE Treasure Hunt

We celebrated MOVE International day early with a special treasure hunt on the 26th April 2011.

Red footsteps appeared around the school and all the pupils followed them and



found a special surprise at the end.



**Rachel McMaster hunting in the flower bed ...**



**Found the red egg!**



Kayla (left) uses her walker independently while Sophie (right) comes down the steps supported with both hands.

This is a great example of the ethos of MOVE. The pupils are working towards their goals within everyday activities and games.



## Celebrating MOVE in East Lothian



***'MOVE focuses in on what the children can do. It develops their independence by increasing their skills in small achievable steps. MOVE works with families, the child and school to develop skills which are important and meaningful to them.'***

## What happens next?

Although a small authority, East Lothian has been very successfully involved in an important international practice development since its beginnings. What has been achieved so far could not have happened without the support, hard work and commitment of all the staff, parents and pupils who have been involved.

Although numbers are relatively small, and not all pupils on the programme are in the same location, we have been able to train staff teams to be able to provide child-centred learning experiences targeted to promote independent life and learning for pupils who have

significant physical disabilities.

As MOVE principles become embedded in practice, it is still important not to lose sight of MOVE goals, to enable meaningful participation in school, home and the community for individuals who have significant motor impairment. To continue to work towards this, to build on the good work so excellently begun and to continue to minimise the impact of disabilities on children, the intention for next session is to:

- (1)

- (1) formalise our evaluation of MOVE and include the views of parents and, where possible, the pupils

'Sophie has responded very well to her MOVE programme and is working very hard to achieve her targets

Since starting the programme Sophie's walking has improved immensely and her transfers from sitting to standing has been achieved and in the correct manner in which she has been taught. We are currently working towards walking upstairs and downstairs in a safe and easier way.

We hope that Sophie continues to show progress and we are very encouraged by how quickly Sophie has been able to adapt to her programme.

Well done to Sophie and the staff at the Hub for all your hard work.'

**Quote from Sophie's mother who has been impressed with all that the MOVE programme has offered her daughter.**

- (2) establish a policy which builds on integrated working and ensures that MOVE is available to all children and young people who have significant physical disabilities.

We look forward to highlighting East Lothian 'MOVERS' achievements throughout the year and will be part of MOVE's annual fund raising, celebration and awareness-raising event which takes place every May.

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