



# MOVE Europe

Impact Report 2022/23



MOVE Europe's mission is to ensure children with physical disabilities are given the opportunity to gain independent mobility. To help children reach their full potential MOVE have developed an activity-based framework that supports children with the functional skills of sitting, standing, walking and transitioning. Our programme is used collaboratively by special schools, therapy teams and families to teach disabled children mobility skills that will increase their functional independence.

## Why we exist

Many physically disabled children are not given a chance to develop their physical skills to sit independently, lift their head or learn to walk. Some disabled children are told they will never be able to do something or that their movement will be limited. We exist to challenge the societal barriers that disabled children face and ensure all children with physical disabilities in the UK are given the opportunity to learn or maintain functional movement skills.

## History of MOVE

MOVE was first developed almost 40 years ago by Dr Linda Bidabe, a special needs teacher, who noticed that the majority of her time with disabled young people was spent passively interacting with them during mealtimes and personal care. Linda recognised that it was necessary for children to have an active role in their care and the importance of utilising the expertise networks supporting children.

In response to this, she designed a mobility programme that incorporated motivating and functional movement practises at every opportunity throughout every day. The programme can be accessible to anyone who supports children. The concept spread rapidly to other schools and in 1991 the first official MOVE Programme was written. In 1997 the MOVE Partnership was established to coordinate the MOVE Programme across the UK.

## Why we are different

MOVE stands for Movement Opportunities Via Education. Our central philosophy is that movement and learning are inseparable; we incorporate teaching and therapy skills to allow children to learn and develop through being given opportunities to move and explore. MOVE also works on a can-do approach and focuses on progress towards a goal that is specific to each child and their family. By placing children and their families at the centre of MOVE we set our sights and expectations high, placing no limits on disabled young people and the people who support them.

# Our vision

For every disabled young person to have choice and opportunities by learning independent movement.

# Our mission

To ensure disabled young people gain independent mobility by delivering:

- **Training:** we deliver high-quality training that empowers teams across the UK to use the MOVE Programme with the disabled individuals they support.
- **Support:** we provide high-quality support services for the teams that use the MOVE Programme to ensure best practice and great outcomes for the disabled individuals they support.
- **Growth:** we develop the MOVE Programme across the UK and Europe to reach as many disabled young people as possible who could benefit.

# Our values

**Dare to dream:** we set our sights and expectations high, placing no limits on disabled young people, the people who support them or ourselves as an organisation.

**Better together:** we believe in the power of the team to achieve great outcomes, valuing everyone's input and working holistically.

**Pursue excellence:** we strive to deliver the best possible services, empowering teams to develop their MOVE Programme provision and achieve best practice.

# Dare to dream

1424

children on the MOVE programme

421

new children started the MOVE programme this year

The main outcome for MOVE is to raise aspirations and expectations for disabled children, we therefore celebrate every achievement a child makes in working towards their individual goals. Last year 1,145 children maintained or learnt a new motor milestone. This has ensured children have independent movement within their own home, school and local area. Whilst also reducing the need for equipment and encouraging lower support needs.

Our biggest achievers of the year include:



- 261 children are able to manage a sitting position for a minimum of 30 minutes
- 155 children can stand independently whilst maintaining their balance
- 132 children can transition from a sitting to standing position
- 56 children graduated from the MOVE programme meaning they completed all 16 skill categories and 72 skills.

Children who have been enrolled on the MOVE programme have also benefitted from wider outcomes. This includes improving their social skills, physical health and engagement with education.

## Benefits of MOVE

88%

improved their  
engagement with  
education

86%

improved their  
physical skills

85%

improved their  
social skills

# MOVE Day

To celebrate the achievements of all children on the MOVE programme we invite all of our schools to participate in MOVE Day. We hold this event annually to encourage schools to showcase the skills children have learnt and provide a fun opportunity for them to continue practising their MOVE goals.

This year's theme was MOVE Saves the Planet, which encouraged schools to explore activities that are good for the planet and celebrate nature. MOVE Day was a huge success and we had 26 schools participate.

Pupils at Percy Hedley School have been practising their movement, while learning all about changes we can make to save our planet. From cleaning up our beaches to recycling plastic and reducing our water usage, each activity linked back to using movement while learning.



Mayfield school in Whitehaven contacted the Cumbrian Woodland Trust to support with their MOVE Day. They were thrilled to be involved in the project and donated the trees and helped the school out on the day with their expert tree knowledge.



"The MOVE programme is an essential part of our student's school day. Our students deserve the best opportunities in life, and it is our job to provide this during their school day. MOVE always us to help the students develop their physical skills in a functional manner. By improving the physical skills, this can open up so many opportunities for our students." – Stanton Vale School.

# Family involvement



No one knows a child better than their family, that's why their knowledge about their child's likes and dislikes, personality, behaviour, and health are so important in the MOVE Programme approach.

By involving families in the MOVE programme, we have been able to increase:

- 58% Parent/Carer's confidence to provide regular movement opportunities at home
- 73% involvement from pupils' families in their education

One of our priorities for this year is to develop resources for families to further engage them in MOVE and help their children with movement at home.

"Once we started on the MOVE Programme we worked with Helen with all the goals and setting goals of what we think she could do. I think what became apparent was cognitively she was more advanced than we'd realised and we worked with a lot of exercises trying to encourage her right side, trying to make her aware of her right hand, her right arm, putting her in a walker which I probably would never have thought she would even be capable of doing.

I think the progress has been incredible, I think the MOVE Programme has been so positive, just, it's such a positive impact on Hannah's life and just us as a family, it's just been incredible. I think probably some of the most memorable things was when she started to realise she had a right hand and would start reaching out for things and particularly if I'm dressing her in the mornings. You can see it's such an effort but she's, she gets really excited when she's made that effort to stretch her hand or her arm a little bit. The great thing about MOVE is it's, you know, what's the function of her being in that walker? And for her, she loves being outside and she loves the roundabout and it was such a huge motivation for her, and it still is now, that she would actually move her legs.

Whenever Hannah does anything they're just like "oh my God Hannah's done that" and just the fact that she can join in more, that's massive because that makes us a family. I think the MOVE Programme is such an amazing programme, I think, you know obviously it depends on the child but for the families to have the opportunity, I think that's just great. You know, it's so hard when you have a child with such complex needs to find something that can be tailored to her needs, to her capabilities physical skills; activities whilst in his standing frame, free standing, bench sitting etc..."

# Growing our network



## Last year we introduced 33 new schools in the UK to the MOVE programme.

Bringing the total number of special schools that we currently work with to 148, our ambition is to reach 200 by 2024. We have spent the past year growing our committed national network of engaged SEND teaching staff and physiotherapists and now have 2,206 MOVE Practitioners and 141 Trainers in education settings.

We continue to develop a presence in sector and are working hard to ensure the MOVE programme is embedded across the whole school, including being part of the curriculum and being something the Senior Leadership Teams want to invest in. This is highlighted by schools stating:

- 75% of staff understand the benefits of MOVE
- 93% of their Senior Leadership Teams are engaged in MOVE

## MOVE Conference

To further engage SEND staff and physiotherapists we hold an annual conference that covers talks, workshops and panel discussions on SEND topics. In November we held our 2 day conference and we had our biggest turn out to date with 136 attendees joining us.

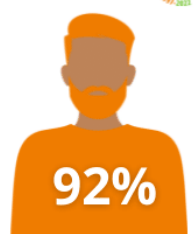
### MOVE Conference 2022 feedback



felt **inspired** to make improvements to MOVE in their school



found the content **useful** for MOVE in their school



found the workshops **engaging** & adapted well for online delivery



## Quality Marks

The MOVE Quality Mark recognises an ongoing commitment to provide the very best MOVE provision. Our tiered framework encourages development of your MOVE offering to ensure the best possible outcomes for the disabled individuals using the Programme. This year we have had 25 schools achieve a quality mark, bringing the total number of schools with a quality mark to 51.



**9** schools achieved **Bronze**: this rewards a good standard of MOVE provision that has a strong foundational MOVE team and processes



**4** schools achieved **Silver**: this rewards a great standard of MOVE provision that is sustainable and has whole-school commitment



**9** schools achieved **Gold**: this rewards outstanding MOVE provision that has fully embedded the programme into school life



**3** schools achieved **Centre of Excellence**: rewards exceptional MOVE provision and acknowledges the setting's ambassador role





# Developing Mini-MOVE

We continue to adapt and develop MOVE to ensure we can reach as many disabled children and young people as possible. Having tested MOVE in schools for over 30 years we know it works, however, we identified a gap in providing early intervention for children aged 2-5 years. This year we started to test out Mini MOVE', an adapted MOVE Programme framework for younger children. By developing a framework that focuses on the gross motor skills floor skills through to the ability to stand and take independent steps.

To test our adapted framework we carried out a three month pilot with mainstream early year's settings in South Wales. This pilot was done collaboratively with ABUHB (Aneurin Bevan University Health Board) Paediatric Physiotherapy team; together we co-produced a Mini MOVE assessment framework to trial with 14 children. By upskilling staff and getting families involved with Mini MOVE we have seen an improvement in children's functional skills in such a short period of time and it has encouraged parents to proactively engage with their child's education and health.



Feedback from participants of the project:

“She’s progressing more, because we practicing the same things at home and school. Her progress is unbelievable. She’s now sitting independently and crawling, I didn’t think she’d ever do any of those things. Communication between me, physio and nursery is brilliant”, Parent.

“Staff are often wary of supporting children physically or following physio programmes as they think they’re going to hurt the child or do something they shouldn’t do. But having the focus of mini-MOVE has helped them to realise there are lots of different ways to support children and that you can adapt things”, Nurse Staff.

This year we are going to develop Mini MOVE further, to not only make it accessible to Mainstream Early Years provision but also to children with PMLD conditions who could benefit from being given the opportunity to develop their floor skills.