



# NEWSLETTER

Winter Issue. No. 3

## ADVANCE



*Dear Friends,*

*December 2011*

*It has been a wonderful time for the children; we see them newly sitting, crawling, standing and running and also becoming calm, happy, responsive and responsible. Many new families have joined us and if you are one, we all welcome you warmly to our newsletter. Sophie's story was too gripping to cut, so I've divided it into 3 parts to take you through the newsletter.*

## Sophie's Story

Sophie is our beautiful little girl who was born March 2006 after a very traumatic birth. During labour the unthinkable happened, her heart beat stopped, so she was born by emergency c-section and we were prepared for the worst. She had to be resuscitated and we knew that due to the lack of oxygen to her brain, she would be brain damaged. Her prognosis was poor and we were told that in the unlikely event she did survive she would be severely disabled. The future was looking bleak and not only did Richard and I have to face the challenges of becoming parents for the first time, we had to come to terms with



the fact our first child was going to be highly dependant on others for the rest of her life. She has Cerebral Palsy and Hydrocephalus.

The injury to her brain was so severe that she was unable to swallow her own saliva, her jaw was clamped shut, therefore she was tube fed via her nose and was heavily medicated to control her seizures. After seven weeks at hospital we brought her home and promised her, that as she was determined to fight, we would be at her side every step of the way, doing all that we could, sacrificing whatever, to help her to fulfil her potential (and maybe a bit more!!)

### What is The Scotson Technique?

The Scotson Technique is a unique, gentle, deeply restorative rehabilitation therapy for children and young adults with cerebral palsy, brain injury or brain abnormality.



Doran & Ross Thornton,  
Nuyuu Gym Manager

### Marathons

This year so far we have had 10 successful runners pounding the road for us in the torrid heat on an April day and Doran pounding the Sussex Downs in the Seaford half marathon in the freezing cold and pouring rain of a June day and many generous sponsors on both occasions.

Doran needs more marathon practice so if you want him to run for you and you can find your sponsors he'd love to help!

### Ex-boxer Vice President

Last year we were delighted to welcome the ex-boxer Ross 'The Boss' Minter to Advance as a new vice president. (Boxing is good for breathing and Ross found Hyperbaric Oxygen was good for cuts and bruises so we have a good firm connection). The Advance Team were also treated to ringside seats at Ross's Boxing Tournament 'Sudden Impact' (Actually Janos was in the changing rooms performing his by now well known fantastic pre and post activity massages on the fighters).



### Raffle

Ross had arranged a big raffle for Advance which raised £600! Doran climbed into the ring to pick the tickets with his eyes on the 2 very lovely hostesses rather than on his feet he got himself well entangled in the ropes, however, Ken skillfully unravelled him and the show went on.

## Sophie's Story Part Two

For the first 6 months we adjusted to our new family life and went from appointment to appointment and had a whole army of "professionals" helping us. After about 18 months, we were becoming increasingly frustrated that we seemed to be caring for her as opposed to helping her progress and develop. In September 2009 we went to the Institute for the Achievement of Human Potential followed by a further 2 weeks at Bobath in London. We gained a lot of information from both places, however, felt that neither provided the means to helping Sophie progress further.

It was in November 2009 that we first came

across Advance. A friend heard Linda being interviewed on the radio and thought about us. We booked our first visit in November 2009 and we haven't looked back!!

Within the first few weeks of doing the TST exercises Sophie no longer needed to wear her full body lycra suit, her ribcage had actually started to change shape and her torso was also getting stronger. She also started to vocalise more, started sitting up unaided and her jaw began to open up. By May 2010, the improvements we were seeing in Sophie were unbelievable, she had progressed more in those 6 months than she had in 3 ½ years"!!!

## Sonny Marra Update

Sonny is now 9 years old.

Sonny was starved of oxygen at birth and diagnosed with spastic quadriplegic CP. He was not expected to survive let alone to walk! We started treatment at Advance when he was 2 years and still could not sit unaided. We never looked back. By 7 years he was thriving at mainstream school but this year 2011 Sonny now 9 years old began to walk independently!

Sonny walks around the school totally independently. He uses his walker at playtimes for stability but rarely uses any walking aid out of school.

His balance is improving weekly. He can walk up and down kerbs and during our last visit to Advance we visited a park where he



was able to walk up the steps to a slide using his hands to pull himself up.

In June 2011 Sonny ran his school sports day independently. He has gymnastic and swimming lessons and just completed a horse-riding course.

He is a very sociable and popular boy with loads of friends. He has good age appropriate concentration and no behavioural issues.

At school he is able to write (although a bit slower and untidier his peers) and has developed excellent computer skills.

Sonny always has his exercises done after his bath and often falls asleep whilst I am doing them.

Added to this Sonny Loves having his exercises done.

## William Meachem Update

William has been coming to Advance since he was four and is now a very lively 9 years old. Over the last few years his balance and coordination have improved tremendously and he is now very steady on his feet. He is doing very well at school too and joins in everything the other children do – he even plays tag rugby!

William's great interest in life is films! He spends as much time as possible either watching them, or reading all about them. When he grows up he is determined to either be a film critic, or a film director just like Steven Spielberg! Whenever we are at Advance, we always fit in a trip to the cinema. This October we went to see "Dolphin Tale". William loved it and has written a review of it, which we hope you will enjoy!



**Dolphin Tale by William Meachem, aged 9 years another gifted TST child who we are delighted to welcome as our new film critic.**

*"Dolphin Tale" is inspired by the true story of "Winter," an intelligent dolphin who currently lives at Clearwater Marine hospital in Florida. Winter, played in the film by herself, is found on a beach by an 1 year old boy. She is caught in a crab trap and is taken to the aquarium. Winter's tail is so badly damaged it has to be cut off. She tries to learn how to swim again, but if she carries on like this she will damage her body and she'll die.*

*This is a brilliant film about a dolphin who overcomes all the odds to learn how to swim again. I'm not going to give too much away, but let's just say that in the end she finds her true self. I would recommend this film, especially to dolphin and animal lovers.*

## *Advance Mother Makeover*

Angel arranged a makeover day for our mothers. We were all quietly working with the children's exercises when from what seemed like a whirl wind of sugar and spice, Angel and her team arrived and waved their magic wands over the centre. First a table with lace table cloth, then flowers, cream buns, tarts, cakes, scones and other dainties descended. Next came the makeup artists with tinted pots and powders and photographers with spot lights and silver paper shields.



*Before...*

## *Guests*

A TV camera crew sprang out of nowhere and began to film. Jilly Gooden, Advance vice president and TV celebrity and the deputy mayor with chain of office arrived with more invited guests.



## *Mothers, Daughters & Sons*

By now children were everywhere as we welcomed the most celebrated guests of all- our Wonderful Mothers!! Plus two very elegant teenage daughters who have bloomed brightly on TST. Everyone was in high spirits and soon the make overs were in full swing. The mothers and daughters altogether made even more radiant and dazzling by the makeup artists were photographed in portrait and family groups. All around was merry with conversation as the meringues and tarts (not normally in the Scotson diet) crumbled deliciously into happy mouths. Finally came the interviews and the Cat walk .



*...After!*



*Dazzling Daughters!*



The new models under the direction of Angel and her Ambassadors from Models of Diversity emerged triumphant shining on throughout the afternoon. Then as we all hugged and said goodbye and our mothers received their goody bags full of pretty smelly things for bath and face, everyone vowed we should do it all again next year!

So let us raise a cup to celebrate all our Wonderful Mothers including of course those who could not be there. And yes, perhaps in all fairness lets toast our Glorious Fathers too. Not sure if they'd want a makeover though? Alternative ideas are very welcome.....

Much love as always

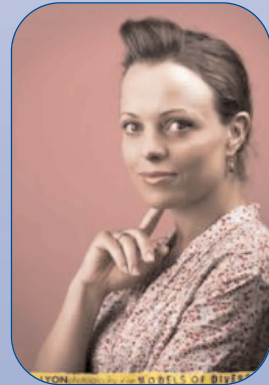
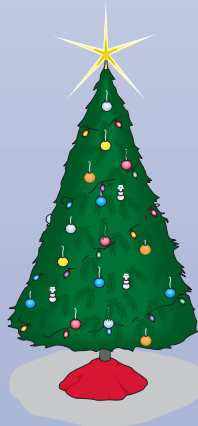
Linda



*Mothers and Sons*



*Magnificent Mothers!*



## Megan Marriott Update

In the last couple of years of TST, Megan has continued to improve. She has now stopped taking medication and hasn't had a seizure for well over four years. Her concentration and understanding have also improved. Megan used to struggle with following instructions, which made school very difficult for her. Sitting still for more than a couple of minutes was impossible, but now she can sit for longer without needing a



break and she can process and understand more of what the teacher is saying which is making learning easier for her.

Physically Megan is a lot more active during the day. She plays an active part in PE in school and also does swimming and a sports programme at weekends. She is not as tired after a full day at school as she used to be. She would come home and rest for a while. But now she doesn't need to do this.

## Megan's own view of TST

My name is Megan. I am 10 years old and have left side hemiplegia. When I was 3 I used to take a couple of steps then fall down, but Linda helped me walk by doing these good TST exercises on me. As I'm getting older I now understand

why I have to do these exercises. It might take me longer, but now I can do everything my friends can do. It's not hard doing exercises because I can watch DVD's on TV. I like going to Advance and seeing all my friends. It's fun.

## Sebastian Burger's Story

A friend pointed out the interview Linda did on a BBC radio show and it pointed me in the direction of the "Advance Centre" and "Linda Scotson" so I decided to pay them a visit.

Linda was (and still is) exactly what we needed: A fountain of well backed up information and explanations to assist us with our son Sebastian who is 5 years old. He has cerebral palsy due to insufficient oxygen during his last 20 minutes before he was born. So to have found such an inspirational and exciting person to assist us in rehabilitating and supporting our son was absolutely brilliant and magical. From the start I had no doubt in my mind that we were to follow this technique and lifestyle through.

The first thing about Sebastian which changed dramatically was his squint and



his eye-sight. He had a right converted squint and not particularly good eye-sight. His eyes are better and he can now enjoy more detail in life. His behaviour became great; helping to dress himself; crawling around, begin to stand and expressing himself with sign language, gradually just catching up. He is now a cheeky 5 year old with a strong will and abundance of character. He is very obedient now too, though this sometimes clashes with having such a strong will.

This summer, he has starting using the swing for bigger children at the playgrounds which requires good posture, great upper body strength and balance to enjoy. We have been coming to Advance for only two years and we totally embrace our time and access to "Advance" for the future to come.

## Warmth

By the way, we quickly found a use for the money raised by Ross's raffle because the heavy rain came through the roof and short circuited the boiler – the boiler and roof are now happily fully recovered. Since Ross is also our plumber I promise you'll be warm and dry when you next visit us!

## Sophie's Story Part Three



Sophie is now 5 ½ and it has been nearly 2 years since we started the Scotson Technique. Sophie is now eating sandwiches, drinks from a cup, sits unaided for hours, balances herself using her arms, is much more aware of her surroundings,

has learnt how to manipulate her parents, has increased appetite, her rib cage is much more normal, she is sturdier and stronger, her squint has gone and her nystagmus (eye wobble) has decreased dramatically, feeding her has become so much easier as her jaw has much more range and is almost as wide as it should be. Her legs movements are getting better, she reaches and grabs things now, her tone is becoming much more normal, her communication is much better ..... the list goes on!

It is a massive commitment to do the

## Catwalk

Another exciting event was the fashion show fund raiser for The Tree of Hope, where we met the amazing, passionate and committed founder/director of Models of Diversity, Angel Sinclair. Angel came to visit Advance with 2 of her model ambassadors for Diversity. She has a nephew with Cerebral Palsy and because what we do makes such obvious, good sense to her, she wanted to help in every way she could.

Consequently.....

## Fashion Show

Angel has now become a vice president of Advance. She also launched Advance in a big fashion show at the Notting Hill, Tabernacle, London on 17th November 2011 ... full report next issue!!

daily, 2 hours exercises, however the results we are seeing are worth it and it's a big part of our daily life now.

Sophie has just started reception class at a mainstream school with 1:1 support. She is going part time to begin, allowing us time to carry on with her daily 2 hours exercises and her horse riding. She has come so far over the last 2 years and we are much more positive about her future. TST has transformed our lives and we can not thank Linda Scotson enough.



LYON photography for **MODELS OF DIVERSITY**



## A HEARTY THANK YOU

We warmly thank Sebastian Burger's family who own  
**L'Isola Buona Ltd (Peacehaven)**  
[www.lisolabuona.co.uk](http://www.lisolabuona.co.uk)

for donating fantastically scrumptious mediterranean sandwiches for our models at the fashion show. The models said the sandwiches were a truly welcome gastronomic delight and a great reward for hungry work!



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