

# MOVE training

Ashgate Croft School runs In-house MOVE Practitioner courses. They are conducted by a MOVE instructor who have had specialist training from the MOVE organisation. Up to 25 members of staff can be trained, which means the whole team around the child are trained together.

# How to get involved

To find out how the MOVE Programme can benefit you as a parent, carer, or organisation, please contact Ashgate Croft School directly, who will put you in contact with our MOVE trainer who will be able to answer any questions you may have, send you an information pack or arrange a visit to see MOVE in action.

# The MOVE Partnership

The MOVE Partnership is a UK based charity expanding the use of the MOVE Programme throughout Europe, bringing opportunities for mobility and independence to those with severe physical disabilities and/or complex needs.

The MOVE Partnership works with Local Authorities, schools and organisations to enable disabled individuals to reach their full potential.

Please contact us for details:

The MOVE instructor,  
Ashgate Croft School,  
Ashgate Road,  
Chesterfield,  
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## The MOVE Programme at Ashgate Croft School



**Supporting children and adults, with physical disabilities and/or complex needs, to gain independent mobility.**

# The MOVE Programme

The MOVE Programme, run by the charity The MOVE Partnership, provides a framework for the services around the individual disabled person, encouraging everyone to work together, allowing the focus to be on the personalised goals of the disabled person and their family.

It is designed to teach anyone who has not learnt to sit, stand, walk and transfer by the age they would be expected to, or those who have lost these skills, to increase their independent mobility to the best of their ability.

The MOVE Programme is appropriate for wide variety of people from young children to adults.

MOVE at Ashgate Croft school includes working with the physiotherapist and occupational therapist to ensure that we are providing the best postural care available for our students.



## How the MOVE Programme works

The MOVE Programme is a practical mobility programme based on the philosophy that movement is the foundation for learning and uses the combined knowledge of families, carers, education and therapy. Regular opportunities are created throughout the disabled person's normal daily routine for increased practice and progression of the skills required to achieve their personalised goals.

## Benefits of the MOVE Programme

Once the individual is assessed on the MOVE Programme, it has the potential to impact on every aspect of their lives. The benefits are huge, not only for the individual, their family and care teams but for society as a whole.

### Health

Active movement helps to control deformities, increases bone density and muscle tone (limbs grow faster), reduces the severity of dislocations and improves breathing, circulation and digestion.

### Social inclusion and family life

As disabled individuals develop their mobility skills they can begin to take a more active role in their own lives. They can participate in family activities, games and play.

### Mobility

As sitting, standing, walking and transferring skills improve, the individual's ability to perform everyday tasks increases, enabling them to reach their full potential.

### Learning and Education

The more they can move around the greater interest they have in the world around them and the more they are able to be a part of it. This improves access to learning and education and inclusion in every sense.

# MOVE Goals

The MOVE Programme places the family and the disabled individual at the heart of the programme. By focussing on goals set by the individual and their families, the activities are tailored to each individual's personal needs.

By working towards goals that are meaningful to their everyday life, the MOVE Programme motivates the individuals to achieve, whilst also ensuring that family members are directly involved in, and can contribute to the sustained progress of the disabled person.

The functional personalised goals can range from:

Learning to lift their head so they can have eye contact and access the world around them

Learning to sit independently so they can help with their dressing.

