

Spina Bifida
Hydrocephalus
Scotland



Together
we are
unstoppable

Impact Report 2025



Welcome from Leanne & Amber



Watch Amber's
story here.



Leanne and Amber rely on Spina Bifida Hydrocephalus (SBH) Scotland Family Groups – a place where Amber can have fun and play alongside children dealing with the same challenges. Leanne also finds it beneficial to connect with other parents at the Groups.

SBH Scotland has been supporting the family since Amber was born. In December 2023, Amber had to undergo gruelling and risky skull expansion surgery and was in hospital for six weeks to recover. It was a frightening and lonely time and SBH Scotland's Family Support Workers were there to support Leanne, Amber and their family.

No matter what the future holds, we will continue to support families like Leanne and Amber's throughout the years ahead. Our aim is to help families like Amber's feel unstoppable!





Rylie & Laura

For Rylie Jamison, the transition to high school has been challenging. Rylie has spina bifida and hydrocephalus and these conditions mean that his mobility and energy levels can change on a daily basis.

Rylie has been receiving support from SBH Scotland's Family Support Workers and Health and Wellbeing Nurse to support his transition to high school.

SBH Scotland has been supporting Rylie's family since his mum Laura Houghton was pregnant with him.

"Without the charity's support, there's a lot of mums out there that wouldn't know where to start, wouldn't know what to do, wouldn't know where to go, wouldn't know who to talk to," says Laura.

"If I look different, I am different...just being me".
- Rylie



See more of Rylie's story



Mairi



Watch Mairi's
full story.

"I have faced a great deal of challenges throughout life. People telling me I can't do something just because I am disabled makes me very determined to do my best to achieve a positive outcome.

My mindset is to get out and enjoy life."



"I don't believe in the word 'can't'. I can and I will."

Mairi Gordon hasn't let living with spina bifida and hydrocephalus hold her back. With the help and support of SBH Scotland since she was a child, Mairi has been determined to live life feeling unstoppable.

Mairi plays the piano and the flute, attends sessions at DR Inclusive fitness gym and has travelled abroad on accessible holidays.

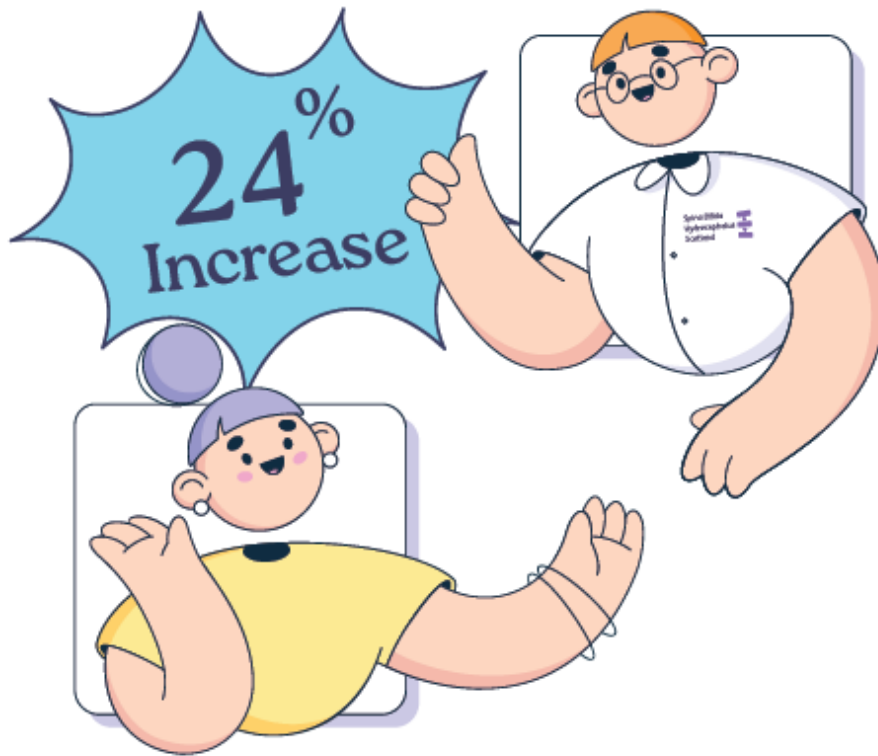
Mairi's determination and positivity is an inspiration to everyone she meets.

She is truly unstoppable!



Stats 2024/25

Reaching new Heights



Connection & Care

Our service reach increased by 24% from the previous year.



Connection & Community

We held 96 social groups, outings and workshops.



Raising Awareness

Our median monthly media reach increased by 56% compared with 2023/24.



Staff Support

We introduced a new learning platform and streamlined HR processes.

Together We Are Unstoppable

Children with spina bifida and hydrocephalus are born brave. As they grow up, they have to fight to be heard, understood and respected. Our mission is to help them feel unstoppable. Your support gives our families the vital help that they need. Your support isn't just a donation – it's the strength needed for a family to overcome a lifetime of challenges.

Each year we need to raise around £1.4 million in order to continue to provide the vital support services that our members rely on. We are grateful to our supporters, statutory, trust and grant making bodies who continue to support us.

Your donations fund dedicated support staff who provide counselling, health and wellbeing clinics, one-to-one support in homes and hospitals, transition clinics, family groups, outings and workshops. Thank you.



Help raise vital funds to ensure our families feel unstoppable.

Call our Fundraising Team on **03455 211 600** or email: **fundraising@sbhscotland.org.uk**

Spina Bifida
Hydrocephalus
Scotland



For more detail on SBH Scotland head on over to our website or any of our social media channels.

We'd love to speak to you in person, contact us directly for more information via:

Fundraising Enquiries:

✉ fundraising@sbhscotland.org.uk

☎ 03455 211 600

Support Enquiries:

✉ support@sbhscotland.org.uk

☎ 03455 211 300

General Enquiries:

✉ mail@sbhscotland.org.uk

☎ 03455 211 811

sbhscotland.org.uk



Watch our services in
action on YouTube –
@ScottishSpinaBifida

Spina Bifida Hydrocephalus Scotland is a trading name of the Scottish Spina Bifida Association. Registered Scottish Charity No. SC013328.
Registered Office: The Dan Young Building, 6 Craighalbert Way,
Cumbernauld, G68 0LS. A company limited by guarantee. Registered in
Scotland Number 213050.



Follow us: @sbhscotland

