

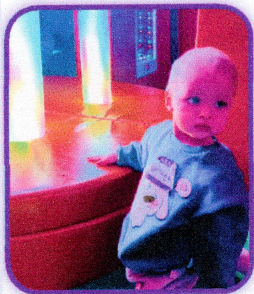


Dear Supporters, Partners, and Friends,
 As UKIST celebrates its ninth birthday, we are proud to reflect on everything achieved during 2025-26 and to share our plans for the year ahead.



Support for families:

UKIST exists to improve the lives of children and families affected by infantile spasms (IS), and our online support group remains at the heart of that mission. Our families continue to offer one another extraordinary compassion, solidarity and strength while navigating an incredibly challenging journey together.



This year, we were delighted to support several large-scale family meet-ups, including gatherings at **Camp Mohawk**, **Creative Space Centre**, and **The Children's Farm Adventure Trust**. It is wonderful to see families returning year after year - watching children grow, friendships deepen and new connections form.

Our grants programme has continued to expand, with £20,000 allocated this year to fund therapies and specialist equipment. These grants enable access to vital services such as physiotherapy, speech and language therapy, and educational psychology, as well as essential equipment that makes daily life safer and more manageable – including safe space beds and GoTo seats.

We have continued our partnership with Joanne Jones of CanDo Speech Therapy to provide online speech and language support. Early speech therapy is particularly important for children with IS, yet NHS services can be difficult to access before the age of two.

We have also funded Makaton taster and Level 1 courses, delivered by tutor Jacqui Lewis, empowering families with practical communication tools.



Thanks to a generous grant from the Spectris Foundation, we have expanded our mental health support for parents. In partnership with Joanne Sims Wellbeing and Carol and Claire-Louise from the Mindful Parenting Community Project, we now offer online wellbeing sessions and resources tailored to the unique pressures of parenting a child with complex medical needs.

WE HAVE EXCITING NEWS!

Emotional Wellbeing Partnership

with Joanne Sims

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