

CP LINK NEWSLETTER

Introducing the CP Link Worker project

The Cerebral Palsy Link Worker research project will explore if a **link worker** (Figure 1) with specific knowledge on ageing with cerebral palsy (CP) can support adults with CP to age well.

This project is based on the social prescribing model of care, which aims to improve the wellbeing of individuals by providing **personalised** support and connecting them to **non-clinical** community services and resources - such as community groups, practical assistance, or exercise classes. Social prescribing has shown potential in improving wellbeing and reducing isolation among people with long-term conditions and older adults, but it has never been used to specifically support adults with CP.

Over the past year, we conducted interviews with 22 adults with CP aged 40 and over living in London (part 1, Figure 2). Our aim was to understand their experiences of ageing with CP, the support they currently receive, and the support they would like to have. Based on these findings, we have been co-developing the CP Link Worker intervention in collaboration with **UP – The Adult Cerebral Palsy Movement** (part 2, Figure 2). The CP Link Worker intervention will run between December 2025 and January 2027 (part 3, Figure 2)

This study is funded by Vivensa Foundation. For more details about this research, visit our [webpage](#) - and look out for the next edition of our newsletter early next year, where we will introduce our CP link worker.

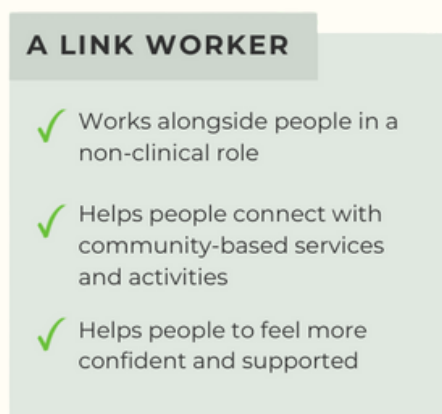


Figure 1. Overview of the link worker's role.



Figure 2. Timeline of the CP Link worker research project.

Spotlight on team members



Dr Kimberley Smith
University of Surrey

Kim, you are the lead investigator of this study. What has inspired you to pursue it?

Adults with CP have been underserved by clinical research and I want to create research that improves the lives of adults with CP. This project was inspired by a chance conversation with Emma and Miriam about social prescribing where we started to wonder, could that be useful for adults with CP?!

Emma, what do you hope the project will achieve?

I hope this project will demonstrate whether social prescribing can effectively support adults with CP as they age helping to address the mobility decline, non-communicable disease risks, pain, and mental health challenges. This project will assess social prescribing's potential to bridge service gaps post-18, promoting physical and mental well-being through accessible, community-based support.



Emma Livingstone
CEO of UP



Miriam Creeger
Clinical Lead and Trustee
of UP

Miriam, what do you hope the project will achieve?

Exploring the social prescribing model for the adult CP community will raise awareness and provide education for the health, social care workers, and third-sector organizations on the positive impact they can have. If the research shows benefits, it could lead to a wider pilot, benefiting more of the CP community.

Contact us

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