

RAINBOW TRUST MAGAZINE

SPRING/SUMMER 2017



INSIDE: Meet Callie
our new Family Support
Worker for brothers
and sisters

Our Impact
see exactly how our
support helps families
in five key areas

WELCOME

Hello and welcome to the Spring/Summer edition of Rainbow Trust's magazine.

I am Zillah, the new Chief Executive, and I am absolutely delighted to have stepped into Heather Wood's shoes. We are hugely grateful to Heather for her amazing commitment over the years and wish her a happy retirement.

This edition focusses on new beginnings

and is full of inspiring stories from the families we support as well as examples of how your fundraising helps families across the country.

On page 13 you can read about our new report, 'Hidden Savings', which highlights how we save at least £2 million for the health and social care system. On pages 10-11, we feature our new Family Support Worker, Callie, who specialises in helping brothers and sisters who need some extra support coping

with the huge changes that having a seriously ill sibling makes to their lives.

I am excited to be leading such a fantastic charity and look forward to seeing how we can progress and grow. Thank you for all your incredible support.

Zillah Bingley
Chief Executive

INTERVIEW

Our new Chief Executive, Zillah, shares some of her first thoughts.

What attracted you to Rainbow Trust? The help Rainbow Trust gives to families is unique. I have experienced the heart-break that serious illness and death of a family member can bring, and I am passionate about ensuring that children and families have the support they need, both emotional and practical, at one of the toughest times imaginable.

What is your vision for Rainbow Trust? I think our priority should absolutely be supporting more families and continuing to develop partnerships in new areas, for example, working with other charities and with hospices.

To achieve this we have to invest and grow our fundraising.

What inspired your move from the corporate to the charity sector?

I was involved in a lot of voluntary work for charities whilst working as a corporate lawyer. I volunteered in Romania, helping to build homes, and taught maths to children. A lot of skills are transferable and I felt my business skills could contribute to making a difference.



To read more of Zillah's interview visit: rainbowtrust.org.uk/meet-zillah



FAMILY FUNDRAISER: ADAM PROOPS



We are incredibly grateful to the many families we support who also fundraise for us. Here, Adam Proops tells us why fundraising for Rainbow Trust is so important to him:

In 2008, our daughter, Iris, became gravely ill with a rare tumour on her liver. We were suddenly left to deal with the unexpected and unimaginable.

We were referred to Rainbow Trust, and Mary, our Family Support Worker, came into our lives and became a trusted confidante. We

didn't have to sweat the small stuff anymore, Mary made sure it happened.

When we were told nothing further could be done to help Iris, Rainbow Trust helped us through the world of palliative care. In 2010 Iris died peacefully at home.

My wife Kate and I have thrown ourselves into fundraising, taking on sporting events, hosting afternoon teas and even a bingo evening. With such woeful public funding, Rainbow Trust relies on donations to keep going.

This summer, I am cycling from London

to Paris, with an old school friend. The plan is a four-day trip to raise funds. It's my toughest challenge yet, but on those steep hills, I'll think about my beautiful Iris, and will dig in.

Reflecting on what Rainbow Trust does, I realised it's not about lifts to hospital, or help with shopping, but that they give you that most precious thing - time. Time with your loved one.

I will be forever grateful, and will not stop looking for ways to help.

To sponsor Adam visit: justgiving.com/fundraising/adamproops

YOUR BIG DAY COULD MAKE A REAL DIFFERENCE

Support a Rainbow Trust family as you mark your special celebration.

Ask for donations in lieu of gifts for your birthday, wedding or anniversary. We'll be there to support you all the way.

rainbowtrust.org.uk/special-occasions

**RAINBOW
TRUST**
CHILDREN'S CHARITY

FAMOUS FACES

Rainbow Trust

continues to enjoy fantastic support from a host of celebrities

At our glamorous Trust in Fashion event at The Savoy we were delighted to welcome *Great British Bake Off's* 2016 winner, Candice Brown, Rainbow Trust Ambassador and Taylor Morris eyewear founder, Hugo Taylor and model and athlete Nell McAndrew. Guests enjoyed a catwalk show featuring collections from London-based designer, Emilia Wickstead, a Champagne reception and delicious lunch. The event raised an incredible £80,000.



See photos from Trust in Fashion online at rainbowtrust.org.uk/trust-in-fashion

We were deeply saddened by the news of George Michael's death in December 2016. We were very grateful to benefit from some of the royalties of his 1991 duet with Elton John, 'Don't Let the Sun Go Down on Me'. George will be greatly missed. As patron from 1997-1998, George launched our 1997 fundraising appeal saying:

"I can only imagine the immense loss of a child. The value of an organisation which can help those left behind to come to terms with their loss cannot be measured."

George Michael 1997.



Top: Celebrities Candice Brown, Hugo Taylor and Nell McAndrew
Bottom: Rainbow Trust Founder Bernadette Cleary and George Michael



“WHEN THE STRESSES AND STRAINS OF OUR SITUATION GET TOO MUCH, NICKI IS BRILLIANT” Godfrey, Henry's Dad

Rainbow Trust provides families with a dedicated Family Support Worker who offers bespoke support tailored to the whole family's needs. To help more families like Godfrey's, please donate today at:

rainbowtrust.org.uk/donate

Estate agent, Cubitt & West, has supported Rainbow Trust since 2006. It currently funds a Family Support Worker in our Surrey Care Team.

For one employee, Rainbow Trust is much more than just a corporate charity partner. Godfrey Haire, a Cubitt & West manager and his family, are also supported by Rainbow Trust.

Godfrey and his wife Beccy have two boys - Henry, seven, and Thomas, four. Henry has a rare condition which has left him with one kidney which operates at only 17 percent. His bladder is also severely damaged and he has needed many operations to help his little body function.

Henry will need a kidney transplant and Godfrey is hoping that he can donate one to his son. In preparation for Henry's operation, the family is getting to know Nicki, their Family Support Worker, to build a strong relationship between her and the boys.

“When Godfrey donates a kidney to Henry he will be out of action, I'll be in the hospital with Henry, and Thomas will be floating between people - that is when we'll rely heavily on Nicki,” says Beccy.

“Both boys love her. Rainbow Trust's support for the whole family is good because when we're out with the boys, Thomas feels just as involved as Henry, and he needs that. Just having someone who completely understands is amazing.”

Godfrey adds, “Supporting Rainbow Trust at work now means more than ever before. Nicki is a brilliant emotional support when the stresses and strains of our situation get too much.

“She can't cure Henry's condition, but she helps us and other families in similar situations cope, which is an incredible help for us day to day.”

If your company is interested in sponsoring a Family Support Worker, like Cubitt & West, please get in touch with Louise at louise.bingham@rainbowtrust.org.uk or call 01372 220023.



Godfrey with his family



To read Godfrey's full story visit rainbowtrust.org.uk/meet-godfrey

MEASURING OUR IMPACT

We know that the help of our Family Support Workers for those caring for a child with a life threatening or terminal illness is vital, and we wanted to clearly demonstrate our impact. To do this, we completed a pilot audit of some of the families we support, and the outcomes were fantastic.

After just six months of Rainbow Trust's support, every family we surveyed said that they felt able to cope more effectively and 89% of families felt they had regained some confidence, and felt more stable with Rainbow Trust's support.

These results clearly show why Rainbow Trust is so valuable. We will continue surveying families we support to check we are helping make life a little easier for them in the ways they want.

→ Find out more, watch our animation rainbowtrust.org.uk/our-impact

After six months of our support:

95%

of families reported a better quality of life

QUALITY
OF LIFE

89%

of families felt they had regained some confidence and felt more stable

STABILITY
AND
CONFIDENCE

86%

of families felt better able to manage stress

MANAGING
STRESS

93%

of families reported that they spent more time together

QUALITY
TIME

84%

of families reported an improvement in their economic wellbeing

ECONOMIC
WELLBEING

"We can talk about what it's like for us. I'd feel more alone without the [sibling] groups."

Iona, James' 13-year-old sister

"Dawn, our Family Support Worker, could see that I was struggling, as she knew me. We had built up a strong relationship and she knew I was finding life difficult. She told me I needed to get some help, which I know I wouldn't have done without her."

Louise, a mum supported by Rainbow Trust

"When Claire, our Family Support Worker came in, she helped with the children and gave Ben and me time together, which we so needed. Having Claire's support meant that we had time for each other again. We could enjoy being together and cherishing memories."

Kayleigh, mum to Leo and Elliott



FOCUS ON:

OUR SIBLING SUPPORT

Within our nine care teams we have several Family Support Workers who specialise in sibling support. Here, we meet Callie from our North West Care Team, to learn more about her work helping brothers and sisters of seriously ill children.

Callie Harrop (North West Care Team)

My role at Rainbow Trust is incredibly varied, I can find myself working with brothers and sisters in their homes, in schools, hospitals, cafés, our office, or even in my car.

Often, when a child is ill, families' priorities shift and brothers and sisters can end up feeling isolated or lonely. Allowing them to simply tell you 'their story' has a therapeutic effect, by talking about how they are feeling, especially as siblings can feel it isn't their story to tell.

As a Family Support Worker for brothers and sisters, I provide support through one-to-one visits, special groups and sibling activity days.

Our sibling activity days in the school holidays are especially popular with the children and families. In some cases, these are the only opportunities siblings might have to go out in the holidays due to the logistics of the family having a seriously ill child.

On one of our recent trips to a tree top 'high ropes' assault course, one sibling said "It was so scary at first, like nothing I have done before, but once I was up there I loved it." The relief these days out give parents, knowing that their children are having fun, is a fantastic way of helping these families.

Supporting brothers and sisters is a real passion of mine – the opportunity to do this job is something I thoroughly enjoy. The best bit by far is building relationships with some of the most inspiring and resilient children and young people that I have ever encountered.

→ Callie's full blog can be found online at rainbowtrust.org.uk/callies-blog



Brothers and sisters get creative at an arts workshop in London



Callie and Lottie enjoying an outing to a soft play



Please sponsor one of our Family Support Workers by making a regular donation and help them continue to provide their vital support to families:
rainbowtrust.org.uk/amelia

THANK YOU!

Our volunteers work tirelessly to raise vital funds.

The Hampshire Friends, a volunteer fundraising group based in north Hampshire, has supported Rainbow Trust for over 20 years. Last year, they raised over £50,000 from events including a dinner at Lord's Cricket Ground, a lunch with our Patron Mary Nightingale and skincare specialist Liz Earle, a Christmas wreath making workshop, and a disco.

Michael Lavery, Fundraising Ambassador

When Michael Lavery's godson, Dominic was diagnosed with cancer in 2013, he experienced first-hand how Rainbow Trust supported his godson's whole family. He was so moved that he decided to help us by becoming a Fundraising Ambassador.

Since then, Michael has hosted fundraising events, nominated us to benefit from community events, and given talks about Rainbow Trust to groups, from Rotary Clubs to schools.



Top: Patron Mary Nightingale interviewing Liz Earle, Bottom: Michael Lavery with his godson Dominic.



Read the full interview with Michael Lavery at rainbowtrust.org.uk/meet-michael

Rainbow Trust relies on the support of over

400 volunteers who donated over 34,000 hours last year!



To find out more about volunteering, contact Andrea Kelley at volunteering@rainbowtrust.org.uk, or call 01372 220043

HIDDEN SAVINGS

A major new Rainbow Trust report, reveals that we save the health and social care system at least £2 million each year.

Our report, 'Hidden Savings', explains that if Rainbow Trust stopped supporting families, there could be increased costs for the health and social care system. For example, our Family Support Workers can make sure that hospital appointments are not missed, and can free up children's inpatient beds by helping families feel more confident about managing their child's condition and the needs of the whole family at home.

Despite the savings that Rainbow Trust makes, only three per cent of our funding comes from the state – that's equivalent to just 11 days of funding in a year. We want to change this so that all elements of children's palliative care are eligible for ring-fenced state funding to enable Rainbow Trust to support more families, in more parts of the country.



Read the full report at rainbowtrust.org.uk/hidden-savings

OUR CARE TEAMS



Brothers and sisters enjoyed outdoor activities with the Southampton Care Team.



In West London an arts and crafts session was a hit with little Sulinska.



The Westcott family organised a quiz night for us to thank the Essex Care Team for all their support.



Rachel, a mum supported by our West London Care Team with our Chief Executive Zillah Bingley after speaking at Trust in Fashion.



Artistic talents flowed at a group for brothers and sisters in central London.

OUR FUNDRAISING HEROES



Generous chartered accountants, Kingston Smith, has committed to raise £75,000 for us.



Perry Uniform colleagues raised £1,977 when they battled Survival of the Fittest in Manchester.



Malcolm Ferris ran the Great South Run 5k and raised a fantastic £1,500.



Young Isobel Kirkland ran the Reigate Children's Half Marathon raising an amazing £381.



One marathon wasn't enough for Dominic Toms, so he ran six in a year raising over £7,000.

20

47

63

7

Win up to
£25,000
with Rainbow Trust

32

Join now to show your support:
rainbowtrust.org.uk/lottery



9 OCTOBER ROYAL PARKS HALF MARATHON

Join our team and run through the gorgeous London parks just as the autumn colours are in all their glory.

Get 50% off the registration fee.
Use ROYAL50 at the checkout
rainbowtrust.org.uk/royalparks



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