

How you can help:

This exciting and ambitious project will have a huge impact for Edward's Trust and bereaved children and families across the West Midlands.

There are many ways you can help - here are some examples of how you can make a difference:

£1,000

Would equip a Wellbeing Therapy Room

£2,000

Would part fund a quiet, reflective area

£5,000

Would fund the kitchen area

£8,000

Would fund a therapeutic counselling space for bereaved parents

£10,000

Would fully fund a children's therapy room

£15,000

Would fund the redevelopment of a group support and activity suite

Phase 2 of the appeal in Summer 2018 will see us extend the property to offer a wider range of activities.

The ambitious £1.2 million project can only be delivered with your support.

Help us to support local children and families who depend on our services to help them through their bereavement.

Contact Yvonne Gilligan, Chief Executive and the Fundraising Team to show your support by:

- Email: Yvonne.gilligan@edwardstrust.org.uk
- Call our dedicated fundraising line: 0121 456 4838
- Donate online at www.edwardstrust.org.uk/appeal
- Send a cheque made payable to Edward's Trust to the address below;

Capital Appeal, Edward's Trust, 43a Calthorpe Road, Edgbaston, Birmingham, B15 1TS

- Make a donation directly into our bank; please contact us for our bank account details. Once you have transferred your donation, please let us know so that we can be sure to look out for it and send you a thank you letter.

Thank you for your support.

www.edwardstrust.org.uk/appeal



Supporting children and families who are facing loss and surviving bereavement

Our New Home - Capital Launch

with support from A Edmonds and Co. Charitable Foundation



Edward's Trust, a charity offering holistic family bereavement services to over 600 families every year including children, young people and parents across the West Midlands. Founded in 1989 by Peter and Hilary Dent in memory of their son Edward, who died aged seven. Over 28 years later the Trust continues to provide much needed support to bereaved families.

Creating a Brighter Future for Bereaved Children and Families



Edward's Trust support over 3000 people every year. Most of the families we support have lost their loved one in sudden traumatic circumstances. Each person experiences grief differently and needs to be supported in a way that is relevant and meaningful to them. We offer a range of supportive services including:

- One to one counselling for children and adults
- A Wellbeing in Bereavement Therapy Service
- Remembrance Services
- Specialist group work programmes for children and adults
- Social activities for children and adults
- Specialist Bereavement Retreats

In the West Midlands every year:

- 2,610 children are bereaved of a parent**
- 738 babies are stillborn or die before their 1st birthday**
- 403 children between the ages of 1-19 die**

The impact of the loss of a child, parent or sibling is different for everyone and we frequently support people who are experiencing one or more of the following effects

Physical health - This can vary from problems related to loss of sleep and poor appetite to problems such as muscular pain because of prolonged stress.

Mental health - Without the right support, bereaved children and young people are very vulnerable to mental health problems. In recent years, we have noticed an increase in self-harm and eating disorders, both are frequent manifestations of unexpressed grief.

Financial impact - On a very practical level, bereavement and grief can have a serious impact on finances. Parents often find themselves unable to return to work for a significant length of time (if at all) after the loss of a child.

Social isolation - Both bereaved parents and children can often find it difficult to open up about their feelings. This can then cause them to withdraw from social situations to avoid uncomfortable conversations.

Marital impact - Couples often find that they are very supportive of each other initially following the death of their son or daughter. However, as the months pass they frequently experience very different reactions and emotions and these can begin to place significant stress on their relationship. This stress can also have a negative impact on remaining children and familial relationships.

Future life chances - Studies have revealed many negative outcomes associated with childhood bereavement, such as an increased likelihood of substance abuse, greater vulnerability to depression, higher risk of criminal behaviour, school underachievement and lower employment rates.

The effect of bereavement is life changing and without specialist support many find themselves simply unable to cope.

A New Home for Edward's Trust – Our Appeal

With your help we can expand and extend our support and services to reach more people who are bereaved in traumatic circumstances.

We need to move from our current premises in December 2017 and with generous support from A Edmonds and Co. Foundation we have purchased a building with exciting potential.

Phase 1 of the refurbishment is the renovation of part of the building to create:

- 3 x adult counselling rooms
- 5 x children's counselling rooms
- 1 x reflective, quiet area and a waiting room
- 2 x Wellbeing Therapy rooms
- Office accommodation for our admin, support and fundraising staff
- Kitchen and toilet facilities

Phase 1 will enable the smooth transition of services from our current premises to the new building and ensure there are no breaks in the support provided to the bereaved children and families we are working with.

£500,000 is urgently needed to complete Phase 1 by December 2017 to ensure no disruption in the delivery of our support.

The building needs full refurbishment and currently could not support the families we care for. The images below show a true reflection of the present state of the building and why we need your help.

