

Edward's Trust The Kite



Aug 2020

Our Work

**Stories from
our families**

Our Support

**Corporate
Supporter
Spotlight**

Our ET heroes



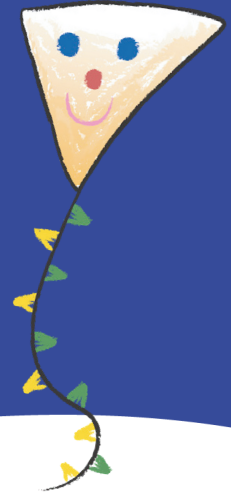
**WE ARE
GOING DIGITAL!**

www.edwardstrust.org.uk

Reg. Charity No.1105370 & Company Ltd by Guarantee in England and Wales No.3487577

Welcome to The Kite

Aug 2020



Dear Friends,

Welcome to our summer edition of the Kite. We last saw many of you at our celebration event at The Binding Site in January 2020 where we gave you thank you roses (pictured on the front cover) which are hopefully growing in your gardens. What a time of change 2020 is on so many fronts; one of our biggest changes came in June when Sandra Woodall left us after 16 years as an Adult Bereavement Counsellor. (See following page)

Due to COVID we re-configured our service in March and moved to remote working (via Zoom, telephone, WhatsApp and FaceTime)

So how have we and our families adapted to this new way of remote support? Would our families still need us? How would the team cope and would we be able to work as effectively?

I need not have worried as the wonderful team at Edward's Trust rose to the challenge and the figures speak for themselves: over 1,100 remote appointments were delivered in April to June. Our team are busy and demand has increased - we provide a lifeline to so many families and I am so proud of the wonderful team we are so lucky to have.

There have been many creative approaches to providing support, from sunflower growing to baking to meditation, mindfulness, and telephone support. We have adapted to meet the needs of our clients, however for many people, remote support is not for them, and they look forward to the day when we return to face to face work. We are now resuming a limited face to face service for our families.

There is so much to share with you and I hope that you enjoy reading this edition of The Kite.

As always we are so thankful to have fantastic supporters. Thank you for being inspirational, energetic, imaginative, creative and for rising to the challenge of fundraising for our wonderful charity during the pandemic.

As I look at our increasing waiting list for bereavement support (currently 90 adults and children) we have to plan for expanding our services to meet demand. We know from experience that supporting bereaved families is essential, as a lack of professional support can have a detrimental impact on mental health and wellbeing.

Thank you for continuing to support us on our journey. We could not do it without you.



Yvonne Gilligan CEO

Contact Us

Bereavement Centre: 0121 454 1705

admin@edwardstrust.org.uk

Fundraising: 0121 456 4838

fundraising@edwardstrust.org.uk

Follow us for our latest news and events

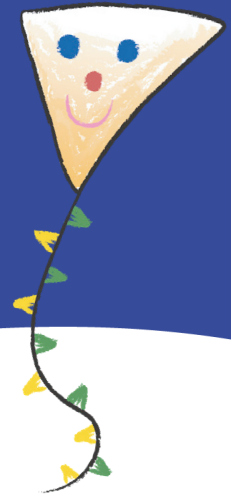
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Staff Spotlight



Farewell to Sandra - We say goodbye after 31 years. Peter Dent, founder of Edward's Trust shares some memories



Sandra Woodall

Losing a child is an unthinkable experience. Not only is it devastating but it is also so debilitating - it saps energy. However, for some, living with the shock, the pain and the grief can spark an untapped well of strength. So it was with Sandra.

I was personally so pleased when, in the early years, she joined the Edward's Trust team.

We had travelled the same path and learnt to live with grief at the same time and now she wanted to work with us to help others.

On her journey over the years, Sandra has been able to give to so many parents an empathy of living with loss. I am sure it has, at times, not been an easy task to support a family who have lost a child, but she has always backed up that empathy with professionalism.

Beneath her quiet persona is a steely resilience and a trusting belief. She has been an invaluable listening ear to so many. Over the years Sandra became such an important member of the team, representing the values and the vision of the Trust so beautifully. 'Thank you' seems such a small thing to say for such a big contribution.

Sandra is an important part of the history of the Trust and she has helped us to be the organisation that we are today.

We wish her the best of everything and I am grateful that she chose to come on the journey with me and with the Trust.

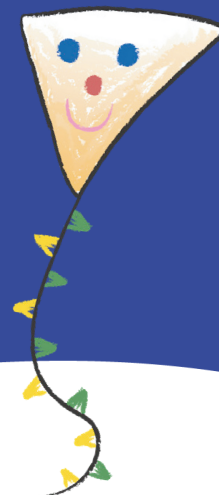
Peter Dent

Founder and Honorary President

We miss Sandra, whose smile could light up a room and her kind and thoughtful personality meant she was a wonderful member of the team. It was a privilege to have worked with such a talented and loyal Counsellor; thank you Sandra for all your commitment and dedication to the work of the Trust.

Yvonne Gilligan (CEO)

Our work - Counselling



Counselling through Coronavirus

The way in which we work and support children, young people and families in lockdown has been very different. Although at times this has been challenging, it is always rewarding. Young people's lives changed. They were no longer able to attend school and their 'new norm' was staying at home. Some really enjoyed being in this 'bubble' - away from the stresses of school and able to chill and enjoy time with family. Others have found it challenging; missing friends, missing the routine of school life, missing freedom.

My role as their Bereavement Counsellor has been to support them in this different and changing world; embracing their uniqueness and supporting their individual needs.

Some of the challenges the children have faced are: struggling with poor sleep patterns, boredom, sadness, anxiety about their futures and anxiety about the world around them.

Equally, some of the joys have been more time with family, feeling safe, not stressing about exams, new hobbies, lie-ins and appreciating what they do have all around them.

We have laughed together, baked together, planted together. We have embraced these changes by not only talking, but drawing, quizzing, baking, planting and a little bit of mindfulness.



In difficult and challenging times, Edward's Trust has offered continued support to bereaved families.

Sue Dale
Senior Children & Young People's Counsellor

A perspective from our work with adults

The most obvious challenge that comes from offering bereavement counselling support via the phone is that you are unable to see the body language of the person in front of you.... In order to establish a connection over the phone with a client I have never met, there has been a need to listen rather more intently to them, to get used to their tone of voice, and the language they use and the pauses they make when speaking.

Sue Drew
Senior Adult Counsellor



Our Work - Wellbeing

Wellbeing in Lockdown

During lockdown we have all become more aware of our own mental health and wellbeing and also that of others. Whatever the challenges we face, it is vital that we give it some time, even more so for those who are grieving. Facing the loss of a loved one is a very individual journey, and the experience of grief often affects the whole person – physically, mentally, emotionally and spiritually.

Edward's Trust is unique in that we provide holistic bereavement support. Wellbeing therapies offer a range of ways to support you to relax, and become more aware of how closely our mind, body and emotions are linked.

Since March our Wellbeing Therapists have not only offered online wellbeing sessions but have also provided more advice and top tips on our social media channels. Maybe there are things you would like to continue to incorporate into your lives. Here are some suggestions from our Wellbeing Therapists.



Helen Cotter & Jane Harrison
Wellbeing Therapists

Stories from families who have received our support



Tyler is one of our young people who received support from Edward's Trust. Here is his story:

I have been going to Edward's Trust since October 2019. I needed some help because my Mum had died and I was finding things really hard. My family and teachers noticed that I was getting upset a lot more than usual and although I had people around me who wanted to help me, I found some things very hard to talk about.

When I first met Steve, my Counsellor at Edward's Trust, I was nervous and it felt scary to meet a stranger who wanted to talk to me about my Mum and my feelings. I soon got to know and trust him and we found lots of ways to help me to talk about my feelings and remember my Mum such as worksheets and making a Memory Jar.

We always played a game at the end of our sessions and this helped me to calm down if I'd been feeling upset. Going to Edward's Trust was making me feel happier and the more I talked about my Mum and my feelings, the better I started to feel.

Even though I have only been speaking to Steve on the phone during lockdown I have been doing really well. Now that I can see him again, we are going to have our final session because things have got so much better for me. I will always miss my Mum and be sad that she died, but I feel that things are easier for me to manage now and I am very happy about that.



Anum is one of our adults who received support from Edward's Trust. Here is her story:

Edward's Trust has been a massive part of my life and especially my healing over this last year. On the 14th of August 2019 I felt like my world ended when the Doctor, rather than giving me a picture of my baby from the ultrasound, informed me of the absence of my baby's heartbeat. I had never in my life felt such agony at such a large scale and so fast.

Sandra from Edward's Trust was my Counsellor and there are no words to describe or even express my gratitude to the amount of help and support that she gave me post my very unfortunate and untimely miscarriage.

Having little support during this extremely painful time had left me in a melancholy state and Sandra's kind words, logical explanations and support helped me understand the process of loss and grief and how I was to move forward in dealing with it all.

One of the major takeaways from our sessions was when Sandra helped me understand that it was not my fault for wanting support and for someone by my side whilst I dealt with the grief of losing my child.

Lastly, I just want to say a massive, 'Thank You' to Sandra for helping me literally come back to life and deal with my grief in a more positive manner – I wish you all the very best for the future. Edward's Trust has helped me to smile again as I had completely forgotten how to do so until I started healing and dealing with my grief in a better way thanks to Sandra.

From April to June we have supported our families and provided :



families and provided :

450 adult appointments




640 children & young people appointments



& 84 wellbeing sessions



Edward's Trust



Happiness
Can be Found
Even in the
Darkest of times
If one only Remembers
To turn on the light

Making a regular gift to Edward's Trust is an amazing way to support us as it allows us to plan for the future in the knowledge that your support will be there.

£5

Per month would help fund vital telephone support for bereaved families

£10

Per month would fund a social get-together to help a bereaved family meet with others who understand

£20

Per month would provide 5 counselling sessions to a bereaved child or parent

To set up a standing order, please go to the "Support Us" section of the website, and find "Becoming a Regular Giver". Alternatively, contact the fundraising team on 0121 456 4838 or at fundraising@edwardstrust.org.uk – we'll be happy to send you the details. (Registered Charity no: 1105370)

Our work - Fundraising



Lockdown - a challenge to our fundraising

For 31 years, we have supported 70 people brought raffle tickets bereaved families and things to win one of our 12 prizes, were not about to change. raising a wonderful £770!

As our delivery staff quickly began to work in new ways, the fundraising team had to act quickly and innovatively in order to keep our supporters engaged now they sadly couldn't attend any 'live' events.

We pride ourselves on the relationship we have with our supporters and of course they did not let us down. We knew that virtual events were the way forward and with that; our first virtual raffle, virtual balloon race and online quizzes were good to go!

Our balloon race was a very poignant event for us as it meant that families could dedicate a balloon to loved ones, write them a special message and race to the finish line. We sold 268 balloons, therefore raising an amazing £1,268.

Our online quizzes, hosted by Steve Saul, of Route 39 were great fun, entertained over 150 quiz contestants and raised a fabulous £1,875!

What's Next?

Please keep your eyes peeled for more exciting things taking place at Edward's Trust. We will share all events on our website: www.edwardstrust.org.uk and on our social media channels: Facebook, Twitter and Linked-In.

Lucy Goodway
Engagement Manager



Any golfers fancy getting involved in our golf trick shot challenge? Please see our diary of events on the home page of our website for further details.

We launched the '30 in 30' challenge for our 30th Anniversary last year – it was such a success that we decided to bring it back and 'up the ante' slightly to 31 in 31! From running 31 miles to baking 31 cakes, or walking 31,000 steps... all ideas are welcome. The only limit is your imagination!

There is a prize for the most 'out there' idea!

'Where's The Bear?'

Teddy Eddie has gone walkabouts. He's in Birmingham somewhere, are there any members of your family who would like to help us find him? Watch this space for further details from Edward's Trust favourite cuddly bear, Teddy Eddie!



Thurs 16th July 

£5 per household **7.30pm**

Register at www.justgiving.com/edwardstrustquiz by 6pm on Weds 15th July

Once you have paid, you will be sent a link to access the quiz. You will need to be able to access Zoom

THE GREAT

E D W A R D S

T R U S T

Q U I Z

Online

ROUTE 39

Edward's Trust

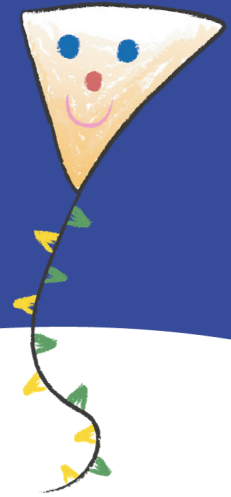
Interactive **Fastest Finger**

Multiple Choice **First**

#FlyTheKite #Fundraiser

Our support

Corporate Supporter Spotlight



HSBC's RQA Team came up trumps with their 24 Hour Challenge!

We were delighted that the RQA Team (Risk Quality Assurance) at HSBC in Centenary Square, Birmingham came up trumps with their 24 Hour Challenge!

Led by fab supporter and manager of the RQA Team, Steve Miller, the team decided to choose a physical exercise to do for one hour across a 24 hour period. Once each individual's exercise was completed, they passed the virtual baton to the next person!

With 18 members of staff exercising around the clock from 12pm on 4th June until 12pm on 5th June they completed an array of challenges including; walking, cycling, hula hooping, yoga, core resistance sessions, Zumba, skipping, pilates, HIIT, circuits and pedalling away on the exercise bike! Wow!



Some members even decided to contribute to more than one hour, and 'Super-Steve' decided to run a half marathon at 2.30am (as you do!?) As the challenge began, Steve was concerned that in the current climate it would be hard to generate sponsorship, but it really didn't take long to smash their original £500 target!

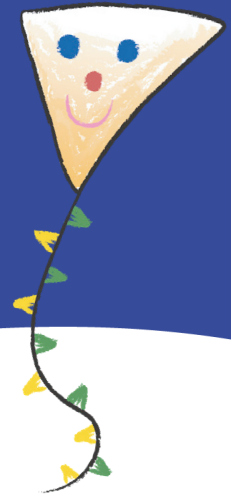
The team raised a massive £1,588 between them, and the good news didn't stop there...

HSBC pound-matched their first thousand pounds, totalling a humongous £2,588!

HSBC... The world's local bank and most definitely Edward's Trust local superstars!!!

Together they really do thrive! Huge thanks to: Sue, Ravi, Wayne, Nicky, Caroline, Kiran, Debbie, Leanne, Paul, Matt, Tony, Simon, Sharen, Lucy, Marcus, Kim, Renu and of course, the fabulous Steven Miller! (pictured above)

Our Edward's Trust Heroes



On Sunday 26th April, with no London Marathon going ahead, the nation came together to support the '2.6 challenge'

We were delighted to be inundated with tributes from lots of our supporters who took it on themselves to dedicate their challenge to us!

Our mini heroes, Zak, Finley, Jesse and Holly, decided to get on their bikes, get out their running shoes and even their paddling pools to ensure they contributed to our cause.



They raised a combined £286 between them and we think that's pretty spectacular!

Thank you to our little superheroes who have made a huge difference to our bereaved families across the West Midlands!

We also cannot let this edition of The Kite pass without giving a huge shout-out to our wonderful supporter and avid cyclist, Greg Morrall.



Greg decided that as he approached lockdown he would be working from home and have a bit more time on his hands. And so Greg's Lockdown Cycling Journey began.

Greg got on his exercise bike at the start of lockdown originally to cycle for five days... but as the support rolled in, he pedalled on and on and ended up cycling an epic 1,500 miles, raising £6,000 for Edward's Trust.

He received wonderful support from numerous individuals and companies, many of whom required him to dress up in silly outfits in exchange for sponsorship. Some of the most impressive outfits have been Greg dressed as a cactus, a banana, an 'Australian', Spiderman and a horse!!"

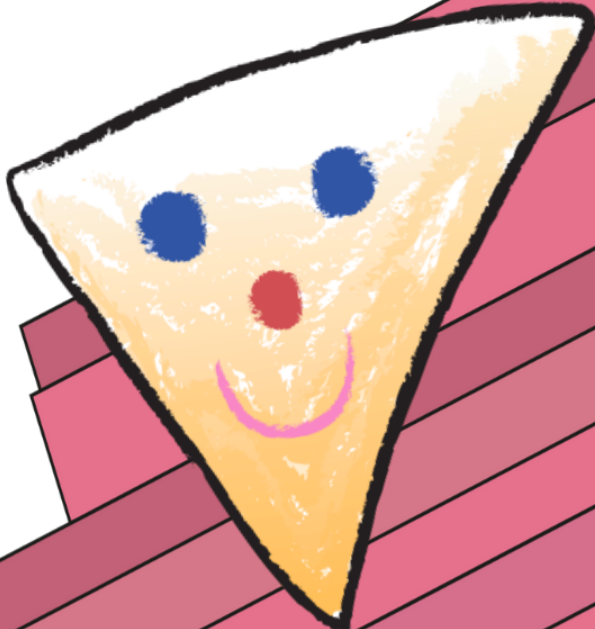
I am delighted to be 'Flying the Kite' and supporting Edward's Trust!" says Greg Morrall.

"I've always been a supporter of ET, it's a charity I can relate to having a family, it's super local and I love being able to pop in and say 'Hi'. It's helped three families I know, so I am privileged to be involved with the great team at ET and pleased to be able to offer support during this particularly difficult time."

Greg... you are officially our lockdown hero! We salute you! We hope to see you sporting the banana or cactus outfit again very soon!

Edward's Trust

2020



'31 in 31'

Last year we turned 30 and launched our
'30 in 30' Challenge

**This year join us in October for
our '31 in 31' Challenge
by completing**

31 challenges in 31 days*

From running 31 miles to baking 31
cakes, there is something for
everyone! All weird and wonderful
ideas welcome, the only limit is your
imagination!

To register your interest,
send your idea to:
fundraising@edwardstrust.org.uk

**we wont be able to do this next year!*

**Supporting Children and Families facing loss
and surviving bereavement**

3 Vicarage Road Edgbaston, B15 3ES. 0121 454 1705.



Registered Charity Number 1105370

www.edwardstrust.org.uk

Let's Talk Communication



www.edwardstrust.org.uk

New website

In January I took on the role of Marketing and Communications Coordinator; leading on social media, the website, design work and communication. With help from Stephen (our wonderful website Guru), we now have a shiny new website. Please do check it out when you get the chance. It is fully responsive (displays correctly on mobiles and tablets) and has a wonderful contemporary look and feel to it.

The resources page is a new feature which not only signposts to other organisations but also offers a growing list of information leaflets that can be downloaded by anyone who would find them useful. The website is a work in progress. If you have any comments, suggestions or things you think it would be good to add, please get in touch.

The Kite Publication – We're going digital

You will see that this edition of The Kite looks a little different to the previous ones. We are very excited to have refreshed our image in line with the website. We hope that you like the new look.

Other news on The Kite is that we are making the move away from paper copies. We are conscious of our environmental impact and so we are reducing the number of paper copies of The Kite. This edition and all further editions will be available to view on the website and the next edition will be emailed out to our readers, unless a paper copy has been requested.

Helen Tomblin
Comms & Marketing Coordinator

If you would like to receive the digital version of The Kite or continue to receive a paper copy, please let us know by phone **0121 456 4838** or via email

fundraising@edwardstrust.org.uk

We don't want you to miss out. Thank you for supporting this move.



fundraising@edwardstrust.org.uk

Partnership work



A Training Collaboration

The last few months have been a challenging time for schools and as they prepare for wider re-opening in September, the need to support young people impacted by bereavement has never been more important. There is also a sense that we need to normalise grief and bereavement which could be reflected in PSHE and the curriculum within the school setting. During the pandemic, death has often hit suddenly and goodbyes have not always been possible. We also know that the issues run so much deeper than bereavement loss – the impact is felt in all aspects of mental health.

The last few months have highlighted the need for more bereavement support, training and resources. As a result there are many new opportunities for training and many resources, helplines and services that have emerged. For many schools and community settings the choice of options can seem overwhelming.

It is into this context that Edward's Trust have been leading the way to work towards a collaborative approach to the training on offer. We are collaborating with Beyond the Horizon, Listening People (At A Loss), Malachi, St Mary's Hospice and The Birmingham Educational Partnership who bring an immense amount of skills, wisdom and experience. Our aim is to create a tiered bereavement training pathway in order to improve support for bereaved young people in Birmingham.

Helen Tomblin
Youth Development
Coordinator

'The response a young person or child gets from school following the death of someone important to them will shape how they adapt to the changes in their life. School can often be seen as the place of normality and support for the young person and their family. Therefore it is important staff feel confident in their knowledge and skills to support students. Working in partnership with organisations who offer a varied menu of training will allow ALL staff to access some level of training so the school is able to develop a common language when supporting students through grief and loss.'

Sajda Butt, Project Lead
South Asian Young People's
Mental Health, BEP



BEYOND THE
HORIZON CHARITY



Closing Note

In this world-changing period of history, I feel honoured to have been asked to contribute to this edition of The Kite before we move to a more digital format.

My name is Fiona Chamberlain and I became the Chair of Trustees a year ago.

My professional background has always been in Education and, since becoming a teacher the same year Edward's Trust started, I have always worked for and in Birmingham schools. Several families at my last school were service users who all reported the charity to be a huge and effective support at the most challenging period of their lives.

Edward's Trust also gave us advice on how to support children, family members and staff. I am so proud to have become a part of the charity's community, since becoming a Trustee 2 years ago.

I want to say thank you from the bottom of my heart to all of our staff, who have lived and breathed the last four months supporting our families within the COVID pandemic.

A thank you on behalf of all the children, adults and families you have supported through the dedication you have shown during the lockdown. Thank you for the innovation that you have used in the ways you have adapted your approaches to counselling, fundraising, wellbeing and communication. You have ensured that the essential work of Edward's Trust has been able to continue in the most challenging of circumstances.

Thank you all – you are an amazing team. A special thank you to Sandra, one of our fantastic counsellors and a long-standing member of staff who has recently left after being with Edward's Trust from the beginning – you will be much missed, but we wish you every happiness.



Our supporters and volunteers have continued to humble and amaze me too in these strange times – attending virtual quizzes and balloon races, carrying out challenges at home, baking and much much more – you enable us to carry on the important work of the charity.

I look forward to continuing to work with you all in more normal times!

Fiona Chamberlain
Chair of Trustees

Don't forget

WE ARE REDUCING PAPER COPIES OF THE KITE



Please let us know if you want to receive the digital Kite (or a limited edition paper version) by emailing: fundraising@edwardstrust.org.uk or phoning 0121 456 4838

At Edward's Trust we comply with the General Data Protection Regulation (GDPR). We'd love to stay in touch, but in future you will only be emailed The Kite if you let us know that you wish to receive it.

Our Promise:

We'll never pass your information to anyone who isn't directly working on our behalf and will keep your details safe and secure. We promise not to get in touch too often and you can change the way we communicate with you at any time by sending an email to fundraising@edwardstrust.org.uk or give us a call on 0121 456 4838.

Contact Us

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