

# Edward's Trust The Kite

Nov 2020



Our Work

Stories from  
our families

Our Support

'31 in 31' -  
the Stories



Young  
Superhero  
Fundraisers

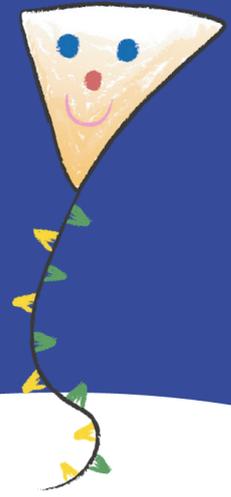


[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

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

# Welcome to The Kite

## Nov 2020



Dear friends,

Welcome to our Autumn edition of the Kite.

As we enter another lockdown, I am thankful for the dedication and commitment of our wonderful team here at Edward's Trust and of our supporters.

As our counsellors and well-being therapists have adapted to new ways of working we are proud to have been here for our families during this time as people are grappling with the many challenges that 2020 has brought. We are currently providing bereavement support to 200 families. For our families, there are far greater complexities to deal with when losing a loved one during COVID.

As you see from our front cover, we have had supporters from the very young doing all sorts of challenging, inspiring endeavours to support us. As a runner myself, I am truly amazed by Fernella

and Romilly's triathlon and for raising over £1,000. We are totally in awe of the Rush family. Thank you.

We also ran our '31 in 31' challenge in October and were astounded by those of you who undertook a challenge to raise money for us. We are so privileged to have such inspirational supporters and thank you for all your fundraising efforts.

Thank you too to our wonderful Trustees who give their time and skills to support the Trust. I am particularly grateful to Julie Weston-Smith who leaves the Trustee team after 20 years. Over the years she has brought dedication and commitment and played an essential role as our treasurer looking after our finances, so we are sad to say goodbye but we say it with huge gratitude.

As we face uncertainty as to what Christmas will look like this year, I am more mindful than ever that

it is important to talk - to talk to your bereaved friends about the one they have loved and lost, to talk to and treasure loved ones whom you can't see in a way that you would like to and to seek out and talk to those who might be struggling in one way or another.

I was reminded last week of geese flying together in formation and the way they support one another in flight. COVID is not going away in a hurry... so I urge us all to support one another, talk to one another and be kind to one another as we find a way through this.

Thank you to the wonderful team at Edward's Trust, and thank you our supporters for continuing to support us on our journey.



**Yvonne Gilligan** CEO

### Contact Us

Bereavement Centre: 0121 454 1705

[admin@edwardstrust.org.uk](mailto:admin@edwardstrust.org.uk)

Fundraising: 0121 456 4838

[fundraising@edwardstrust.org.uk](mailto:fundraising@edwardstrust.org.uk)

### Follow us for our latest news and events

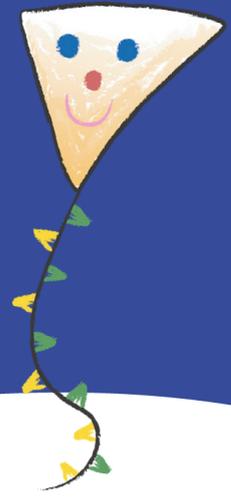
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# Staff Spotlight



## Welcome Jo - One of our new Children and Young People's Counsellors.

I am delighted to have joined the Edward's Trust team as a Children and Young People's Counsellor. I began work in August and became part of a welcoming and friendly team and I feel like I have been here for much longer – in a positive way! I have been a counsellor for twenty years and accredited with BACP for 15 years.

I have worked in a variety of settings such as a family centre working with children and families who were requiring support to keep their children safe and I also worked with children who were to be placed permanently away from their families and came to me to prepare their Life Story Book to accompany them through childhood.

In these settings I gained the most related experience of working with children as all of these children and young people had experienced huge loss and change.

I have also worked as a University counsellor with students of all ages but predominantly 18 – 20, many of whom had experienced a significant bereavement prior to Uni or during their time as a student.

What prompted me to apply to Edward's Trust is that it is a very respected charity and well known in the counselling world.

I was also pleased that the ethos of Edward's Trust is to provide counselling for people for as long as required, which is sadly rare nowadays as most organisations offer short term support.

Bereavement is a part of everyone's life and I have worked with many adults who didn't receive therapeutic support in their early years leading to a detrimental impact on their life in later years.

In providing a service to children and young people I believe we can make a huge difference and the benefits will continue well into their later lives. I feel proud to be part of a truly dedicated and knowledgeable team of counsellors who have decades of experience between them.

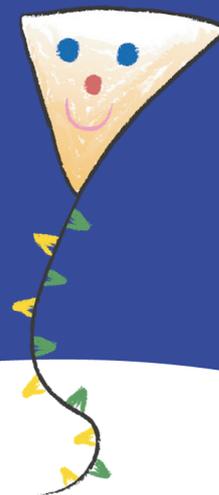


**Jo Brandon**

Children & Young People's Counsellor

**We can make a huge difference and the benefits will continue well into their later lives.**

# Our work - Counselling



## Supporting adults who support children

One of the important aspects of our work is supporting adults who are supporting bereaved children.

It is often the case that the parent being supported will have been widowed and is now facing life as a lone parent. The focus initially will be on them, looking at how the death has affected them; their feelings and how things have changed, considering the positives alongside the struggles. As well as their child's grief, it is often behavioural problems, school attendance and boundaries within their family that are the main concern for them. Financial pressures, changed roles and new relationships can also become a major issue. Together we look at ways they can draw on their own self-esteem and resilience to enable them to face these challenges. We will discuss better ways of managing to prevent them bottling up their worries and reaching a point where they then "blow".



With no time or space for themselves parents often struggle to come to terms with their own feelings of grief which at times can leave them feeling overwhelmed. We provide a safe space where they can come and offload, feel listened to and supported. They can take off their 'brave face' and just be themselves. We also use this time to monitor the children they are supporting.

This could be recapturing 'being a parent', creating time to play with the child or looking at ways to remember the person that died. These parents really need to feel that they are giving their child the right kind of support at the right time. Children are also often comforted by the knowledge that their parent is getting support so they don't have to worry so much about them.

My clients can begin to understand that what they are feeling is normal following the death of their loved one.

Normal grief reactions can include anxiety, fear, sleep disturbances, social withdrawal and a lack of motivation and energy. These can be devastating to live with and as a lone parent with no 'significant other' to share this with, these reactions can be prolonged.

Having our sessions on a regular basis, reinforcing positivity, offering coping strategies, listening intently and having total support is invaluable to a grieving parent. This will eventually enable the bereaved families to manage their lives in a way that is more structured, positive and hopeful.

### **Karen Tracey**

Parent Supporting a Grieving Child Counsellor

'Karen - 'My angel without wings'

I cannot put into words my gratitude and thanks for all your support during the worst time of my life. I will forever be thankful to you and Edward's Trust.

I was completely broken when I walked through the door but with your help and the amazing work you all do at Edward's Trust, I've learnt to cope.'

# Our Work - Wellbeing



## DIY Hand Massage

Our sense of touch can be very important to our wellbeing. We use our hands every day in practical ways but we also give and receive with our hands. A kind touch can often provide more comfort than words. A simple hand massage can help us feel more relaxed, comforted and connected with ourselves, each other and some quiet moments.

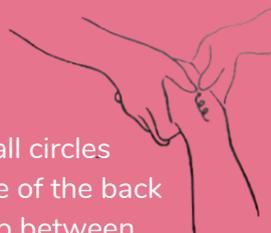
During these last few months when it hasn't been possible to offer hands on wellbeing sessions at Edward's Trust, I have moved to offering support on the phone and Zoom or WhatsApp video and have been heartened at how well it has been received, providing a sense of calm and giving people something they can do for themselves or share with others. I have loved seeing the connection between couples as they share the simple hand massage I am teaching, knowing that precious sleep may come more easily after.

**Jane Harrison**  
Wellbeing Therapist

Make sure you are both sitting comfortably with hand cream or massage oil ready, the person receiving has their arm resting on a towel covered cushion. Take a few slow breaths to settle yourselves. Hold the whole hand gently but steadily between your hands for a few seconds.



Lift the person's hand and holding it underneath with your fingers, slowly draw the heels of both your hands from the middle of the person's hand outwards. Do this several times to open and stretch the hand.



Now use your thumbs in small circles over the whole of the back of the hand, up between the bones of the hand and around the bones of the wrist.

Turn the person's hand palm up and supporting the back of the hand this time with your fingers, massage with your thumbs in small clockwise movements over the whole palm.



Hold the person's hand with one of yours and wrapping your whole hand or thumb and forefinger round the person's thumb, gently slide your fingers from the base to the tip of the thumb and each finger in turn. Holding it at the tip, gently and very slowly rotate each finger. This is a very small movement.

End by holding the person's whole hand again and lay it back down gently. Now do the other hand.



# Stories from families who have received our support



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

I started to come to Edward's Trust because my Dad passed away and I needed someone to talk to about all the thoughts that were running through my head.

Seeing my counsellor Steve has helped me out so much in the long run as I am able to have that weight off my shoulders and be able to feel like I can breathe. He gave me coping mechanisms to help with the loss and I was able to feel like I could be sad and not feel bad about it.

When lockdown started, I couldn't go in and see Steve so we had to call and it felt a little weird to start with but it was still good to have him check up on me every Thursday to make sure everything was going well and to check up on how I was feeling.

I went through a rough patch while in lockdown. I contracted the virus so had a lot of time to think things over and go through the death all over again.

But having Steve call me made things easier and helped me out a lot. We then had a group chat on WhatsApp where there was a group of 5 of us and we talked and had Zoom calls to have a catch up. We also played games on Zoom and they were great fun. But for me, it helped me see that I wasn't alone, and I am not the only one going through this. It really did reassure me knowing that I'm not the only one with these thoughts.

Coming to Edward's Trust has helped me a lot and I would recommend this to any young person who has had a loss to go there. They have saved my life and I am sure they can help you.

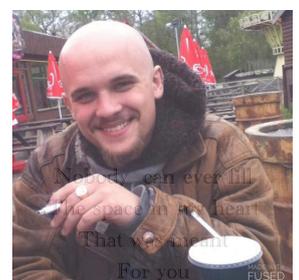


James

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

My first visit was for parents who were bereaved through a road traffic accident. Being with other parents and under the guidance of a trained counsellor gave me the strength to say the words that stuck in my throat "Elliott, my son was killed in a motorbike accident".

Since then, both my daughters, grandson and I have been to 'one to one' sessions. An Edward's Trust visit means I'm able to be me, the façade of being in control is dropped and I can talk about Elliott with no awkward looks, shuffling of feet, or someone trying to change the subject. There's no timescale on the length of time or the number of sessions you have. Even now, 4 years on, I know I could still pick up the phone and say "I'm struggling, I need help".



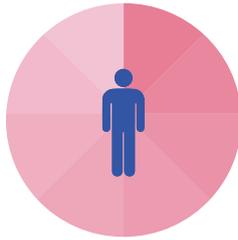
Elliott

**Grief never goes away,  
but at Edward's Trust we  
offer support to cope with it**



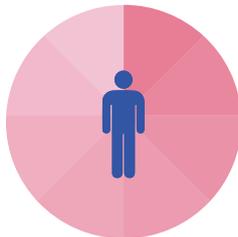
**Receiving support from Edward's Trust has helped:**

**98%**



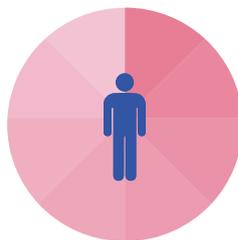
**of all adults become more aware of positive coping strategies in bereavement**

**96%**



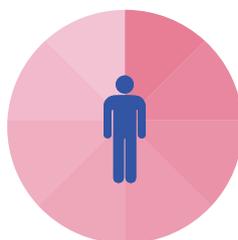
**use these coping strategies**

**96%**



**cope better with their grief**

**96%**



**understand the physical & mental impact of their bereavement**

**Edward's Trust**

# Leaving a Legacy



## Would you consider leaving Edward's Trust a gift in your Will, once your family and loved ones have been supported?

A gift in your Will helps us reach the most traumatised children, young people and parents in the West Midlands, and support bereaved families to cope with their grief and have better physical and mental health and wellbeing.

### Why make a Will?

If someone dies without a Will, their estate is divided up according to pre-set rules enforced by the government. This may mean that family and friends and any supported charities miss out entirely.

### Why leave a gift to charity?

You will help build a legacy with Edward's Trust family of supporters to ensure that every child, young person or parent can access compassionate bereavement support without a time limit and with no detriment to their financial situation.

Gifts to charity are exempt from Inheritance Tax. This gift is deducted from your estate before tax is calculated. Inheritance Tax on the rest of your estate is reduced if you leave 10% or more to charity (correct at September 2020).

"It is important for us all to have an up to date Will making appropriate provision for our family and loved ones. When I wrote my Will, I also wanted to include legacies to charities that have touched my life as a way to say thank you. I have been pleased to support the work of the Trust since its inception in 1989".

Judy Dyke, Edward's Trust Patron



If you would like to have more information on leaving a gift to Edward's Trust, please contact us at [fundraising@edwardstrust.org.uk](mailto:fundraising@edwardstrust.org.uk) or 0121 456 4838

Registered Charity no: 1105379

# Our work - Fundraising



## Young supporters

Did you spot our 2 superstars on the front cover? Fernella (aged 7) & Romilly (aged 6) have been involved for 2 years since they dedicated their birthday to Edward's Trust and asked for donations instead of gifts. This year, they went one better and decided to do a sponsored Triathlon (running, cycling & swimming) and blew us away by raising over £1,000! They were delighted when Teddy-Eddie turned up to give them a boost too! Huge shout out to our little super heroes!

## Our Super-Supermarkets

Waitrose at Harborne, Hall Green & Wolverhampton have all supported us recently with their community schemes sending us a wonderful £999 between them to help us through the pandemic, 'For them, it's personal' is their slogan. We think that definitely rings true!

**Pennycuik Collins** one of our newest corporate supporters, used a bit of spare time during lockdown to walk virtually from Lands' End to John O' Groats, 24 members of their staff donned their walking boots and off they trotted. 813 miles and a fair few blisters later, they brought home a wonderful £1,120 to add to our services during such difficult times! Thank you to the team at Pennycuik Collins.

## What's Next?

We are now approaching the end of 2020 and what a year! We are hoping to round it off with a few things to look forward to...

As well as our quiz, we have a Christmas Cracker of an auction which may be a great chance to purchase some of those 'hard to buy for' prezzies!

[www.jumblebee.co.uk/edwardstrustauction](http://www.jumblebee.co.uk/edwardstrustauction). Also stay tuned for details of personalised Christmas greetings from Santa.

## Virtual Quiz - Dec 1st



During the first lockdown our virtual quizzes went so well that we are holding another on #GivingTuesday and just before the busy-ness of Christmas. These are great fun, interactive ways to come together as friends and family and raise money for Edward's Trust.

Please continue to look out for more exciting things taking place at Edward's Trust. We will share all events on our website: [www.edwardstrust.org.uk](http://www.edwardstrust.org.uk) and on our social media channels: Facebook, Twitter and LinkedIn.

**Lucy Goodway**

Engagement Manager

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[fundraising@edwardstrust.org.uk](mailto:fundraising@edwardstrust.org.uk)

**Coming Soon  
to our website...**

**A Dedication Page to remember  
your loved one**

**Contact the fundraising team for more details**

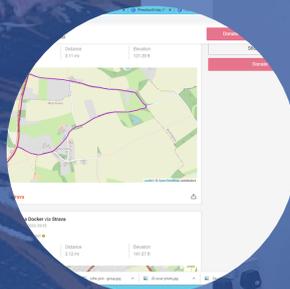


Edward's  
Trust



# #31in31

Last year for our 30th birthday we ran a fundraising challenge called, '30 in 30' with the ask to undertake 30 challenges throughout October. This year, we upped the ante and our supporters of course rose to the occasion. Over 50 individual '31 in 31' supporters and a number of people from the Binding Site, the 'Business over Breakfast' Club and British Network International (BNI) undertook a whole variety of challenges. We have had cycling (and lots of it!) walking, 31 verse poem writing, running 30.1 miles with anyone called Edward!, slimming by losing 31mm from the waistline, 31 social media shares, litter picking, crosswords, tree cutting, fish feeding, reading, hula hooping, weight lifting, Zumba, dog walking, yoga, swimming, lawn mowing, and one supporter decided to go sober for October!



# #31in31



**Thank you!**  
**You raised over**  
**£11,000**  
**= 220 hours of**  
**bereavement support**

# Support us with Christmas Cards



Christmas Cards and Merchandise now available  
in our new Online Shop



reduced to  
**£1**



**£3**



**£3**

Cards sold in packs of 10.  
See website for more details.  
Prices do not include p&p.



**£3**



**£3**

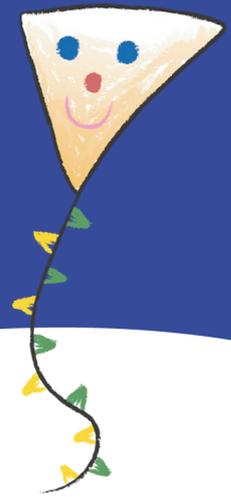
**BUY NOW**



[www.edwardstrust.org.uk/shop](http://www.edwardstrust.org.uk/shop)

fundraising@edwardstrust.org.uk or 0121 456 4838  
Registered Charity no: 1105379

# Let's Talk Communication



[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

## The digital Kite

Well, we've gone and done it! Although we have printed some copies of this edition of the Kite, most of you are reading this in its new digital format! Great news for those of you on the go and for our planet. We hope that you like the new contemporary feel to Edward's Trust.



## QR magic

In line with many other organisations trying to stay safe through COVID times, I am delighted that we have a QR code that enables people to donate without touching coins or a bucket. Check it out!! We also now have a life-size Teddy Eddie cut out with the QR code on his bucket so he can COVID-safely collect money.



Edward's Trust

## New online shop

I hope you've had a chance to browse and enjoy the new website.... and \*drum roll\* ...our newest edition to the website is an online shop. This online shop sells all of our Edward's Trust merchandise and now includes our Christmas card selection. Get yourself set for Christmas and support your favourite charity at the same time.

[www.edwardstrust.org.uk/shop](http://www.edwardstrust.org.uk/shop)



This digital Kite is available to download on our website, but if you would like to subscribe to be sure you don't miss it, you can do so [here](#).

## 'Ginger Brummie' raises money for Edward's Trust

Last week we were joined at Birmingham Brewery by Jasper Carrott for a very small launch of Ginger Brummie in cans - a limited edition beer by Birmingham Brewing Co. supporting us with 5% of the sales. Have a drink and have a supportive conversation (even online). Through this next lockdown it's really important to continue to connect with one another. You can buy Ginger Brummie here:

<https://www.birminghambrewingcompany.co.uk/shop>



**Helen Tomblin**  
Comms & Marketing Coordinator

[helen.tomblin@edwardstrust.org.uk](mailto:helen.tomblin@edwardstrust.org.uk)

# Partnership work



## A Supportive Collaboration

Here at Edward's Trust we welcome and value the opportunity to work in partnership with other organisations and charities. One such charity is The Lily Mae Foundation, based in the West Midlands. The charity was founded in July 2010 by Amy and Ryan Jackson, after the devastating loss of their baby daughter Lily Mae. The Foundation offers many forms of support to parents, families and friends following the loss of a baby through stillbirth, neonatal death, miscarriage or medical termination.

The Foundation provides a range of support services which include - informal support group meetings, sibling support packs and baby loss remembrance services. One very important thing they also provide is memory boxes.

**If more focused support is needed, then parents can be signposted to Edward's Trust.**

The boxes are supplied to a number of hospitals in and around the West Midlands region, and are given to parents after suffering the loss of their baby, as Amy says, "Our memory boxes allow parents to collect memories and precious items and store them. As a parent you want to protect your child, when you lose a child, you want and need to protect their memory".

*'We share Edward's Trust's vision and belief, and are excited to be able to build a strong working relationship'.*

Amy Jackson, Founder of The Lily Mae Foundation

**The Lily Mae Foundation's support groups are there to provide that extra support...**

By working together, Edward's Trust and The Lily Mae Foundation can offer the very best of support services to bereaved parents across the West Midlands, in whatever way they need it.

Parents may initially want a support network and the Foundation's support groups can offer that, but if more focused support is needed, then families can be signposted to Edward's Trust. Likewise, if during the counselling process a parent would like further support beyond the counselling sessions, then the Foundation's Support groups are there to provide that extra support, and not only during, but also continuing on after counselling has ended.

We at Edward's Trust are excited about developing this collaborative support as we know how much the help we can provide together will be, and is, appreciated.

Sue Drew  
Senior Adult Counsellor



# Closing Note

November the 2nd-6th was, 'Trustees' Week' and so we are reminded how grateful we are to all our Trustees who give their time, skills and experience to help guide us a charity and we are always sorry when they leave the team. One Trustee whom we would like to recognise with special thanks as she moves on, is Julie Weston-Smith.

Over the last 25 years I have been on a journey with Edward's Trust. There have been bumps in the road, surprises around the corner, but the achievements of the charity in that time have been immense and it has been a privilege to have played a very small part.

When I took on the role of accountant, the Trust was situated in Stirling Road. Our first Edward House was providing accommodation for parents whose children were having treatment at the Children's Hospital, then sited at Five Ways. 'Sunrise' had recently opened and was providing badly needed support for bereaved parents in the Birmingham area.

The journey progressed to Steelhouse Lane when we undertook a massive fundraising exercise to refurbish nurses' accommodation to provide 30 rooms for families.

This was an unbelievable accomplishment for a tiny charity but under the guidance of Peter Dent, we all held our nerve!

'Sunrise' moved to Calthorpe Road to continue its bereavement care which became the core of our work when Ronald MacDonald Charities took over the provision of family accommodation for BCH.

The final leg of my journey found us at Vicarage Road where the charity continues to grow, develop and provide support. The dedication of the counselling and wellbeing staff touches the hearts of everyone who becomes involved with Edward's Trust and I have worked alongside some very devoted and exceptional people whose caring response to people facing unimaginable grief is extraordinary.

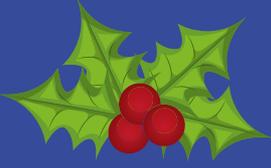
It has been an honour to have been in a supporting role, both as accountant and latterly as a Trustee to enable that work to continue. Crunching the numbers seems inadequate in the face of a life changing event but at least it pays the salaries!

I would like to thank the Edward's Trust team for everything they do, wish them every success in the future and say, 'you will always be in my heart and without a doubt I will be following with interest as you continue your journey'.



**Julie Weston-Smith**  
Trustee (1995-2020)

We will soon be looking for new Trustees. You can register your interest by emailing [Trustees@edwardstrust.org.uk](mailto:Trustees@edwardstrust.org.uk)



We hope all our friends and supporters have a peaceful and restful festive season



[fundraising@edwardstrust.org.uk](mailto:fundraising@edwardstrust.org.uk)  
0121 456 4838

**Supporting children and families who are facing loss and surviving bereavement**

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](mailto:fundraising@edwardstrust.org.uk) or give us a call on 0121 456 4838.

**Contact Us**

Bereavement Centre: 0121 454 1705  
[admin@edwardstrust.org.uk](mailto:admin@edwardstrust.org.uk)  
Fundraising: 0121 456 4838  
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