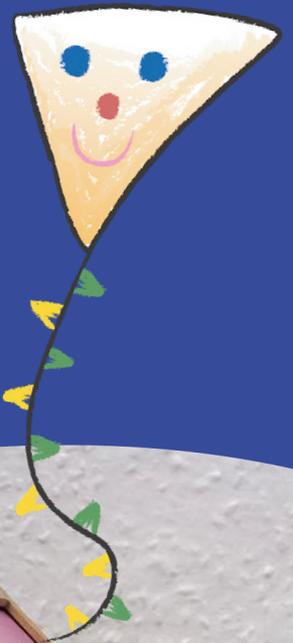


Edward's Trust

The Kite

March 2021



Our Work

Stories from
our families

Our Support

Corporate
Supporter
Spotlight

Our ET heroes

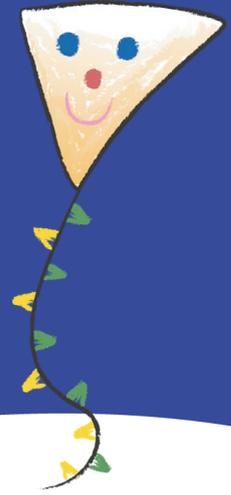


www.edwardstrust.org.uk

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

Supporting children and families facing loss and surviving bereavement

Welcome to The Kite March 2021



Dear Friends,

Welcome to our Spring edition of The Kite. As we approach a year since the first lockdown in the UK, I am sure that few of us have not been touched personally by loss, illness or death. In this edition we say goodbye and thank you to a wonderful Trustee Neil Thorogood who has brought many skills and expertise to our Board in his 27 years. We also say a very sad goodbye to Gary Redmonds, one of our Patrons who died earlier this year. Our heart goes out to his family as it does to every bereaved family who walks through our doors with heartbreaking loss.

We are delighted to welcome to our staff team, Sarah Lilley, our play therapist and really pleased to expand the type of support we can offer our families.

We are also proud to be able to send out well-being packs to many of our families and launch a forget-me-not memory page - an online place to remember a loved one.

And as ever, amongst the tragedy and pain, I see hope in every one of our supporters and the amazing, inspirational events and challenges they have undertaken over these last few months, from climbing Edward's Mountain, to Readathons to physical challenges. You astound us and we are so very grateful for all you do and give.

As anticipated, the demand for bereavement support is rising and we expect that once Schools return we will see the full impact of the pandemic. We are as determined as ever to offer comfort and hope to those who come to us for support.

Amongst all the pain, loss and struggle I see glimmers of hope. As I observe nature on my daily exercise through local parks, I see evidence of Spring on its way. Crocuses and daffodils which have survived the winter are now emerging to face another day. As this new life and beauty blossoms, I am reminded of the different seasons of nature and of life. Beyond Winter there is Spring and hope. It happens this way every year... and now is no different. We are here to support our families in such a time as this. Beyond the pain, there is hope. Hold on....

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

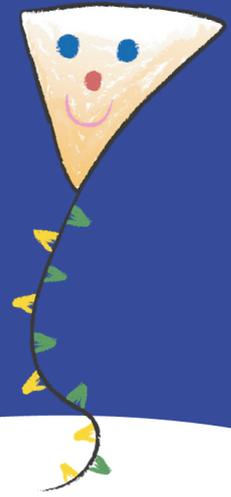
 /Edwardstrust

 /Edwardstrust

 @Edwardstrust

 www.edwardstrust.org.uk

Staff Spotlight



Expanding our work - Play Therapy

After our time with us on placement as a student, we are really excited to welcome Sarah to the team at Edward's Trust and to add another string to the bow of what we can offer our bereaved families.

I am a BAPT registered play therapist, passionate about emotionally supporting children and families. After originally pursuing a degree in Early Childhood Studies, I later specialised as an Early Years teacher. I worked in the UK and internationally for 12 years before returning to the UK to do a Masters in Play Therapy.

Play Therapy helps children understand muddled feelings and upsetting events that they haven't had the chance to process properly. Rather than having to explain what is troubling them, as adult therapy usually expects,

children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened. I work one to one with children and where necessary, involve the family in the process too.

It never ceases to amaze me how children and young people see the world. It is a privilege to meet children and families where they are in their journey and to provide a safe space where difficult feelings can be processed; helping children to feel seen and heard.

Within play therapy children can play, draw, make music and dance to explore feelings, and feel better about who they are.

Play Therapists work with children with a play kit which usually includes creative materials, sand play, figurines, sensory toys and resources for role-play.

I'm very grateful for the opportunity to continue working at Edward's Trust and within such a fantastic and committed team.

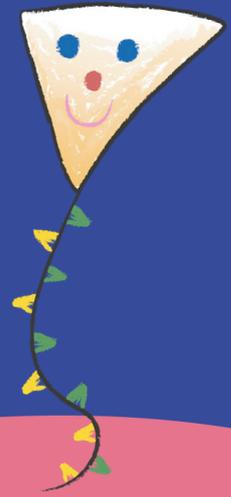
'Play Therapy has really helped our daughter. She is so much calmer and will talk about how she feels more easily. I have noticed a massive difference in her'.

Parent



Sarah Lilley
Play Therapist

Our Work - Counselling



Covid and the grieving process

The death of a loved one, at any time, is devastatingly heart breaking. But as so many are discovering, it is made all the more challenging during a pandemic.

Families are being torn apart by loved ones going into hospital with the symptoms of Covid 19 and never returning, leaving them unable to visit, struggling to find out information and unable to be there at the end. Funerals are limited in attendance, with mourners socially distanced. No comforting of each other, unless in a family bubble and loved ones left to grieve within restrictions or isolation of a lockdown.

If you are a family faced with bereavement due to Covid-19 here are some things that may be of help.

When a loved one is in hospital

Reach out to those around you, by phone, skype or email to talk. Share your worries and concerns.

Access the NHS Covid helplines.

Write down all the things you want to say to your loved one.

Record messages on phones that can be played to them, if you cannot be there.

When a loved one dies

Take the time you need to say your goodbyes at the Funeral home.

Place letters, or keepsakes you'd like your loved one to have in the coffin.

Consider having a memorial service at a later time, if the restricted funeral service doesn't feel enough.

Access support groups for families bereaved through Covid.

Keep talking to those around you.

Take a walk, with those you can.

Write down your thoughts, to help clear your mind.

Start a memory book for yourself, and to share with others.

Supporting family or friends with their loss

Reach out to them, let them know you're there.

Send food parcels or takeaways as they may not have the energy to shop or cook.

Light a candle at the time of the funeral, if you cannot attend.

When sending sympathy cards, share a memory of their loved one.

Our Work - Wellbeing

'Take a Moment'

In January we were awarded some funding from Global's 'Make Some Noise' which was just the opportunity that we needed to do something we had been talking about for a while.

During the pandemic many of our families and young people have been feeling more isolated and alone than ever and mental health is a real issue, so we are now able to send care packs to some of our families. If they can't come to us, we wanted to be able to send something to them to help them with their well-being through this very difficult time.

Here are just a few examples of suggestions in our 'Take a Moment' booklet.



The 'Take a Moment' booklet can be downloaded from our website: www.edwardstrust.org.uk

Take a Breath

Practising simple breathing techniques can quieten your mind and help bring about a sense of calm.

Take a Sip

Drinking more fluid is good for both body and mind. Try and drink 5-7 glasses of water, low fat milk or sugar free drinks a day for better skin, energy and a clearer mind.

Take a Walk

Being outdoors and going for a walk is good for mental health as well as physical health. It is currently also an important part of our social health. Maybe you could also try walking more mindfully & noticing your surroundings.



Take Your Time

What can you do to slow down and switch off? Some people find colouring mandalas relaxing. You can download some from the resources page of our website [here](#).

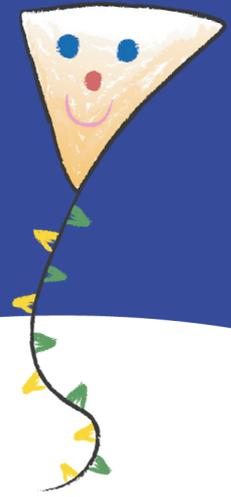
Take a Bite

Eating a balanced healthy diet keeps us well in our mental health as well as in our body. For more, check out the NHS Eatwell guide [here](#).

Take a Rest

Lavender oil has all kinds of benefits & can help people to relax and sleep. Why not put a few drops on your pillow?

Stories from families who have received our support



Here is Dexter's story:

Hello, my name is Dexter and I am 8 years old. I started attending Edward's Trust after my grandad had an accident and died. It made me very sad and worried about lots of things.

I met Sue and instantly trusted her. I could talk to her about anything, we had lots of fun at our sessions. Sue really helped me with my anxiety. I was also very lucky because they asked me to attend a circus skills day. I stopped there on my own which is a big thing for me! I had lots of fun playing with other children like me.

At Christmas, Edward's Trust invited me to a party where I met Santa, took part in lots of games and activities and ate yummy food.

Edward's Trust also have fun competitions for us children. Last summer I took part in 'who could grow the tallest sunflower' competition and I was one of the winners and I got a prize.

During my sessions we talk about lots of different things and Sue gives me the skills to cope



Dexter

in certain situations and helps me to understand how I am feeling. Sue makes me laugh lots and we play football in her room - I always win! One of the games we play is catching a ball, the ball has questions on and when we catch the ball, we have to answer the questions.

I have found Edward's Trust very helpful and talking to Sue has helped me in many ways. I feel safe with Sue. I would tell any of my friends who are sad or lose someone very special to go to Edward's Trust.

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

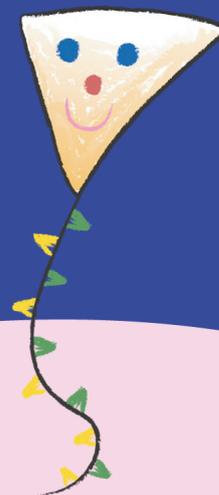
I first came to Edward's Trust after our daughter Holly was killed in a tragic road accident. I was struggling with coping with everything really.

I started one to one sessions with Sue, a trained counsellor. Sue was always there to listen and understand, and help me through what was a really difficult time. I could be truly honest with her and say things I held back, without fear of causing further pain to others in our family. These sessions gave me some techniques to help me cope and helped me understand how I (and others around me) were feeling and what was important.

I also attended, with my wife Sari, some group sessions later. Here we met and got to know others who genuinely understood how we felt, as they too had sadly been on a similar journey to us. These allowed us to both get and give help by just sitting and talking it through.

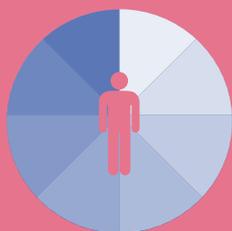
The sessions at Edward's Trust have helped us enormously to move forward and know that we are not alone and help is always there from people we trust.

Our Impact

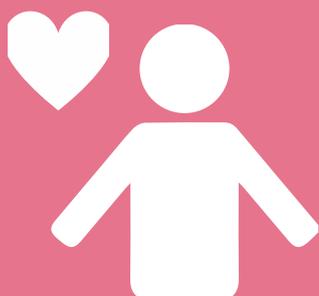


In a year when many people felt greater stress and anxiety, of the people we supported in 2020:

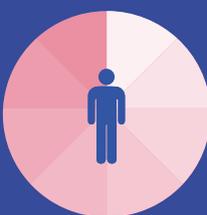
92%



of adults
had
improved
well-being



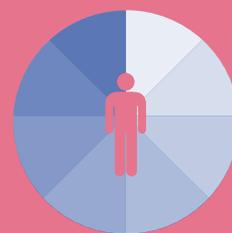
86%



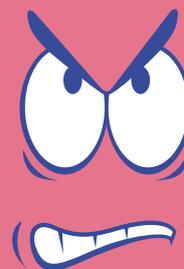
of children
worried less



72%



of young
people were
generally
less angry



Edward's Trust

Supporting children and families facing loss and surviving bereavement

A Place to Remember

Online



For many who are bereaved it helps to have a place to remember their loved one. This may be a physical place, but it could also be a virtual place.

Edward's Trust now has a few options of ways in which you can remember

An Individual Tribute Page

Through the charity 'Much Loved' you can create your own memorial page for your loved one. It's a great way for family and friends to have an opportunity to 'take a moment' to remember and reflect and see the difference that person made to the lives of others. You can post photos, stories, music and events.

www.edwardstrust.muchloved.org/CreateMemorial

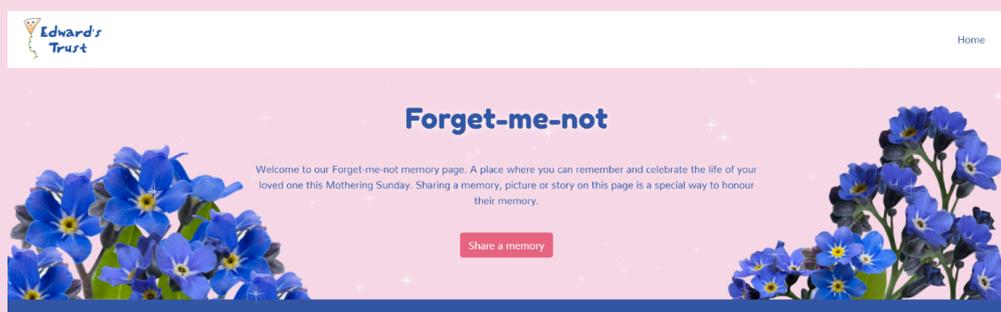
Our Edward's Trust Dedication Page

For families who are being, or who have been supported by Edward's Trust we have a special dedication page where you can post the name, photo and a few words about your loved one. You can find out more at www.edwardstrust.org.uk/dedication-page

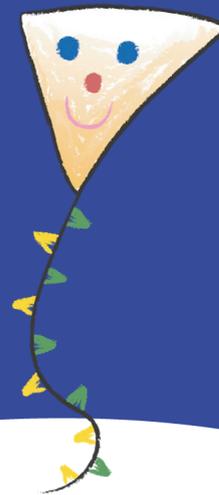
Special Dedications - Mothering Sunday

Throughout the year we will be running special memory pages. Our first of these is for Mothering Sunday with an opportunity to share a photo and a memory on our Forget-me-not page, running from 5th-21st March.

www.edwardstrust.memorypage.org/forgetmenot21



Our work - Fundraising



Since our last edition of The Kite our fundraisers have powered on with their fundraising support. They have been amazing. Here are just a few examples of the innovative ways they have been raising money.

Pippa Grainger takes part in a 7 day readathon, reading 7 books in 7 days.
£305

Amanda Allen shaves her head due to cancer.
£1,946

Jaya fundraises to provide 24 bears for children to have to provide comfort after a loss of a parent/sibling.

Sarah Beech completes a 6 week challenge
£600

Climb Edward's Mountain in January: 8 teams taking part
£6,000+

Mat McSwiggan takes part in 'Movember'
£1,085

Richard Eades 'in memory run'
£1,825

Online Quizzes
Total supporters 272 .
Total raised overall: £2,725

Jaguar Land Rover donate in memory of Dave Humphries.
£5,000

Brave Ben's Superstar Fund donates
£1,428

Turkey Dinner Raffle.
94 tickets sold.
£470

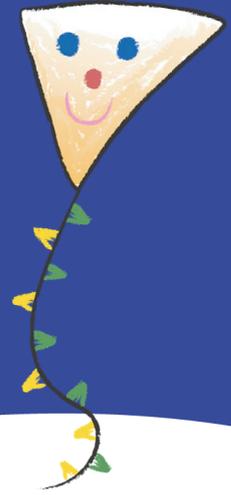
What's Next?

We are feeling positive about the future and getting back to the things we love doing best; seeing our supporters and getting involved in their challenges! Please watch out for upcoming events including, a Longest Day Team Challenge in June, an 'Outdoor Music & Comedy Party' in June, our 'Annual Chinese Night' in September and a little birdie tells me Jasper Carrott will be joining us to #FlyTheKite this year! Stay tuned to our website and social media pages for more details!

Lucy Goodway
Engagement Manager

Our support

Corporate Supporter Spotlight



Re-inspiring our relationship with OTD

We are pleased to welcome back 'Our Training Department' (OTD) ... not that they ever went anywhere!

We have been fortunate enough to have been supported by OTD for the last 11 years. They are corporate regular givers who provide a generous donation on a monthly basis.

But more recently OTD have brought a new synergy and enthusiasm to support our work and have been out doing more wonderful things for us.

They recently took part in our 'Lunch & Learn' Package where their whole staff team gained a renewed awareness of the work we do with bereaved families and it was clear they wanted to do more!

They joined our recent quizzes and took on our January Challenge of Climbing Edward's Mountain helping us reach a wonderful £6k.



Andy, Becky, Louise are full of wonderful ideas and we have loved getting to know them better. They are also supporting us with CPD opportunities for our staff and volunteers.

Thank you for helping our relationship to flourish, we are really excited about our continued partnership and #FlyingTheKite together! Thank you OTD!



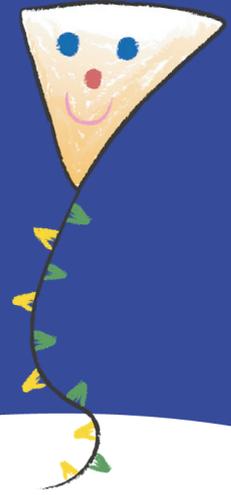
'We are extremely happy to support Edward's Trust because of the amazing work that each and every single person does to help support people who have lost loved ones and keep Edward's family's aspiration going.

Re-engaging with them recently has meant that we really understand more about what Edward's Trust wants to achieve. We only wished we had fully understood sooner.

Edward's Trust needs corporates like us to continue their offer of supporting bereaved families across the West Midlands'. To raise funds and support Edward's Trust is essential to maintain the excellent work in helping bereaved children and parents in their time of need'.

Becky Farnworth
Head of Operations, OTD

Our Edward's Trust Heroes



Pippa and Mat

We're delighted to tell you about our two superheroes chosen for this edition of The Kite.

On Boxing Day 2020 one of our younger superstars, Pippa, decided that she wanted to read 7 books in 7 days in order to raise funds for Edward's Trust.

She was given lots of new books for Christmas so was ready to start her challenge! She got off to a great start and by early January she was on target to complete her 7 books and raised a wonderful £305 to support lots of bereaved families across the West Midlands.

Her Mum Gemma said she 'couldn't be more proud of our little book worm!' Thank you Pippa!



Mat has been supporting Edward's Trust since 2016 when he started working at BEAM Insurance and as a member of BNI Networking who also support Edward's Trust.

In addition to BEAM's support Mat also has a personal commitment to supporting Edward's Trust. 'I have suffered bereavement and know many people who have used your services and the feedback has been life-changing.'

Our superhero Mat has supported us in many ways, including Street bingo, Movember, Abseiling down one off Birmingham's tallest buildings, BNI events, bag packing in supermarkets. As a business, 'Team BEAM' has taken part in quizzes,

social charity events, a difficult climb up and down Snowdon and their annual BEAM Bake off.

Sadly after Christmas Mat's experience of bereavement came even closer to home as his brother/best friend Kevin took his own life after a long struggle with mental ill health. This has reinforced for Mat the need to talk, the need to ask for help and that it is 'OK to not be OK'.

'Edward's Trust offers so many different ways to help with bereavement. They really are amazing. The services and staff are fantastic. I'm honoured to be a supporter of Edward's Trust because without them I dread to think how families would cope. It is an independent charity that I will always raise money for so they can continue helping the bereaved. Long may the fun fundraising events continue for many years to come!'

Mat McSwiggan



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

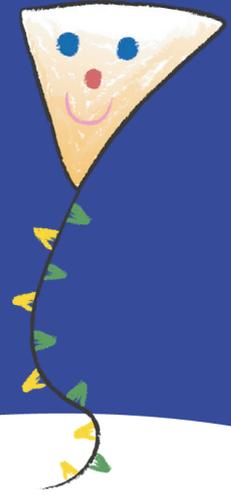
Per month would fund a social get-together to help a bereaved family meet with others who understand

£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)

Let's Talk Communication



Online places to remember

For many years Edward's Trust has been keen to set up an online place to remember loved ones. During the pandemic when numbers attending funerals are limited and grieving is made so much harder by lockdown restrictions we are really pleased to be working with Much Loved, memorial tribute charity, to bring you a number of options for online dedications and tributes. See p.7 for more details.

Tik Tok

As a charity it's very important that we engage with all generations. As such we have just started to create some short videos on Tik Tok. Tik Tok is a video sharing social media platform which typically attracts a younger audience. Do connect with us if you use this platform and any support welcome as we are new to this!

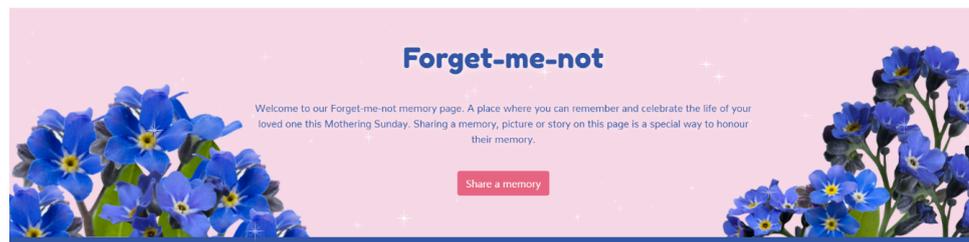


Youth page on website

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

Having built a new website last year we are now populating it with useful and interesting things. New to the site is a page designed for young people with videos, podcast, gaming & website recommendations for bereaved young people.

Again, I'm always happy to receive suggestions and help with content that you would find useful. The website will always be a work in progress.



The Forget-me-Not Memory page runs from 5-21st March.
www.edwardstrust.memorypage.org/forgetmenot21

Edward's Trust booklets

With a new look website and Kite we are now working on putting together a suite of resources to explain what we do. We have just finished a 'Corporate pack' so if you know any businesses who might like to support us, we have just the thing for them to find out more. Coming Soon are a 'Friends of Edward's Trust' Pack and a 'Staying in Touch Pack'.

Regular Updates

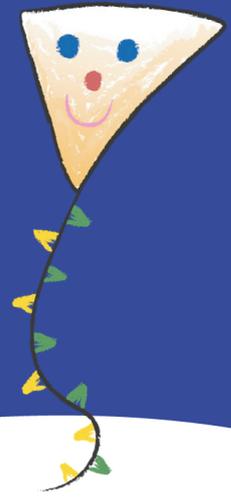
In addition to our quarterly Kite we also send out a news and updates email regularly throughout the year. Do let us know if you would like to be on this mailing list for info about fundraising initiative and news.

fundraising@edwardstrust.org.uk

Helen Tomblin
Comms & Marketing
Coordinator



Partnership work



Zurich Community Trust

Edward's Trust receives funding from a wide range of charitable trusts and foundations, and we always welcome building relationships with these trusts, so we can raise the profile of the vital services we provide. One particular funder who has worked in partnership with us is the Zurich Community Trust.

The Zurich Community Trust (ZCT) has the aim of "helping to build a more inclusive and resilient society", which they have done since 1973 through their programmes of grant-giving, fundraising, and volunteering.

They have provided Edward's Trust with funding towards our main services for three years, as well as coordinated fundraising and volunteering with Zurich Insurance employees to create the garden in front of our building and the decoration of some of our therapeutic counselling rooms.

In 2020 ZCT announced new funding to support existing partners, and asked Edward's Trust if we would like to apply.

In the first round, we were successful in gaining funding towards our work with schools, and we asked in the second round for a contribution to start our play therapy service (see our Staff Spotlight to find out more about Sarah and play therapy).

Not only did Zurich Community Trust decide to fund us, they also wanted to go over and above our original request and fund the full costs of the service for the whole of 2021.

As part of their partnership work, ZCT also made available to Edward's Trust staff their suite of 50 learning modules, usually only available to Zurich insurance employees.

We are very pleased to be able to launch this new service with the funding and support of ZCT for another year and delighted to have such a good partnership with them.

Emma Wright

Fundraising & Evaluation Manager

'We were only too pleased to support the work of the Play Therapy service through Edward's Trust. We very much understand the importance of support to families who have lost a loved one, as bereavement is a very confusing and traumatic time. In the current pandemic with everyone feeling so isolated, this only increases stress for families who are recently bereaved. The Play Therapist role is vital in supporting young children who are trying to come to terms with losing a loved one'.

Lisa Walsh

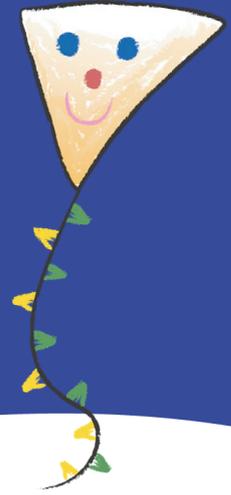
Volunteer & Partnership Manager



ZURICH[®]

Community Trust

Closing Note



In our closing note in this edition, we say goodbye to two dedicated supporters of Edward's Trust.

Firstly we say goodbye to Neil Thorogood, one of our Trustees. Neil retires from the board after 27 years having brought so much to the Trust.

'Thank you Neil for your dedication and commitment to the work of Edward's Trust. Your generosity and support has been invaluable. It has been an honour to have had you as a Trustee. Thank you.'

Yvonne Gilligan (CEO)

'Edward's Trust has nourished me in so many ways, I cannot even start to explain. I hope that I have given enough to justify such an honour to serve you all and enable so many families to find strength through the work that you all do every day, year after year. You are all a true inspiration and I know that you will continue to grow and innovate together. Thank you!'

Neil Thorogood

Trustee (1994-2021)



Neil Thorogood

We also say a final goodbye and offer a tribute to a kind and wonderful Patron and supporter of Edward's Trust, Gary Remonds who said a sudden goodbye to this world on 20th Jan.

Gary had been involved with us since 2015 and in that time he had supported us through his apprenticeship company Leaping Man Group. He was passionate about our work supporting bereaved families and loved the fact that we were a local charity who worked hard to support children and families during their most challenging times.

Gary brought humour and fun to Edward's Trust and loved meeting our families and supporters. Nothing was ever too much trouble for him and he was proud that Leaping Man was a supporter of Edward's Trust.

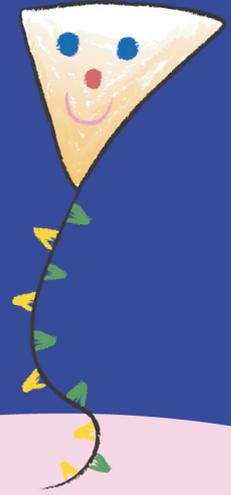
Gary brought lots of new and refreshing ideas when he joined us for team days. He was one of our most kind and generous supporters and he will be missed terribly. Our hope is that Gary's partner Veronica and his daughters, Beatrice and Florence can stay strong together through such difficult times.

Rest peacefully Gary, thank you for the memories and such heartfelt dedication to Edward's Trust.



RIP Gary Redmonds

Patron of Edward's Trust



**For bereavement support from Edward's Trust contact:
admin@edwardstrust.org.uk (0121) 454 1705**

But if you need emergency support for bereavement or mental health, contact:



Cruse Bereavement Care:

(Birmingham and Solihull):

0121 687 8010

(Mon, Weds, Fri 9am-5pm, Tues, Thurs 9am-8pm, Sat, Sun 12pm-5pm)

Online Grief Chat

www.griefchat.co.uk 9am-9pm

Samaritans: 116 123 (24/7)

CALM 0800 585858 (5pm-12am)

Birmingham Mind 0121 2623555 (24/7)

For young people:

Young Minds Text: YM to 85258 (24/7)

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

Bereavement Centre: 0121 454 1705

admin@edwardstrust.org.uk

Fundraising: 0121 456 4838

fundraising@edwardstrust.org.uk

3, Vicarage Road, Edgbaston, Birmingham, B15 3ES

Follow Us for our latest news and events

 /Edwardstrust

 /Edwardstrust

 @Edwardstrust

 www.edwardstrust.org.uk