

Edward's Trust

The Kite

June 2021



Our Work

**Stories from
our families**

Our Support

**Corporate
Supporter
Spotlight**

Our ET heroes



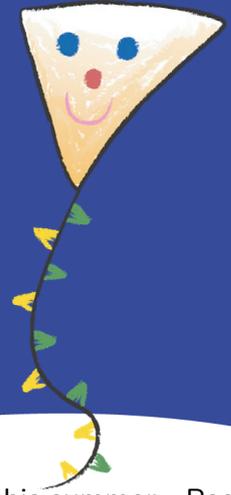
www.edwardstrust.org.uk

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

June 2021



Dear Friends,

Welcome to our Summer edition of The Kite. As we acclimatise to life as Covid restrictions ease, we are grateful to all those who have supported us during this challenging time. As I walk around local parks and see and smell the blossom on the trees, I see this reflected too in the positivity and optimism within Edward's Trust. We embrace new and exciting times.

At the start of the year we said farewell and thanks to Kay after 20 years of service and also to Cheryl Pidler after 6 on the Board of Trustees. We were also delighted to welcome Justine Wilson to our staff team, who takes up the role of Clinical Lead - Bereavement Services (you can read more about her on the following page). We also welcome Bindu Parikh, our new adult counsellor as well as four newly appointed Trustees this month.

For Edward's Trust, like so many charities, the last 12 months have

been a challenge, but we hope that we are on the journey to returning to more normality.

We have learnt a lot over the last 12 months which will inform our strategic planning for the next 5 years. We have learnt that a blended approach to support is helpful for many of our clients when juggling the demands of education, supporting bereaved children and their own struggles. We have learnt that walking alongside our clients (literally) in the beautiful Birmingham Botanical Gardens has been really welcomed. When offered the chance to return to our building, a number of people have said they would rather continue walking and talking. We have learnt that bringing our wellbeing service to our clients, coming to where they are, be it in the garden, park or virtually has been well received and valued. We have learnt that when Lucy embarks on a fundraising challenge, gets an injury so can't complete it, over 150 people stepped up to support her achieve her goal! Inspired by this, we have come up with our new fundraising

challenge for this summer – Pass the Baton on 3-4 July. We do hope you can gather a team and join us.

One of my highlights was the film premiere with our young people, of our series of short films about bereavement and the support received from Edward's Trust. I was struck again by how courageous these young people are and how crucial it is that their voices and the voices of others who have been bereaved are heard. Do watch and share these videos which are on our Edward's Trust YouTube channel. It made me reflect on the importance of being part of a compassionate community and walking alongside family and friends who have been bereaved.

I hope you enjoy this summer edition of the Kite. I am always humbled and proud of the courage of our families and our amazing team supporting them during the most challenging time of their lives.



Yvonne Gilligan CEO

Contact Us

Bereavement Centre: 0121 454 1705

admin@edwardstrust.org.uk

Fundraising: 0121 456 4838

fundraising@edwardstrust.org.uk

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Staff Spotlight



Welcoming Justine - Clinical Lead

She's new to the team but she is such a great fit for us that it feels like she's always been here. We are absolutely delighted to introduce Justine.

Having joined Edward's Trust as Clinical Lead – Bereavement Services I have been hugely impressed with the dedication and passion for the work that the whole staff team have shown. It is clear to me how much the parents, families, children and young people mean to the whole of Edward's Trust and how this drives all that we do and strive for in our day to day work. Which is just as it should be.

With a background as an integrative counsellor with firm person-centred foundations my ethos is that our clients must be at the front and centre of all that we do and behind all the decisions that we make.

So it feels like a perfect fit for me to join an organisation that actively follows this ethos.

I have been warmly welcomed and I thank everyone for their openness and support since I have joined.

I have had a varied career, working in training, HR and in various settings since training as a counsellor over a decade ago. My work as a counsellor has always been in the third sector within charities supporting self-harm and suicide; bereavement and life-changing illnesses; school based counselling, and most recently at a Hospice.

Outside of work, I have a busy family life and enjoy getting outdoors with our new puppy Lola.



I also love football, cooking and music and can't wait to being able to attend gigs again.

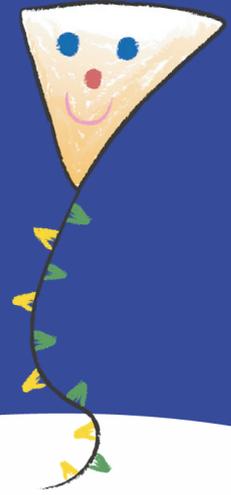
I look forward to supporting the team to continue their amazing work and to really build on what's special here at Edward's Trust.

Our clients must be at the front and centre of all that we do and behind all the decisions that we make.



Justine Wilson
Clinical Lead - Bereavement Services

Our Work - Counselling



Walking with those who are grieving

Since the lockdowns started, I have been supporting young people in a variety of ways, but one surprising way has been through walking therapy in our local parks or at the Botanical Gardens. So far, I have met 20 young people this way. I have also had to go out and buy myself a pair of walking boots as my feet were beginning to suffer from all of the walking I was doing! In one session, I was with young man at the Botanical Gardens when we were visited by a Robin on the next bench to us. He found this particularly poignant and said "My Mum loved Robins, they were her favourite type of bird".



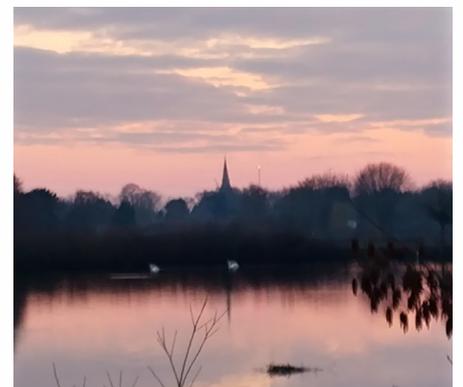
Our little visitor at the Botanical Gardens

The feedback I have had has been very positive and I have supported people from as far away as Wolverhampton, Nottingham and Tamworth. That in itself has shown me that the sessions have been effective and are valued by the people who I have supported in this way – particularly when they have been stuck at home feeling isolated.

I also think the whole experience has given me and those I have met a greater appreciation of nature and the outdoors. The Botanical Gardens is a calming and tranquil setting and many have found this therapeutic in itself. Before the Coronavirus outbreak, I don't think I could ever imagined feeding the ducks in a local park with a bereaved young person, but I have done so with many of them now.

Steve Pearce
Children & Young People's
Counsellor

I'd only met Steve once before Christmas and then the lockdown started. I told him that I really needed to see him in person and I am so thankful that we have been able to see each other at the Botanical Gardens on a weekly basis ever since -
O.F.



A picture from an evening's winter session at a local park

"The outdoor sessions I have had with Steve have been really helpful for me throughout the lockdown period. I feel I have really benefitted from them at a time when I was feeling so frustrated and isolated" –
J.E.

Our Work - Wellbeing

'Take a Moment'

As a result of funding from Global, 'Make some Noise' as well as the 'Take a Moment' packs sent to families, we have been delighted to offer a new element to our work. Sophie Skipp joined us to be able to offer a new aspect to our wellbeing support.

In the past 2 months I have been visiting/zooming families who are or who have been supported by the Trust to work on relaxation through mindfulness, yoga and personal training.

This service had its aims to work around our families, to encourage them to 'take a moment' for themselves without feeling rushed or not having the time in the day.



It was a total delight to discover that the people who used the service had such varied goals and motivations for their wellbeing.

Some people were just starting their journeys into mindfulness, meditation and Yoga. The sessions included the basic aspects of these activities and we have built on them over time. I am so pleased to say that linking Mindfulness with movement seemed to be just the release that some people needed. It can be a big challenge to simply sit and do nothing, many of us find it extremely difficult. In linking mindfulness with movement, we seemed to make this first step that much easier to do!

Creating a specific goal for yourself results in a specific achievement, this feeling promotes confidence and a feeling of achievement.



We also had families aiming to complete the 3 peaks challenge. We were able to spend sessions looking at specific aspects of their fitness and flexibility that would have a positive impact on their goals.

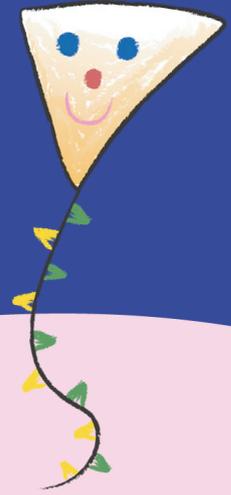
"It's so refreshing.... I am happy the day was partly spent with you... I am most grateful. Can't wait for next week"

We've had such a positive response to this new aspect to our wellbeing work that Sophie will continue to support this work on one day a week until September.



Find out more & download the 'Take a Moment' booklet : www.edwardstrust.org.uk/wellbeing

Stories from families who have received our support



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

Our son, Oliver, took his own life at the start of his second year at university in 2019, just a few days before his 20th birthday.

It felt like my world had been blown apart and I would never be able to put together the shattered pieces. We felt we would never be happy again; all the joy had been sucked out of life. Yet we knew that we couldn't stay in this state and we needed to find help.

We have some fantastic friends who ran towards us rather than away and were brave enough to sit with me while I poured out my grief. One of these friends recommended that I seek counselling from Edward's Trust.

I had never had counselling before but was willing to try anything that might help with the agony of the emotion I was feeling. Before my first session I thought, 'How will this help? I am not going to say anything to this person I haven't already said to my friends.'

I decided that if my counsellor, said one useful thing in my first session I would go back again.

Of course, she did. She reassured me that what I was feeling was completely understandable. She gave me the tools to work through the different aspects of my grief and sometimes challenged my thinking – in a wonderfully gentle way of course.

For me journaling has been a lifeline. At first, the pain was so bad I was just trying to escape it but one of the helpful things Sue said was, "Sit with it." So simple, yet facing the feelings and giving them permission to come and then recording those thoughts in writing somehow seemed to quieten them.

Gradually, although I miss Oliver desperately every day and think of him constantly, the overwhelming periods of grief are getting further apart.



Oliver

My husband Roger and I have always had a happy and stable marriage however, as we are very different people, our approach to the grieving process differed. Not wanting to upset each other we retreated into our own thoughts, coping in our own way. This made the initial time of mourning a very lonely time but Sue sensed the loneliness in our grief and suggested that we have some joint sessions. This has helped us share our feelings so that now grief seems a much less lonely place.

I really don't know what state I would be in without the counselling from Edward's Trust. The fact that I was able to continue until the time was right to stop, rather than have a set number of sessions, was really important.

I know that life will never be the way it was before and that it will never be okay that Oliver died but I do have hope that life can and will be good again. Thank you Sue and Edward's Trust!

Our Impact



In 2020

Number of people supported either face to face or by telephone



683

Number of appointments delivered by telephone, due to the lockdowns



2,767

Number of people accessing our support line

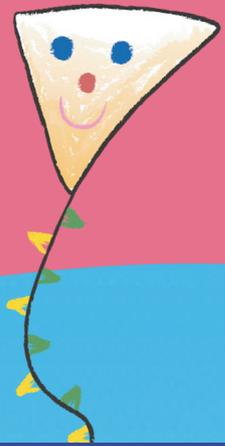


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Edward's Trust

Supporting children and families facing loss and surviving bereavement

Virtual Kite Race



Race dates: 12pm Sun 20th - 12pm 27th June

Buy your Kite NOW

Please note it must be bought before the race starts

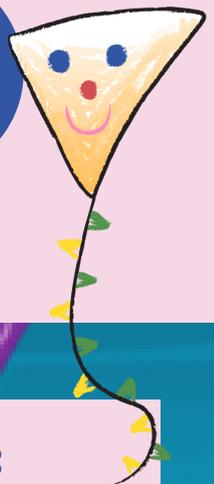
Edward

Buy a Kite

- In Memory of a loved one or a Friend or Colleague no longer with us
- As a Birthday present
- For Father's Day
- For a Child
- For a Friend or Relative
- For Yourself (because you are competitive and want to win!)

There will be prizes for 1st, 2nd & 3rd Place Kites that have travelled the furthest.

£5
per
Kite



Buy your Kite here:
www.kiterace.org.uk

Then sit back and watch it race on the 'leaderboard'

Malcolm

Julie

Gary

#FlytheKite

Our work - Fundraising

Since March, it has been good to see a gradual increase to a bit of 'normality' returning to Edward's Trust.

We are delighted that lots of our community based events are slowly taking place once more. We have plenty booked in our diaries and it is great to be 'out and about' in the community a bit more again! Many of our supporting Corporates have started returning to their offices with their charity committee's meeting up again and planning future events for us too!

It was great to see that a few people jumped on the back of the Captain Tom 100 Campaign and chose us to raise funds for in the process too. Thank you to Kate Lilley for baking 100 scones and raising £180 for us and huge thanks to the team from Spencer Shaw who got on board too!

What's Next?

Virtual Kite race
June 20th
race start

Jun

Join our annual kite race. Kites will fly for one week and then we will see who gets crowned the winner on Sun 27th June. Kites are on sale now at kiterace.org.uk

Pass the Baton
Challenge
July 3rd-4th

Jul

Join in this Summer's Virtual Team Challenge - #PassTheBaton, Gather a team of up to 12 people, choose a team name and prepare to work round the clock passing the virtual baton amongst your team for 24 hours to raise much needed funds for Edward's Trust. For further details, please go to

<http://edwardstrust.org.uk/pass-the-baton/>

Chinese Night
Fundraiser
July 19th

Join us in our first social gathering in July!

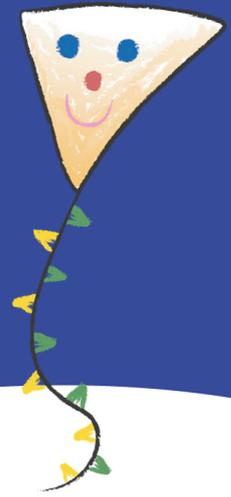
We're off to 'Chung Ying Cantonese' to enjoy their delicious cuisine paired with a selection of wines. You can buy tickets in our online shop:

<http://edwardstrust.org.uk/shop>

Lucy Goodway
Engagement Manager



Our Edward's Trust Heroes



In memory of Margaret

We would like to extend our thanks to the Knight family. Cecil and Margaret's son, Alastair, died of leukaemia in 1973 and they had always felt a strong sympathy with parents of long-term sick children. Margaret worked for many years teaching and caring for sick children in the East Birmingham Hospital School. She was touched by an article about the Trust's original work of supporting home from home accommodation for up to five families who had a seriously ill child in hospital in Birmingham and resolved with a friend to spread the message and raise funds.

Recently Cecil contacted us to share some very sad news that his wife Margaret had died on New Year's Day after a long struggle with Parkinson's Disease. He immediately knew that her parting wish would be to make a final gesture in support of the Trust and its work.

Cecil shared so many fond memories of Margaret and her photographs with us and we felt very humbled when we received a wonderful tribute in her memory. Reading all the heartfelt messages on her Just Giving page made us realise what a special lady Margaret was to so many.

Thank you to Margaret's family and friends for remembering her in this special way and then going on to make a difference to



bereaved families that need support from Edward's Trust. We are truly grateful.

The Loyal family

Huge thanks go out to one of our long standing supporting families: The Lays. In March, The Loyal family decided that they wanted to mark the 13th anniversary of their Father's death by creating a Just Giving Page in his memory.

The family received support from us in 2008 after the very sad death of their father Kewal Singh who was 'strong, courageous, lion-hearted and is missed everyday'. They felt they wanted to remember him and also to support us to help other bereaved families.

Their fundraising efforts were phenomenal and they managed to raise a fantastic £1,566 as a result of remembering their wonderful father. This was further boosted by Lloyds bank, employer of one of their daughters, bringing the grand total to £2,066.

The Lays have been involved with us since 2008 as supporters, volunteers and fundraisers and are always happy to promote and support the work of the Trust. We feel very lucky that their journey has provided this ongoing support and they are always keen to stay in touch and get involved wherever they can!

Thank you to the Loyal family for always #FlyingTheKite for us!

3-4 JULY 2021

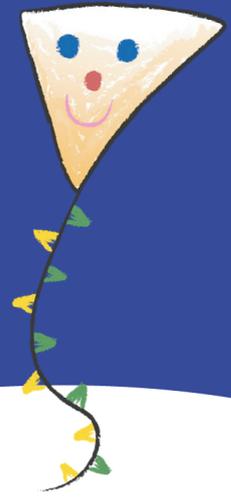


PASS THE BATON

24 HR TEAM CHALLENGE

www.edwardstrust.org.uk/pass-the-baton

Let's Talk Communication



Edward's Trust films - The voices of young people

Before Covid we worked with an amazing group of young people who have had support from Edward's Trust to film them talking about the many aspects of grief, bereavement and their experience of Edward's Trust.

We are so excited to now release those films and hope they will be useful for others who have been bereaved to know that they are not alone and to prepare them for coming to Edward's Trust for support. We also hope that those working in educational contexts will gain a better understanding and therefore be better equipped to support bereaved people.

You can watch the films on our YouTube Channel:
<https://www.youtube.com/Edwardstrust/videos>

Watch this space for a series of bereaved adult videos



What does grief
feel like?



How has coming to
Edward's Trust helped?



In-house film-making

At the end of last year I learnt how to make short videos using Tik-Tok but I have now done a short video making and editing course. This will enable us to make our own short promotional videos for fundraising campaigns such as **Pass the Baton** and also any simple videos in a short space of time.

Website developments

www.edwardstrust.org.uk/

Having built a youth page and new Play Therapy page I am now working on bereavement specific pages which can be a useful signposting resource alongside our new series of videos for bereaved adults.

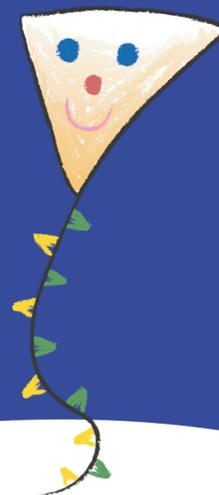
Regular Updates

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 initiatives and news.
fundraising@edwardstrust.org.uk

Helen Tomblin
Comms & Marketing
Coordinator



Partnership work



Scottish Power Foundation

Edward's Trust has formed a number of new partnerships this year to help us deliver vital bereavement services. In 2020, we became aware of the ScottishPower Foundation. The Foundation was established in 2013 to make a significant and lasting contribution to society, enhancing the lives of people living in communities throughout the UK. It provides funding to help support the advancement of education, environmental protection, arts and culture and citizenship. It also supports charities who aim to provide relief from poverty, disability, or other disadvantages.

Edward's Trust applied in September 2020, and in January 2021 we found out that we had been successful – one of 16 charities across the UK to receive funding from ScottishPower Foundation (out of 400+ charities that applied).

This funding enables us to remotely support children and young people aged 5 to 16, who have lost a parent, sibling, or grandparent to improve their wellbeing, reduce the anxiety caused by their bereavement and have hope for their future. The therapeutic support will enable children to remain or return to school if their absence is caused by the bereavement.

The project is just getting started, but so far we have attended a remote introductory session where we met the ScottishPower Foundation team as well as the 15 other charities funded, and have received clear and helpful advice on managing our funds and the project.



We look forward to working with ScottishPower Foundation over the next year and being able to reach as many bereaved, school age children in the West Midlands as possible.

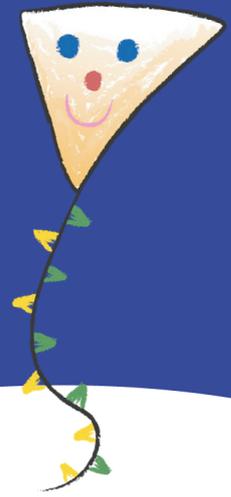
Emma Wright
Fundraising & Evaluation Manager

We're proud that with the help of the ScottishPower Foundation, Edward's Trust will be able to provide crucial support to families facing loss and bereavement. The help Edward's Trust offers to teachers and the toolkits created to enable them to assist children and teenagers going through the most difficult of times is invaluable. I'm pleased our funding will support the charity in its outstanding work to help young people in the West Midlands.

Melanie Hill
Executive Officer and Trustee
ScottishPower Foundation

Find out more about the ScottishPower Foundation at:
scottishpowerfoundation.com

Closing Note



We have been busy recruiting for new Trustees to join the Board. We were sad to bid farewell recently to Neil Thorogood and Cheryl Pidler and we all thank them sincerely for everything they have contributed over the years to Edward's Trust.

Reach Volunteering describe the role of Trustees as being the " 'guardians of purpose', making sure that all decisions put the needs of the beneficiaries first. They safeguard the charity's assets – both physical assets, including property, and intangible ones, such as its reputation."

We work closely with Yvonne, the CEO, to give strategic overview and support. The individuals on the Board all bring different skills and experience which they offer to Edward's Trust and we always seek to have a good balance represented.



Cheryl Pidler

In our recent recruitment process we received 9 very strong applications for Trustee positions and were blown away by the calibre of people offering their time, skills and passion to us on a voluntary basis. It's testament to the unique work we do and the great reputation we have for helping our service users.

Shortlisting was difficult due to the strength of the applications and we wish we could have taken them all! In the end we made the decision to ask 4 remarkable individuals to join us on the Board of Trustees and we are delighted they have accepted.

They are - Cassius Francis, Victoria Morbey, Chris Hurley and Áine Gallagher.

It has been an honour to be a Trustee of Edwards Trust for the last 6 1/2 years and knowing the tremendous support that families across the West Midlands have been able to access, due to the dedication of the staff and volunteers. The Trust will always hold a special place in my heart, as its work is so important to so many families.

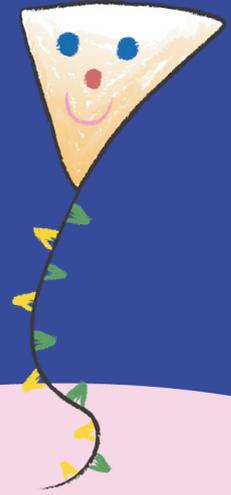
- Cheryl Pidler

We are excited about the fresh energy, new skills and new personalities around the table and we can't wait to introduce you.



Clare Martin

Vice Chair of the Board of Trustees 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

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