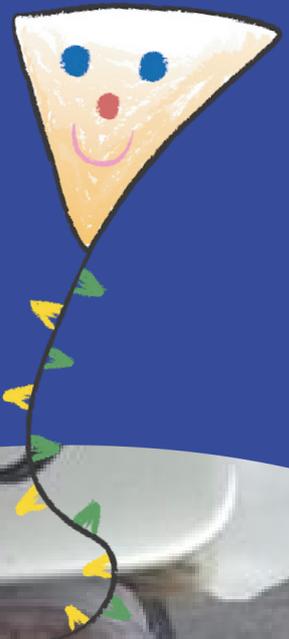


Edward's Trust

The Kite

Sept 2021



Our Work

**Stories from
our families**

Our Support

**Corporate
Supporter
Spotlight**

Our ET heroes



Image: Isabelle Alexander

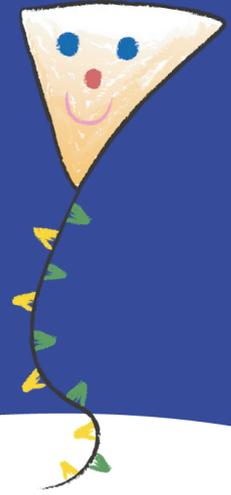
www.edwardstrust.org.uk

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

Sept 2021



Dear Friends,

Welcome to our Autumn edition of The Kite. I hope you have been able to have a bit of a break over the summer albeit in a different way than we might normally. I have just returned from the Isles of Scilly and Cornwall and was struck by the vastness of the ocean (having spent so much time over the last two year in land-locked Birmingham). So too with Edward's Trust, I am struck with the vastness of things - the vastness of the pain of loss, the vastness of the work in hand and the vastness of people's generosity and willingness to give.



Cornwall

Sometimes the vastness can be overwhelming and we need to step back and see it through a smaller

lens then just take one step at a time without seeing the bigger picture. In doing so; in steadily pursuing the goal, setting our sights on the horizon and walking towards it we find we have come so far, without realising.

One of the highlights for me last month was our filming of bereaved adults. The courage they showed in talking about their experiences of grief was truly humbling.

So in looking back at the steps we have made, in June we had a Trustee induction welcoming 4 wonderful new Trustees and welcoming back Peter Dent. It was a great day together and I am so encouraged and grateful for such talent and expertise among our governing body.

We also welcomed Bindu Parikh to the staff team as our new adult counsellor. We are delighted to have her join us. You can read more on the next page.

Our wellbeing work with Sophie Skipp has gone from strength to

strength at a time when only outdoor or zoom sessions were possible. People have really embraced this opportunity.

As well as being a Personal Trainer and Wellbeing Advisor, Sophie is also a qualified counsellor so we are really pleased to be able to offer her some additional days working with us as a young people's counsellor.

And of course we've had some wonderful fundraising initiatives over the last few months. We've flown virtual kites, passed virtual batons with international team members! We had our annual Golf Day and individuals have supported us with Snowdon climbs, zip wire challenges, triathlons and more.

In the vastness of the struggle for many, we persevere with the work we do with those who have been bereaved; with our supporters at our back.

Thank 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

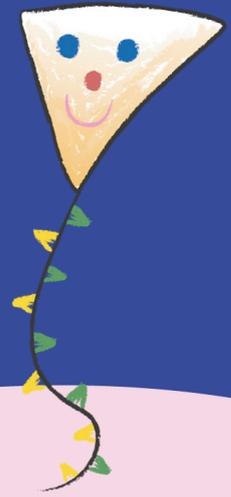
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Staff Spotlight



Welcoming Bindu - Adult Counsellor

We are delighted to welcome Bindu Parikh to the team. Bindu will be working alongside Sue Drew to support parents bereaved of a child of any age and through any circumstance.

I am excited to have joined the Edward's Trust team and to be a part of the important work being done here. I am an MBACP accredited adult counsellor, with a background in integrative counselling. I believe in a person-centred approach putting our clients at the heart of the counselling process.

I have been so impressed since joining the team here at the Edward's Trust and at the dedication and passion I have seen in the whole team. There is a real harmony and focus in delivering for our clients and I feel privileged to join such an energised and experienced team.

My career has been a varied one. I started off in the banking sector before starting an asian fashion retail business which ran for over 20 years. I then retrained as a counsellor and gained experience in bereavement counselling during my training.

My prior work as a counsellor has been focused on domestic abuse in the charity sector. After experiencing my own bereavement very closely and taking a career break I have come back with fresh perspective and renewed passion to the meaningful impact bereavement counselling can provide.

I have come back with fresh perspective and renewed passion to the meaningful impact bereavement counselling can provide.

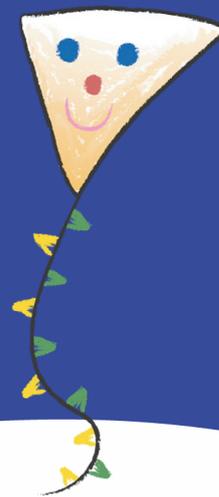
Outside of work, my children have made me conscious of our environmental impact. I have young grandchildren who keep me on my toes having been raised entirely in cloth nappies.

I enjoy the outdoors, and the Lake District is one of my favourite places. I also dabble in art. I love embroidering peacocks and I have a keen interest in Vedic philosophy.



**Bindu Parikh
Adult Counsellor**

Our Work - Counselling



Outreach into Schools

I'm Lindy and I joined Edward's Trust in October 2020 after four years delivering school counselling. I split my time between counselling at the Trust and in schools.

The biggest challenge is working out who to offer this service to. Demand is always bigger than my capacity. Some of the young people whom we support are very disadvantaged so don't have anyone to bring them to Edward's Trust as they have lost the main care-giver in the family. Those are the young people we prioritise. Others may be in exam years and again we prioritise them so the learning they miss is minimum.

Planning my day to spend the maximum time seeing young people and the least time in Birmingham traffic is tricky. This means seeing multiple people at the same school or clustering schools that are close to each other.

School staff have often noticed that a young person is struggling and made the referral. Working in school means I have less involvement with families, so I always make contact before the sessions start and am available to be contacted at any point if there are concerns.

Summer holidays mean a disruption to the work. I mitigate this by offering keeping in touch sessions and seeing young people face to face here at the Trust.



I just wanted to say a massive thank you, you have really made a difference to these young people and we really do appreciate it.

Head of 6th form.



UNIVERSITY OF BIRMINGHAM SCHOOL

**Lindy
Children & Young People's
Counsellor**

Working in a School you have less control of your environment and one of the things I am particularly mindful of is leaving the young person at the end of a session in such a place that they can go straight back into the classroom.

Our Work - Wellbeing

'Mindful words'

Sometimes people come across us, resonate with what we do and pull all the stops out to work with us. One of those people is poet Bethany Rivers. Having gained funding from the Arts Council we have been delighted that she is able to offer poetry workshops to those who have been bereaved. Here is her story.

I was twelve when my father died. I had nobody to talk to. But every night, before going to sleep, I wrote my diary. Pages and pages and pages of diary. I poured my heart out. I wrote so many poems about anguish, without really knowing what a poem was.

Over the years, I came across many poems that were like balm to the soul. Poems are the perfect container for the strongest of emotions, and it fits on a page.

They were able to say things that I needed to hear, words that offered solace, hope and articulation of my feelings that I didn't know how to express. Reading of novels, plays and poems, writing my diary and my own poems – they saved my life, giving me safe space and time to discover and express what I needed to.

Bethany is running two free courses on Mindful Words in October, each is six weeks long, looking at words that help soothe and express. They are aimed at anyone who has experienced a bereavement. All are held on Zoom, commencing Thursday 7th October 7.30 – 9.30 pm and Saturday 9th October 10.30 am – 12.30

Contact Bethany for further information or to book:
bethanyrivers77@hotmail.co.uk

Here is some feedback from Bethany's taster session:



The session was just what I needed. I loved your choice of poems and your facilitation was calmly inspiring. It was also a joy to be part of the group and you've helped me face the blank page again. Feeling engaged in the world once more.

Edward's Trust
Supporting children and families who are facing loss and surviving bereavement

FREE *Mindful Words*
All sessions held on Zoom

A soothing and beautiful six week course for those who have been bereaved
Offering ways to befriend nourishing words and images from nature and integrate them into daily life.

Two courses commence in October for six weeks from:
Thursday 7th October 7.30 – 9.30 pm
Saturday 9th October 10.30 – 12.30

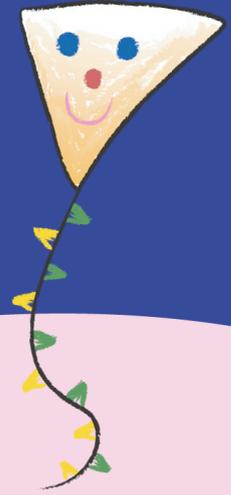
Led by experienced practitioner and writer, Bethany Rivers, poet and author of 'Fountain of Creativity: Ways to nourish your writing', in partnership with **Edward's Trust**

Contact bethanyrivers77@hotmail.co.uk for more details and how to book.

ARTS COUNCIL ENGLAND
Supported using public funds
ARTS COUNCIL ENGLAND

3 Vicarage Road Edgworth, B15 3ES, 0121 454 1705
Registered Charity Number 1105370
www.edwardstrust.org.uk

Stories from families who have received our support



Mahmoona and her son Mohsin received support from Edward's Trust. Here is their story:

My journey with Edward's Trust started back in 2017 when my husband passed away suddenly at the age of 45 due to a brain haemorrhage. At the time my son was only 3 1/2 years old.

As we struggled with my late husband's family, we were forced to move in with my parents in Birmingham. I not only lost my love, my soul mate, the father of my child. We also lost our home and our business.

Life became challenging and financially difficult, trying to come to terms with so many changes, our life had literally been turned upside down. I managed the best I could, but it was affecting my son in many ways, both at home and at school.

Thankfully we were referred to Edward's Trust through pastoral support at School. It was such a relief to talk to someone who could understand and help us cope with his feelings and behaviour without being judgemental.

I was also referred to a counsellor in order to come to terms with my own grief. Until then I hadn't begun to grieve.

I will never be able to thank Sue, my son's counsellor and Karen, my counsellor enough for all their support and advice.

They have helped my son come to terms with his Father's death and they have helped me deal with questions which arise as we both process grief and re-adjust to life as we know it now.

With Edward's Trust organising Father's Day workshops, days out to Weston-super-Mare and group therapy with similar aged children, they have helped us both accept the loss and process grief in a holistic way.



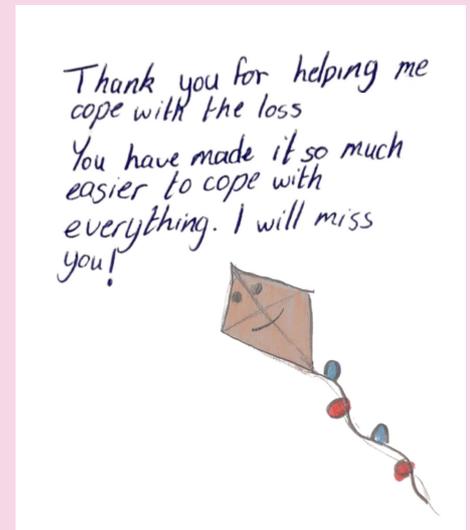
Thank you for getting me through this sadness and helping us both smile again.

I will forever be grateful for all the amazing support and advice Edward's Trust has provided us both with.

Mahmoona & Mohsin

Sometimes people who receive support from Edward's Trust would rather give feedback in more creative ways:

Here is a wonderful drawing one of our young people's counsellors received when they had their last session.



If you have been supported by Edward's Trust and would like to share your story, please get in touch.

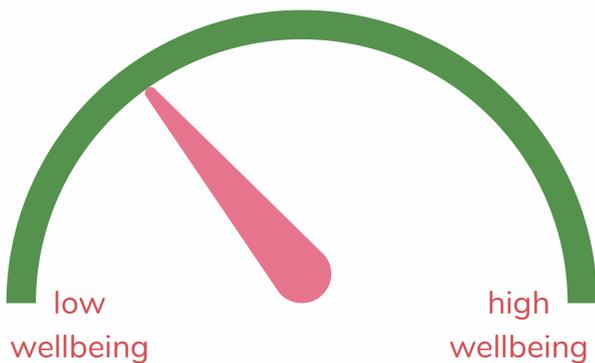
Our Impact



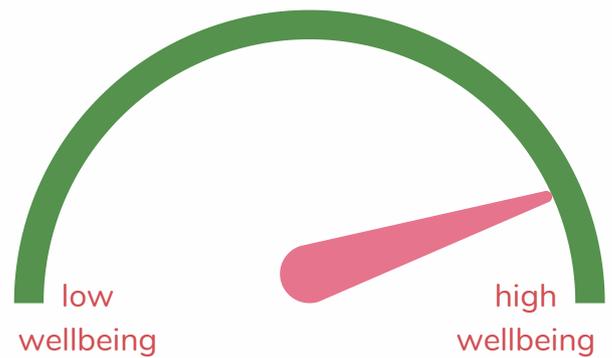
Wellbeing

We provide a holistic approach to supporting our families and working to promote greater wellbeing has such a positive impact on them.

Children and Young People



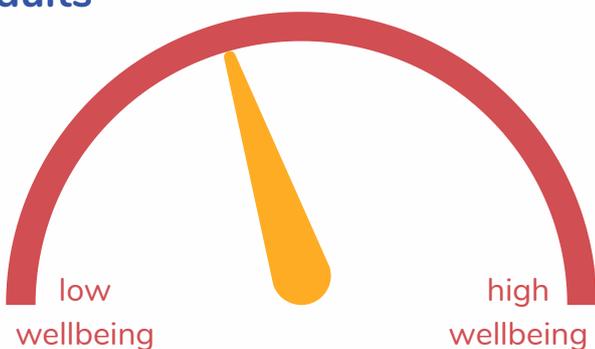
At the start of receiving support from Edward's Trust



6 months after receiving support from Edward's Trust



Adults



At the start of receiving support from Edward's Trust



6 months after receiving support from Edward's Trust

'31 IN 31'

October Fundraising Challenge



It is the 3rd year of our October Challenge month...

We hope you will join us.

Sign up.. Have fun and raise money for us at the same time.....

31 challenges in 31 days

All ideas welcome: football* baking*origami*jigsaws*reading books*drinking only water*
write 31 letters* Go vegetarian*

Be creative for every day * 31 day social media break * Take 31 items to the charity shop
*No alcohol for 31 days *Anything else

What challenge will people sponsor you to do?

How can you raise money for Edward's Trust?

JOIN US & HELP US
SUPPORT BEREAVED
FAMILIES IN THE WEST
MIDLANDS

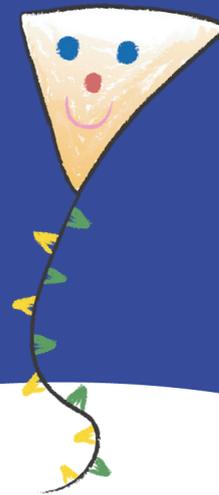
In 2019 you raised £6,000

In 2020 you raised £10,000

How much can you raise in 2021 ??

edwardstrust.org.uk/31-in-31

Our work - Fundraising



It has been great to get out and about in the community and attend some face to face events again.

Congratulations to Dan and Rebecca Shandley on their wedding and who chose us to raise funds for on their special day. We wish you every happiness Mr & Mrs Shandley!

Our local schools have been back out fundraising for us and using young people's mental health as a focus; St. George's carried out a 'Walk, Talk & Support' event and raised a wonderful £2,175.69.

Our Virtual Kite race was just as popular this year and we sold 160 personalised kites which all entered our virtual race to the finish line.



Another big Thank you to Louise Wright for gathering family and friends to run, walk, skip, cycle and crawl 4 miles in Billy's memory raising £694.

We've also had so many other events that have been taking place out in the community, including a 3 Peaks climb by Alex & Izabela, a pedometer challenge from Mike Bevan of Dains Accountants, and a triathlon from Jonathon Harrison.

One of our wonderful families hosted a motorbike ride, raffle and quiz in memory of their son Elliott on what would've been his 25th birthday. And huge thanks to Gladys Hatton who couldn't wait to host her annual garden party (after Covid stopped this from happening last year). Jaspers Rainbows never cease to amaze us and they couldn't wait to raise another £213 to add to their £10,510 ET total! We are so grateful for the support of so many of our local supporters!

What's Next?

Chinese and Wine Night at Chung Ying Cantonese on Thursday Sept 16th.



Buy your ticket here:
edwardstrust.org.uk/product/chinese-night-ticket-16th-sept

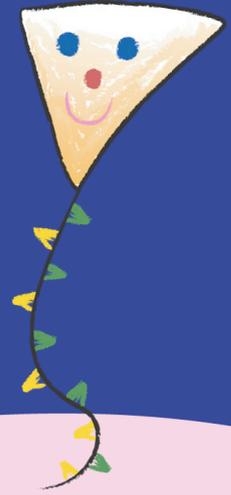
Don't forget, October is only around the corner and our '31 in 31' Challenge is back by popular demand! For more details go to edwardstrust.org.uk/31-in-31

This year we are also excited to announce our Christmas Jumper Day taking place on 10th December, we would love you to sign up in your place of work or school and help us to support even more bereaved families across the West Midlands this Christmas time!

Lucy Goodway
Engagement Manager

Our support

Corporate Supporter Spotlight



Metro Bank

In October 2020, Metro Bank decided to choose Edward's Trust to be their Charity Partner. They made this decision via their connection to the 'Business over Breakfast' Networking group that both Metro and ET are members of. The staff at the Birmingham Metro Store signed up to join our 'Lunch & Learn' Programme and fell in love with us from there on.

They had numerous meetings about ways to support us, and make a difference to our vital work. They decided that a trip to the top of Snowdon would be a big challenge for them to take on. On Sunday 1st August 8 staff from the Birmingham store donned their walking boots to reach the summit of Mount Snowdon, and by all accounts, they had a blast!

They raised a wonderful £1,846 to support bereaved families across the West Midlands which equates to 33 hours of bereavement support!

Thank you Metro Bank, you have certainly made a huge difference to our work!



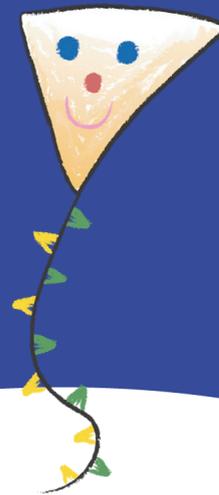
It is so important to support bereaved families from Edward's Trust due to the fact the loss of a loved one(s) in our family is sadly so inevitable and has or will touch us all at some point.

Hearing and seeing what Edward's Trust do and the support they give is so commendable and all families should be getting support with loss and grief. For this reason alone we love supporting Edward's Trust and hope to forge a long lasting relationship to help and support such a wonderful cause.

It was so worthwhile climbing Mt Snowdon and raising so much money for Edward's Trust; sore limbs, blistered feet and all that comes with it. We would do it all again without hesitation!

Gavin Conner
Customer Service
Representative, Metro Bank

Our Edward's Trust Heroes



Is it a bird? Is it a plane? No, it's Sue Caldicot on a zip wire!

On 1st August, our fab volunteer, Sue Caldicott and her wonderful family decided to brave the skies in Wales and take on the fastest Zip Wire in the world as a challenge to raise money to support bereaved families at Edward's Trust.

They raised a wonderful £620 in the process! Sue has done so much for us since we supported her family through the sad loss of her beautiful grandson; Joshua. Thank you to our lovely Sue and family.



Isabelle Alexander (Sue's granddaughter)



'Team Caldicott'

Is it a birdie? Is it a plain? No, it's Richard Page on a golf course!



Richard Page & David Christie

This July we were delighted that our wonderful Ambassador Richard Page decided to go ahead with our annual golf day, after Covid caused us to cancel last year.

This July, Richard was back with a vengeance and wanted to make it bigger and better than ever! With the help of Patron David Christie and Ambassador Sarah Bradshaw, our 13th Annual Golf Day was a huge success. Lockdown rules restricted us slightly but the event got off to a great start (not our usual shotgun start, but a staggered one) with around 100 players and 25 teams we managed to raise a phenomenal £11,890!

We had some wonderful auction and raffle prizes and our new venue at Olton Golf Club was a huge hit! Thanks to all the wonderful sponsors that help make this event possible! We are truly grateful!



Lucy Goodway & Ambassador, Sarah Bradshaw

Christmas Jumper Day 2021



Edward's
Trust

www.edwardstrust.org.uk



Friday 10th December
Wear a Christmas jumper & donate to
Edward's Trust family bereavement charity



www.edwardstrust.org.uk

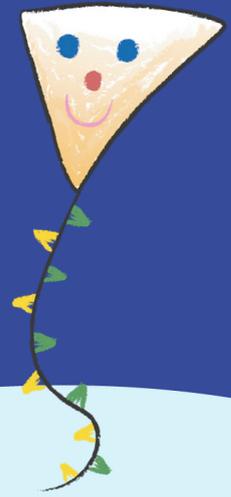


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Let's Talk Communication



Edward's Trust films - The voices of adults

In the last edition we told you about our Young People's videos and we are now really pleased to let you know that we have been busy making our new series of bereaved adult films.

The editing process will take a while, but we are really pleased to be able to offer this new suite of resources to help people better understand the issues around different types of bereavement and how they can best support friends and family who have been bereaved.



In-house film-making

Last time I told you that I was developing my film-making skills and I have made a couple more. One video about 'Take A Moment' - our wellbeing work, has recently won a national award; the Scottish Power Foundation for the innovation category. You can watch it [here](#).



Another was made to illustrate a poem by Bethany Rivers who is running some workshops for us (see p.4) You can watch it [here](#).



Christmas

Many of our long-standing supporters will know that we have sold charity Christmas cards for many years. However, it is not cost effective so we have taken the difficult decision that we will not be selling them this year. There will be other ways to give at Christmas which will be announced soon. We do hope you are not too disappointed with this news.



fundraising@edwardstrust.org.uk

Helen Tomblin
Comms & Marketing
Coordinator



Partnership work



Referrals - Bereavement Midwives

Our admin team is the first point of contact for anyone who wants bereavement support so here is a bit more about its work:

The Edward's Trust admin office can be a hive of activity. We take many calls from bereaved families who wish to refer themselves for counselling, and also from third party referrals, such as GP's, Police, Hospitals, Schools and Hospices.

We offer a kindly voice and a listening ear to take the details from the person calling to help us to consider how we can best support them through our counsellors, signposting to another organisation or directing to resources on our website.

We pride ourselves on the working partnerships we have established with other organisations that we have developed through taking numerous referrals.

One of our partnerships is with the Bereavement Midwives based at the many hospitals around the West Midlands.

Working with Edward's Trust has been a huge benefit to both myself and the families that I support. Knowing that I have one referral to make and that the family will be contacted and commence their counselling within a number of weeks, following the death of their baby, really helps to reassure me that they are getting the individualised help and support that they need. We have good relationships with excellent communication links continually ensuring that the families are at the forefront of what we do.

Holly Haden, Specialist Midwife for Bereavement

They are specialist trained midwives supporting families bereaved during pregnancy. and our counselling team have developed a close working relationship with them, to ensure that the transition of care from one organisation to the other can happen seamlessly.

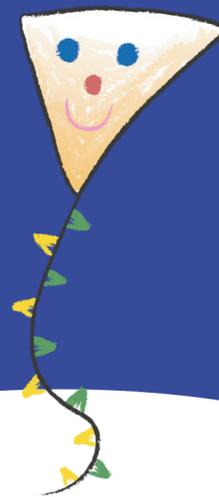
The Midwives value being able to refer families to Edward's Trust knowing that the families they have been supporting will continue to have the appropriate support they need to help them with their ongoing grieving process.

Kate Barsby
Senior Administrator

Criteria for referrals

- Parents bereaved, or about to be bereaved, of their son or daughter – whatever the age of their child or cause of death.
- Children and young people aged between 4 – 24 years who are bereaved, or are about to be bereaved, of a parent, grandparent, significant carer, sibling or friend. The age at time of enquiry will determine whether a service can be provided.
- Bereaved parents/carers of a child or young person who is currently accessing support through Edward's Trust and who also require support with their grief.

Closing Note



We had a wonderful Trustee induction day last month when we welcomed 4 new Trustees to the team and welcomed back to the Board of Trustees Peter Dent, the charity's founder. They have so much to offer and we are looking forward to working with them. Here they are to introduce themselves!

"Hi, I'm Chris Hurley. I live locally in Bournville and am a Chartered Accountant. I have recently retired and spent the majority of my working career as an investor and was co-Chairman of LDC's investment committee for the past decade and I was also responsible for the finance, marketing and risk functions. I have been a non-executive director on many SME boards for the past 20 years.

I am looking forward to playing my part in helping the Board and the wider team. I hope to bring my skills from the world of commerce and investment to aid, and complement the Board, the development of Edward's Trust."



Chris Hurley

"I'm Áine Gallagher, founder of Sana Vita Health where we offer 1.1 Personal Training, Yoga classes and Nutrition and Mindset Coaching. I have been a volunteer for Edwards Trust for 5 years now, fundraising and being a member of the 'FOET' volunteers team. Edward's Trust is very close to my heart and a wonderful charity to be a part of, so to become a Trustee, is an absolute honour and I can't wait to get started."



Áine Gallagher

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.

"I'm Vicky and a Mum to three wonderful boys and a Labrador, I have 16 years' experience in HR and am now the Chief People Officer for The Binding Site in Edgbaston. As a Trustee, I want to help this fantastic Charity continue to make a difference to so many lives and use my experience to assist with that journey."

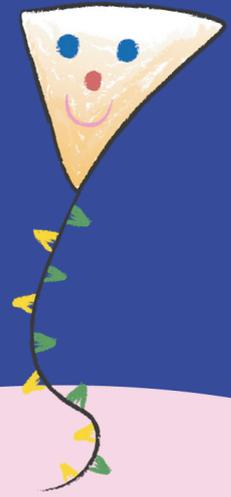
Vicky Morbey



"I'm Cassius. I am a minister with the Wesleyan Holiness Church. For my day job I am currently the Finance Development Worker for the Black Country with Transforming Communities Together in the Church of England, Diocese of Lichfield. I have been married to Vanessa for 23 years and we both lead the LVE Haiti charitable project set up after the earthquake on 12 January 2010."



Cassius Francis



**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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