

# Edward's Trust

# The Kite

Winter 2022/23



**Our Work**

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**Stories from  
our families**

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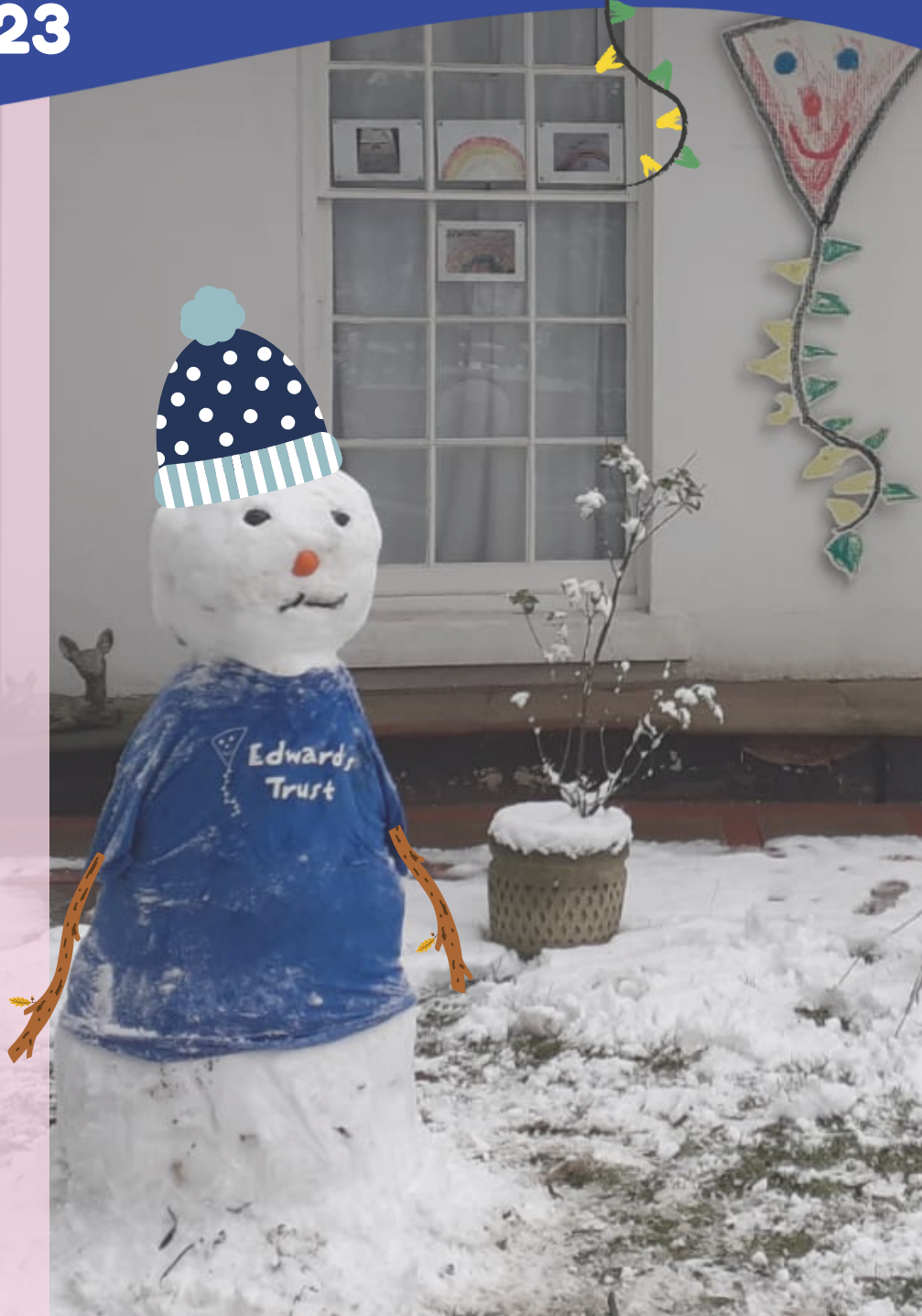
**Our Support**

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**Corporate  
Supporter Spotlight**

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**Our ET heroes**

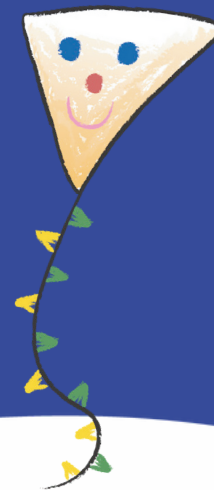


[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

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

Supporting children, young people and families facing loss and surviving bereavement

# Welcome to The Kite Winter 2022/23



Dear Friends,

It is my privilege as Acting Chair of Trustees to welcome you to our Winter edition of The Kite. My name may be familiar to some of you, but for those who do not know me, I have worked with Edward's Trust in various roles over the years - volunteer, patron, Trustee, Vice Chair and now Acting Chair of Trustees, and it's been a pleasure, every step of the way.

I continue to be impressed by the dedication and passion of the entire Edward's Trust team. Both our Service Delivery team and our Fundraising Team are loyal, exceptionally skilled and fully committed to supporting our families at the most difficult time of their lives.

Here at Edward's Trust we recognise that every grief journey is different. Grief support is definitely not a 'once size fits all' approach and all of our counsellors tailor their support to suit whoever walks

through the door, however complex their needs.

In this edition of The Kite, we are pleased to tell you about our growing work in the Black Country. We have responded to the financial and time constraints of many families and reached out to offer venues in three new satellite sites, alongside work in a number of Schools. This work is proving invaluable.

We also have a focus on the young people we support and their specific needs and we share our delight at being able to build our wellbeing offer back up again after the pandemic.

Our aim is to offer the most appropriate support to help each bereaved individual as they grieve. For some this will be counselling, for others, one or more of our wellbeing therapies.

Providing these services alongside each other in a truly holistic way makes Edward's Trust unique as a bereavement charity.

Fundraising is vital to enable us to do what we do best. We are so grateful to those who give their time, energy and money to support us. Corporates, individuals, Trusts and Foundations, be in no doubt, to a local charity which receives no government funding, your support is absolutely crucial! Thank you!

Amongst the changes and uncertainties, we continue to strive to offer the most accessible and most responsive service to those who are bereaved across the West Midlands. We are really proud, but also very privileged, to support our families.



**Clare Martin,**  
Acting Chair of Trustees

## Contact Us

Bereavement Centre: 0121 454 1705

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

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

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# Staff Spotlight



## Writing a Will - it's the Wright thing to do!

One of the unique things about the staff at Edward's Trust is that we totally believe in the work that we do.... often enough to put our money where our commitment is!

Here, Emma considers the things that are important to her, and as a result, what will be her legacy.

I think almost everyone would agree that writing a Will is an important task, but it's another piece of life admin that always gets pushed back because of the more immediate, louder demands on your time.

'It's expensive, and it's for elderly people, isn't it?' But then I heard more stories about the difficulties of dealing with loved one's money and belongings when there was no Will. I didn't want that stress for my family, so I decided to do something about it.

First of all I contacted a local solicitors firm. Recommendations from friends and family are useful in identifying who could help you, and remember to check that the firm is a member of the Law Society of England and Wales.

### Writing a Will

**It's expensive, and for elderly people, isn't it?**

We were quoted a reasonable price – simple Wills can start from around £150. You could also wait until Free Wills Month (October) which is funded by some well-known charities and uses solicitors across the country. ([freewillsmoonth.org.uk](http://freewillsmoonth.org.uk))

The main difficulty of writing a Will is deciding on what and how much of it to leave to your beneficiaries. Common ways of doing this include listing set amounts of money, or dividing your estate into percentages (or 'shares') per beneficiary. You can talk to your solicitor about the best option for you.

I chose to list percentages for each of my beneficiaries. As a legacy fundraiser, I knew that you could give as little as 1% to a charity of your choice, and still have 99% for family and friends, so I felt comfortable including Edward's Trust in my Legacy.

All I needed to do was include the charity name, and the charity's registration number, which is easily obtained from the Charity Commission website, or on any correspondence you have with your charity (see the back of this Kite edition!).

The process for writing my Will is still ongoing, but the hardest part is done and the process has been pretty easy. I am feeling more reassured that my loved ones will be looked after and comforted by the fact that my "legacy", however small, will include such an important charity as Edward's Trust.

**Emma Wright,**  
Fundraising  
& Evaluation Manager



# A gift in your Will, however small, allows Edward's Trust to continue to offer hope to bereaved families



For a brief moment in time, in the middle of grief, the Trust is a secure space for a child or parent, people coming to terms with the unthinkable: facing the unexpected shock, the inexplicable horror of loss of a beloved.

I know the legacy I have left Edward's Trust in my Will will help to continue this precious work.



Peter Dent, Father of Edward and Founder of Edward's Trust



All legacy donations to Edward's Trust help support children, young people and families facing loss and surviving bereavement across the West Midlands

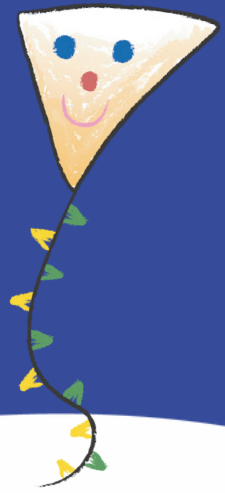
[www.edwardstrust.org.uk/gift-in-will](http://www.edwardstrust.org.uk/gift-in-will)

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 454 1705



Registered Charity no: 1105379

# Our Work - Counselling



## Young people and growing around grief

It has been an honour to have had Supriya work with us at Edward's Trust for the last 3 years. Sadly, she is moving on, but before she leaves she shares with us a few thoughts about her work as a young people's counsellor.

I have worked with many young people who have been going through transitions of life, like going to University, starting a new job, learning to drive, moving out and working towards being an independent adult.

Reflections of grief can look very tricky at this time. Young people may feel resentful that life has been disturbed by the death with pressure to take on the role of the person who died. This could be due to their own expectations or from those around them.

Young people may experience feelings of regret, guilt and anger; these may be stronger if they felt certain choices were taken away. Moving on in life and the excitement of a new life can be in conflict with grieving.

The figure below is helpful to explain that maybe grief never goes away from life. A person will always remember and feel sad when they think of the person they have lost. But life can grow bigger, if given a chance to explore it.

**Exploring your own identity and creating opportunities through a job, education or learning life skills is a big part of this healing process and enables you to see life on a bigger scale.**

This gives the young person the hope and motivation to grow and to make their loved one proud of them.

It has been a privilege to work at Edward's Trust and to offer extended support to young people who had started University during counselling, so they could have the support in settling in well.

**Supriya Dharmadhikari,**  
Young People's Counsellor,  
until November 2022



# Our Work - Wellbeing

## Winter Wellbeing Retreat Day

The wellbeing service aims to provide support to our bereaved families looking at how their grief has affected the whole of them as a person; emotionally and physically.

Aspects of stress on the body magnified by grief can result in poor sleep, tension in muscles, headaches and a lack of motivation to take care of ourselves, to name but a few.

Through using yoga, exercise, massage therapy and mindfulness techniques we have helped some of our families improve the ways in which their grief has been physically affecting them.

We are excited to be running an entire day dedicated to doing exactly this!

Our Winter Wellbeing Day in December is an extension of our current wellbeing work. It will be a day of relaxation for our families to take some time for themselves before the busy Christmas period, which for some can be an extra challenging time.

We hope the day will help our families to reduce the physical stresses of grief, build connections with others and find some moments of peace.

It is always such an honour to be in a position to provide this type of service to our families who show strength in every day of their lives after such traumatic times.

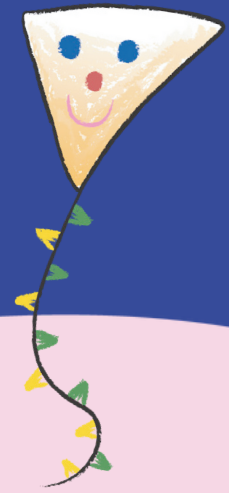
Yoga  
Mindfulness  
Chakra meditation  
Reiki  
Massage  
Creative activities

Watch this space for future Wellbeing Retreat Days

Sophie Skipp,  
Wellbeing Therapist



# Stories from families who have received our support



**In this edition Tom shares his story and the support he received from Edward's Trust.**

I lost my father at 9, then from the age of 15 to 18, I helped to look after my Mum who was ill and who sadly died.

My family told me about Edward's Trust. Initially I was reluctant as it seemed like opening up sore wounds, but then my sister said it was useful, so I thought, 'what's the worst that can happen?'

I came to see Steve at Edward's Trust three or four times before going to Uni, which allowed me to get comfortable with him and for him to get to know me better, before going away and having remote counselling.

Counselling made me realise that although I may not think about the bereavement every day, it affects every aspect of my life and emotions in different ways. Steve provided support, whether it be discussing my parents and the bereavement itself, or something that it may have triggered in me or made me think about on that day.

Steve has helped me with much more than bereavement as he

listens first, then tries to help second. When it can be hard to talk to family about certain things, it isn't hard to talk to Steve.

Losing my Dad as a child meant that I missed out on quite a lot of 'Dad' advice, which I now often go to Steve for as he is caring and knows a lot of random but useful things!

Steve will not push me to talk about my parents. We will talk generally and in most sessions they will come up, but if not, that's okay too as he just wants to help. This is good as I feel no pressure.

I wasn't intending to go to University due to pressures of life and bills, but Steve was very supportive of my decision to go, even though it would disrupt our meetings. He knew it would give me the chance to be a 'kid' again whilst having less time to worry about all the adult pressures I had recently undertaken.

Whilst at Uni it was difficult at first as we were used to face-to-face sessions, but not only did Steve check-in with me weekly and provide emotional support

for the 3 years I was in Nottingham, he would also speak to 'Student Support' so that I could get extra help in person, and speak to module leaders about extensions if I was really struggling - all things a parent would have helped me with if they were here.

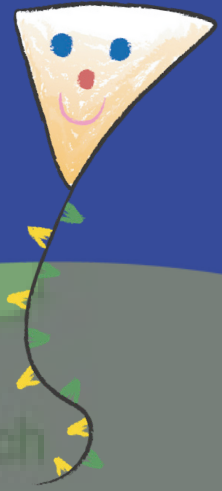
It is likely I wouldn't have finished Uni without continuous support from Edward's Trust, let alone achieve a first class degree in Real Estate and an award for my 'outstanding' performance and work ethic.

Edward's Trust is brilliant. They have not only supported me with my bereavement but also helped me to become the man I am today. I cannot thank Steve and the rest of the Edward's Trust team enough!

**Tom**



# Our Impact



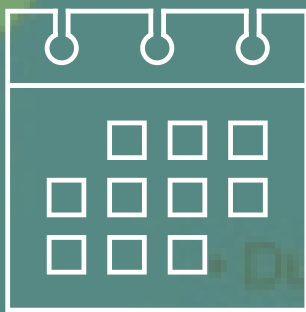
Responding to need, we have now opened 3 outreach centres in the Black Country in order to offer bereavement support more widely across the West Midlands



Dudley

Wolverhampton

Sandwell



In the first 7 months  
228 appointments  
were provided

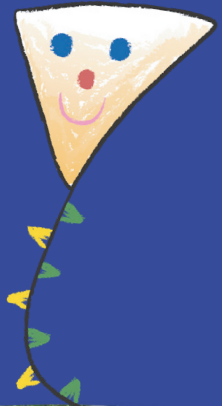
&

81 people  
requested support





# Our work - Fundraising



In June, one of wonderful families remembered their daughter by running a motorcycle event. 'Lucy's Lap of Honour' raised £525



This year we were invited by the Jinney Ring in Worcestershire to be part of their kite flying event with Midlands Kite Flyers. We made kites, jumped on bouncy castles, had a fabulous day and raised a high-flying £350



The Hortons raised a fantastic £459, in memory of their son Dan, by hosting their annual Golf Day at Sutton Coldfield Golf Club

On a sunny Saturday in September, Coombs Wood Cricket Club came together to raise funds for Edward's Trust! Another busy day of raffles, cricket and teddy-bears. They raised a whopping £1,300 to help us support more bereaved families.

This October saw the return of our '30 series', bringing #Walk30 for our supporters to get behind. Thank you to Roger, Amanda, Darren, Paul, Judy and the team at OTD who walked, talked and ran to raise a wonderful £855

Triton Telecom conquered Snowdon in September and raised a fabulous £366



Our charity partner school, The Blue Coat School, dedicated their Centenary 300th Anniversary year to Edward's Trust and raised an amazing £16,400 to help us continue our work! Wow!

Our first Bingo Night was a great success and raised a wonderful £411! Thank you to Mecca Bingo in Oldbury for hosting!

Lucy Elwell raised a tremendous £1,244 in the London Marathon and is now gearing up for the Manchester Marathon next April.

## WHAT'S NEXT?

NOV 29 - DEC 6 ['The Big Give'](#)

DEC 5 [Chinese & Wine night](#)

DEC 9 [Christmas Jumper Day](#)

JAN [Climb Edwards Mountain](#)



More details are on our website & Social Media channels

Lucy Goodway,  
Engagement Manager



# Our support

## Corporate Supporter Spotlight



### Dains Accountants count the miles

For the last 2 years, we have been fortunate enough to be supported by Dains Accountants. 2021 was their first year supporting us, which was unfortunately during the Covid pandemic, but that didn't stop them raising £548.75 for us.

As we approached 2022, the staff team decided that they wanted to continue supporting us and 'go large' so they put their heads together and decided on an 'Ultra Challenge'. This came in the form of a Peak District Challenge, trekking 100km over 2 days.

So, in July, eight members of the team donned their walking boots and trekked for 26 hours raising a huge £5,500 to support bereaved families across the West Midlands.

That takes their total up to a whopping £6,100.24! That is an incredible achievement Dains! Thank you!

### Support from Spencer Shaw Solicitors

We support Edward's Trust because it's a terrific local charity doing great work in an area that may not be headline-grabbing.....but is essential.

-Ian Jones

Our local neighbours, Spencer Shaw Solicitors, based on Hagley Road, Birmingham, have been corporate regular givers for the last 4 years.

Regular Giving is important to Edward's Trust because a monthly recurring donation allows supporters to spread the financial impact of their giving across the entire year and allows us to plan for the future at Edward's Trust.

Director & Principle Solicitor, Ian Jones, also joined the Dains Team

for the 'Ultra Challenge' and raised a wonderful £635 on his own merit!

Thank you Ian and the supportive team at Spencer Shaw for helping to raise a wonderful total of £2,053.94.



Lucy Goodway, Engagement Manager

Edward's Trust provides an invaluable service which is needed more than ever in these increasingly turbulent and challenging times. Dains Birmingham office is proud to have Edward's Trust as their nominated office charity and we have taken the opportunity to participate in various fundraising activities to raise as many funds as possible. Raising over £5k for the 100k Ultra Challenge was definitely worth the blisters and sore feet!!

-Hoan Nguyen, Senior Manager

# Our Edward's Trust Heroes



## Clive's big cycle

We were delighted when our long standing supporter Clive Poole decided to get his bike back out again to cycle from London to Amsterdam on 3rd/4th September.

We love Clive's passion for fundraising, and he sets his fundraising target higher and higher each time. After previously cycling from London to Brighton, and then from London to Paris he decided to set his sights on reaching the finish line in Amsterdam this year and pulled in massive support along the way.

Clive is very well respected in the corporate world and used his networks with Dignity Funeral Directors and Bishop Vesey Grammar School to help him along the way.

This takes Clive's fundraising total up to £27k which provides over 500 hours of bereavement support to our families. This is just phenomenal!



Edward's Trust was there for me when I lost Jack, my beautiful, blonde haired, long legged little boy, so now I give back to support children, young people and families facing the same pain and loss.



Every year on Jack's anniversary, Lucy marks the occasion in one way or another.

## Lucy Jumps for Jack!

You've already heard from Emma who has written Edward's Trust into her Will. Now Lucy, another one of our fabulous fundraising team steps up... Well not actually up... more off!!

On September 24th 'our Lucy' and Kerri from corporate supporter, SWIFT, jumped a massive 13,000ft out of an aeroplane to raise money for Edward's Trust.

For Lucy, Edward's Trust is particularly close to her heart because she herself was supported by Edward's Trust when she lost her son, Jack.

This year, on what would have been his 8th birthday, she models fundraising to great effect, together with Kerri, raising a total of a massive £3,825! Wow!



WWW.EDWARDS-TRUST.ORG.UK

Supporting children, young people, and families facing bereavement

Registered Charity No. 1105570 & Company Ltd. Governed in England & Wales No. 346707

Lucy Goodway  
Engagement Manager

Christmas  
Challenge

BigGive

#ChristmasChallenge22

Edward's  
Trust

Help us extend our support to  
bereaved families in the Black Country

# theBigGive

**One Donation. TWICE The Impact.**

Edward's Trust is taking  
part in the Big Give  
Christmas Challenge  
- the UK's biggest  
match funding  
campaign.

**Nov 29th - Dec 6th**

Donate during  
theBigGive  
week and your money  
will be doubled



**DONATE**



This year we will be raising much needed funds to extend our support to bereaved parents, children and young people in the Black Country. This will include counselling delivered in various locations across the region to reduce the travel time of families and time spent away from work or education.



# Light Up a Life

Share an image of your loved one and some words to remember and hold them in love.

[Write a dedication](#)

**This time of year can be difficult for those who have been bereaved. Our thoughts often turn to those we miss and wish were with us.**

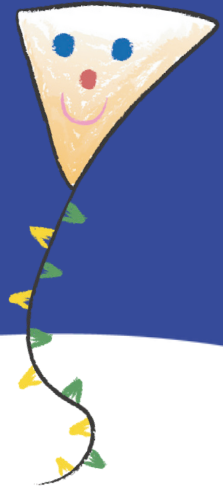
**Why not think about creating an online dedication to remember a loved one on our Edward's Trust 'Light Up a Life' dedication page?**

**In addition to making a tribute to them, your donation will also help us support others who have been bereaved.**



Please note during the week of 29th Nov - 6th Dec any voluntary donations will be directed through 'The Big Give' (see previous page) so that money can be doubled!  
After The Big Give Week, donations will be set to £5 minimum.

# Let's Talk Communication



## Strategy

As the Comms & Marketing Manager for Edward's Trust I am continuing to think about our Communication vision and strategy.

Last month I took part in a Media Trust course, 'Headlining Mental Health - writing a Comms strategy.'

Meeting and learning with others involved in Comms and Marketing within the charity sector has been affirming, encouraging and given me lots of food for thought, enabling me to take forward an exciting and robust strategy for the next 3-5 years.



## Social Media

Don't forget you can join in the Edward's Trust chat and catch up with our daily news, info and inspiration on all of our social media channels.



## Respect

### Being mindful and considerate

We will act with integrity in all that we do, being mindful and considerate to all.

### We respect and remember those who have died

Respect is a constant that embraces diversity and uniqueness of experience.

## Hope

### A feeling of trust in tomorrow

We embody, instil and empower a feeling of trust in tomorrow.

### Hope is the hand to hold

We have a vision that one day there will be a universal understanding of life-changing grief.

## Support

### Enabling with compassion & care

We provide responsive support that is appropriate, relevant & meaningful to each individual.

### Together in safety and strength

Encouraging society to respond appropriately to people facing loss & surviving bereavement.

## Holistic

### Complete and all encompassing

We acknowledge and respond to the needs of the whole person: mentally, physically, emotionally and spiritually. We recognise the total experience of grief.

### Promoting an holistic approach to bereavement care

## Excellence

### Embracing professional integrity & creative innovation

We are passionate about providing exceptional services & maintaining the highest standards in all that we do.

### Excellence is valuing people

We are committed to driving innovation and change.

## Values

As we consider how we communicate our on-going Edward's Trust strategy, one of the things that I am reflecting on is how we communicate VALUES!

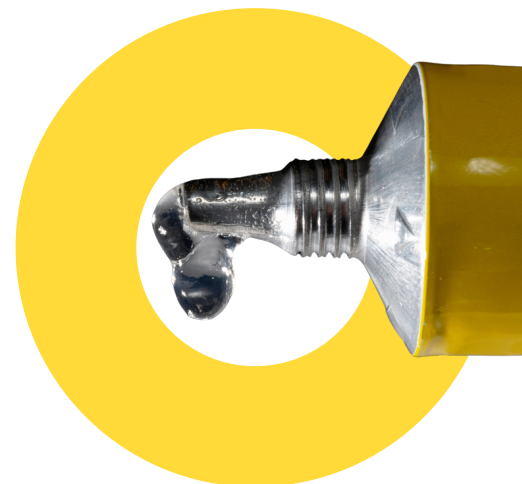
Words are important, of course, but they go only so far when it comes to how we live and interact with others.

Our values are a very important aspect of who we are and what we believe in as a charity.

Watch this space as we communicate these more over the coming year.

**'Our values are the glue that hold us together'**

Peter Dent, Founder



**Helen Tomblin,**  
Comms & Marketing Manager

# Beyond the building



## Bereavement support in The Black Country

In our Spring edition of 'The Kite' we introduced you to Tracey and our plans to extend our reach in The Black Country. We are now pleased to invite Tracey to share more with you about this work.

Our outreach project has developed vastly over the past eleven months from its inception in January. It has become an important part of Edward's Trust, giving an equal opportunity to clients who would not otherwise be able to access our services.

The difference it has made to families having this service in their local areas means that attending sessions is less time consuming for most people, especially if they rely on public

transport, and causes less anxiety and less disruption to schooling.

Coming from nothing, our outreach has built progressively, finding suitable premises for clients to attend regularly. Huge progress has been made with clients whom I support ranging from children as young as 10 through to teenagers and adults.

The demand in three different areas has created positive links with external organisations too.

We have also been able to offer limited sessions in a couple of Black Country Schools to meet the needs of young people on our waiting list. This is helpful for parents who work and struggle to find time to bring clients to the Outreach bases.

Clients find it easy to get to all bases as they are situated on main bus routes and parking is available close by.



Tracey Cox,  
Outreach Counsellor



[Blackheath Library](#)



[West Midlands House](#)

[Willenhall](#)

[Well Life Holistic Centre, Oldbury](#)

# Closing Note



## Reflections from Christine Bodkin - founding member

In a recent edition of the Kite, I was given the opportunity to reflect on the past 33 years and how much Edward's Trust has achieved in that time.

Staff and Trustees have always spent time looking towards the future and want to ensure that Edward's Trust continues to develop and grow its bereavement services.

The recent development of our Black Country project has shown us just how important it is for our bereaved families to easily access the support they need which for many families is vitally important. We are looking at ways to increase and develop our work in local communities and look forward to sharing more about our plans in future editions of the Kite.

Whilst it is always important to look towards the future, planning and adapting to changing needs, we also recognise the immense value of the support Edward's Trust has always offered.

From our early days we have been committed to offering holistic bereavement care and support. Edward's Trust has always recognised the impact grief has physically as well as emotionally.

Setting up a 'Wellbeing in Bereavement' service meant we were able to introduce a range of holistic and complementary therapies which helped with the physical symptoms of grief.

Edward's Trust was then able to develop this support further by introducing Wellbeing Days and Respite in Bereavement Retreats.

During the pandemic Edward's Trust, like many other charities, had to alter and adapt services which meant that group meetings had to be withdrawn temporarily.

Now, we are once again in a position to be able to increase our Wellbeing in Bereavement services.

I am particularly delighted that in December we are holding a Wellbeing Day – something we have not been able to do for some considerable time.

We hope this will be the first of many such days and our work in this area will continue to grow and develop.

As we look towards the future, we know we will continue to hold the very essence of who we are and what we do in our work with bereaved families.

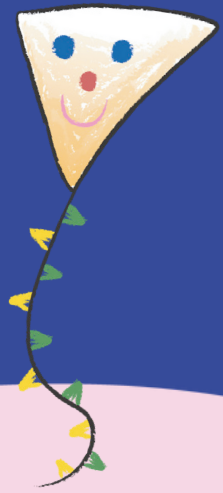
Edward's Trust has developed and grown through the very valuable feedback and input from the families it supports.

This is a true partnership that ensures our bereavement care support is offered at the right time and in the very best way.



Christine Bodkin, Trustee





For bereavement support from Edward's Trust contact:



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



(0121) 454 1705

### Criteria for referrals

- Parents bereaved, or about to be bereaved, of their baby or child – whatever the age or circumstance.
- 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.

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

Birmingham Mind 0121 2623555 (24/7)

Shout Crisis Text line: Text SHOUT to 85258 (24/7)



If you are in immediate risk call  
emergency services on 999

Click here to donate



or scan QR code

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

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