

Edward's Trust The Kite

Summer 2023



Our Work

**Stories from
our families**

Our Support

**Corporate
Supporter Spotlight**

Our ET heroes



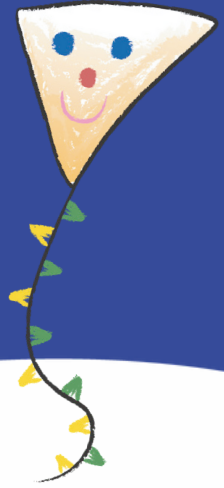
Credit: Libby Joss

www.edwardstrust.org.uk

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

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

Welcome to The Kite Summer 2023



Dear Friends,

Welcome to the latest edition of The Kite. It has been my absolute pleasure to be asked to step up to the role of Chief Executive, a very different position to my previous role of Acting Chair of Trustees.

I feel privileged to be able to lead our wonderful organisation through an exciting period of renewal. I have been around in a formal capacity for the last 12 years but my story with Edward's Trust began a few years before that, when my cousin received support here after the sad death of her mother, my aunt. This was the first time I learned of Edward's Trust and it's had my heart ever since.

My goals during my time as Chief Executive are to firstly help the team to continue to offer the excellent service they consistently offer, bringing hope to the bereaved children, young people and parents of the West Midlands. Also, to continue to expand our service through recruitment of

new counsellors and through our outreach centres.

We are proud to now meet with clients in the Black Country and in Erdington as well as at our home in Edgbaston. You will see from this edition the commitment to the growth of a blended service, born out of necessity through covid, but now continuing to bridge the gap for clients who find it difficult to get to us in person.

We are looking at extending our Wellbeing service and offering more availability for Parents and Carers Supporting Grieving Children, a special service we offer to parents/carers when their children are with us receiving support.

We have welcomed the return of coffee mornings, and we remain hopeful that

our Respite Bereavement Care Retreats will return at some point – I am sure many of you will remember our special Edward's Trust Retreats.

All of this takes much needed funds and we receive no government support. We are so grateful to those who give their time, energy and money to support us. Corporates, individuals, Trusts and Foundations - your support is vital. Thank you!

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

Clare Martin,
Chief
Executive



Contact Us

Bereavement Centre: 0121 454 1705

admin@edwardstrust.org.uk

fundraising@edwardstrust.org.uk

 www.edwardstrust.org.uk

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Stories from families who have received our support



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

In 2017 when I was 9, I finally became a big brother to my little brother, Billy. I had always wanted a little brother and couldn't believe it when my Mom and Dad told me.

The nine month wait seemed to last forever, but when my Mom finally brought him home, I was so happy.

He was born in June and I remember my Grandad coming to pick me up from School early so I could be the first to meet him. I was scared to hold him at first as he was so small, but I soon got used to it.

When he came home from the hospital we did loads of nice things together. We took him to see our Nan and Grandads, we went to a BBQ and I remember going to the trampoline park as well. The weather was lovely at the time. It was sunny every day.

When Billy was just 12 days old, he sadly passed away in his sleep. I remember there were lots of ambulances and people in our house and my Mom and Dad were crying a lot.

It was a very sad and confusing time. I remember lots of visitors coming to see my Mom and Dad and everyone crying all the time.

My Mom was very worried about me and what I had seen, so contacted Edward's Trust.

I was very nervous when my Mom told me I was going to Edward's Trust. I wasn't sure that I wanted to talk about what happened. I thought it might be really sad.

When I met my counsellor Sue and everyone else, they were very welcoming and kind. I used to talk about what Billy was like and about my worries. Sue helped me think about the nice memories I had with my brother and made me feel happy about the time I had with him.

Before I went to Edward's Trust I used to get angry, sad, and find it hard to control my emotions. Sue helped me control them. We used to have a lot of fun as well. I used to enjoy beating her at FIFA. She also encouraged me to start boxing, which I still enjoy now.

After me and my Mom finished our counselling, we decided we wanted to help other families like us have the same support we got, so have done lots of fundraising.

We organise a party each year for Billy's birthday and other fun things such as an inflatable assault course and cake sales.

I asked my Mom if we could buy an Xbox for the children's counselling room with some of the money we made so that other children can have fun beating Sue like I did!

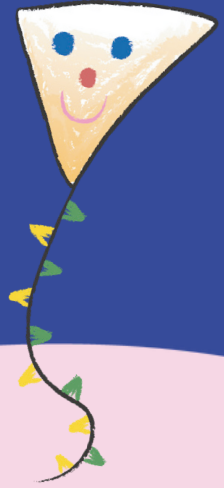
I always feel welcome at Edward's Trust. They really helped me and my family.

Louie Wright



Louie on work experience with Lucy Goodway, Engagement Manager

Ambassador Spotlight



Richard Page

The Year 2000 was not only the beginning of a new Century but would prove to be a turning point in my life too - my daughter Natalie died.

Natalie was only 22. My life and the lives of all my family would change too and Edward's Trust would play a significant role in our Bereavement Journey.

The Trust began by offering us all advice and support. We didn't know how to break the news to Natalie's two children. We didn't know what we should say or do to answer their questions and address their fears. We didn't know how to describe Natalie's funeral to the children or plan it. Edward's Trust helped us make plans, think things through and deal with our grief at the same time.



So the first few years we were "Service Users" taking Counselling and Therapy sessions and trying to get back to "normal." It proved to be a long and challenging journey.

Eventually I became strong enough to look up and see what I could do to help the Trust. So I joined a fledgling FOET group (Friends of Edward's Trust) where we shared our stories, organised events and raised funds.

For the last 15 years I've organised our Annual Golf Day. Over the years this event alone has generated £150,000. This year we welcomed nearly 90 players from 17 different Companies around the UK to Hearsall Golf Club in Coventry. Again we raised over £10,500.



Edward's Trust helped my family and now Edward's Trust is a family I belong to.

Over the years I have collected donations from outside supermarkets, run stalls at Fetes and Fairs, trekked in the Grand Canyon, done Zip Wires, spoke at Church Groups, Schools Business networking sessions. I've sung in choirs, told my story in Theatres and so many other forums.

Edward's Trust helped my family and now Edward's Trust is a family I belong to.

People ask me why I volunteer....my answer is because it's great fun! It's a challenge yes, but I feel a sense of accomplishment and I think I have a responsibility to do my bit in supporting families during the dreadful grief they are experiencing. It's also my tribute to Natalie.

Join Us

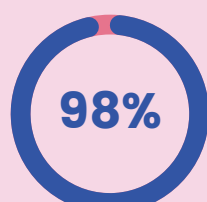


Richard Page
Edward's Trust Ambassador

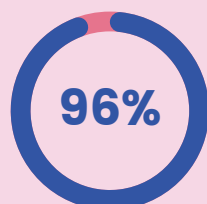
Our Impact



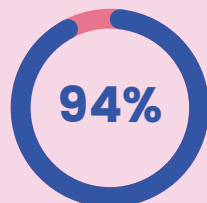
Adults accessing our bereavement service reported very positive outcomes



became more aware of coping strategies



used these coping strategies



understood the physical and mental impact of their grief



Our Work – Counselling



Adding more skills to our bow

Our team constantly innovate and train to keep our service accessible. Here is one example from Steve:

I began to offer remote support during the first lockdown in March 2020. This was a massive adjustment for me to make, but I had to adapt quickly to support the young people with whom I was working.

BACP is one of the professional associations for members of the counselling professions in the UK. In May 2020 I completed a short course run by them, entitled 'How to do Counselling Online: A Coronavirus Primer'. This made me feel more confident in my own ability to work effectively in this way, but I was yet to experience how it could be of great benefit to our teenage service users.

As things returned to 'normal' BACP stipulated that counsellors who wanted to continue to work remotely needed to have completed an accredited course by the end of 2023. Prior to the lockdowns

I would have wanted to return to delivering face-to-face support only.

However, Edward's Trust strives to offer the most appropriate support that we can and tailor this support to the needs of the people we work with. Bearing this in mind, I wanted to continue to offer a 'blended' approach of face-to-face and remote support to some of my clients because it 'fitted in' with their commitments.

Of the 34 young people I work with, 21 are in their GCSE year, further education, or full-time employment and it was through the experience of supporting some of these young people (and those before them) through the lockdown period that I realised how beneficial this new way of working was. It has made our service far more accessible for bereaved teenagers and young adults and as their personal circumstances have changed, the support has remained flexible and consistent. This has helped to ensure that they have successfully made the transition from secondary education into college

and from college into university, or full-time employment.

As a result of my desire to continue working in this way, I enrolled on an accredited course called 'The Certificate in Online and Telephone Counselling' and I successfully completed this course in February.

I had received so much positive feedback from the young people who have been supported in this way that I wanted it to continue, not only for them, but for people of their age who will be in a similar position and will be referred to our service in the future.



Steve Pearce
Senior Children &
Young People's Counsellor

Our Work - Wellbeing

"It was so peaceful and calm in a world of chaos."

"I really enjoyed the Reiki and Mindfulness sessions as I had never experienced these before."

Wellbeing Retreat Day

We held our first Wellbeing Retreat Day since the lockdown, in March. We brought together a group of adults who are supported by Edward's Trust for a day of wellness and community. It was a great opportunity for them to dedicate time for themselves and to connect with other people who are surviving a bereavement.

We started the day with a light easy flow Yoga class followed by a Mindfulness workshop. We discussed how we felt trying out new techniques to quieten our minds and to remain more present. We also had the opportunity to learn some 'Qi-gong'. This ancient

exercise style is suitable for all ages and fitness levels. It aims to bring about awareness in the body and a sense of wellbeing on an emotional level. It is particularly useful for anyone who suffers with joint and mobility issues too, so a very inclusive and enjoyable workshop.

One to one Reiki and Massage sessions were offered throughout the day which gave everyone that extra bit of relaxation and personal attention.

In the afternoon we had group discussion which supported conversations around loss and gave people an opportunity to

share stories. Quite a few have commented since saying how helpful it was to be part of a community that 'gets it' and to feel less of the isolation that so often accompanies a bereavement.

The day finished together around a fire pit. It was a day full of new things, making connections and finding fresh approaches to coping with grief in our bodies and minds.

Following the success of this day, last month we held our first outdoor yoga session. We walked, talked, and embraced nature throughout our yoga session. I am really looking forward to other events coming up in the summer; These will be coffee mornings offering Massage & Reiki afterwards and another wellbeing day.

These events will hold the same philosophy at their core, that we at Edward's Trust are here to support you in dealing with your grief in a holistic way and strive to offer approaches to help you do this.



"Thank you so very much, a fantastic and valuable experience."

Sophie Skipp,
Wellbeing Therapist

Leaving a gift in your Will



Every 22 minutes, a parent of a child dies in the UK. (Child Bereavement UK)

More than 5 infants die for every 1,000 live births in the West Midlands.

(Office For Health And Improvement And Disparities)



A gift in your will, however small, allows Edward's Trust to continue to offer expert bereavement support to those who need it the most.

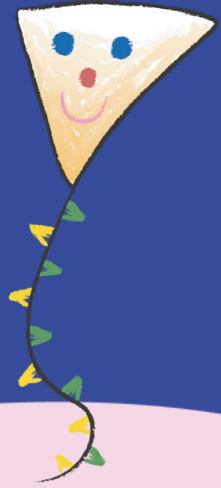
www.edwardstrust.org.uk/gift-in-will

If you would like to have more information on leaving a gift to Edward's Trust, please contact us at fundraising@edwardstrust.org.uk or 0121 454 1705



Registered Charity no: 1105370

Our work – Fundraising



The Edward's Trust calendar is always busy, but our supporters have been busy too!

On 30th June the wonderful KWB organised a charity abseil down Bank Tower Two raising a hair-raising £26,469 (more on next page)



Ian from Spencer Shaw undertook an epic 353km triathlon. Wow!! Along with colleague Andrea they raised £574



The Roadens' Annual Tea Party raised a record £2,530 in one day!

West Bromwich Albion Football Club Away Singing Section scored gold with their fun day raising a wonderful £1,250

For the 2nd year, the Pandhal family took on their own '31 in 31' to raise donations in memory of Sophia, they did a wonderful job and raised £559!

On 13th May we held our first Charity Zipwire. We had 40 brave participants and raised a zipping amazing £12,412



Our wonderful Ambassador Richard ran his 15th Annual Golf Day and raised £10,540!



Billy's Bash was a massive success again this year and raised a tremendous £3,397 - remembering Billy for 6 years.

Lucy Elwell ran the Manchester Marathon in memory of her two sons, Nathaniel and Alex and in total with other events has raised £1,594 for us.

More details are on our website & Social Media channels



WHAT'S NEXT?

NOV 28 - DEC 5th The Big Give Christmas Challenge

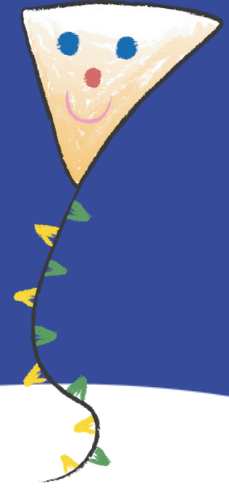
NOV 30 Charity Christmas Chinese with Jasper Carrott at Chung Ying.

DEC 8 Christmas Jumper Day

Lucy Goodway,
Engagement Manager

Our support

Corporate Supporter Spotlight



That's when good
neighbours...



This year, we were delighted to be voted by Pertemps, our neighbours across the road, to be their charity of the year.

Pertemps is proud to recruit and promote a socially responsible culture, whilst supporting local communities.

I popped over in March to kick off their corporate journey and their team of staff shared what ideas they had in place for the year.

Their cake sale got their fundraising off to a great start and they have raised £443 so far.

We are really excited about this relationship and can't wait to see what else they have in store for Edward's Trust this year.

There's even talk of a Netball tournament. I can't wait!

Keep up your amazing work Pertemps!



Lucy Goodway, Engagement Manager

Jo & KWB



In 2019 KWB Commercial Property organised a charity abseil for us from Bank Tower 1. It was 68 metres high and 22 storeys. But this year, they went one better and organised an abseil down the new tower next door. It was a whopping 100 metres high and 33 storeys!

On 30th June, 69 brave supporters took on the mighty abseil including many Corporate supporters, Edward's Trust staff and people who have had bereavement support from Edward's Trust. It was an amazing day! The money is still coming in but it will raise us over £26,000 to support bereaved families across the West Midlands,

This event really is Corporate fundraising working at its best. Bank Tower 2 is a KWB managed property so they used this opportunity to fundraise for us.

Jo Spencer, Office Manager at KWB organised the whole thing to perfection and that meant that all we needed to do as Edward's Trust was support, promote and then.... join in!!

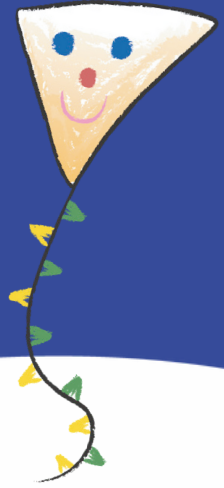
We've said it before and we'll say it again, 'We all need a 'Jo Spencer.'

Thanks Jo and thanks KWB for your tremendous support.



Helen Tomblin (Edward's Trust)
& **Jo Spencer** (KWB)

Our Edward's Trust Heroes



Tenth anniversary Tea party time with the Roadens

The Roadens - Andy, Helen, Noah and Evan, have hosted their annual fundraising tea party since 2005.



This involves lots of planning and preparation; collating raffle prizes, baking cakes and arranging lots of fun and games. Their family and friends get involved in their home town to make the day wonderful.

The Roadens host this year-on-year in memory of their first son Lucas, and to thank Edward's Trust for the support we gave them during that difficult time.

The ongoing efforts have raised a fabulous total of £23,638 Wow! You guys are all amazing. THANK YOU from the bottom of our hearts.

'I didn't think I'd be fundraising with other bereaved people. Maybe if I knew this, I would have stepped up sooner.'

The Pandhals do '31 in 31'

For the 2nd year running, the Pandhals have taken part in their own '31 in 31'. Which means every day for 31 days they all get involved in various activities like handstands, karate, football, skipping, jogging, jumping jacks, swimming, lunges, yoga, splits and many more!



'The thought of being able to come back in a different capacity, whether that be volunteering or anything like that, was comforting.'

They did this in memory of their Sophia, and what a great job they did too. They exceeded their target and raised an amazing £559 to support even more bereaved families across the West Midlands.

Such a wonderful achievement and teamwork – thank you to the Pandhal Gang!



At a recent focus group with people who have been supported by Edward's Trust, it was encouraging to hear people speak about the benefits of getting involved with other aspects of our work once their therapeutic support had finished.

Let's Talk Communication



The role of Comms and Marketing at Edward's Trust is an interesting and varied one. I support the fundraising team with marketing, I share organisational information through our social media channels and through our website, and I also support the service delivery team.

I work with my colleagues to create resources that counsellors and therapists utilise with clients and I also help to develop the opportunities for our supporters to engage with projects that enable expressions of grief to be communicated in different ways.

I am incredibly proud of one such project, our poetry workshop in October 2021 with local poet, Bethany Rivers. That workshop allowed individuals to express complex emotions and experiences through the use of metaphor, imagery, and symbolism which they felt helped them towards making sense of their grief and finding meaning in their experiences.

We know that it can be challenging to put feelings into words. The Arts are often used to express emotions beyond words and creative interventions are regularly used in counselling sessions.

Art forms such as painting, sculpture, music, dance, poetry and photography can allow individuals to channel their grief and express their emotions in a way that feels authentic and meaningful to them.

The Arts provide a space for people to explore and communicate their thoughts, feelings, and experiences in ways that are often more abstract than language-based communication. By using colours, textures and shapes, individuals can communicate their emotions in a way that words alone sometimes cannot capture.

I love it when we are able to bring together both opportunities for expressing feelings creatively and opportunities for raising much-needed funds for Edward's Trust. Having supporters who are passionate about the concept initiating such events is for me, a Comms and Marketing dream!

At the start of this year, this happened when Darren Shipman from DPIX Creative

Photography & BNI Mercury (BNI is a local business networking group where Edward's Trust hold the charity seat) approached us with a creative fundraising idea of a photography competition.

We raised a fabulous £495 and it created an opportunity for supporters to take part in something wonderfully creative. With a theme of 'new beginnings', the results were beautiful.

You can see some of them on the following page and see all of them here:

edwardstrust.celebrationpage.org/photography23

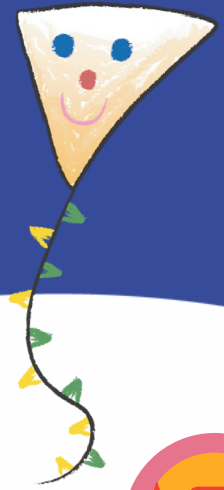
**Libby Joss
(winning photographer)
& Darren Shipman**



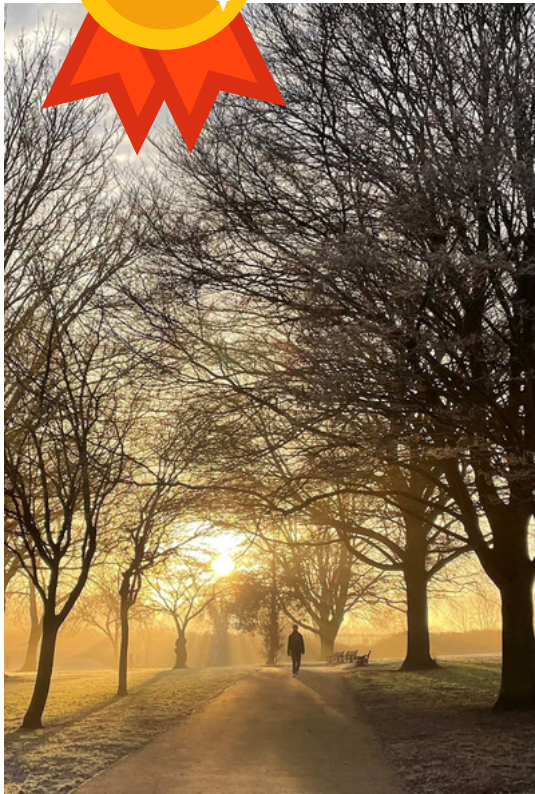
Helen Tomblin,
Comms & Marketing Manager



Beyond the building



Libby Joss
'New Dawn'



Mark Hallam

Fiona Taylor



'A different beginning: Baby Great Tit found by my dog. I hand raised him and released to a 'New Beginning''

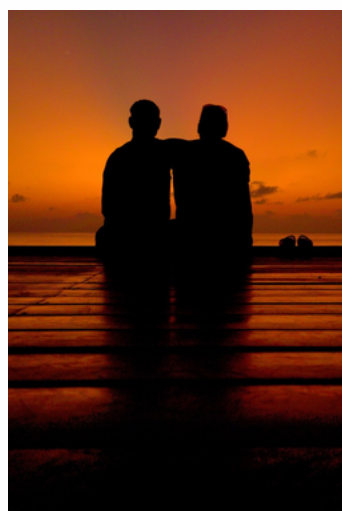


Poppy Fasham

Alison Jones



'Puppy Love: My baby and her four sisters eager for food time'



Carl Gorton



Juliet Fry

Helen Tomblin,
Comms & Marketing
Manager



Edward's
Trust

1ST PRIZE

£25,000

Match 6 numbers

2ND PRIZE

£1,000

Match 5 numbers

3RD PRIZE

£25

Match 4 numbers

Win up to £25,000 every week plus other great prizes!

3 digit match = 5 entries into the next draw

4 digit match = £25

5 digit match = £1,000

6 digit match = £25,000



unity

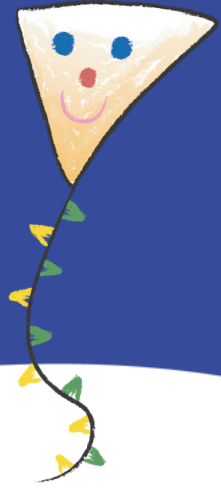
ENTER NOW



for more information please see our website: edwardstrust.org.uk/unity-lottery

**Help us to raise vital funds by playing
our weekly lottery from £1 a week**

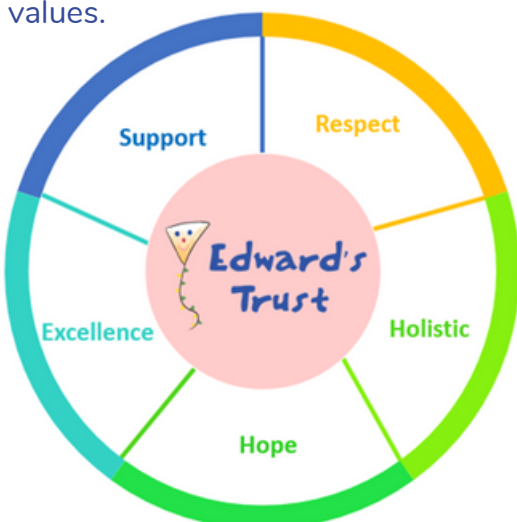
Closing Note



Our founder on the future

As with many organisations the 2020 pandemic had a profound effect on our operations. It meant that we had to rethink creatively the way we offered services and the way in which we raised funds. Now, as we look forward, along with our existing support mechanisms, we are exploring new ways in which we can support families and ensure the future of the Trust.

We have been working on a strategy which is fit for the present moment and which has ambitions for us to develop and grow over the next three years. Our strategic framework is based around the service we deliver and the infrastructure that we have in place to ensure that delivery. Both aspects are underpinned by our values.



Our services are based around the counselling that we offer to adults, young people and children. In all our deliberations, this comes first.

In order to deliver bespoke services to our families, we need an infrastructure that has excellence at its heart. Infrastructure for us is based around three pillars: people and culture, property and technology and financial resilience.



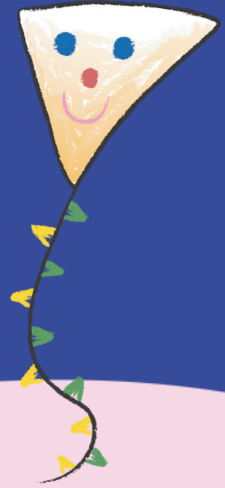
Each of these work together to ensure that we are there for a bereaved parent, child or young person when we are needed; and we are there for however long we are needed.

One of our key strategic aims is to create a centre of excellence in bereavement support. How we do this and put this into effect will be an important part of the process going forward.



Peter Dent, Founder of Edward's Trust & Trustee

Keep watching this space.



For bereavement support from Edward's Trust contact:



admin@edwardstrust.org.uk



(0121) 454 1705

Criteria for referrals

- Parents bereaved of their child – whatever the age or circumstance.
- Children and young people aged between 4 – 24 years who are 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**

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 454 1705.

Contact us

Bereavement Centre: 0121 454 1705

admin@edwardstrust.org.uk

fundraising@edwardstrust.org.uk

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

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