



inspire

Your supporter magazine

Summer 2022

Happy & Glorious

Inside

- 👉 International Nurses Day
- 👉 Saqlain's amazing achievements
- 👉 Summer events


The Children's Trust
For children with brain injury

Welcome



the vital support that we provide. None of this would be possible without amazing supporters like you. Please read what you're helping to achieve, our entry is on page 326:

<https://bit.ly/PJP-eBook>.

It's always wonderful to look back, but it's important we look ahead too. We have ambitious plans to do more to support children, young people and their families. Read about our pioneering new community service, which is about to start its pilot phase.

We've been celebrating today and planning for tomorrow

In recent months, we've marked some memorable occasions here at The Children's Trust, from International Nurses Day to the Platinum Jubilee. We share pictures of the children joining in the fun, which is fantastic to see in light of the pandemic.

The Jubilee gave us something extra to smile about too. We are among a handful of charities featured in [Her Majesty The Queen: The Official Platinum Jubilee Pageant Commemorative Album](#).

Our CEO, Dalton Leong, and Director of Fundraising and Communications, Liz George, were at the launch event. Our entry highlights

Everything we do is about giving children and young people the chance to live the best life possible. Saqlain's story of academic success shows just how far they can go. And you can read how Olivia is just starting out on her journey with The Children's Trust.

Whatever you do to support us, you help us change lives every day. I hope you enjoy reading about the work you make possible.

Best wishes,

Amanda Boyd,
Supporter Care Coordinator

Scan to donate



On our front cover is Frankie enjoying the Platinum Jubilee Celebrations at Tadworth Court.

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TCT_1458 August 2022 Registered charity number 288018

'The hidden me' Brain Injury Week – May 2022

Some people with a brain injury may look like they did before. But the hidden effects can make life much more challenging and difficult. 'See the hidden me' was the focus of Brain Injury Week. By raising awareness of unseen symptoms we can help the outside world understand and be supportive.



Donna Ware, youth worker in our Psychosocial Team, explained: "A brain injury may mean young people sometimes respond inappropriately or go out late at night, take a risk or run away from home. But because their injury can't be seen, people may think young people are 'kicking off', 'being a teenager' or label them as 'bad'."

Supporting young people

Tackling issues about hidden disabilities is an everyday part of Donna's role. Before young people leave The Children's Trust, Donna's team shares tips and strategies to help them cope.

One example is for young people to use assistive communication devices or carry cards. These say

Scan to read how Sam manages the hidden effects of his brain injury three years after a serious accident.

"Sometimes I struggle to find the right words, but I try to stay positive." Sam.

'I have a brain injury, please be patient with me' or 'Please speak slowly I have a brain injury'.

Donna said: "We take young people out, so they can get used to showing the messages. For example, in a shop they can go to the till and hand it over to explain. It helps build their confidence."

Changing perceptions

But the onus can't always be on the young person to explain themselves. Donna and her team liaise with other services like medical services or social support, sharing their expertise about the hidden impacts of a brain injury and how to be supportive.

Hidden difficulties

- Tiredness
- Headaches
- Motion sensitivity
- Memory loss
- Confusion

Opportunity for Olivia



Olivia is five years old and is in Year 1 at the The Children's Trust School.

Rett Syndrome makes life challenging for Olivia.

But she's determined to live life to the full.

When she was just 14 months old, Olivia was diagnosed with epilepsy. Just as her family was taking in this devastating news, she had another life-changing diagnosis. A genetic test confirmed that Olivia had Rett Syndrome.

It's a rare condition that affects the development of the brain and causes severe physical and mental disability. This can affect speech and mobility, leaving children unable to walk or verbally communicate.

Caring for a child with a disability is a huge challenge and big responsibility. As well as looking after physical needs, parents want to make sure their child is fulfilled and happy in life. Olivia's mum Julia explained: "I thought I would not be able to trust her care to someone else." But this changed when the family were put in touch with The Children's Trust.

Our specialist nursery and school support children who have complex education, health,

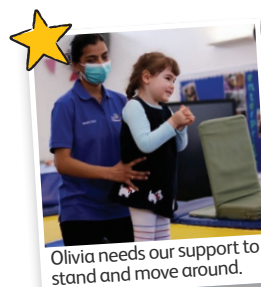
therapy and care needs. We were delighted to welcome Olivia.

Settling in

At first Olivia attended our nursery for children aged 2-5 years. Julia said: "It took some time for Olivia to settle in, but the staff went out of their way to make her feel comfortable, loved and cared for, and she really enjoyed it."

About Rett Syndrome

This rare genetic disorder affects brain development mainly in girls. It leads to severe mental and physical disability, in communication and language, memory, mobility, coordination and other brain functions. Seizures and breathing problems can become more common as children grow, but they may also become more interested in people and their surroundings.



Olivia needs our support to stand and move around.

In nursery, Olivia joined in with all activities throughout the school day. She would often incline her head towards something she was particularly

interested in, for example, kissing a small soft toy which was used in a class relaxation story!

Her nursery teacher Caroline Page said: "This encouraged her to also start sometimes reaching out towards and even grasping some solid items during our sensory stories. What Olivia loves most is making friends and joining in, smiling broadly at familiar faces and giving belly laughs when she finds someone or something particularly amusing!"

Moving up

From September Olivia will join Year 1 at The Children's Trust School. She has already taken part in some sessions with her new teacher Molly Ramsey and classmates.

Molly Ramsey said: "I'm delighted to see how well Olivia walks, something that she has been working incredibly hard on. She takes steps whilst being supported and uses her walker



Each child is unique and we respond to their needs.

Our specialist says...

In addition to learning through sensory, messy and play-based activities, it's important that Olivia is physically active too. So we provide her with opportunities to spend time in different positions and specialist equipment, and also to practice walking with support.



Vicky Skinner,
Highly Specialist
Physiotherapist.

She really enjoys the more physical sessions, including aquatic therapy in the hydro pool and yoga. Rebound therapy on the trampoline helps to strengthen her muscles and allows her to practice active movement and balance, as well as being fun.

When practising standing in class Olivia can become very tired and require a lot of hands-on support, but on the trampoline she engages her core muscles and stands up very straight while only having support at her hips. She is also making progress on her sitting balance and lifting her head up while lying on her tummy.

to move around the garden. Olivia uses her eyes to operate her EyeGaze computer in class, even choosing which friends she would like to work with in Good Morning Group!"

Mum Julia said: "The staff, the teachers, everyone who works with Olivia does an amazing job for both the children and their parents."

"Olivia is an absolute delight to have in class and charms everyone she meets. We are extremely excited to see how she will progress during her time at The Children's Trust School."

Molly Ramsay, teacher.

Celebrating our nurses

On 12 May, International Nurses Day, we took time to say thank you to our own team of committed nurses whose professionalism and skills help make a significant and lasting difference to the lives of thousands of children and families.



Matt is more than a nurse to Darius – he's great fun too!

Let's celebrate our nurses, as the people we all rely on to keep us safe and get us through the toughest of times. Our team of dedicated nurses and care workers at The Children's Trust specialise in supporting the needs of children living with an acquired brain injury or neurodisability.

Brain injury can impact a child's ability to move, communicate, hear, see, understand, and interact with the world around them. Our nurses have a wealth of clinical knowledge, along with specialist skills to help the children to get the most out of their rehabilitation programme.

Specialist work

Experienced Registered Nurse, Matt Webb, has been part of our dedicated nursing team for four years. He said: "I look after the children who have acquired a brain injury from an accident or illness. This could be a car accident or a stroke, so in most cases, the child was fit and healthy prior to their brain injury."

"Taking up a role in the nursing team at The Children's Trust is one of the best decisions I have ever made."

Matt

Matt explained: "We are meeting families during a very difficult time. The brain is a very complex organ, and we cannot always predict how a child is going to respond to rehabilitation." There can be challenging moments for nurses like Matt. They can't give families a sugar-coated pill, and need to explain complex clinical terms in a way that families can understand.

Did you know?

International Nurses Day is marked on 12 May because it's the birthday of Florence Nightingale.

Amazing moments

Matt told us: "Despite the challenges, we witness some truly amazing moments. Seeing a young person who was unable to walk, walk up to the 'going home bell' and ring it is nothing short of remarkable."

Being part of these life-changing moments can feel like a privilege. After all the ups and downs of treatment, it's heart-warming to see children make the best recovery possible with a brighter future ahead.

Our special community

Nurses like Matt are part of our expert team which is uniquely placed to offer specialist support across a wide range of areas. Everyone in the team gets to know the children well and their families too, it feels like a home-from-home.

Matt explains: "One day a parent was leaving with her child to return home and she turned to me and said, 'Thank you for all the cups of tea.' I knew it was not just about the tea – I had been someone to talk to during the worst days of her life."



Matt is a specialist in brain injury as well as clinical care.

"Our dedicated team of nurses and carers put children and young people at the heart of everything they do. They come from a mixture of backgrounds – learning disability, children and adult – and bring a truly collaborative and unique approach to their work."

Claire Shiels, Head of Nursing and Care.

Matt summed up what being a nurse at The Children's Trust means to him: "It's different from any of the jobs I have had before, and I have been a nurse for over 10 years. It is such a varied role, and you can truly see the difference you are making to a young person's life."

Thank you to all our nurses and care staff – we are so proud of you!

We are recruiting!

Children's Support Assistants, Nurses, Housekeeping and more...

As one of our trusted supporters, we know you will help us to spread the word and look out for talented and enthusiastic people who fit with The Children's Trust and our Promises to children, young people and their families. Could that be you or someone you know?

Work with us to make a difference to the lives of children who need our support and be part of a talented team, passionate about making a difference.

Apply today by texting **JOB7** to **82727** or visit thechildrenstrust.org.uk/jobs to see more roles available.

Summer events

Celebrating with fun and smiles

After the challenges of recent years, we were delighted to put on some very special events for the children – to celebrate Enrichment Week, National Doughnut Week and of course the Platinum Jubilee.



Indy learns about Bollywood in Enrichment Week.



Finn gets ready to tuck into his doughnuts.



Joey looks happy with the results.



Alperen enjoys this tasty activity.



Harvey adds the finishing touches.



Who loves doughnuts? 'Me' says Niamh.



Hollie enjoys our special Jubilee activities.



Jasmine meets a furry Jubilee guest.



Josiah looks so regal in his crown.



Frankie loves the special occasion.



Caitlin wears a special bracelet.



Paolo has fun with our team.

Coordinating care

Improving services in the community

We're growing and developing our community services to better coordinate the support received by children and young people with an acquired brain injury (ABI). And you could help us plan for the future, in a very special way.

Every 30 minutes, a child in the UK suffers an accident, injury or illness which causes a brain injury.

But it can be hard for them to get the support they desperately need because the services they rely on often work in isolation. Opportunities for care may be missed along with chances for treatment and recovery.



Children like Harrison are able to benefit from our expertise.

Imagine how stressful and confusing it must be. Clare, whose son Rhodri has a brain injury, said: "The biggest problem is the time it takes to get help. In the meantime, you are left floundering."

Leading the way

At The Children's Trust we are determined to improve services for families like Clare and Rhodri. We are piloting three new Community Rehabilitation Teams, helping children access the rehabilitation and follow-up services they need, when they need them.

Put simply – our experts in brain injury will work alongside other professionals in a 'super' team of specialists in the community, so no child with a brain injury will be too far from the treatment they need and deserve.

- As soon as children leave hospital, we will be there with ongoing specialist rehabilitation for their brain injury.
- We will go to wherever they are – working with children at home alongside their parents, in school with their teachers and in their everyday activities.
- We will help with the early and long-term effects of acquired brain injury.

Pilot programme

This pilot will run for three years. The first team will start working with children and families living in Birmingham and Solihull, from early 2023. During the pilot we'll be assessing how it's working and will be looking at other locations where we can set up similar teams.



Our pilot programme will begin in Birmingham and Solihull.

How coordinating support changes lives

When Emma fainted and hit her head, she was diagnosed with a brain injury. She experienced changes in concentration and memory, and severe migraines. This affected her mood, wellbeing and her ability to do things for herself.



"Thank you to The Children's Trust for the support they provided in those early days." Emma

As well as help with her physical recovery, Emma needed additional support with the hidden impacts of her brain injury – especially in returning to education.

Our Brain Injury Community Service (BICS) first assessed Emma in hospital. Then Alison Fletcher from BICS visited her at home. This was informative and reassuring, helping Emma to understand what had happened to her. Alison also set about coordinating Emma's return to school.

It meant the school understood, and could adapt to Emma's needs. Alison also supported Emma's parents so they could help her navigate the journey back to full-time education too.

Our BICS team also linked in with the adult neurorehabilitation team to which Emma was referred, joining the dots between her physical, mental and emotional recovery.

Mum Joanna said: "The coordination of the referral between these different teams was very important in establishing the rehabilitation programme Emma needed."

Emma is now studying law at University.

Would you consider doing something very special?

Leaving a gift in your Will to our work will help us develop our services into the future, and give more children and young people like Emma a brighter future too.

We know Wills are personal. Family and friends must always come first. But they are also a chance to remember causes you care about. Any amount you may be able to leave us would be a very special legacy to leave a child.

For a limited time, you can now have a Will written or updated for FREE, with our Free Will offer*.



For more information tick the box on the form attached to the letter, scan this code or visit – thechildrenstrust.org.uk/something-special

*As The Children's Trust is covering the cost, the number of free Wills is limited and subject to availability.

"Why I'm leaving a gift in my Will." Jan, supporter



"The Children's Trust is not one of the well-known charities, but I've seen how these very special people turn lives around. I'm

leaving a gift in my Will to make sure this exceptional charity can continue long into the future."



NATIONAL
FREE WILLS
NETWORK

Live and learn

When Saqlain and his brother Maisum were involved in a car accident in 2005, everyone was so relieved they pulled through.

Both had suffered a brain injury and, after leaving hospital, the brothers arrived at The Children’s Trust for intensive rehabilitation.

Saqlain remembers: “When I arrived at The Children’s Trust, I felt quite nervous about being in a new place and what lay ahead. But all the staff were very welcoming and made me feel at ease very quickly.”

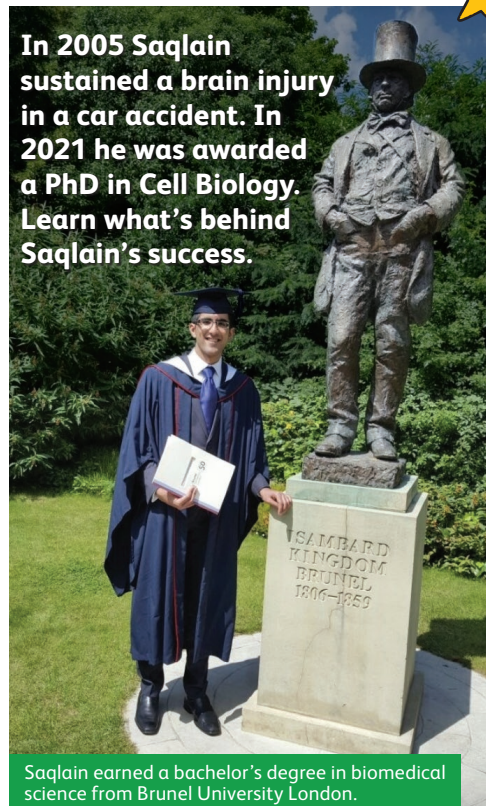
Foundations for success

Saqlain remembers: “Physiotherapy enabled me to recover my physical strength and stamina, and I distinctly remember the therapists pushing me to achieve my goals, like maintaining my balance, which I know also helped develop my confidence.”

His favourite session was occupational therapy. Saqlain especially enjoyed the cooking sessions as, back then, he wanted to become a chef. He said: “I now work in biomedical science rather than domestic science, and I still think of the lab as a glorified kitchen!”

Our specialists also supported Saqlain with speech and language therapy. Our team helped Saqlain articulate his thoughts more clearly and helped him to get his voice back to 100%.

Saqlain said: “I still carry on with the speech and language therapy exercises that I learned to maintain the strength of my voice. I also still practice other techniques I was taught at The Children’s Trust, like keeping lists and writing tasks down so that I do not forget



Saqlain earned a bachelor’s degree in biomedical science from Brunel University London.

In 2005 Saqlain sustained a brain injury in a car accident. In 2021 he was awarded a PhD in Cell Biology. Learn what’s behind Saqlain’s success.

them.” Saqlain has found this invaluable as he’s progressed in his education and in his career.

What has Saqlain learned on his academic journey?

He said: “Having a brain injury doesn’t mean you can’t get back into education. It may take a bit longer, and you may have to adapt to a slightly different learning style.”

Saqlain had, and still has, challenges studying due to his acquired brain injury. In the short term, he found it hard to deal with social changes and to adjust to certain situations

like group activities. But using techniques he had learned at different therapy sessions at The Children’s Trust made it easier to deal with.

He said: “The support they offer children with brain injuries is invaluable in helping them get to a place where they are able to cope for the future. The techniques they teach are really needed for the long term. By teaching families the same techniques, children have a strong support network which is vital to a good recovery.”

Saqlain fondly remembers the fun he had here too. He said: “They even had fun activities in the evenings. I remember the book club and watching movies and this social element helped me to recover mentally too.”

What we’ve learned from Saqlain’s story

Saqlain’s story shows that your support for children and young people helps them build the foundation for the rest of their lives.

You help us provide specialist rehabilitation services, and also our work to help teachers, families and carers learn more about brain injuries and how they can help.

Not everyone will get a PhD like Saqlain but every child with an acquired brain injury deserves their opportunity to live the best life possible. Thank you for playing your part in making it happen.

Saqlain’s personal message to supporters:

“I know I would not be where I am today without the support given by The Children’s Trust, so your donations really do help.”

Saqlain



With a PhD under his belt too Saqlain will go far.

Saqlain’s tips for young people studying after an ABI (Acquired Brain Injury)

1. Pursue what you’re interested in.

Whatever you choose to study will help you in the future, but you need to be passionate about it too.



2. Keep at it! It may be hard, and a brain injury comes with its own individual challenges, but the more you persevere the more results you will see in the long term.

3. Talk to people in the know. Talk to teachers, therapists and support staff about how to cope with the changes in higher education. The style of learning is different and there are plenty of tools available to support you on that journey.

What you've been up to...

All of your amazing non-stop fundraising efforts mean our work for the children can keep going. Every step you run, golf ball you strike or cake you bake can help make a huge difference. Thank you.

Above par

Philip Truett and Nick Battinson were among players at Walton Heath Golf Club in Surrey who raised an incredible £50,000 for The Children's Trust. The Patrick Webb Memorial Golf Day marked the outstanding contribution past captain Patrick had made to the club. Patrick passed away in 2021.

Liz George, Director of Fundraising and Communications said: "We are extremely grateful. These funds will go a long way to support even more children with brain injury and neurodisability."



Dalton Long CEO with Club Captain, Gary McNish

Tee-rific commitment

Over the last year, St George's Hill Golf Club in Weybridge has raised a whopping £110,000. Club Captain, Gary McNish delivered the cheque and the money will support our Brain Injury Community Service (BICS) at St. George's Hospital. The players' commitment has been terrific, thank you!

Special thank you

The SP Lohia Foundation have supported us since 2018 and recently helped fund our new under-the-water themed sensory room. And the children were so delighted they created a birthday card for Sohuh Lohia, whose family run the Foundation. Sohuh is also a 3-time under-12 British chess champion and we wish him all the best!



Let's team up!

Are you a member of the Women's Institute, Rotary Club, or a hobby or faith group? Do you belong to a sports club like golf, cricket or tennis?

We invite your team to help our team of specialists who support children with brain injury. Fundraising ideas include holding a tournament or sponsored event, or organising a coffee morning. Others choose us as their 'Charity of the Year' or give a one-off donation.

Your team could give more children with brain injury a chance to live the best life possible. Thank you.

Like to help? Or know someone who could? Please get in touch – email tpoulton@thechildrenstrust.org.uk or call Tracy on 01737 36 5000 ext: 4324

What's coming up?



We're thrilled to have lots of amazing events back in the fundraising diary in the months ahead! Check the dates because we'd love you to join us. And you'll be raising much-needed funds too – thank you.

Running

Run Reigate

18 September 2022
10K or Half Marathon. Join our team and enjoy fantastic scenery, an unbeatable atmosphere and a memorable experience.
thechildrenstrust.org.uk/runreigate



Run Reigate.

London Marathon

2 October 2022 and 23 April 2023
Join us at the iconic London Marathon and enjoy a spectacular race day experience. We have limited spaces left for October 2022. Interested? Contact Fran
fpalliser@thechildrenstrust.org.uk

London Landmarks Half & Brighton Marathon

Both held on 2 April 2023
Two amazing running experiences on one day, take your pick!
thechildrenstrust.org.uk/landmarks
thechildrenstrust.org.uk/brighton

Cheering

Runners need motivation to cross the finishing line! Join us as a volun-cheer and wear our team t-shirt, grab some bang-bang sticks... and help us create an incredible atmosphere.

Jumping

Skydive challenge

Dates throughout the year
Thrill-seeker? Hope to conquer your fear of heights? Anyone who completes our skydive walks away beaming!

We cover the registration fee. In return we ask you to raise a minimum of £500 sponsorship and to wear your Children's Trust t-shirt as you fly through the sky.



Skydive challenge.

"Whether you are looking for an adrenalin rush or simply overcoming a fear of heights, this is an amazing experience! And you're raising money for an amazing charity"

Tony, skydiving fundraiser.

To find out more and to book your challenge today, contact events@thechildrenstrust.org.uk

Find out more about all our events and how you can get involved
thechildrenstrust.org.uk/events

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