

# Newsletter Winter 2019





A dream comes true as we welcome a Royal visitor!



HRH The Duchess of Cornwall meets young people at Chailey before unveiling the Dream Centre plaque.





Max with his parents, who made a Dream Centre replica celebration cake



Christopher, who lives at Chailey, with his father



Sam and his parents meet The Duchess



Lucinda Baker with her mother, Verena Hanbury, our President.

We were delighted to welcome a special visitor on Thursday 17th October when HRH The Duchess of Cornwall officially opened the Dream Centre. The Duchess took time to meet some of our young people, staff, parents and major funders. Her visit to the Dream Centre included the opportunity to see young people compete in a game of table cricket and watch a performance of Cirque du Chailey!

Among the young people who met The Duchess was Toby, who lives at Chailey Heritage Foundation. Toby wore a crown for the occasion and proudly

showed her a model of Windsor Castle that he had created.

After seeing the Dream Centre, The Duchess, joined by her sister planted a crab apple tree in honour of their mother, The Hon Mrs Rosalind Shand, who volunteered at Chailey Heritage in the 1960s and 70s.

Thank you to all the young people, staff and volunteers who worked so hard to make the day a success and to all our wonderful donors and supporters who helped make the Dream Centre a dream come true.



The Duchess watches a game of Table Cricket



Lydia performs on stage in Cirque du Chailey



## Let the games begin!

48 sporting competitors and many spectators had a sneak preview of the Dream Centre in August, when users of our services participated in the inaugural Chailey Games! Most of the competitors use our adapted fitness centre in the Life Skills Centre. Events included a range of disability-inclusive sports including new age curling, boxing, table cricket, weight lifting and boccia.

The day was organised by our Fitness Centre Manager, Dan Burnett, with assistance from our Fitness Instructor Charles Porter.

Dan said "We see how important exercise is to everyone when they access the Life Skills Centre; the progress they make is fantastic, building confidence and social skills as well as improving the more obvious things like strength and coordination. The Chailey Games allowed everyone to directly compete with one another in front of a crowd and everyone absolutely loved it"

We were also delighted to be joined by Sussex-based para-athlete, Lizzie Williams, who held a Question and Answer session and presented medals to our competitors.

Congratulations to all of the winners, including Joe Brown (new age curling), Jeremy Clark (boxing), Alfie Bates (table cricket), Anna Clark (weight lifting) and Christopher Myers (boccia). And well done to all of our runners up and competitors for taking part!



## Getting to know Mark Elms

Mark plays a vital role in making sure that everyone at Chailey Heritage can get the most out of the Dream Centre.

**What does your role involve?** My role involves researching media content in a variety of formats, whether that be online videos, audio or stills, or films and photos we've shot ourselves, and incorporating them into thematic immersive experiences to be used across the Foundation. I'm also working with departments on putting together scenery and audio for any theatrical performances.

**What did you do beforehand?** Before Chailey I studied Film Studies at Kingston University. I was a Teaching Assistant at Chailey Heritage School in the Seymour and Hanbury departments for around four years before co-ordinating the use of the multi-sensory studio and assisting with the updating of the young people's communication systems.

**What have been your favourite Dream Centre moments so far?** Even in the short time we've had the Dream Centre open we've had some great events including a residential Halloween party, a school fashion show, and of course our fantastic Royal Opening!

**What are your hopes for the use of the Dream Centre in future?** I'm hoping that we can create a comprehensive and bespoke media library full of content specifically designed for as many individual young people across the Foundation as possible.

**What's the best thing about working at Chailey Heritage Foundation?** The best thing is, without question, the knowledge that we are all making a positive and practical difference to the lives of all our young people and their families.



## Therapeutic Riding update



In September, the riding team welcomed Ella back from maternity leave and we are now running 38 sessions across the week enabling 8 more young people to ride. We've been having lots of fun as you can see.

Ella has just attended the final part of her Hippotherapy training and she now just has her case study assignment to do in order to qualify!

Despite the wet weather recently, we still managed to run the vast majority of sessions thanks to our dedicated team of volunteers and ponies. Bertie is our newest addition to the equine team and he has settled in really well. He is an experienced pony who is a little bigger than Millie so this gives us a little more flexibility

in terms of who is able to ride and also what kind of movement we choose for each rider. For example, if we have a rider who has some head and trunk control but tends to be a bit floppy, we may use Bertie instead of Millie because his stride is more stimulating and encourages the rider to sit up taller.

We currently need volunteers to help out at our sessions. If you have any availability during the week and are interested in finding out more, please visit [www.chf.org.uk/riding](http://www.chf.org.uk/riding) or call 01825 724444 ext. 709.

We can only run our therapeutic riding service if we can raise the funds to support it, so we are truly grateful to all our donors and volunteers who make this possible.





## Thank you for Giving Big!



Chailey Heritage School pupil Oliver using eye gaze technology

Last December, the Big Give Christmas Challenge saw over 50 supporters make donations online, to help us raise funds for eye gaze technology. Eye gaze gives people with complex disabilities and limited verbal communication the chance to use a computer to communicate or learn, just by using their eye movement. Now, with support from donors like you, young people we work with are getting the chance to play educational games, listen to music and much more.



Raihana has complex medical needs and disabilities. She attends Chailey Heritage School and also lives with us all year round. Two years ago, she started using eye gaze in school, but she shared the computer with up to 30 other children. Due to her medical needs, she was not always available at a specific time during the day, and so would often miss her time slot.

Thanks to the funding for this project, an eye gaze computer is now available in her classroom, which she shares with a maximum of seven others, meaning that she can use it much more frequently. As her teacher, Helen, said "The impact on her progress has been quite significant. She has developed her concentration, broadened her range of learning activities and is also making choices." Raihana is also using eye gaze after school in the residential bungalow at Chailey, where she lives year-round. One of her favourites is a game that involves sweeping snow from the screen with a broom controlled by her eyes!

Nearly 50 young people who either live or go to school at Chailey are now making use of eye gaze and it's making a world of difference.

A huge thank you to all of our supporters who helped to make this possible including everyone who supported the Big Give Christmas Challenge 2018; Sunninghill Construction; E3; Buxted Construction; The DM Thomas Foundation, The Richard Radcliffe Charitable Trust; The Alchemy Foundation; The Peter Stormonth Darling Charitable Trust; Hays Travel Foundation; The Rotary Club of The Pantiles; The Tim Henman Foundation and individual donors.

## Thanks to the Newick Bonfire Society

Thank you to the Newick Bonfire Society who supported us once again with their annual Fireworks Night. We were very grateful to have been one of the chosen charities

to receive donations made on the night. A procession through the village was followed by a bonfire and an exciting fireworks display.







## Remember, remember the 3rd of December!

OK, we know that's not quite how the phrase goes, but if you would like to support us this Christmas, please make a note of the date, as we will be launching the Big Give Christmas Challenge 2019!

For one week only, every donation made online through the Big Give will help us to raise funds for our very own Innowalk. Similar in appearance to a cross trainer, this specialist piece of equipment will give young people with even the most profound disabilities the chance to exercise out of a wheelchair. It can be used with a motor, which means that young people can increase their heart rate, build their muscles and enjoy all the

benefits of keeping active that many of us take for granted.

Mikey, who attends the 16-19 department at Chailey Heritage School, recently had the opportunity to use an Innowalk when we had one on a trial basis. His mum Jenny commented, "It's the first time Mikey has experienced moving his arms and legs in a natural walking pattern since he lost mobility seven years ago. Given its adaptability, the Innowalk really is a "must" for Chailey Heritage Foundation."

The Big Give Christmas Challenges goes live at midday on **Tuesday 3rd December and closes at midday on Tuesday 10th December.** During this week,

your donation will be matched, which means that if you donate £10, it will be worth £20, plus if you are a UK tax payer, we will also receive Gift Aid on top. To find out how to donate, please keep an eye out for the link at [www.chf.org.uk/biggive19](http://www.chf.org.uk/biggive19), email [fundraising@chf.org.uk](mailto:fundraising@chf.org.uk) or contact the fundraising team on 01825 724752.

The doubling of donations is only made possible thanks to our Big Give Champion, Candis Magazine and our company pledgers: Jackson-Stops Mid Sussex, Focus Group, Sunninghill Construction, Thorne Civil Engineers, PGL Brickwork & Scaffolding, Barwells Solicitors and Advavirtual.



## Use your will power to change lives

Every day at Chailey Heritage Foundation, we change lives for young people with complex disabilities. But leaving a gift in your will means we can change lives in the future too.

If you are updating your will, or preparing your will for the first time, you may like to think about including a gift to Chailey Heritage Foundation.

Even a small gift in your will could help us change lives for young people in the future.

For more information, please contact Jenna in the Fundraising Team on 01825 724752 or email [jdurdle@chf.org.uk](mailto:jdurdle@chf.org.uk).



# Upcoming Fundraising Events

## 19th-28th Dec 2019 Peter Pan Pantomime

You won't want to miss out on this magical pantomime at the Hilton Brighton Metropole. Chailey Heritage Foundation and Great Ormond Street Hospital are the chosen charities.

## 2020 Take on your own challenge

From cycling to Paris to trekking across England's Jurassic Coast, we could have just the thing for you. Watch this space for details about our new fundraising challenges and make 2020 a year to remember.

## 23rd Feb 2020 Brighton Half Marathon

We have 10 places available in this lovely flat half marathon. Why not join our team? Registration is £25 and we ask you to raise £250.

Or if you have your own place and would like to raise funds for us, get in touch.

## 26th March 2020 An Evening with Dame Judi Dench

Tables are selling fast for this special event at the Grand, Brighton. Organised by Best of British, the funds raised will support Chailey Heritage Foundation's therapeutic horse riding work and RDA. Tables priced at £895 + VAT.

## 19th April 2020 Brighton Marathon

If you would like to take part in this iconic race, we still have places left in our team. Registration fee is £45 and we ask you to raise £450.

Or if you have your own place and would like to raise funds for us, get in touch.

## 26th April 2020 London Marathon

Our one place has now been snapped up, but if you have your own place, get in touch. We would love to welcome you on board as part of the Chailey team!

## 31st May 2020 Focus 10k

Back for its third year, this cross country run includes a 10k, 5k and Mini Mile. Run through the beautiful parkland at Borde Hill Garden. Take advantage of our Early Bird ticket prices.

## 7th June 2020 Bike It Brighton

Join our cycling team for a 30 or 60 mile challenge! Get in touch for more details.

## Want to know more about any of the above events?

Visit [www.chf.org.uk/event-calendar](http://www.chf.org.uk/event-calendar), call 01825 724 752 or email [fundraising@chf.org.uk](mailto:fundraising@chf.org.uk)



## Getting ready for Christmas

The 2019 Friends of Chailey Heritage Christmas Card is now available to order. This year's card features artwork from Chailey Heritage School pupil Eva, aged 8. Money raised by the Christmas card is used by the Friends of Chailey Heritage to support Chailey Heritage Foundation and Chailey Clinical Services.

For more information, email Ann Jones [jonespellingford@aol.com](mailto:jonespellingford@aol.com) or call the fundraising office on 01825 724 752.

The card is A6 and orders can either be posted, or collected from Reception at Chailey Heritage Foundation.



Chailey Heritage Foundation  
Haywards Heath Road  
North Chailey, Lewes  
East Sussex BN8 4EF

t: 01825 724 444  
e: [office@chf.org.uk](mailto:office@chf.org.uk)  
fb: /ChaileyHeritageFoundation  
[www.chf.org.uk](http://www.chf.org.uk)



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