



# Tree of Hope

*Transforming the health of  
sick and disabled children*

OCTOBER 2021  
**newsletter**

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Run, Amélie, Run!

A Paralympic Success!

Our everyday Superheroes!



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**FUNDRAISING  
REGULATOR**

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

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It is a pleasure to introduce another issue of our newsletter packed with inspiration and hope. Inspiration and hope have kept many of us going through the challenges of the pandemic, just as it did before we faced Covid and it is how we intend to face future challenges too.

Inspiration was certainly provided by our wonderful patrons Claire Cashmore (pictured right, on front cover) and Ross Wilson who both won bronze medals at the Tokyo Paralympics in triathlon and table tennis respectively. Hear more about their inspirational adventures in this issue, we are lucky to have their support and it was a joy to be able to cheer them on during their sporting endeavours.

The holiday season of December will soon be upon us, and we are launching the 25k challenge, a fun-filled way to challenge yourself to do 25k any way you want throughout December and raise funds for Tree of Hope at the same time. Family campaigns are encouraged to join in too to boost their fundraising – December is the month of giving and generosity and we know that Tree of Hope's support for children the NHS can't support is ever more vital, as waiting lists stretch ever longer and pressure on funds for health services continues. Tell us your inspirational ideas for the challenge and help give hope for the future.

If you need our help and support, or know a child who would benefit from fundraising with us, please do contact us and we will do the very best we can to help. Do follow us on social media and like and share our content- this helps many more people to become aware of our vital work supporting the NHS to deliver the best healthcare it can to children and young people across the UK.

Please do contact us with any thoughts or comments on this issue at [Info@treeofhope.org.uk](mailto:Info@treeofhope.org.uk) we would love to hear from you.



Kind regards

*Gill*

Gill Gibb  
Chief Executive Officer

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## HELLO



Hasn't it been another whirlwind of a year?! 2021 may have started off on a rocky note, but it's great to see just how far we've come, despite things not being entirely back to normal!

This summer we enjoyed the long awaited Paralympic Games! The team at Tree of Hope were super proud of our Patrons Claire Cashmore and Ross Wilson who both took home a bronze medal

in their respective events, and who continue to be incredible role models for our families and children!

We've been as busy as ever this summer, helping families as they navigate the return of face-to-face events, which we have seen more and more of over the past few months.

It now seems almost unbelievable, but Christmas is once again just around the corner and we're really looking forward to

a combination of events, both in person and virtual, following the success of last year's online events, so do keep an eye out for news of them!

Please do remember to keep in touch and reach out for any help, guidance or support. We are always on hand to help with whatever query you have!

Stay safe!  
Stephanie, Editor

## WELCOME TO JOE!

Joe joined the Tree of Hope team working as an Interim Fundraising Manager applying to Trusts and Foundations while Emma was on maternity leave, but we're delighted that he will be staying on with us, working with Karen on General Fundraising!

"This has been a strange time to join any team, as there has been lots of remote working and meetings over Zoom, but starting at Tree of Hope has been a real joy. The team have all been really friendly and very welcoming, making me feel right at home. The move to work in the charity sector has also been a welcome experience, as the people you are interacting with genuinely

want to help where they can and give back in some way or another, making it an industry of caring people.

When I encountered Tree of Hope I instantly thought what a great idea it was – helping make life better for children with a disability, supporting families and enabling friends, contacts and wider family to help with support. To play my part in helping to fund this great work is a real privilege. Even in this time when fundraising is particularly tricky, knowing that it's helping such a great cause is a real motivator to keep going.

Outside of Tree of Hope, I work with a creative collective, writing

and recording music. I sing and play guitar with this group. I also love sport, playing a game of tennis on a summer's evening or watching a great game of rugby are my favourite things to do.



## Don't forget...

Our family support team are on hand to answer any of your questions. Whether you would like some fundraising inspiration, have an expense query, or would like some social media or PR support, we can be contacted in so many ways. You can call us on 01892 535525 or you can email [families@treeofhope.org.uk](mailto:families@treeofhope.org.uk). You can also find us, and tag or DM us on social media!





Amélie with mum, Ros and dad, Vinny!

# Run Amélie, Run!

**Having access to specialist equipment can often be life-changing for children with a disability or mobility difficulties, but with such high price tags, the NHS cannot always fund such transformational equipment, so this is where Tree of Hope can help! We assist families in their fundraising missions for all sorts of equipment which can help children thrive and reach their full potential. Amélie and her family came to us for help in fundraising for an Innowalk, so read on to find out about their super successful whirlwind of a campaign!**

Amélie is 6-years old and has Syndrome Without A Name (also known as SWAN). Since birth, Amélie has been unable to talk, walk or feed herself, but despite this, she is just like her peers as she loves playing with other children, watching Coco Melon, and she also loves taking part in PE with Joe Wicks!

Amélie's Mum Ros told us that she is a total dare devil! "When Strictly is on, she loves being tipped upside down" and joining in, and she "loves bouncy castles and trampolines, and she loves feeling the wind in her face".

While Amélie does not have an official diagnosis, the doctors "described her condition as similar to Cerebral Palsy, affecting all limbs. She can't stand unaided, she has spasticity in her ankles and has lower tone in her trunk" but as she has got older, she has "got a lot stronger and can sit up, whereas when she was a baby she was very floppy".

As well as affecting her mobility, Amélie is partially sighted and as she is unable to speak, communication is a challenge, though over the years, she has developed her own body language and shakes her head to communicate! Ros said that she "understands a lot and reacts to certain words, so she can say when she's hungry or when she has other needs, by vocalising different noises".

Determined Amélie however doesn't get frustrated by her physical abilities and will just always keep practising and trying. Ros told us that "she's become more adventurous and has even climbed up onto the sofa – much to our horror". She loves playing with her little brother Freddy, and has since become even more mobile by trying to get involved with him.

While Amélie doesn't have an

official diagnosis, she does benefit from regular treatment, as well as getting a lot of help and support from her school. However, Ros explained there are always hurdles to jump to provide Amélie with the functional support that she needs, like sourcing



Amélie on the beach!



Amélie trialling the Innowalk!

equipment. Amélie had a pacer walker which helps her "take a few steps which is more functional support, but she's since grown out of it".

This is where the family's fundraising story began, as ever since Amélie was loaned an Innowalk from Made for Movement for a six-week trial period, her family noticed that the benefits were almost instantly recognisable, and from that point onwards, they knew that this was a potentially life changing piece of equipment!

On just her first try of using the Innowalk, Amélie completed 400 metres in 20 minutes and has since beaten her own personal best by completing a whopping 8km in just under two hours! Her physiotherapists noticed a huge increase in Amélie's ability to walk assisted, and believed that she had taken huge leaps in her mission to become more independent, which is what motivated parents Ros and Vinny to begin fundraising to purchase their very own Innowalk.

There are so many benefits that the Innowalk can offer Amélie, most importantly, giving her the best chance of independence. Ros explained that "it's a great way of getting her in that walking and running position and it gives her the sensation of moving which she loves. It enables her to

equipment comes at a high price tag of £28,000 which the NHS cannot fund, but this is a barrier that her parents are determined to overcome, because "although its expensive, it will last for her entire life".

Having spoken to Made for Movement, Amélie's family were signposted to Tree of Hope and Ros explained that "as soon as I saw the Tree of Hope website, it looked like the perfect choice for us. We thought that it was better fundraising through an established charity as it gives people assurances that the funds will be

**The Innowalk is "something that she enjoys and can lead her on the path to independence!"**

managed and used properly, and of course by the fact that by going with Tree of Hope, we can claim gift aid" which offers an extra 25% on donations made by UK tax payers.

Since fundraising with Tree of Hope, Ros has found that "the level of support is there. I didn't know what the rules were or how to get publicity, but if you have a charity supporting you, it takes away the worry".

Amélie's Mum and Dad have lead an incredibly successful campaign since they came onboard with Tree of Hope, so we asked them for their advice and tips to help other families in a similar

exercise and she can go much longer distances which is great for her hips, and reduces the risk of hip surgery". Practising the walking motion will help with Amélie's foot position, which offers the possibility of "delaying or removing the need for surgery" on her feet, but most importantly, Ros explains is that "it is something that she enjoys" and "can lead her on the path to independence".

For Amélie, the Innowalk could be truly life changing, however, this sort of specialist

position. Ros told us that "the thing that's worked well for us is by inviting people to help. I started messaging friends and would target people all around the country to spread the network and raise awareness. We even had friends who we haven't spoken to in 10 years who approached us wanting to help" after seeing their campaign on social media.

Ros also encouraged her friends and their children to participate in the Great North Run and the Mini North Run as she knew that raising awareness within the school network would be incredibly beneficial in reaching wider audiences. Vinny also created "a signature for his work email which takes people to our donation page. He put it on LinkedIn as Vinny has a lot of contacts, clients and colleagues" which has seen great success.

Amélie's family have found that "people who know us have wanted to help" which has then meant that awareness of their campaign has reached far and wide, and because of this, they are hoping to be able to give Amélie the best 7<sup>th</sup> birthday present ever, the best possible chance of independence!

Vinny's email signature logo!



**See Amélie's fundraising campaign at**  
**<https://www.treeofhope.org.uk/run-amelie-run/>**



# Harry's Hydrocephalus Awareness Trust!

Here at Tree of Hope, we're always looking to partner with organisations that have similar missions to our own – to help every child get the support and interventions that they need. We've partnered up with charity Harry's Hydrocephalus Awareness Trust which is better known as Harry's HAT, which supports children with Hydrocephalus and their families, to help navigate through the difficulties of this complex condition.

The charity was started by Harry's Mum, Caroline and Dad, Matt. Caroline is a Mum to four children, her youngest being Harry. Caroline fell pregnant with Harry in 2017. Caroline told us, "From day one, my pregnancy just didn't feel right, I was always uncomfortable and with the 3 other children, I knew what to expect!" Caroline attended a hospital appointment and was led to believe that she was feeling anxious and over analysing things. Her discomfort persisted throughout and at 36 weeks, a scan revealed that a part of Harry's brain was missing, and this is where their story begins.

Harry was monitored closely, and it soon became apparent that things weren't right as he was in constant pain. Further tests and scans later concluded his head was growing too quickly and he was shortly after diagnosed with Hydrocephalus.

Speaking to Caroline about the charity, she told us "It's grown really quickly and our main goal is to raise awareness, because it's actually really common." According to US based charity, Hydrocephalus Association, 1 in every 770 children have this condition. Caroline went on to say "One thing that we're really focused on is our peer-to-peer work, so finding parents that want to connect to others in the same circumstances as them. Doctors throw so much medical language at you which you just don't understand, and I remember thinking, I just really need to speak to a Mum whose going through this, and that's really how it all started."

Caroline went on to say, "We thought we could cure Harry and it turns out that that isn't possible, but we can help to raise awareness, fund nurses, link parents and help develop frontline knowledge."

Caroline and the rest of their trustees are currently in the throes of writing a book, developing an app and much more, all to help parents through their journeys.



Caroline described their journey as "isolating" and Harry went through a lot of hospital journeys and scans in the first year of his life. "We had a lot of people trying to help us but front-line workers we found just didn't have much experience of Hydrocephalus" As a result, Harry's Hat want to fund training for nurses and other front-line professionals, so that symptoms aren't overlooked. Caroline said "We speak to parents whose children could have been diagnosed sooner if their healthcare visitors were attuned to early signs and symptoms. She went on to say "Most parents don't know why their children's head circumferences are measured for example; we certainly didn't! And this isn't a standard for every baby" Caroline said. "So many parents we speak to say to us, if only we'd known that?"

To find out more about Harry's HAT head to: [www.harrys-hat.org](http://www.harrys-hat.org) and follow their amazing work!

Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) to get started and support Tree of Hope!

Easyfundraising really does do what it says on the tin – it is a super easy way to fundraise whilst you shop online with your favourite retailers. Easyfundraising is the UK's biggest charity fundraising shopping site and is a truly fantastic way for you, your friends and family to raise funds for Tree of Hope or your campaign, at no cost to yourself!

Lockdown has certainly changed many things, including the way that we shop, with more and more of us opting to shop online, but did you know that you could raise money for Tree of Hope or your specific campaign whilst doing so?

It is entirely FREE to register to Easyfundraising and can be a brilliant way to raise money for a worthy cause, or to help you to get started with your own fundraising mission!

For family campaigns, using Easyfundraising is a super easy way for your friends, family and supporters to help you raise funds without needing to make a donation as such! You can encourage whoever you wish to sign up to Easyfundraising in support of your campaign!

So, how does it work? It's actually super straightforward – Tree of Hope or your campaign will receive a free donation everytime you use Easyfundraising's website to make a purchase with over 5,000 online shops and sites, including your favourite retailers such as Amazon, eBay, Argos and John Lewis!

The money that you raise while shopping will be put towards helping sick and disabled children across the UK without it costing you a penny!

Easyfundraising are an excellent partner of ours as they are always looking at ways in which they can support family campaigns and causes, including their multiple giveaways and competitions, to help you be in with a chance of winning some incredible prizes for your campaign. Find out about their latest competition here:



Easyfundraising want causes like yours to make a **short video about your fundraising story** and the best, most creative one will receive a **£1000 donation!**

The competition is open until **22nd October**, so there is plenty of time to have some fun with it! You will need to be registered first, but please find out more here! **Good luck everyone!**

<https://www.easyfundraising.org.uk/share-your-story/>







# A Superhero Success!

Tree of Hope's partnership with the Marvel Superhero Series continues to thrive, and this year we have had the pleasure of offering our wonderful families the chance of taking part in both the Find Your Power challenge during the May half term, as well as the Superheroes on Vacation challenge this summer! Read on to find out about these fantastic events and how you can get involved in the future!

Tree of Hope have been lucky enough to be a charity friend of the Marvel Superhero Series for 3 years now, and whilst the event has inevitably adapted during this time due to the pandemic, our partnership continues to grow from strength to strength.

The Superhero Series is the UK's one and only disability sports series for everyday superheroes – our inspirational children and their incredible families who continue to fundraise for operations, equipment, therapy or treatment which is not available on the NHS.

When our partnership began with the Superhero Series back in 2019, the event took place at Dorney Lake in Windsor, however, due to the Pandemic, the Superhero Series were forced to adapt to our new way of life.

With a sprinkle of determination and a dollop of versatility, the Superhero Series was re-invented with the At Home Series to suit the current climate and whilst the cheering crowd and a gathering of like-minded families was unable to continue in the same way as before, this new

virtual challenge was born!

Each participant is entered into a team, led by a celebrity team captain, and are challenged to set their own goal so that they can race with their virtual team mates to reach a collective goal!

Promoting inclusivity to our everyday Superheroes, the At Home Series has enabled families up and down the country to have an equal opportunity to take part in their own local areas, rather than having to travel to Windsor for the in-person event.

The Superheroes taking part have also had more flexibility in how they Find their Power to complete their epic fundraising missions, as participants are encouraged to set their own goal, by whatever means they prefer, offering total freedom as to how they clock up the distance!

Some families have opted to walk around their local park, some have taken a stroll around the zoo, and some families, like Miss P's have

even taken to the waters, completing their challenge by sailing their chosen distance, amongst a series of other impressive conquests!

Poppy (also known as Miss P) and her family completed their Superheroes on Vacation mission earlier this summer! Eleven-year-old Poppy suffered severe brain damage caused by a lack of oxygen to the brain during her traumatic birth, and is registered blind, epileptic, has



Daniel at the Farm!

Poppy R during her challenge

learning difficulties and quadriplegic Cerebral Palsy, but this doesn't stop her Finding her Power!

The whole family were involved in the epic challenge, which involved cycling, sailing, surfing and even climbing Pen y Fan! Mum Joanna said that "I wanted to raise money for an eye gaze communication device for Poppy, but I also wanted to raise awareness and hope to other families. It showed us that we can do it and that wheelchairs can access" this type of activity!

Joanna told us that "Pen Y Fan was the most challenging but we had lots of fun and the children also found it really good fun as well, even if there was a bit of moaning! When we walked up Pen Y Fan, it was my son's birthday and we took a cake" to celebrate, which was no doubt a birthday that he will remember!

Another Tree of Hope family who donned their Superhero capes and found their power this year was Daniel's! Daniel has very rare and complex medical conditions including Bi Coronal Crainosynostosis, a genetic condition called Muenke Syndrome, and Sensory Processing Disorder.

To help raise money for sensory equipment and treatment such as sensory lighting, a sensory tent, specialised ear defenders and visual aids, to help him achieve optimal levels of functional independence wherever possible,

Superhero Daniel managed to raise £140 towards their total during their Superhero challenge, and Rachel told us that "they both loved being Superheroes for the day. Daniel decided that he was the Ginger Boss Superhero and that Matthew was his Ninja!" What an amazing achievement, and everyone needs their very own sidekick!

"I wanted to raise awareness and hope to other families. It showed us that we can do it!"

Raising funds for her Supporting Paws Assistance Dog, Fifteen-year-old Poppy R took part in the Find

Your Power Challenge back in May! Having being diagnosed with Global Development Delay, Autism and a visual impairment, Poppy cannot wait to be partnered up with her Assistance Dog which would be able to provide reassurance, help with sensory issues and offer a sense of independence, so the chance to take part in the fundraising for her Assistance Dog was something that she jumped at!

Poppy's Mum Tess explained that she was so enthusiastic about the challenge that while they originally

Mum Rachel signed up to the Superheroes On Vacation mission earlier this summer!

Rachel told us that they completed their superhero challenge "in three parts by going to the zoo and to the farm twice, walking round to see all the animals." Throughout the challenge, they did a total of "2 hours walking around the farm and 2 and a half hours in the zoo". As well as clocking up the kilometres for their team mission, Daniel and his brother Matthew "really enjoyed it as we went round talking about where the animals come from and which country they belonged to".

set "a target of 10,000 steps over the week, Poppy smashed it doing over 30k steps" in the end! They "recorded them all on Strava and went on lots of walks" to get the steps in over the week.

Tess told us that "Poppy was a true superhero and wore her Marvel t-shirt and also had a superhero Poppy drawing made up" by the Superhero Series team!

When she crossed the line at the end, "she was really excited when she got her medal". Tess proudly told us that Poppy was "amazing throughout the whole challenge and managed to raise £225 towards her target" and has now been inspired to take on another challenge to "raise money through an online yard sale", so we want to wish Superhero Poppy the best of luck on her next mission!

If this sounds like something you'd love to get involved in, don't fret because we will be letting you know about all future challenges! This December, for the first time since 2019, the Winter Wonderwheels returns to Dorney Lake where you can fly solo or unite with a team of superheroes and sidekicks to run, walk or pedal around your very



Miss P & her family at Pen Y Fan! Follow Miss P on social media @beautifulmisspandme

Follow these Superheroes' journey's here:

[www.treeofhope.org.uk/poppy-popsfund/](http://www.treeofhope.org.uk/poppy-popsfund/)

[www.treeofhope.org.uk/poppy-rushin/](http://www.treeofhope.org.uk/poppy-rushin/)  
[www.treeofhope.org.uk/daniel-rutherford/](http://www.treeofhope.org.uk/daniel-rutherford/)

own choice of lakeside distances!

Don't worry if Windsor is a bit too far or if you're continuing to shield, as the Superhero Series will be continuing with their At Home events, due to popular demand!

To find out more about the Superhero Series events, please email [marketing@treeofhope.org.uk](mailto:marketing@treeofhope.org.uk)



# Fundraising News



## Thank you!

We have had some very busy fundraisers over the last few months – thank you to everyone who has supported us – here are a few highlights!

### Asda Foundation – Tunbridge Wells

Big thanks to those of you who voted for us as part of the Asda Green Token scheme. We are delighted to say we came first, winning with 699 votes! Thank you to Asda Tunbridge Wells for nominating us and for our winning gift of £500! We are looking forward to continuing to work with you as part of our 30th Birthday year!

### Enapps

The team at Enapps took to the water at Bewl Water, East Sussex as part of the Dragon Boat Festival on 4th September. They have raised £497 so far!

### Daytime Healthcare, Kent

Thank you to our corporate supporters Daytime Healthcare for their continued support and their generous £2850 donation – this will make such a difference to us!

## Last Voting Period Results...

Congratulations!

**Tree of Hope**



## Charity Golf Day!

Our Golf Day took place at Hever Castle Golf Club on 7th July and we welcomed 13 teams, and lots of new supporters to Tree of Hope. We would like to say a huge thank you to Hever's team for their hospitality!

We raised over £4250 from the day – thanks to the generosity of our golfers and our corporate sponsors, CCLA, Handelsbanken, Pure Nails, Abbott Construction and Thorley Taverns.

We are looking forward to two Golf Days next year as part of our 30th Birthday celebrations

## Save the date!

We have some exciting face to face and virtual events happening over the next few months in the run up to Christmas. Here is a just a taster of what's to come but check out our website for more information and how to book in!

### Spooky Crafts with Nell at Arty Farty Retreat, Tunbridge Wells

10am – 1pm on Tuesday 26th October under 11s  
£30 a ticket

### Pottery Painting Workshop at Manic Ceramix, Tunbridge Wells

10:30-12:30 Wednesday 27th October 6-11 year olds  
£20 a ticket



## Welcome to our new Supporters!

### Mccaffertys Bar - North Harrow

The team at Mccaffertys Bar have adopted us as their charity to support and we are so excited to be working with them. They will be donating a weekly amount to us by running a Bonus Ball competition with their customers. Big thanks to the team and the customers at Mccaffertys - you are awesome!

### ISG Construction

The super brave team at ISG Construction in Essex took part in a team sky dive for us! 10 of the team took to the skies at the end of September! We will be sharing their video on our social media pages, so take a look to see how they did!

We want to say a huge thanks to ISG for thinking of us! Tree of Hope has families all over the country, and we are currently supporting lots of family in their area and with ISGs fundraising support we can continue to reach even more!



## Christmas at Tree of Hope

### Christmas Pop Up Fair

Come and see us to pick up the perfect Christmas Gifts and Goodies from local businesses. We'll be located at the Upper Mall, Royal Victoria Shopping Centre, Tunbridge Wells on Saturday 20th November & Saturday 27th November, 11am – 4pm  
FREE entry

### Virtual Santa's Grotto

Back by popular demand is our Virtual Santa's Grotto! Meet Father Christmas via zoom, for a one to one (family) experience!  
Saturday 18th December - Bookings from 10am  
Tickets £10 per child (includes a gift which will be posted in advance)

### Christmas Virtual Bake a Long with Jane Beedle

Details to follow – watch this space!

### Christmas Virtual Cocktail making with For Cocktails Sake

Details to follow – Watch this space!





# Our Top Auction Tips!

At Tree of Hope, we are always on hand to help offer tips and advice to help you get the most out of your fundraising, but we were delighted when one of our wonderful families got in touch to speak to us about their top tips for running an auction - something which worked incredibly well for the Hope for Lizzy campaign! Read on to hear about Mum Kathy's words of wisdom!

## Why did you decide to run an auction?

We had a 4 month fundraising campaign and I felt like an auction would be a good finale! I think the key to a successful fundraising campaign is to keep a 'buzz' going over a period of time, which this did. I also felt more comfortable asking people to give, if they got something in return, and it was quite fun, people enjoyed taking part in an auction.

## What prizes/lots did you have?

I spent 4 weeks gathering about 60 'lots'. These included amongst others: salon haircut, week in a Spanish villa, patio jet wash, swimming and gym pass, signed Man Utd photo, Windsor Castle entry tickets and a spa day.

## How did you acquire them?

We approached friends and family as well as local and national organisations and companies to ask if they would donate a prize. We also set up a specific email address to ask for donations! We also got LOTS of rejections. We discovered that many big organisations have their own charity foundations and don't give to

individuals, which was frustrating!

## How did you run the auction?

We used an on line 'silent' auction platform called Jumble bee who we found to be excellent. They charge 5% of money raised which we felt was fair as their website was excellent and easy to use. It meant the auction could run on line for 2 weeks, with no effort from us, allowing people to bid.

Jumble bee can also manage the payments if you choose. It seemed to attract bidders who had previously not been engaging in fundraising, and also allowed our fundraising supporters an opportunity to be involved in both donating lots and bidding.

## How much did you raise?

Approx £2000. But it also led to people hearing about the fundraising campaign who gave separately.

## How did you decide on the minimum bid value?

I confess that I found it difficult to know what value to set as a minimum bid for each item. I decided to set minimum bids for 50-75% of the market value and most things sold for 75-100% of market value.

You do have to accept that you may not get full market value for everything, people like to feel that they have got a bargain. I found that if the minimum bid price was set too high it seemed to put people off bidding.

## Any final tips?

- Go for it. It took a bit of organising, but was very do-able and we found people were very engaged in it.
- Think creatively about where to get prizes from. The Internet has lots of ideas. I also encouraged companies that their 'generosity' would be viewed by approx 500 people who followed the fundraising Facebook page, so it was like advertising for them.
- Run it for a short period. 2 weeks felt about right, it would have been difficult to have sustained a 'buzz' for longer.
- Advertise it everywhere, on Facebook, at work, do flyers for neighbours, message everyone you know.

We ran ours in February, meaning we could ask for unwanted Christmas gifts and it livened up a dreary month.

**Written by Kathy - Hope for Lizzy Campaign**

## **Hope for Lizzy update:**

Lizzy's family have unfortunately needed to restart their fundraising again.

Lizzy had two operations in Barcelona to untether her spinal cord last year to help reduce the impacts of ME/Chronic Fatigue Syndrome, which she was diagnosed with at the age of 13.

For a few months she was able to do the kinds of things other teenagers like to do that she has been so limited to do for most of her teenage years. The spinal cord has however now unfortunately reattached, which has left her once again bedbound, only able to lie in the foetal position, requiring a wheelchair even to get to the toilet and needing 24-hour care.

To see Lizzy's fundraising campaign head to: [www.treeofhope.org.uk/hope-for-lizzy/](http://www.treeofhope.org.uk/hope-for-lizzy/)

# Tree of Hope's Patrons at the Tokyo 2020 Paralympics!

A year later than originally planned, the Paralympic Games in Tokyo finally took place in August, and what a games it was! Celebrating ability, not disability, it is fantastic to see such a triumph for the Paralympic movement which continues to go from strength to strength and will no doubt inspire the younger generation to take up a sport and strive for success in Para sport!

After being postponed in 2020 due to the Pandemic, the Paralympics finally took place this year, albeit in slightly more muted tones because of the lack of spectators due to Tokyo's Covid restrictions. However, the Team GB Paralympians were far from muted in their incredible performances! Placing second on the medal table after China, Team GB won a total of 124 medals, which is one of their most successful hauls!

Here at Tree of Hope, we were extra excited about the Paralympics because two of our wonderful Patrons competed in Tokyo and came away with a bronze each! Claire Cashmore won a Bronze medal in the Women's Individual PTS5 Triathlon and Ross Wilson also won a Bronze in the Men's Team, Class 8 Table Tennis event!

For both Ross and Claire, it has quite understandably been a whirlwind

since the Tokyo Paralympics, so we're delighted to have caught up with them since their wins to offer our congratulations!

When we spoke to Claire she believes that it is hugely "important that the families see what is possible... and I don't mean necessarily becoming a Paralympian, but enjoying physical activity and the incredible independence it gives you".

Claire was incredibly kind to share her experiences with us which she described as "bitter-sweet". The day before her race, was "one of the toughest moments I have experienced in sport" Claire, explained. Her teammates Dave and Luke unfortunately suffered from a mechanical issue which resulted in a 'did not finish', which Claire described as 'heartbreaking as they have worked incredibly hard and are in the shape of their life, but unfortunately sport can sometimes be very cruel'.

Mentally, Claire had to focus on her own race and as she stood on the start line, she told us that it was "the most confident I have ever felt about my ability - (something I have struggled with in the past) and in the best shape that I could possibly be. I was ready to go out and enjoy my first Paralympic Triathlon."

During the race, Claire unfortunately received a



Claire & teammate Lauren

penalty for drafting and she was "frustrated that I didn't receive a warning, but I took the penalty, only to find out on the 3<sup>rd</sup> lap that they didn't hold me for long enough, so they told me I had to serve it again. That was pretty hard to take when it was the official's fault for not holding me for the correct time."

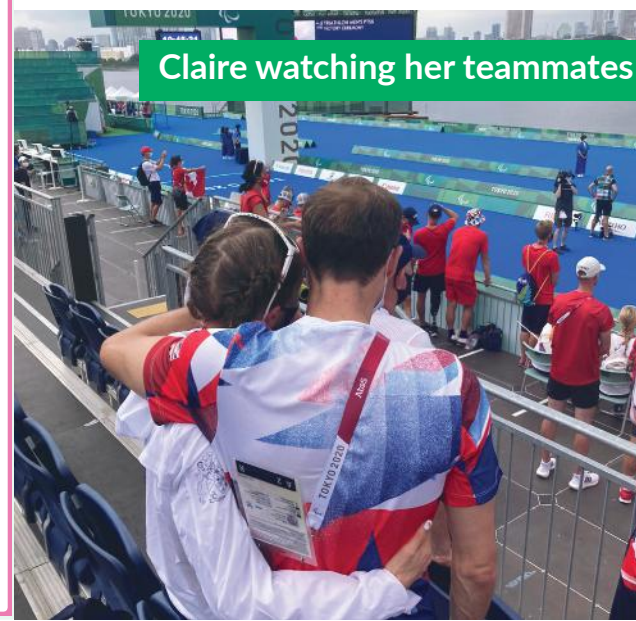
However, Claire explained that despite these setbacks in the race and the disappointment that "I didn't get to show the shape that I am currently in, I am proud that I kept my cool (mostly) and held on for 3<sup>rd</sup>! Disappointment shows that you care and is there to teach us about ourselves and make us grow as people".

Claire added that "after a year of hoping and praying that the Paralympics would actually go ahead, I feel incredibly grateful that Tokyo put on a brilliant games in such challenging circumstances" and that "Paris 2024, I am coming for you!"

It goes to show that with true determination to battle through adversity and hardship, you can achieve more than you ever thought possible, and our wonderful Patrons are certainly prime examples of that!

We are so proud of Claire and Ross and feel so grateful to have their support!

## Claire watching her teammates








# 25K CHALLENGE!

Transforming  
Children's Lives



The festive season is coming and this year we're challenging you to something a little bit different to help us raise vital funds for hundreds of children across the UK who continue to need our help!

During the month of December, we challenge YOU to complete 25k, whether that's running, cycling, walking or even ice skating!

You could complete this with your work team, school class, or gather a group of friends to spread the load. Perhaps you could even get the dog to be the challenge eventer!

Whether you count your steps while on your lunch break or Christmas shopping, or you could even keep track of the distanced travelled during your pub crawl (!) the aim is to raise money for Tree of Hope while completing this #25kchallenge

More information will follow on our website on how to register, but do feel free to contact us too on [Karen.Warner@treeofhope.org.uk](mailto:Karen.Warner@treeofhope.org.uk)

## Support Tree of Hope

Tree of Hope offers hope to seriously ill and disabled children living in the UK and their families by helping them to raise funds for vital operations that the NHS can't provide, therapies and treatments needed for rehabilitation and improvement, and specialist disability equipment and/or adaptations to a family home.

### We need your support to make a difference!

You can help to improve the lives of children with complex disabilities and illnesses by making a regular donation or a one-off gift to Tree of Hope.



### Your gift will enable Tree of Hope to:

- continue providing the legitimacy of belonging to a well-respected charity to hundreds of families, enabling them to access funds for their child that would not be possible otherwise
- offer online giving platforms for fundraising, making the fundraising journey far more simple for the family than it could be otherwise
- provide advice and guidance on the best ways of fundraising, and giving support throughout a family's fundraising campaign, including dealing with invoices and suppliers, and sharing news of other families in similar positions, reducing the stress for families in very difficult situations

- You can donate by cheque which needs to be made payable to 'Tree of Hope'. Cheques can be posted to our address: Tree of Hope, Salford House, 19-21 Quarry Hill Road, Tonbridge, Kent. TN9 2RN

- You can donate by paying directly into our bank account, details below:

Tree of Hope  
Metro Bank  
Account Number: 21862665  
Sort Code: 23-05-80  
Payment Reference: TOHGDonation

- You can set up a standing order from your own bank account for a monthly donation using the above bank details
- You can donate online via [www.treeofhope.org.uk](http://www.treeofhope.org.uk) using the Donate to Tree of Hope button. We use a platform called Go Cardless which pay us via direct debit. DD are used for either a monthly or one-off donations.
- To donate by text, text 'TOHDONATE' to 70085 with the number of how much you would like to donate between 1-20. The cost of a standard rate message plus the amount donated will be debited. All donations can be gift aided.
- You can set up a donation or a fundraiser via Facebook, please visit [facebook.com/treeofhope.childrenscharity](https://facebook.com/treeofhope.childrenscharity) for details and set up.
- You can now donate by shopping on Amazon, Easyfundraising and selecting Tree of Hope on the list of available charities, this is a great way to support, just remember to click Tree of Hope every time you shop.

Remember to Gift Aid where applicable to add 25% to your donation at no extra cost. Please contact [accountsreceivable@treeofhope.org.uk](mailto:accountsreceivable@treeofhope.org.uk) to obtain a gift aid declaration form.

*giftaid it*



# How we help...



**Tree of Hope helps children and young people with a disability or illness by supporting their families to raise the funds that they need to pay for specialist care that is not available through the health care system.**

## Our staff team support Tree of Hope families by:

- Assisting with the creation of a Tree of Hope online fundraising campaign via Just Giving
- Making fundraising tools and advice available to parents
- Ensuring staff are available on the telephone
- Enabling each campaign to claim gift aid because it is part of registered charity Tree of Hope
- Putting families in touch with other families in similar situations for moral support
- Giving greater exposure to campaigns nationally through being associated with a well recognised charity brand
- Support with managing funds and paying invoices

**[www.treeofhope.org.uk](http://www.treeofhope.org.uk)  
01892 535525**

## Who We Help...

- Children under the age of 18, with access to funds up to their 25th birthday
- Children anywhere within the UK
- A child suffering from a disability, illness or autism

## Medical Conditions we have helped families with (not an exhaustive list)

Cerebral Palsy  
Retts Syndrome  
Downs syndrome  
Global Developmental Delay  
Hypermobility  
Congenital Hypotonia  
Epilepsy  
Visual Impairments  
Meningitis complications  
Lebers Congenital Amaurosis  
Dravet Syndrome  
Hypoxic Ischemic Encephalopathy Injury  
Dystonia

## What you can fundraise for

Equipment including but not limited to trikes, hydrotherapy pools, specialist pushchairs & sensory equipment

Therapy, including; physiotherapy, horse riding & swimming lessons

Operations and treatment inside and outside of the UK

House Adaptations including sensory gardens and bathroom adaptations

Please remember to include all your fundraising needs at the start of your campaign. Speak to our Family Support Team on 01892 535525 for advice.



**Tree of Hope**

*Transforming the health of sick and disabled children*