



# Tree of Hope

*Transforming the health of  
sick and disabled children*

OCTOBER 2022  
**newsletter**

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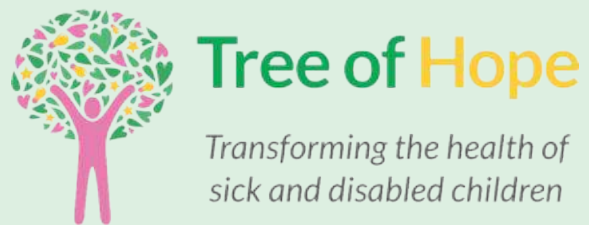


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Tel: 01892 535525  
[www.treeofhope.org.uk](http://www.treeofhope.org.uk)

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It is a pleasure to introduce another issue of our newsletter packed with inspirational articles and ideas.

Inspiration was certainly provided again by our wonderful patron Ross Wilson who won a bronze medal at the Birmingham Commonwealth Games this summer in table tennis. We are lucky to have the support of all our patrons and it was a joy to be able to cheer Ross on during his sporting endeavours.

The holiday season of December will soon be upon us (sorry to mention this so soon!) and we are launching our 25k challenge again, 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 help 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 about your inspirational ideas for the challenge and help give hope for the future.

December also sees us hosting Carols at Christmas at the prestigious Tonbridge School on December 21st in the afternoon- do visit our website today to book tickets as they will sell out fast- this will be an ideal start to the festive season.

Remember, 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

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[www.linkedin.com/company/tree-of-hope](https://www.linkedin.com/company/tree-of-hope)



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## HELLO



What a year 2022 has been, for us as a charity, as well as the country in general! As always, there have been plenty of ups and downs, but we have been blown away once again by the support shown to Tree of Hope in our 30th year!

We have enjoyed celebrating the work that Tree of Hope does with our families, supporters and local community through the events that we have held over the past few months, including our hugely successful Summer Fair at Tonbridge Castle, our popular

Golf Day at Hever Castle, and at the Superhero Tri at Dorney Lake in August!

Of course, we are mindful of the challenges ahead, but as always, we endeavour to help as many families as we possibly can in their fundraising missions, and aim to support our families as we enter a traditionally busy fundraising period during the festive season.

Please do feel free to contact [marketing@treeofhope.org.uk](mailto:marketing@treeofhope.org.uk) with any queries you might have, or for any social media/

PR support as we'll be happy to help!

For tips and inspiration over the coming months, keep an eye out for our weekly mailings, or again, please do not hesitate to get in touch for support!

If you're local to Kent, please do come along to the Carols at Christmas at Tonbridge School Chapel on 21st December for an evening of festivities!

Steph, Editor

## WE'RE BACK ON THE ROAD

This year, for the first time since 2019 and before the pandemic, we have enjoyed getting out on the road again, visiting various exhibitions, from The Autism Show in London, Family Fund event days in Glasgow and Slough,



and last but not least, the Kidz to Adultz exhibitions in Farnborough, Coventry, Newport and Edinburgh so far this year, with more to come!

It's been wonderful getting back out to exhibitions to catch up with

our current families and partner organisations, as well as creating new relationships with various organisations and new families who could benefit from our support. It's a great opportunity for us to spread the word of Tree of Hope across the nation, something which has become a lot more obtainable since Katie, our Family Support Officer based in the North, joined the team!

For the team at Tree of Hope, it's hugely important to us that people know that we are a nationwide charity and can support any family who needs our help, whether you live in Lands End, John O'Groats, or anywhere in between, and so we're thrilled that events such as Kidz to Adultz and the Family Fund information days have begun operating again.

Whilst the events can be hugely informative and helpful for families, we understand how overwhelming it can be, seeing so many different devices, pieces of equipment or forms of therapy with often huge price tags, but of which could hugely benefit

your child, so we are on hand at the exhibitions to offer you a solution to your financial concerns.

We will be attending the Kidz to Adultz Exhibition in Manchester on Tuesday 1st November and so if you're attending too, please do come and say hello to us. We come packed with goodies too, so if you just fancy a sweet treat and a quick catch up, we'd love to see you!







# Our everyday Superheroes!

**We're delighted once again to be Charity Partner of the Superhero Series events for 2022! On Saturday 20th August, Tree of Hope were there to be a part of and witness this fantastic inclusive event and support our families taking part at the beautiful Dorney Lake in Windsor, one of the sites of the London 2012 Olympics. Read on to find out about their epic challenges!**

For the first time in three years, on Saturday 20th August, the Superhero Tri returned in full force after a break due to the pandemic, and there was a brilliant sense of excitement in the air!

Our superheroes joining us for the day were Zee & Yasmina and their families of sidekicks who were there to take on their parts of the triathlon course for their fundraising challenges to raise money for their Tree of Hope campaigns!

Congratulations to Ralph Marsh who also took part but completed the At Home version! Ralph smashed his challenge in support of his campaign!

As a Charity Partner of the event, Tree of Hope families can take advantage of our free spaces to use as a fundraiser and raise awareness of their campaigns in a fun and competitive way. This event is the only disability event of its kind in Europe, empowering young people and



Zee at the finish line!



Yasmina and Superman!

children of all capabilities to complete all or part of the triathlon races harnessing their superhero powers!

Zee took to the cycle track first after his swimming partner completed the swim on Zee's behalf. Joining Zee were Mum Ellie and Grandad David who were his trusty sidekicks! After the warmup for Zee's wave, Zee completed 10K in his Trix Trike by Quest 88, who were there on the day to provide support with apparatus. He then completed 2.5km on a Rad Frame Runner to complete the triathlon, also from Quest 88. Ellie told us, "Zee has never ever managed distances like he did at the event and the trike he used was amazing! It's definitely on our list of things to fundraise for!"

Ellie went on to say: "We had a wonderful day at Dorney Lake for this years Superhero series event. Huge thanks to Tree of Hope for the opportunity to take part, meet some amazing people, have so much fun and help us gain extra fundraising for Zee's campaign."

Yasmina, our second superhero of the day completed her challenge with sidekicks Mum Touria, Dad, Hassan and sister Anissa. Yasmina explained: "The superheroes Triathlon was a very memorable and unforgettable day! To complete the triathlon, I used a race runner and I proudly completed the

20km track which shocked my disability." She went on to say "I still can't believe I did it, to this very day!"

Yasmina's Mum Touria told us, "Now and always, I will say that the distance that my daughter completed...shocked all of us... It was not an easy challenge; my daughter Yasmina has proved to herself and everyone that her ability is stronger than her Disability, and her mental wellbeing has the strength to support her physically."

Since the event, Yasmina has competed in the National Championships for horse riding. It is Yasmina's dream to compete in the Paralympics Team GB in the Para Equestrian entries. We love Yasmina's ambition to succeed in what she loves doing best and continues to champion her abilities in every way, as our families constantly prove.

**"Yasmina has proved to herself and everyone that her ability is stronger than her Disability"**

We were all joined by the amazing 'Our Superhero Life', Wonder Woman & Superman who joined us for the day to encourage our families and be a part of team Tree of Hope! Laura, who is Co Founder of Rock Solid a Health and Wellness Business, with her husband Barry, explained, "We have met some truly inspirational people! What a great day supporting Yasmina and Zee who gave it their all, amazing performances!" Follow OurSuperheroLife on Instagram and subscribe to their Youtube Channel too, which includes their own documentation of the day!

Feeling inspired? Are you looking for your

next challenge fundraiser? Something that will involve all the family? Check out the Channel 4 coverage to see what the event entails!!

There is one more event left of the year, the Winter Wonder Wheels. A smaller scale and winter version of the Summer event taking place at Dorney Lake, once again.

To pledge your interest, get in touch with our family support team at [families@treeofhope.org.uk](mailto:families@treeofhope.org.uk). Places are limited for both the At Home version and the physical event.

Team up or complete a 1, 5 or 10KM solo at the Winter Wonder Wheels event. Sidekicks are welcome to help superheroes complete their races. Whatever you choose, run, walk, push or wheel yourselves to the finish line to achieve your Super Hero medal!



There really is something to suit everyone at this amazing event! The crowds spurring you on every moment makes for a brilliant fundraiser for a family's campaign that you can invite your family and friends along to, to spectate! We can't wait!

See Ralph's journey here:  
[www.treeofhope.org.uk/rmsupportingdog2021/](http://www.treeofhope.org.uk/rmsupportingdog2021/)

See Zee's journey here:  
[www.treeofhope.org.uk/zee-walker/](http://www.treeofhope.org.uk/zee-walker/)

See Yasmina's journey here:  
[www.treeofhope.org.uk/yasmina-bez/](http://www.treeofhope.org.uk/yasmina-bez/)



# Working Families

For families with young children, the conversation about returning to work or staying at home to care for the children can often be a difficult discussion, and arguably even more challenging for parents with a sick or disabled child, due to the complications of attending hospital appointments, or being responsible for managing their daily medical needs. We recently spoke to 'Working Families' about the helpful service that they run. Read on to find out more about your working rights as a parent.



Working Families is a UK-wide charity which provides free legal advice to parents and carers about their rights at work. Aiming to remove the barriers that people with caring responsibilities can face in the workplace, Working Families gives employers the tools they need to support their caregiving employees, whilst advocating for the rights of the UK's 13 million working parents.

Mary Brown from Working families told us that their key areas of focus range from "offering free legal advice about your rights at work, childcare, benefits, maternity leave and pay, discrimination, flexible working and much, much more." The organisation works with employers "through a membership scheme to support them to become more flexible and family friendly", which has become much more of a necessity of employment over recent years.

The most significant reason as to why flexibility within the workplace is requested more often is largely because "people are worried about how they will cope with the rising cost of living, as people in full time work are struggling to pay the bills". The cost of childcare can be unobtainable, particularly in combination with the rising costs of food and fuel, so Working Families "get a lot of queries about flexible working and if you're entitled to it."

Mary explained that the team at Working Families often speak to parents who "know that they have certain rights at work, but might not have the confidence to ask their employer to exercise their rights. That is why our

team is on hand, who can help to role-play certain scenarios so that parents get to practice how they ask, which can give them the confidence they need to approach their employers."

We asked Mary how parents can get in touch for free legal advice and support, and she told us that their website is a good place to start, as it offers information about employer and employee rights, "but for more urgent or specific queries, it would be best to call our helpline, which is open from 11am until 2pm. The phones are answered by trained people who can refer you to the correct department".

Mary went on to say "We also have an online form which people can fill in. It is a detailed form with lots of questions, but that is to ensure that we can give personalised advice to suit the parent's specific queries".



Working Families are proud to announce that this year's National Work Life Week (10th-14th October 2022) will focus on increasing access to flexible working. To find out more please sign up to the webinar on 11th October at 2pm for a masterclass with the helpline team and social media influencer, Mother Pukka.

**Find out more information about Working Families here: [www.workingfamilies.org.uk/](http://www.workingfamilies.org.uk/)  
Helpline : 0300 012 0312**

## The working families team offered some advice to Tree of Hope families about their rights at work

Whilst an employer has the right to refuse flexible working, an employee has the right to request it.

If you have worked for your employer for over a year, you are entitled to 4 weeks per year, per child of parental leave. Parental leave can be taken in blocks of 1 week at a time, or if your child is on DLA or PIP, you can take it in blocks of 1 day.

You have the right to take emergency time off for dependants. This time off is limited to use in unforeseen situations, for example if your child is taken ill and you have to pick them up from school at short notice.

In some circumstances you may be able to take special leave, such as compassionate leave, if your employer offers this. This type of leave may be unpaid.



**Tree of Hope**  
Transforming the health of  
sick and disabled children

## Carols at CHRISTMAS

**ST AUGUSTINE'S CHAPEL  
TONBRIDGE SCHOOL**

**Wednesday 21st December at 4 - 6pm**



**For tickets, visit [www.treeofhope.org.uk/event/carols-at-christmas/](http://www.treeofhope.org.uk/event/carols-at-christmas/)**

**Adult ticket £22**

**Child ticket (under 12 years) £12**

**Doors open from 3:30pm. Please join us for a drinks reception & mince pies after the service!**





Alexander loving his holiday!

# Alexander San

**The joy of watching your child grow into a happy and fun-loving child is one of life's greatest pleasures, and as we all know, each child's journey in life is completely unique and full of many twists and turns! Alexander is a happy, funny and loving little boy who just so happens to need an extra helping hand to help him thrive and develop, due to his diagnosis of Global Development Delay and Epilepsy. Parents Zee and Fong have shown sheer determination in helping Alexander by fundraising for intensive therapies which will help him to develop and thrive alongside his peers! Read on to find out more.**

Alexander Jamie (AJ) was born in April 2019 and lives with his mum, Zee and dad, Fong! His parents describe him as a "happy, fun, loving little boy" who loves reading books, being sung nursery rhymes, and being with his peers at nursery. Alexander is somewhat of a little celebrity at Nursery as mum, Zee told us that "he's got a bit of a fan club with the girls at nursery. He loves going on the see saw and his friends always want to join in with him when they see him on it. Whilst he loves watching his peers at Nursery, they also try to include him as much as they can, and he does really enjoy it there".

For Alexander, taking part in nursery games, exercises and activities is that little bit harder, due to his diagnosis of Global Development Delay and Epilepsy. Zee explained that with his Global Development Delay, "he's behind in all of his milestones.

He's non-verbal, he can't crawl or pull himself up and can often fall backwards when he's sitting." His other diagnosis of Epilepsy can cause further complications as he "has head drop seizures and atonic seizures, meaning his head falls all of a sudden and can last for 1- 2 seconds at a time, though he is provided with a soft helmet to protect his head".

The worry that his parents have is that "as he gets older and heavier, if we take him somewhere like soft play or even nursery, an adult needs to be on hand to help him to play; so to include him in play time, we have to help him". Zee told us that it's getting clearer that "as Alexander gets older, he's falling more and more behind his peers, so we have started fundraising for various therapies which we hope will close the gap a bit and help him as much as possible".

Zee went on to say "we've been doing our research on other organisations and charities and had explored the idea of private therapies, which is how we found out about Swim Lab, but of course, all therapies come at a cost. We are living on a one-person salary as



Alexander playing with his toys!

Alex's father Fong has put his career on hold to be his full-time carer juggling Alex's busy schedule", so this is when the family decided to approach Tree of Hope to give fundraising a go.

Zee's initial target was to fundraise for a week of intensive therapy at the Swim Lab International Therapy with Trexo Plus. The Swim Lab is based in Lanzarote and provides fun and ambitious aquatic sessions which are expertly tailored to each child. The addition of a wearable Trexo Plus device helps to control lower limb movements and improves gait training through the use of incredible technology. Alexander's parents hope that the "intensive therapy sessions will



A super smiley AJ!

help him to become more independent and hopefully help him to take his first steps".

After just a few short days of fundraising, Zee was stunned to see that their initial target of £1,900 had been exceeded and told us that "we've been overwhelmed and blown away at how generous people have been", which gave the family the confidence they needed to raise their fundraising target figure to £20,000 to cover an additional Swim Lab week in 2024 and multiple therapies for Alexander as he grows.

"A big part of our campaign which we believe is important for us and Alexander is making people aware that not all disabilities are visible – some are not immediately obvious"

Explaining to us their main source of fundraising, Zee said that "a lot of the funds that we have raised so far has been down to friends and family. We have shared our campaign on social media and so a lot has been raised by our support group".

Alongside donating money, Zee's friend Jennie Cun who "has got a beauty salon called JSpa, has put together a raffle. Some of the prizes, donated by a variety of local businesses, include a salon treatment of choice, Yoga sessions, a free haircut and

a bottle of Rose, plus many more. The raffle was drawn at the beginning of October and raised £329 which has been from her clients mainly", helping the family to not only raise awareness of their campaign, but of Global Development Delay (GDD) too, as "a lot of people in our community don't really know much about GDD so it's good to help raise awareness" of the condition.

Zee explained that "a big part of our campaign which we believe is important for us and Alexander is making people aware that not all disabilities are visible – some are not immediately obvious".

To help momentum going with their fundraising, Zee organised a fundraising Breakfast at her work with William Pears Group in West Hampsted on 28th September.

Zee told us that "We had bucks fizz, bacon rolls, pastries and granola pots on offer on the menu, and invited our office, as well as other offices we work with. People are usually so busy that they don't normally have time to meet for events like this"

Explaining the benefits of being with Tree of Hope, Zee said that "we've hugely benefited from being able

to match the donations that we've made for the breakfast", which is one of the many perks of fundraising with a registered charity. From the get-go



Zee at the breakfast!

Alexander's parents have found that "the communication and process with Tree of Hope has been really easy and everyone's been on board with us and supportive too".

We asked Zee and Fong what advice they would give to other families facing a similar situation and they urged people to just go for it as "there will be so many people that want to support you. There have been people that we know of and haven't spoken to in so long, who have just wanted to help – it really brings people together and makes people aware." Zee went on to say that she "was hesitant about sending out the breakfast invitation email at work, but I had one colleague, Richard Chan, who was really supportive and told me to just go for it".

Their fundraising has so far exceeded the family's expectations for the amount of money that they could raise, and so we'd love to wish Zee, Fong and Alexander all the very best in achieving their £20,000 target. The sky is the limit!

You can make a donation here!



See Alexander's fundraising campaign at:  
<https://www.treeofhope.org.uk/alexander-san/>



# 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!

**M & S - Tunbridge Wells** are huge supporters of Tree of Hope. The staff continue to fundraise for us behind the scenes and are always so generous. We say huge thanks to them for their recent donation of over **£1900**. This generous gift ensures that our Family Support Team can continue to work with and support the many families currently fundraising through us.

**Christopher Hull Sports - Tonbridge** have supported Tree of Hope for many years through their customer loyalty scheme. Recently we received a fabulous cheque for over **£530**. Huge thanks to the team and to their customers

**Hugh Christie School** – held a ‘be a rainbow in someone’s day’ fundraising event at school, selling goodies. They raised over **£500** for us. We are so grateful to the students for organising this and to everyone who supported them at school. What a great idea.....and what a great message from them too!

Schools are a great way for us to be a part of the community, tell people about what we do, reach new families and help us to fundraise. If you know of a school that would like to work with us, we would love to hear from you.



## Summer Fair

In June, we hosted our very first Summer Fair at Tonbridge Castle. We were joined by the KMFM Street Team who had lots of freebies to give away, and kept us dancing with music. We had over 40 local stallholders, selling a huge variety of produce, suitable for all ages from toys and games, handbags and accessories and local Gin. We were also joined by Reptile Events who brought with them some reptile friends including Romeo a 15ft Python and Conker a Bearded Dragon!

Thank you to everyone who popped along throughout the day, who had a go on the coconut shy or played the Thomas the Tank Engine game or just sat and enjoyed a yummy ice cream!

We are going to do it all over again next year – bigger and better, so if you want to be a part of the day please get in touch!!! Save the Date – Saturday 17th June 2023!



## Golf Day at Hever Castle Golf Club

On the 7th September we hosted our second Golf Day of the year at Hever Castle Golf Club in Kent. Huge thanks to our Golf Day sponsor Pure Nails, The Merit Group and Thorley Tavern for your support, it makes a huge difference to the success of our day.

Congratulations to the Winning Team – The Merit Group, our Individual Winner – Andy Leigh and our Longest Drive Winner – David Swaite and our Nearest the Pin Winner – Tony Abbot

Huge thank you to everyone who came along, bought raffle tickets, entered competitions, and bid on our auction lots.

Our Golf Days are so well supported, and our golfers as always are generous, and we are delighted to say we raised over **£2000**.

We will be hosting more Golf Days in 2023, so watch this space for more information!



## Congratulations & Good Luck to our Challenge Eventers!

Challenge events have been more popular than ever this year, and we still have some amazing individuals getting ready to take on an epic challenge for us in the coming months!

### Steve Birchall

Huge Congratulations to Steve who completed the National 3 Peaks Challenge for us in 23 hours 45 mins – what an amazing achievement. If that wasn't impressive enough in itself Steve also raised over **£2500** for Tree of Hope.

Steve said “It was a wonderful experience and when it got a little tough, I just remembered what I was doing it for. Ben Nevis whilst being the highest, it was a little more forgiving, unlike Scafell Pike albeit the shortest, the steepness was just relentless, then finally Snowdon, the weather we were expecting finally came, heavy rain, wind, but a real sense of achievement when we got to the bottom and in less than the 24hrs.

### Royal Parks Half Marathon

We'd like to say a huge GOOD LUCK to Thom, Lynsey, Laura and Nicola who will be running the Royal Parks Half Marathon on Sunday 9th October!!

If like Steve, Thom, Lynsey, Laura and Nicola you would like to take on a challenge for us, please get in touch, we would love to hear from you!



## Save the Dates!

### Carols at Christmas in Tonbridge School Chapel

Wednesday 21st December

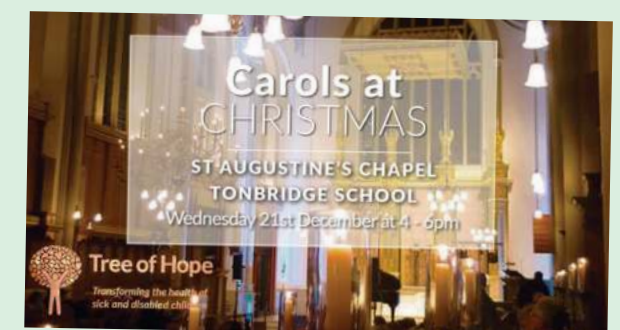
4pm – 6pm

At Tonbridge School

Booking available here: <https://www.treeofhope.org.uk/event/christmas-carol-concert/>

### Summer Fair at the Castle

Saturday 17th June, 12noon onwards  
Tonbridge Castle Lawn







Rudy playing at the park!

# Rooting For Rudy!

Facing some very challenging circumstances, the strength and determination shown by families is a constant source of inspiration to us. Getting to grips with the usual chaos of parenthood, as well as facing the news of a recent diagnosis and the need to raise vital funds for their child's medical needs can be a daunting prospect, but for Rudy and his family, they have taken it all in their stride. Rudy's family have recently started their journey with Tree of Hope to help fund life-changing SDR surgery, to secure more independence for their happy and characterful little boy! Read on to find out more!

At first glance Rudy Bingham is your average three year old – bouncy, happy and very loud, who loves his dinosaurs and cars! It's not until you see him walk that you will notice anything different about him.

Mum Fiona is an adult physiotherapist and had a suspicion something wasn't quite right even though Rudy was meeting all the usual milestones. Despite this it still came as something of a shock to receive a late diagnosis of Cerebral Palsy when Rudy was two years old.

Although just affecting his legs, the Cerebral Palsy has a considerable affect on Rudy's everyday life,

meaning he experiences issues with his balance, can't stand still for very long, often crawls and can't keep up with his friends and family. He also experiences tightness in his calves which is very painful for him and makes him cry during the night. His younger brother Asa who is just 11 months old will soon be overtaking him in terms of physical ability which is hard for the family to watch. The family also live opposite a school and it is becoming apparent that Rudy is starting to comprehend there is something different about him as he sees the other children on the move.



Rudy and brother Asa



Super Rudy!

Rudy has a huge amount of determination and doesn't let anything stop him. The family are delighted that he has been accepted for SDR surgery at Bristol in the next year or so, and so the family are currently fundraising to provide him with the intensive physiotherapy he needs after the operation to give him the best shot at getting the best results possible.

Fiona says the NHS has been brilliant for enabling Rudy to have this operation and although not expecting a miracle, they are looking forward to seeing him in less pain and having more independence.

When asked what the difference could be in Rudy's everyday life Fiona said "As a physiotherapist I realise that the SDR surgery is not going to get rid of the Cerebral Palsy but oh my

has lots of trips and falls so no matter how mentally, physically or emotionally exhausted you are, it's all about picking yourself up and keeping moving forward."

There are also many exciting events planned for the near future. The family and friends of Rudy, and indeed Rudy

goodness, I would love for him to be able to go upstairs by himself without worrying about him falling backwards, or just to see him walk down the street holding his little brother's hand would be amazing. To many these are little things but to a child like Rudy they mean so much".

The family have thrown themselves into fundraising and got off to a flying start with Rudy's dad Rhys and his colleagues on HMS Dauntless completing a 2500 Burpee in Two Weeks Challenge, which was hard going but brought in over £1000 of donations! Rhys explained "I chose to do this challenge firstly because everyone hates burpees. With Rudy's condition he

Other plans include a 24 hour sponsored row arranged with the local church, a music night performed by Rudy's dad and friends (aka "Southsea Lads Club") and a craft fair organised by Rudy's Grandma up in Shropshire.

Fiona approached Tree of Hope for help with their fundraising after being told about the charity by her friend, Jenny, who had also successfully fundraised for her child through us.

She says "The support we have received from Tree of Hope has been great. The ideas we get through the weekly emails have been brilliant and opened up many different fundraising avenues that we wouldn't have thought of ourselves. Also, knowing someone else is looking after Rudy's money is great and means one less thing for us to worry about."

One unexpected benefit of fundraising is that Fiona's social media skills have considerably improved – "The social media side of things has definitely tested my technical skills but I'm now very good at making videos and reels!"

Follow Rudy's progress through his "Rooting for Rudy" Instagram and Facebook pages!

"To see him walk down the street holding his little brother's hand would be amazing. To many, these are little things, but to a child like Rudy, they mean so much"

You can make a donation here!



You can keep up to date with Rudy's fundraising page by visiting his Tree of Hope webpage here:

<https://www.treeofhope.org.uk/rooting-for-rudy/>



# 25K Challenge!



Complete 25km throughout  
December to help raise funds  
for Tree of Hope!

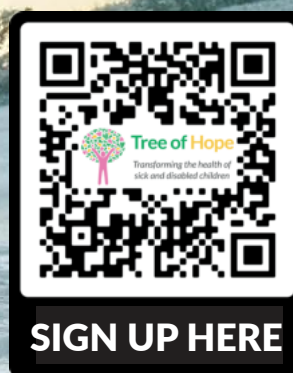


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**SIGN UP HERE**

Visit [www.treeofhope.org.uk/event/25k-challenge-2](http://www.treeofhope.org.uk/event/25k-challenge-2) for more info

## 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, 61-63 Camden Road, Tunbridge Wells, Kent, TN1 2QE

- 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](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.

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# 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*