

# Treloar's Today

THE NEWSLETTER  
FOR FRIENDS  
OF TRELOAR'S

Suzanna Hext, Team GB Para Dressage Rider and Swimmer

Kindly sponsored by



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Treloar's Student 'Riding High' in Medstead • Outdoor Learning • 30 Years of Providing Independent Mobility •

Image courtesy of Suzanna Hext

# About Treloar's

Founded in 1907, Treloar's is a School and College for children and young adults aged 2-25 with physical disabilities. Every year we have to raise over £2 million to enable our students to access the specialist staff, equipment and experience they need to grow in confidence and live a fulfilled life. With your support, we can help all our young people enjoy the chance to achieve so much more than they, or their parents, could ever have imagined possible. Thank you.



## Spring Edition of Treloar's Today

Hi my name is Toby and I am Student Governor at Treloar's. I would like to welcome you to another edition of Treloar's Today. I have been asked to write for this edition so you can hear from a student point of view.

I have been at Treloar's for over a year and I stay in Evans House. I am based in Treloar Print where I am doing a NVQ in Business and Admin. It is not all work – we went bowling and out to lunch, it was fun and competitive! I am enjoying my time at Treloar's because I am getting good opportunities to do things that I wouldn't normally do to help me with my future.

Last year I went to Mansion House, London to help raise money for Treloar's. I had to do a big speech in front of lots of people about why I like Treloar's and how it has helped me to become more independent. Other activities I take part in are walking to class in my walker and I enjoy regular swimming and kayaking in the College pool. In the summer term I had the opportunity to go sailing on an adapted catamaran with some other students. We sailed around Port Solent and were lucky to be out in great weather. In the autumn term I went skiing on dry ski slopes in Hemel Hempstead and it was great fun whizzing down the slopes. I play Boccia which is where you have two teams who have red and blue balls and whoever gets their ball closest to the white ball wins. We practise Boccia every Wednesday and some students recently competed in the Heath Cote Cup. I have also completed the Silver Duke of Edinburgh Award and I am starting my Gold.

I attend work experience in the shop at the main reception serving customers and practising my money skills. I have also completed work experience in the Learning Resource Centre here at Treloar's, where I helped sort and put away the books and signed them in and out for customers. For a term last year I attended Basingstoke Library on external work experience, where I checked their stock records and gained a deeper insight into how a big library operates. Overall, the students and I feel settled and ready for the challenges of this year.

On behalf of the students I would like to thank you for your continued support and together we can look forward to an exciting year ahead.

*Toby*

With best wishes,  
Toby Richardson, Student Governor

The best dreams happen  
when you're wide awake

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bringing you the very latest news!

Treloar's  
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 homes



## Treloar's Students 'Riding High' in Medstead

We're delighted to announce that we've arranged regular horse riding lessons for our students at Broadland's RDA (Riding for the Disabled) in Medstead, Hampshire. It's a wonderful opportunity for our students to enjoy hands-on therapy sessions, with some of them being able to ride the horses.

To celebrate this exciting news, two of Treloar's Patrons, Alastair Stewart (veteran journalist), and Suzanna Hext (Team GB Para Dressage rider and swimmer), joined students for a festive session led by Broadlands RDA team members Suzannah Stratford and Jacky Nuth.

Alastair and Suzanna took part in a hands-on grooming session with students Jade, Debbie and Dan, alongside tinsel-adorned 'reindeer' (ponies!) Sam, Ros, Hollie and Mo. The morning activities concluded with a traditional 'pin the decoration on the Christmas tree' lead-rein relay race, and Suzanna Hext presented every student with a rosette.

Alastair Stewart, a patron of both Treloar's and Broadlands RDA, told us:

"The wonderful morning, which everyone enjoyed, showed how much joy horses can bring to people with disabilities. With three students from Treloar's, three ponies from Broadlands Medstead Riding for the Disabled, and a little help from our experts, the success of the day could be measured in all the beaming smiles. To have Paralympian Suzanna Hext on hand showed that nothing's impossible."

Suzanna Hext, who'll be competing at the 2020 Paralympics in Tokyo, said:

"It was a fantastic experience for everyone, both for the students and staff from Treloar's School & College and the Broadlands Group RDA team, and a day I'll treasure forever. I loved meeting the children, the ponies were fantastic, and I even joined in with the games! Not competitive at all!"

The whole team at Treloar's and Broadlands RDA are outstanding and it's a privilege and honour, together with Alastair Stewart, to be a Treloar Trust Patron. Words can't express how much days like this mean to me. All I can say is: the power of the horse is truly phenomenal."

## 30 Years of Providing Independent Mobility

Almost all the young people who live and learn at Treloar's rely on a wheelchair for any kind of mobility.

We have an IMPact fund which students are encouraged to apply to for funding in order to obtain and tailor wheelchairs, mobility and independence equipment appropriate to their needs.

Whether they've outgrown their wheelchair, need a powered wheelchair, or require special equipment to enhance their independence – all are essential for them to be able to access their education and gain vital independence and life skills. For the last 30 years a Committee has decided on grants, during which time the fund has given nearly 900 grants and awards over £800,000.

It would be wonderful, and a tremendous help to everyone here at Treloar's, if you'd consider a gift to help keep our students independently mobile.

For more information please visit our website at:  
[www.treloar.org.uk/support-us/appeal](http://www.treloar.org.uk/support-us/appeal)  
where you can also make a donation.

Alternatively, please call us on 01420 547 477, or send a cheque payable to 'Treloar's' to: Fundraising, Treloar's, Powell Drive, Holybourne, Hants GU34 4GL



# Treloar's Supporter Swims the English Channel

At 7.30 a.m. on Monday 12 August 2019, most people would have been eating breakfast or on their way to work.



**Not David Sanger: at that precise moment he was preparing to enter the icy sea water at Folkestone and embark on the challenge of a lifetime to swim the English Channel in aid of Treloar Trust.**

Without a wetsuit, and with only a skeleton support crew following in a small boat to feed him (by passing drinks in a bottle attached by a rope), David swam the 51km (just under 32 miles) unaided to Wissant Beach, just north east of Cap Gris Nez, in France. After a gruelling 15 hours, 2 minutes he finally reached land, a magnificent achievement after contending with unpredictable tides, rain, hypothermia, and sickness due to extreme physical exhaustion, not to mention the additional hazards of navigating the busiest shipping route in the world.

David received huge support from family and friends, who raised just over £12,000 for Treloar's, and he took a few moments to answer questions from students and staff for Treloar's Today.

**You've very generously supported Treloar's over many years. How did you first hear about us and what inspired you to get involved?** "About 15 years ago, I was invited by friends to a Black Tie Ball in support of

*Treloar's. I hadn't heard of Treloar's prior to this and was hugely impressed, and deeply moved. This inspired me to visit the School, and after meeting the staff and students I wanted to get more involved and became a supporter."*

**Why did you choose Treloar's as the charity to benefit from your swimming challenge?** "Simple, because Treloar's is such a wonderful School and College, providing a superb all-round stimulating and practical education to every single student."

**How long did you train for?** "18 months altogether, from when I booked my boat and support team in April 2018, to the day of the swim itself. I ramped up my training to full-time in February 2019, when I hired a full-time coach until the Big Swim."

**What was the most challenging part of the swim?** "Difficult to say, as I had plenty of physical obstacles to overcome, but there were three main ones:

1. After three and a half hours I was violently sick, due to sea sickness and exertion.

You have to tread water while vomiting, and it's especially tiring trying to avoid swallowing lots of sea water, which would make you feel even worse. Vomiting also means you lose the nutrition in your stomach, resulting in possible hypothermia and fatigue, but fortunately this wasn't too bad for me.

2. So near and yet so far...

After about 8 hours of swimming you can see the French coast and your spirits are lifted – the end appears to be in sight! That's until you realise you can't reach that part of France, because the ebb tide sweeps

you south, and you have to swim for another 7 or 8 hours to reach land – in other words, repeating exactly what you've just done!

3. The sheer length of time...

When you've been swimming for 10 hours, it feels like twice as much and more, and you start to wonder how much longer it'll take to reach land!

**What 3 words would you use to sum up how it felt to swim the English Channel?** "Brilliant, gruelling adventure."

**What was the first thing you ate after your swim?** "After I reached France, I got back on the boat and it was 'full steam ahead' back to Folkestone (this time in only 3½ hours!) Once I got back to my hotel room, at about 2 o'clock in the morning, it was straight into a hot bath (no swimming required!) where I feasted on some well-earned chocolate and protein bars – yes, very decadent!"

**Did you get stung by jellyfish?** "Yes, lots of times, especially when we were just over half way across the Channel, and in the North East shipping lane, before entering French inner coastal waters."

**Would you do it again?** "No thanks! But I might do another one of the 'Ocean's 7 Big Swims,' And if I do, I'll definitely fundraise again for Treloar's."

**What would you say to other people considering getting involved and supporting the Treloar's cause?** "You know so many pupils, and families, will benefit directly from your support and fundraising, which is incredibly satisfying and makes supporting Treloar's in this way such a worthwhile cause."



**Gifting Programme:** Harriet Bond, one of our Treloar's College students, has created some amazing artwork depicting Mansion House, the official residence of our Honorary Trustee, The Rt Hon the Lord Mayor of the City of London. Harriet has had the honour of having her artwork selected by the Mayoral Office to be added to coasters, and used as an integral part of their official gifting programme. Last December, she was also invited to take tea with the Lady Mayoress at Mansion House, a real privilege and very enjoyable experience.



**Bournemouth Symphony Orchestra visit:** In November, the Bournemouth Symphony Orchestra's (BSO) Resound Ensemble visited Treloar's to take part in workshops with our School Open Orchestra and College Open Orchestra. The students thoroughly enjoyed performing alongside the BSO Resound musicians. Here are a few quotes from them:

"It felt amazing to be playing with the orchestra because it made me believe I can play any instrument I want. When I'm playing I can be myself and feel really happy. I never thought I'd be able to perform like this because of my disability, but this proves I can!" – Saskia

**Student Visit to Hampton Court:** Treloar's Sixth Form had a wonderful time visiting Hampton Court Palace in December, attending a Christmas workshop and learning about the traditions of Christmas, Hampton Court's history, and Henry VIII and his six wives! The students heard that William Shakespeare performed plays there, although couldn't confirm whether A Midsummer Night's Dream was staged there.

Sixth Form student Amos said: "When we arrived at the Palace we were welcomed by Chris, who was wearing Georgian clothes and was our teacher for the day. We asked him questions, and Chris told us about Henry VIII. I really enjoyed his stories about the palace's history, which was interesting, amazing, huge and beautiful. I liked everything about the day, and would love to go on trips like this more often."

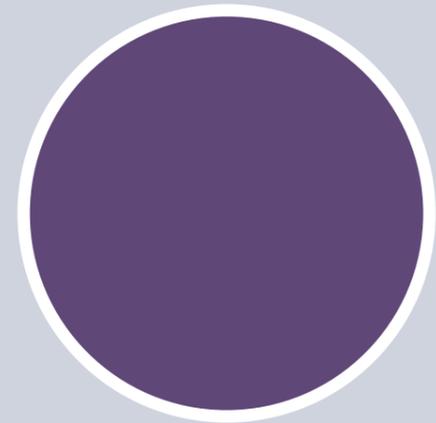


"It felt really good and very special to be playing with BSO Resound" – Jamie

"Our daughter loves music and to see her able to play alongside professional musicians is both wonderful and truly inspiring. Without doubt Open Orchestra has been one of the highlights of her time at Treloar's." – Parent

Alison Holmes, Participate Coordinator at BSO Resound said: "It's vital that these young and talented people have the opportunity to perform with, and learn from, Resound. It allows them to see that when they put in the hard work, they can achieve so much. Sadly, because of their disability, they're often told what they can and can't do, but this is a realistic setting and proves to them that anything is possible."

Resound Ensemble will be visiting Treloar's six times this year to perform with students, and will be working towards a joint performance in the 2020 summer term. A big thank you to the Bournemouth Symphony Orchestra Resound Ensemble.

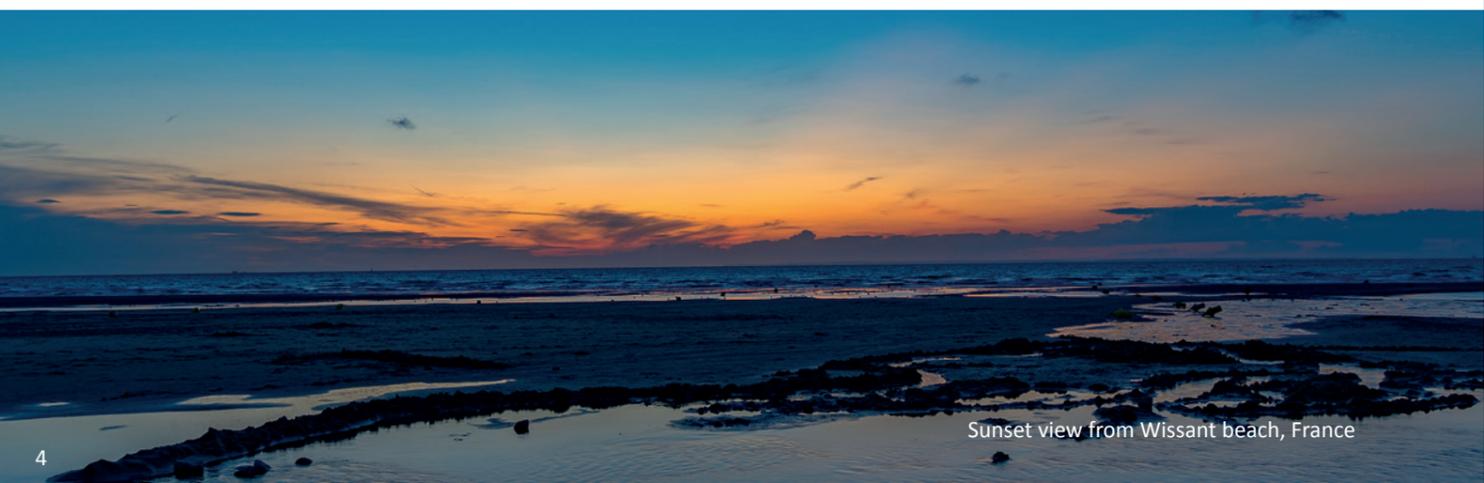


**City of London visitors to Treloar's:** On 28th February, Treloar's students and staff were delighted to welcome The Rt Hon the Lord Mayor of the City of London, Alderman William Russell, and The Lady Mayoress Hilary Russell, together with Masters and Prime Wardens from 50 Livery Companies. Treloar's is honoured to have The Rt Hon the Lord Mayor of the City of London visit every year, an occasion which highlights the enormous respect and affection in which our Founder, Sir William Treloar, and the School and College, are held across the City of London.

The annual visit brings together students and staff from across the Campus and showcases everything that's established Treloar's as one of the UK's few Outstanding specialist schools and colleges. Following tours of the Campus, the day was topped off with a delicious lunch and a magical performance of A Midsummer Night's Dream by the Treloar Sixth Form.



**Flight simulator:** Over the winter 40 students took to the sky when Aerobility came to Treloar's with their flight simulator. The students travelled as far afield as Orlando to visit Mickey Mouse and escaped to the Maldives in search of some sun. Some students even landed at the world famous John F. Kennedy International Airport.



Sunset view from Wissant beach, France

## Boom, Boom

Foxy Showbiz Legend Visits Treloar's!



**Raconteur, veteran showbiz legend, and national treasure Basil Brush made his first-ever visit to Treloar's in January.**

After a whistle-stop tour of Treloar School & College, Basil had everyone in stitches with his jokes, and signed off his visit with a 'meet and greet' - everyone loved him! It was a wonderful feel good visit with some amazing pictures capturing these special student moments. A mischievous character, Basil Brush is best known for his catchphrase "Ha Ha Ha! Boom! Boom!": it was certainly used a lot during his morning visit! Thank you Basil and we hope to see you again at Treloar's very soon.

## Christmas Fair & Concert

On Friday 6th December, we were delighted to welcome current and former students, parents, staff and supporters to our annual Christmas Fair.

**Visitors enjoyed a wide selection of student-run enterprise stalls, alongside local independent businesses offering food, clothing and gifts, including limited edition art prints, handmade tree decorations and delicious local delicacies!**

The Treloar's Parents Association produced beautiful hand-crafted wreaths, while the Fundraising Team raffled 28 hampers put together by Treloar's students and staff, which raised over £1,500.

**The Fair was also supported by two groups of corporate volunteers:**

Farnborough-based business Aramark served alcohol-free mulled wine and assorted festive delights, and also ran a 'guess the weight of the cake' competition.

Staff members from Unum in Basingstoke ran our raffle in addition to offering prizes, helping with car parking and the Treloar's shop. Our heartfelt thanks go to every volunteer who helped us make the day an extra-special one.

The following week, it was Treloar's eagerly awaited Christmas Concert. A sold-out audience of supporters enjoyed a melody of traditional Christmas songs throughout the evening. The highlight of the concert was the demonstration of Clarion - a computer based technology we use at Treloar's which enables users / musicians to be expressive in pitch, tempo and dynamics. It allows students to participate and perform musically, regardless of their physical disability. The instrumental with the bells was also brilliantly executed!

We were once again joined by the wonderful Hart Male Voice Choir and their Director Kevin Jacot, as well as Director of Music at Charterhouse School, Mark Shepherd, accompanied by his visiting choir, as well as Treloar orchestra and choir. The students were fantastic and demonstrated their skills in music; it was a beautiful evening.

Special thanks to **YBC Services Ltd** who kindly sponsored the event, and to the **Hart Male Voice Choir** for all their hard work in helping us stage the concert.

## Learning Doesn't Only Happen in the Classroom

Every Thursday lunch time our primary school students love to go outdoors and wave their pompoms in 'Cheerleading Club'.



**This club is a highlight of the week, and an opportunity to enjoy fresh air, develop skills, connect with fellow students and staff, and explore and understand nature.**

Our younger students take every opportunity to take part in this club. Activities involve a range of movements to music. Not only is this great fun for students and staff, it's also an opportunity to respond to instructions, manage their body movements and gain more confidence. Whilst outdoors they also recognise the importance of caring for plants, animals and insects. Being outdoors has proved to be beneficial to their wellbeing.

Belonging to a special club, and feeling they've made a contribution is a huge benefit to students. Student Zoe loves to call out the pompom shaking moves such as "up high!" and "down low!", as well as "I know you can do it!"

*"Cheerleading is great, and we're the best cheerleading club ever!"*

Each participating student is presented with a star. Once they have four, they receive a medal which recognises and celebrates their achievement. The medals are sent home to parents with a photograph and certificate, so families can also celebrate with their child. Head of School, Mia Dodsworth said: "Learning outside the classroom contributes significantly to raising standards and improving pupils' development. Given the complex needs of our students, having an interactive outdoor environment appeals to the different senses and enhances their learning process."

## Marathon Fundraisers

The London Marathon attracts over 50,000 runners. We are so honoured that 15 marathon runners this year chose to take on this immense physical and fundraising challenge in the name of Treloar's. Here are some of their stories:



**Kieran and Ashley Goncalves:** Last year, Kieran ran his first ever marathon in 3hrs 27mins for Treloar Trust. So this year, both Kieran and his twin brother Ashley, will be training hard and digging deep to (hopefully!) run sub 3hr 15min marathons.



**Sophie Keough:** Sophie is one of our own - a much loved Deputy Team Leader of Evans House. We're so proud of you Sophie: It's always heart-warming to see one of our 'family' going above and beyond the call of duty to help our students.



**Paul Newman:** Paul is known as 'the Marathon postman'. This year he is running his 8th London Marathon. Each year Paul raises funds for a different charity. He receives most of his donations from generous residents on his round.

Good luck to all our runners!



## Spring & Summer Cards and Gifts

**Time certainly flies, so please find enclosed a copy of our 2020 Spring & Summer cards and gifts brochure.**

As ever, it's full to the brim with a wide range of gift ideas, and plenty of lovely items you can buy either for your home, or as presents for family and friends.

Every purchase you make from the brochure provides a direct benefit to the students at both the School and College.

[www.treloar.org.uk/support-us/shop](http://www.treloar.org.uk/support-us/shop)



## Cards for Good Causes

**Good news! In 2018, we became one of the guest charities at Cards for Good Causes shops, which resulted in record Christmas card sales for Treloar's. We're very grateful for the opportunity given to us, and very much hope we can build on this for 2020 and beyond.**

Cards for Good Causes supports more than 250 national and local charities by selling a wide choice of Christmas cards online and through their 300 seasonal 'pop-up' shops. You can also buy online: [www.cardsforcharity.co.uk](http://www.cardsforcharity.co.uk)



## Volunteers Needed!

**We're looking for keen volunteers to join the Fundraising Team, on a regular or ad hoc basis.**

Help is needed in a variety of roles at our events, either out and about in the community or within the Fundraising office. Whether you can spare a few hours a week, or a few hours a month, we'd love to hear from you!

For more information, please get in touch with our Fundraising Team on **01420 547477** or email [fundraising@treloar.org.uk](mailto:fundraising@treloar.org.uk)

# Calendar of Events

We have a packed year of fabulous events. Alternatively if you are looking for a different way to raise funds why not consider taking part in some of our other Challenge Events? There is something for everyone's taste and fitness level, ranging from treks, runs and swims to triathlons and parachute jumps.

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



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03  
MAY

**St Swithun's Way**  
5 or 10 mile walk or run

**Treloar's to Farnham Park**

Dogs welcome. Entry: £15 Adult, £5 under 16, £35 Family 2 Adults & 3 Children



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16  
MAY

**Friends of Treloar's**  
Plant Sale

**Treloar's Campus, Alton**

Plants, cakes, refreshments and much, much more to enjoy. Entry: Free



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03  
JUN

**Cowdray Park**  
Golf Day

**Cowdray Park Golf Course, Midhurst**

18 holes in a four ball, followed by a sumptuous dinner. Entry: £75 per person



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16  
JUL

**T-Fest 2020 Supporters' Day**

**Treloar's Campus, Alton**

To mark the 75th Anniversary of VE Day, Treloar's will be hosting a special event to celebrate. There will be World War II activities, entertainment, musical performances, exhibits, refreshments and much more. If you are interested in attending please call 01420 547477 to register your details.



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JUL

**The Summertime Speakeasy**

**The Grange, Northington**

Drinks and dining at a stunning Grade I listed neo-country house with a twenties twist!



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16  
AUG

**Ride London – Surrey 100**  
The UK's Biggest Cycling Event

**Olympic Park, London**

Entry: Free with minimum sponsorship target  
Email: [jovita.ivinskaite@treloar.org.uk](mailto:jovita.ivinskaite@treloar.org.uk)



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7/8  
OCT

**The Dummer Fair**

**Dummer Cricket Club, Basingstoke**

95 fabulous gift stalls, clothing, homewares and freshly-made food.



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09  
NOV

**Mansion House**  
Gala Dinner

**Mansion House, London**

By permission of The Rt Hon the Lord Mayor of the City of London. Tickets: £145



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DEC

**Treloar's Christmas Concert**  
18:30 – 22:00

**Treloar's Campus, Holybourne**

Enjoy the Treloar's Christmas concert.  
Entry: £10 for adults, £5 for under 12yrs.



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

Check our website and social media regularly.

