



Treloar's Today

THE NEWSLETTER
FOR FRIENDS
OF TRELOAR'S

Kindly sponsored by



Poppy's Garden Half Marathon

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• Lockdown 2.6 challenge roundup • A growing success • Lockdown isolation stories • Sir Alan Trill •

Image courtesy of Rob Jones

About Treloar's

Founded in 1907, Treloar's is a charity that operates a School and College for children and young adults aged 2-25 with physical disabilities. Every year we have to raise around £2 million to enable our students to access the specialist staff, equipment and opportunities needed to give them the confidence and skills to control their lives and achieve their aspirations. With your support we can help all our young people enjoy the chance to achieve so much more than they, or their parents, could have ever imagined possible. Thank you.



Autumn Edition of Treloar's Today

A very warm welcome to this edition of our newsletter for friends of Treloar's. May I take this opportunity to thank Homes Estate Agents for continuing to sponsor Treloar's Today – we are very grateful for your generous support.

In the pages that follow, we look back at a few of our student events in the first half of 2020 in what has been – due to the Coronavirus pandemic – a challenging time for everyone.

We have all been living through highly unprecedented times and I would like to personally extend a huge thank you to all our truly fantastic staff – teaching, transport, residential, therapy, medical, catering, administration, HR, finance and fundraising – for all their efforts, help and support during the COVID-19 pandemic. Thank you too to our amazing students and their respective parents and carers for supporting our virtual learning programmes during what was a very unsettling period.

At Treloar's we remained open during the pandemic to help support our vulnerable students and their families. Our dedicated team worked round the clock to ensure the students who remained on our campus were safe and well and those who returned home had the support and equipment they needed together with learning activities to continue their education as far as is possible.

On campus, students and staff were quarantined to the houses but, were kept busy with online lessons, physiotherapy, their usual medical care and lots of fresh air when they ventured out in their wheelchairs around the campus. We are immensely grateful for all your support and are looking forward to the time when the virus is beaten and life returns to some semblance of normality! In the meantime we hope you remain safe and well and on behalf of everyone at Treloar's, thank you again for your support.

With very best wishes,
Alistair Mackintosh, Chair of Trustees

Challenging times? ...YES
Changing times? ...YES
Opportunities? ...ABSOLUTELY!

...SO LET'S ALL MAKE IT HAPPEN!

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Poppy's garden half marathon

School student Poppy, 14, who has quadriplegic cerebral palsy, set herself a goal of completing a half-marathon of laps in her garden to raise money for Treloar's.

She previously took on the first Brighton Marathon in 2017, together with her father and brother who pushed her specially adapted chair around the hilly course.

Poppy received enthusiastic support for her latest challenge from Treloar's Patron and well-known local gardener and broadcaster Alan Titchmarsh MBE DL. As part of his Love Your Garden TV series, Alan redesigned a garden for Poppy and her family to enjoy as Poppy is unable to travel.

He said: "Poppy is proving that gardens are a great way of improving lives – not only by the peace, tranquillity and sustenance they offer, but also by allowing endeavours like Poppy's half-marathon to go ahead and help organisations like Treloar's which do such vital work in the community. Well done Poppy!"

Poppy set herself the challenge to support the work of Treloar's during the COVID-19 pandemic.

She said: "I wanted to help Treloar's with their COVID-19 appeal. Just like other charities, Treloar's needs lots of help to provide support to young people like me during lockdown."

Rob Jones, Poppy's father added: "Poppy has fitted in laps with her busy home schooling timetable and daily support from the Treloar's staff and carers. Treloar's has kept her busy, even during the lockdown, with all curriculum subjects and provided a communication aid to assist. The teachers and therapists are great."

Poppy's amazing Fundraising efforts have been featured on the BBC and ITV.

In July HRH The Countess of Wessex GCVO joined a video call with Poppy, and her family in Wales.

During the call, Poppy discussed her feelings on lockdown, her cooking expertise (including her legendary CocaCola Cakes!) PPE use by Treloar's staff and its effects on communication methods (Poppy lip reads), vegetable growing, her dog, Stanley – who joined in at one point! – and virtual quizzes.

Rob said: "Treloar's focus on enablement has made a huge difference to Poppy, building her confidence and independence. She's achieved so much, Treloar's is a great school doing fabulous work in spite of the difficult Covid-19 pandemic circumstances."



A growing success

The annual Friends of Treloar's Plant Sale was due to take place in May 2020, but sadly had to be cancelled due to the COVID-19 pandemic.

However this didn't deter Jane Macnabb, our Patron and Chair of the Friends Committee.

The seeds for the original Plant Sale had already been planted and cultivated thanks to our Patron, Michael Campbell, so Jane placed advertisements in various Parish magazines offering an 'online plant sale' in aid of Treloar's. Happily all our plants were sold so a big thank you to everyone who bought one. A special thank you goes to Ted Kennedy, Executive Chairman of Pebble Hotels, who placed a large order with the Friends for his hotel group.



A Royal call

HRH The Countess of Wessex GCVO joined a video call with members of staff from Treloar's to thank them for their hard work, selflessness and kindness.

"I'm always so impressed with the work of Treloar's and this shows you have stepped up and coped with what has been hurled at us out of the blue. Families must be so pleased and grateful their children are lucky enough to go to Treloar's. This makes me even prouder to be part of Treloar's. Thank you so much."

Since the pandemic began in March 2020, Treloar's has continued to provide high quality education, care, therapy and medical support for young disabled people, remaining open even during the Easter holidays.

Treloar's and learning during COVID-19

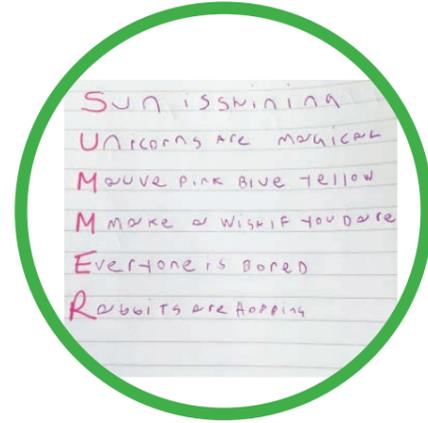
Since the beginning of the COVID-19 pandemic in early March 2020, our teachers have used online technology to keep in touch with students, and to make sure everyone could interact and participate as they would in face-to-face lessons.

Charlotte Jackson's tutor group used a private members-only Facebook group to speak to each other, share educational resources and set learning challenges for students.

Charlotte's group also shared positive experiences from their everyday life in lockdown, wrote poems like the one shown and scheduled a weekly 'Think about it Thursday' question and answer session.

Multi-disciplinary teams have also shared regular videos to help students follow a structured physiotherapy exercise programme. Most of our students had never used Facebook before, so – with the support of their families – they have learned lots of new online skills, with one student using Apple's intelligent assistant 'Siri' for the first time to participate.

Charlotte said: "I'd not used Facebook before with the students but it's worked really well and ensured they kept on enjoying social interaction even when they were separated from each other".



Life during lockdown...



Despite what's happening with COVID-19 students and their families have been adopting a new normal. Here's a day in the life of College student, Andre, and his Mum, Catherine, during lockdown.

Q: What time do you get up?
Catherine: 8:00 a.m. sharp!
Andre: Mmm... 9:30 a.m., sometimes later!

Q: How does your day start – breakfast, tea, coffee?
Catherine: shower followed by strong coffee.
Andre: a hearty breakfast, with 3 courses of fruit, Weetabix, cereal biscuit and hot chocolate! Then full care from my Mum.

Q: What time do lessons begin? Catherine are you on hand to help?
Catherine: Usually in the afternoon with very flexible start times, because Andre needs one-to-one support for all aspects of his lessons.
Andre: Depends what time I get up! (Only joking!)

Q: What tutorials are you doing online and with which tutors?
Andre: Twice weekly community skills with Charlotte Jackson, and SLT (Speech & Language Therapy) with Emily Bird.

Q: What do you do in your spare time?
Catherine: What spare time?! When not supporting Andre one-to-one, providing care or wearing my physio hat, all my time is taken up with household chores, laundry and mowing the grass!
Andre: Reading

Q: What are you missing most in lockdown?
Catherine: My downtime!
Andre: Meeting my friends, football and the activity clubs at Treloar's

Q: Are you looking forward to coming back to Treloar's when this is all over?
Andre: Very much so... I'm really looking forward to seeing everyone again and getting back to my usual activities and social life.

A day in the life of Pedro, SSA

My name is Pedro. I'm a double role SSA (Student Support Assistant) and I work with students in class and in the boarding houses.



"Despite COVID-19, I'm still managing to provide the best possible support for my students. I try not to worry too much about COVID-19, and keep up with normal life as much as possible. Having said that, we have to be very careful with students as they're extremely vulnerable."

We can't replace tenderness or care, or use robots to do our jobs, so we have to strike a balance between keeping close to students and respecting social distancing. Above all, we remain focussed on our students' wellbeing. I live onsite in staff accommodation, so I don't need to leave the site that much as there are plenty of places to go for a walk. We have also been reassuring students that one day the current situation will be over, as long as we do our part. Most students are carrying on as (almost) normal, and we are working hard to ensure they have as normal a life as possible. The COVID-19 situation is new territory for us all. That's why it is important to be with the students as nothing can replace our presence and ongoing support. Once this is over, I look forward to returning to Portugal to see my family. I've also seen how well people can adapt to new situations. Nothing is an obstacle: we can carry on with our work whatever the challenge."

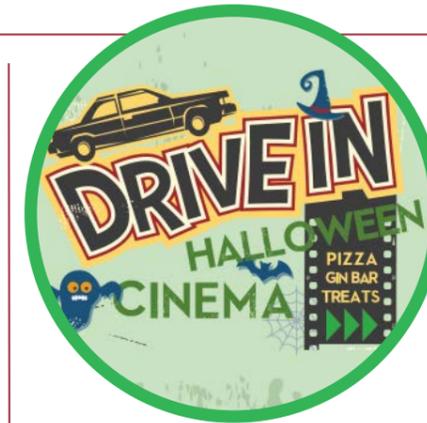


The Dummer Fair Auction, 18th – 20th Nov

We're delighted to announce that The Dummer Fair Auction will take place from 18th – 20th November.

Due to the uncertainty generated by the COVID-19 pandemic and ever-changing government guidelines, we felt it would be impossible to host as a 'live' event.

Therefore, after careful consideration, the Dummer Fair Committee and Treloar's Dummer events team decided to cancel the 2020 Fair, and will host an online auction in its place. Auction items will include art, holidays, experiences, work placements plus many smaller fun lots and lots specific to Treloar's. Rest assured The Dummer Fair will be back bigger and better next year!



Halloween Drive-in Cinema, Sunday 1st Nov

Another date for your diary! Sunday 1st November, our first-ever drive-in cinema at the Treloar's campus.

Enjoy a spooky evening of fun and film with family and friends, at either our 5 p.m. family screen showing, or our over 18's screen showing at 8 p.m. Fancy dress optional but always encouraged!

There will be plenty of refreshments on offer with Halloween treats for the kids, a pizza oven and bar, and for our 8 p.m. over 18's film we have booked Farnham based mobile events bar The Gin Inn, and Catch A Fire Pizza, Portsmouth-based providers of hand-crafted artisan food. Keep an eye on our social media pages for film details.



Treloar's Christmas Walk, Saturday 5th Dec

A fun 3-mile or 5-mile walk starting at the Treloar's campus and strolling around the local countryside.

Christmas hats optional and will be provided! Grounded Coffee, Artisan coffee van, and food stall refreshments available.

Dogs (and humans!) welcome.

Entry:
£10 adults.
£5 under 16.
Family 2 adults & 3 children £25.



For more details please email: events@treloar.org.uk

Outdoor learning

We are delighted to announce that, thanks to your generous support, we have raised £474,000 towards our Outdoor Learning Centre appeal. Contractors have now started Phase 1 of this exciting and transformational project and the following work is underway:



- **Refurbishment of our existing greenhouse**
- **Installation of a brand new fully accessible toilet, hoist and student care facilities**
- **Design and creation of a beautiful garden and sensory area**

Our students and staff can not wait for the start of the Autumn term, when the completed spaces will host lessons designed to enhance not only our students' learning experience but also their motivation and mental wellbeing.

During Phase 1 we are continuing to fundraise towards Phase 2 (which includes a second fully accessible toilet and classroom extension, costing approximately £340,000). In the longer term, Fundraising for Phase 3 of the project (to include the shop and garden centre) will begin once our Phase 2 fundraising targets have been met.

Rest assured we will keep you posted with regular updates on our progress, and thank you once again for your generosity.

A big fat 'Thank You' to the Big Fat Quiz Company



The Big Fat Quiz Company (BFQC) very kindly hosted a virtual pub quiz back in April for Treloar's.

BFQC hosts a multitude of quizzes in pubs all over London and surrounding areas and is very well-known and respected. Our supporters were invited to join the quiz via Facebook Live on The Big Fat Quiz Facebook page along with a glass of something – ideally a cocktail!

Teams registered their comments as the quiz went live, and host Pietro began proceedings by explaining the rules. If team members were in a different household they were able to use apps such as House Party or Zoom to chat amongst their teams.

A huge Treloar's thank you to everybody who took part and to The Big Fat Quiz Company for choosing to fundraise for us, and we are delighted that The Big Fat Friday Night virtual pub quiz raised over £1,200. These donations will help us to provide equipment that our students need.

'Virtual Challenge' fundraiser

Step Up For Treloar's was launched to encourage supporters to take on a simple challenge of completing 1,907 steps in whatever way they wanted, including walking, running or climbing steps at home.

This number was chosen to celebrate the year that the charity Treloar Trust was founded by the then Lord Mayor of the City of London, Sir William Purdie Treloar.

After completing the challenge, participants were encouraged to donate £5 to a special Step Up For Treloar's JustGiving webpage, and then nominate

two friends or family to take on the challenge. Money raised from the challenge supported the costs of the vital trips that Treloar's transport team have been carrying out to deliver equipment, medicine and supplies to vulnerable students who are shielding with their families at home.

Simon Birch, CEO of Treloar's said: "In April, we made over 100 deliveries nationwide, with our fantastic transport team working around the clock six days a week and travelling thousands of miles to make all these deliveries. Each trip costs on average £70, which isn't covered by any other funding. These costs continue to increase as more of our students need our help, so any donations we receive to cover these additional expenses would be much appreciated. Our thanks also go to Sun Life Financial of Canada who have so generously helped to fund these trips as well."



Sir Alan Trail

The Trustees and staff at Treloar Trust wish to express their deepest condolences to friends and family on the passing of Sir Alan Trail.



Sir Alan holds a special place in our hearts and was a fantastic supporter and then Patron of the Charity over many years. He will be particularly remembered for his energy which led to the creation of the state of the art 'Trail Centre for Creative Arts' which, following his successful mayoral appeal, opened in 1987.

The Trail centre was instrumental in the College becoming the leading vocational centre of its type, and we are proud that the plaque bearing his name sits in the Trail Centre to this day, where it will always remain as a lasting legacy of his hard work and generosity.

We all enjoyed speaking to Sir Alan and he will be sadly missed by everyone here at Treloar's.



Christmas Cards and Gifts

It's fast approaching that festive time of year again!

Please find enclosed a copy of our new look 2020 Christmas cards and gifts brochure.

This year we have a wide selection of beautiful Christmas cards including some original student designs and a selection of unique prints and gifts from Jessica Hogarth Designs.

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



Cards for Good Causes

Cards for Good Causes supports more than 250 UK national charities by selling a wide choice of Christmas cards online and through 300 seasonal 'pop-up' shops.

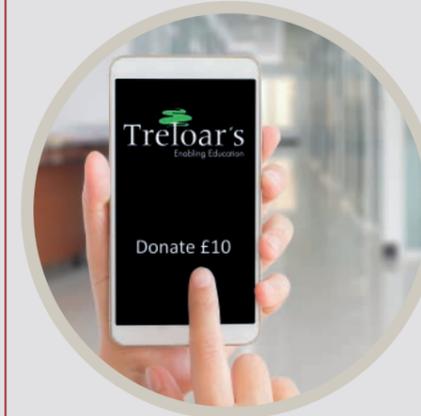
We have been accepted again as a guest charity in Cards for Good Causes outlets for 2020 in the following locations:

Hampshire/Surrey: Alton • Farnham • Fleet • Lymington • Petersfield

Central London/Greater London: Barnes • Covent Garden • Islington • Piccadilly • Putney • Sloane Street • Westminster

Essex: Brentwood

Or buy online at the Cards for Good Causes website: www.cardsforcharity.co.uk



Mobile phone donation launch

We are thrilled to launch a new quick and easy way to donate to Treloar's from your mobile phone.

All you need to do is text **TRELOARS** to **70085** to donate **£10**

Texts cost your £10 donation, plus one standard rate message and you will be opting in to hear more about our work and fundraising via telephone and SMS.

If you would like to give £10 but do not wish to receive marketing communications,

text **TRELOARSNOINFO** to **70085** to donate **£10**.

Lockdown 2.6 challenge round-up – a big thank you to everyone who donated

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Launched in April 2020, the 2.6 Challenge is a nationwide campaign to help UK charities such as Treloar's make up the shortfall in event fundraising income, as a result of the COVID-19 pandemic lockdown.



Jane's six marathons for Treloar's

Jane George, who works in Treloar's Gauvain House, pulled out all the stops when she took part in the 2.6 Challenge to raise money for Treloar's. Altogether, Jane ran, cycled and walked a staggering 260 km or 161.56 miles, the equivalent of travelling from Treloar's to Nottingham! She also beat her fundraising target of £500. A fantastic effort Jane and very well done!



London Marathon completed in Hampshire

Sara Mackintosh, wife of our Chair of Trustees, raised over £5,000 by running the distance of the London Marathon. Sara was due to run in the Marathon in April – postponed due to COVID-19. She had trained so hard for it that she didn't want to waste her efforts or for Treloar's to miss out on much needed funds. So supported by her family she completed this fantastic achievement!



Karen's 26 isolation-themed song playlist sang live on Facebook

Karen Sanderson, Patrons Manager of our fundraising team here at Treloar's and her daughter Nancy set themselves a slightly different '2.6 challenge'. They compiled a 26-track isolation themed playlist with a view to raising £260 and, if they raised more than this, to sing AND dance live on Facebook! They duly raised the required sum and went live on Sunday 26 April to a huge audience of friends and family.



26 road laps for Lucinda & family

Lucinda Gillingham who is Head of Trusts, Corporates & Liveries, for our Fundraising team, along with her family took part in the 2.6 challenge by walking, running and cycling along the road outside their house 26 times – quite a task for her 4 year-old! Thanks to their supporters they raised £234 for Treloar's and as a family they matched this with a £234 donation to NHS Charities Together.



Nancy's 260 'keepie uppies' challenge

As if revealing her singing and dancing skills to an unsuspecting world weren't enough, Nancy Sanderson also took on the challenge of reaching 260 'keepie-uppies' which she completed in her garden alongside Biffy the Bassett Cocker cross. £140 was raised from her challenge for Treloar's – keep it up Nancy!



www.treloar.org.uk
Keep Up-To-Date Check our website and social media regularly.



Treloar Trust, Powell Drive, Holybourne, Alton,
Hampshire GU34 4GL
T: 01420 547477 E: treloarstoday@treloar.org.uk
W: www.treloar.org.uk

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