

Volunteers' Newsletter



Summer/Autumn 2017

We are always striving to carry Break forward in a way that remains true to the founding ethos and values that the founders set and are very sorry to share that Geoffrey Davison, one of the three original founders of Break, sadly passed away in April after a long illness.

Geoffrey was an amazing man and dedicated his life to enhancing the life prospects of those less fortunate than himself. He and his wife Judith, along with close friend Leslie Morley, founded Break in 1968 and I know how proud they all were of the organisation that Break has grown to be; "Mr D" will be very much missed.



Above, Geoffrey and Judith Davison and left, and Rev. Leslie Morley

Thank you!

As ever we are incredibly grateful for all of the wonderful support that our brilliant volunteers give. I recently read a very interesting article about the reasons why people volunteer; and while I know that you will all have your own reasons to volunteer for Break, there is one thing that pulls all of our volunteers across the organisation together... you all very kindly give up your time to help to make a difference locally. You are all so truly inspiring and we are very proud of our Break volunteer family. Thank you for choosing to support us.



Some of our Break family of volunteers who have all given their time to help change young lives.

Brandbank - making amazing things happen

A team of volunteers from Brandbank in Norwich stepped in to make a huge difference to Break, with their Donate Week in May.

Spread out across Break, we had six lovely volunteers lending a hand in our Break charity shops and 18 pairs of amazing hands helping with garden work and fence painting at two of our children's homes.



Volunteers were from across the organisation and even included some of Brandbank's Senior Management Team. As well as kindly giving their time to support Break through volunteering, they also kindly donated £500 worth of plants and garden materials to our children's homes.

The kind support is part of an ongoing partnership with Brandbank and we couldn't be more grateful for the truly incredible time, energy and generous donations that Brandbank have given to Break over the years.

Brandbank you are making amazing things happen - thank you!

Fundraising

2017 is a busy year for Break with some fantastic events helping to raise the Break profile as well as much needed funds.

The King's Lynn Firewalk was a roaring success with 100 people taking part. We also had some fabulous London Marathon Runners this year, who between them have raised more than £16,000, which is just incredible.

We have been very fortunate to have secured the **Norfolk Show Masquerade Ball** for 2017, which has a Secret Garden theme; the next newsletter will include some photos from the ball as well as an update on the success of the event.

We will need lovely volunteers to help at all of the events listed above so if you might like to spare an hour or two then please contact danielle.gravestock@break-charity.org

Dates for your diary

**Wednesday 12th July
Lunch on the Green**

**Sunday 27th August
The Grand Norwich Duck Race 2017**

**Sunday 1st October
Lowestoft Half Marathon**

**Monday 18th December
The Snowflake Extravaganza**

**Sunday 4th March
Hunny Bell Cross Country 2018**



GoGoHares - coming in summer 2018

Break is working in partnership with Wild in Art to deliver GoGoHares, an exciting new art trail for summer 2018. It follows the huge success of art trails GoGoGorillas! in 2013 and GoGoDragons! 2015 that attracted more than a million people to Norwich.

We've been out and about at the Spring Fling and Norwich Cathedral Family day as well as other local events. There are plenty of ways to help and get involved with the GoGoHares project over the next few months and in particular we are looking for volunteers to help out at a variety of outreach events connected to GoGoCreate - the learning programme for GoGoHares 2018 - with forthcoming visits to The Castle Mall and The Forum planned.

Find out more at www.gogohares.co.uk/gogocreate and share with your friends.

GoGoCreate - the Learning Programme for GoGoHares 2018.

So, what is GoGoCreate? This year the educational programme, GoGoCreate, will offer a chance for schools, sports clubs and other community groups to get involved. The Hare sculptures will be joined by smaller leaping leverets, decorated by children, which will star in their own trail for nine weeks during the summer. At the end of the trail the sculptures will be returned to the school or group for a lasting legacy of this unique project.

The GoGoCreate trail will take place from 2 July until 2 September 2018 and the main GoGoHares trail will run from 24 June to 8 September 2018. GoGoHares and GoGoCreate will support the work of Break.

To register your interest or to find out more about the packages available - please go to www.gogohares.co.uk/gogocreate and download our brochure.

We have a variety of social media accounts that can offer you up-to-date information.

Twitter @gogocreate
Instagram gogocreate2018
Facebook /gogohares



Left, Daisy, and above, Bugsy, two of our GoGoCreate leverets; right, the fabulous gold Osc-Hare, sponsored by Intu Chapelfield.





Alex Eley and his supporters in the ring after his victory. Top left, Alex with his hard-won belt and below left, the cheque for more than £2,000 is presented to Break.

Ultimate Boxing - a very special debut

At any boxing event, fans are always prepared to witness a lot of courage, grit and heart coming from the ring, but on Saturday 1st April an evening of incredible boxing took place with the Nobody's Fool boxing event. This was Alex Eley's boxing debut, hosted by Ultimate Boxing and sponsored by SoftStart UK.

The Alex Eley v Jason Wells bout was a special charity bout supporting Break, with an inspirational young man fighting to raise money and awareness for Break. Alex Eley is 18 and has autism, ADHD and Coats Disease, which means that he only has sight in one eye. Alex has never let his disabilities hold him back and on 1st April he proved this by getting in the ring to fight the incredible Jason Wells.

Supporting Break was important to Alex because he has used Break's short-break services at Nelson Lodge and Morley House. Alex said: "Break gave me the opportunity to have fun, learn new skills and visit new places." Kerry (Alex's mum) said: "Everyone needs a break from time to time; life can be intense and complicated for young people like Alex and their families."

Boxing at an Ultimate Boxing event night was a big dream of Alex's and his excitement spread through the venue. Alex trained hard at the gym, along with 6am runs with his mum, and all this paid off when Alex won his fight. The cheers when Alex was announced the winner were electric and there were tears of joy as a proud Alex was presented with the boxing belt. Kerry shared with us that Alex didn't want to take his boxing belt off the next day, a sure sign of just how much this meant to him. The event was a huge success, showing the sport in a safe and controlled way, which is credit to the staff, gyms and trainers involved, including organisers Matt Smith and his team from Ultimate Boxing; and Kerry Norfolk and Jack Goodwin, referee and judge for the night.

The final total for the event was an incredible £2,265.89, £500 of that from an auction prize which went to lucky bidder Ben Mac. The Break collection buckets were very full.

Huge thanks go to everyone who supported Alex: Matt and all at Ultimate Boxing, SoftStart UK, Kerry Norfolk and Jim Snelling, the incredible boxers who put on a great show, as well as the Norwich Pro Boxers who signed the auction prize, the volunteer bucket collectors, MC Danny Kendrick, Alex Eley, Jason Wells (Alex's incredible opponent) the gyms (Ultimate Boxing and Norwich City ABC) and trainers and of course everyone who got behind Alex and donated to Break - you have all changed young lives and we are very grateful.

Danielle Gravestock, Break Senior Fundraising Officer, said: "We were thrilled to be involved in this event and have been truly amazed at the incredible amount raised. Alex's story is so inspiring and we hope that by stepping in to the ring, he will provide a little bit of inspiration to others to follow their dreams."

Retail

Our newest shop in Cheltenham opened in February; this was a huge success and the shop took more than £2,000 on the opening day! The space looks more like a small department store than a charity shop. The Cheltenham shop joins another shop recently opened in the West at Wooton Under Edge; both have been hugely successful. All our Break shops are working hard to achieve amazing things locally and we are grateful for all of the support and dedication that the shop managers and volunteers kindly give.

As ever we need donations and lovely volunteers, so if you have an hour or two to spare or a bag of unwanted goodies and would like to support Break, then please get in touch by popping in to your local shop.

Break's new Cheltenham shop, which took more than £2,000 on opening day.



Children's homes

We have recently set up a second children's home in Cambridgeshire, which will be a specialist two-bed home for young people requiring a higher level of support.

We continue to offer the highest standard of care by dedicated staff teams and achieve amazing outcomes for young people; social workers recognise the value of a young person being able to live in a Break home and we are often the preferred option due to the added value that young people receive in our care.

Huge thank you to West Earlham Infant and Nursery School for the amazing ongoing support for Break, which has included fundraising events, such as Easter raffles, school discos and 'bring a bag' days.

Moving On Team

William is a young carer living with his mum, who suffers from mental health problems which inevitably affect William. He worries about leaving her at home by herself and has had to make calls to emergency services when his mum is having a crisis. They have no other family involved to support them.

Break placed a Mentor with the family in order to give William a break from his caring duties and a chance to do activities outside the home which otherwise he wouldn't be able to do. Williams's Mentor has been visiting him fortnightly for 17 months and has been a great support to him. William has withdrawn from other services and support, but still continues to engage with his Mentor. He says he always enjoys the visits and just having a chance to go and have fun and be a kid. Williams's mother always comments on how much she appreciates the Mentor's input, as otherwise William would not leave the house, so the Mentor really has been a fantastic support all round.

Our MOT currently has our highest ever number of volunteer Mentors on our books – at the moment we have more than 30, and are recruiting more at present. We are also branching out into Cambridgeshire, so trying to find Mentors over that way too.

If you might be interested in becoming a volunteer Mentor, please contact Laura at laura.hughes@break-charity.org or 01603 670100.



Break4Cake

Liz, one of our fabulous volunteer Mentors, organised a fundraising event, pictured above, for the Moving On Team, which was a great success. Clare and Laura, from the MOT, went along on the day to help out and tell people about what we do, which was enjoyable for us! Liz raised more than £500, which is just incredible.

If you would like to host your own Break4Cake event, please get in touch so that we can send you an event fundraising pack.

Supported Lodgings

Supported Lodgings is a scheme that offers young people accommodation and support as a stepping stone between being in care and independence. This allows the young person to develop their skills in a supportive and understanding environment.

The aims of the Supported Lodgings service:

- To support individuals or families who wish to accommodate young people leaving care and help them develop the life skills they need to become independent adults
- To offer young people aged 16 and over a bridge between care and independent living
- To offer young people a safe, secure environment so that they can continue to work/learn without being obliged to live independently before they are ready

What is required?

We are looking for hosts in Norfolk and Cambridgeshire to support our young people.

The young person will need their own room with a bed and storage for their possessions. They will also need access to kitchen, bathroom and a living area, though these can be shared with other members of the household. The young person should feel "at home" in the accommodation, and should be able to invite friends or family reasonable times and by agreement with you. If you are interested, contact Hilary Walshe (fostering@break-charity.org), or call 01603 670110 for more information. The host must provide the young person with his or her own front door key as part of their learning to be independent.

Financial arrangements:

You will receive a weekly amount, below the current tax-free rental income limit. The young person staying with you will also pay £10 per week towards food and bills. We cannot guarantee placements, so it may not be appropriate to rely on income from the provision of accommodation.

Provincial Grand Lodge of Mark Master Masons of East Anglia

The Trustees of the East Anglian Benevolent Fund (EAMBA) kindly donated £16,000 to support Break's Young Carers programme for six months.

Trevor Tinley, Provincial Grand Charity Steward and Paul Norman, Provincial Grand Master visited Break in May to hand over the cheque and meet some of Break's staff who kindly gave an interesting insight in to their work. We are incredibly grateful for the very generous donation.

The PGM presented the donation to: Janes Van Vollenstee, Operations Manager; Laura Hughes, Mentoring Manager; Jo Shepherd, Manager, Break Family Centre; and Catherine Kenney, Head of Service Delivery;



Break Family Centre

On April 1st 2017, our family support services, Families' House and The Unthank Family Centre, merged to become the Break Family Centre.

The new service will be based at Diamond House, Vulcan Road North, Norwich; however until building work can be completed some staff will still be based, in the short term, at Families' House on Ber Street in Norwich.

By combining these experienced and highly qualified teams we will be able to offer more flexibility, greater reach and a wider range of integrated child and family services. Both teams have excellent reputations for providing quality services to children and families, in a range of settings.

Break Family Centre will offer a continuum of universal, targeted and specialist Family Support, Community and Therapeutic services. These include family and parenting support, therapeutic work and supervised contact from a variety of locations, including at school, at home and in our offices.

For any enquiries or for further information about Break Family Centre, call 01603 670100 or email reception@break-charity.org

The Break Family Centre provides valuable support that other services just can't cover, as explained in the case study below.

A headteacher asked for a consultation regarding a boy aged 10 who was being aggressive at school to other children and was struggling in the classroom. He and his mother had just been rehoused from a local women's refuge after fleeing domestic violence.

The headteacher had asked for help from various services, which were unable to help because the boy did not meet their criteria: he was now safe and away from violence and he did not have a mental health problem.

The headteacher sought advice. During the conversation it became apparent that the child was probably responding to previous trauma caused by the domestic violence he had witnessed and experienced. He was on constant alert for danger. The playground was unpredictable and therefore difficult for him to manage. Hitting out at children who came up to him suddenly or from behind was a survival response; a reflex action deep seated in his brain. He wasn't an aggressive and naughty boy - rather a child struggling with trauma and not knowing how to interact with his peers.

The headteacher commissioned some individual therapeutic intervention from Break Family Centre, briefed his staff about how to predict the boy's behaviour and made arrangements for him to have sheltered playtime. He also talked with him about what he thought might be happening, which enabled the child to feel understood and less ashamed of himself. He said he had thought he was turning into his dad - a violent man - and was much relieved that he wasn't.

Your support for Break is helping to change the lives of children who don't always fit other services' criteria. Together we can make amazing things happen.

Massive thanks to Barton House Railway at Wroxham, who have kindly been supporting Break's services, particularly the former Unthank Family Centre, now part of Break Family Centre.



My Break 50

2018 is a special year for Break as it marks our 50th anniversary. To celebrate we are hosting MyBreak50.



We would like to invite your friends and colleagues to help us celebrate Break's 50th anniversary by joining us, either as an individual or a group with your 50 challenges. This doesn't have to be sport related, it could be baking and selling 50 cakes, collecting 50 pence pieces, reading 50 books, 50 days without chocolate, trying 50 new foods, donating 50 items to a Break charity shop - or you may well have your own ideas.

Cathy Kenney, Head of Service Delivery, has embarked upon 50 challenges. Here are some of the challengers joining her:

- Michael Rooney is training for The London Marathon 2018.
- Jeni Lawes will be reading 50 books and reviewing them on her blog - she would love you to recommend a book or even join her. She is also training to lift 100 kilos dead weight.
- Rachel Cowdry will be wearing a dress to the Royal Norfolk Show Ball and doing 50 minutes of stand up.
- Martin Green is thinking about a 50-hour darts challenge.
- Jen Glass is jumping out of a plane.
- Liz Richards is donating 50 items to Break.

To support you with your challenges we have a special MyBreak50 fundraising pack which will include all the information you need, including sponsor forms, how to set up your online giving account and a label for a jam jar to collect your 50ps in!

I hope you will join in the fun to support Break's 50 years and encourage your friends and family to join in too. You have until the end of 2018 to complete your My Break 50!

Changing Young Lives Lottery

The changing young lives lottery is a draw that takes place every month. The lottery is a fun and engaging way to give you the opportunity of winning a cash prize every month while supporting Break's work. Money from the lottery will be 50/50 between the monthly cash prize and helping to fund Break's services.

If you are interested in signing up to the Changing Young Lives Lottery, please contact helen.dingle@break-charity.org or call 01603 670104.

Together we can change young lives

This article is tinged with sadness, following the loss of Mr Davison, one of Break's three original founders. I never got to meet Geoffrey, but all the stories and memories that are being shared around the office between colleagues are positive and warm. If you knew Mr Davison, please know that my thoughts are with you during this difficult time.

I personally am thankful for Mr Davison, as well as Mrs Davison and Rev. Morley, for founding Break. They saw that there were people in need and they did something about it. They chose to change young lives in an incredible way by creating The Davison Morley Trust, which then transformed into Break. Without them and their vision, Break would not exist, thousands of people would not have been helped and I wouldn't be here writing this article.

"As a volunteer or supporter, you are choosing to dedicate your time and energy to make a difference"

It's true that not everyone can make such an epic change as our founders did, but there are also people who don't bother to help others at all, they see something needs to be changed but pass on by, believing that someone else will deal with it. This is why I am also grateful for all of you. As a volunteer or supporter, you do a similar thing to our founders; you know that there are people who need help and you are choosing to dedicate your time and energy to make a difference.

Break has evolved since starting in 1968, from providing holidays for children and families to opening children's homes, a fostering department and looking after families in the newly merged Break Family Centre. And even though Mr Davison has passed away, with your help, we can keep his, Mrs Davison and Rev. Morley's vision alive by helping thousands more people in the future. By leaving Break a mere 1% of your residual estate in your will we can do amazing things. Together, we can continue to change young lives long into the future.

Jeni (Fundraising Administrator and Legacy Officer)

Please get in touch if you would like to know more about leaving a legacy. Call 01603 670109 or email jeni.lawes@break-charity.org

Huge thank you to the Norwich Forum for the Construction Industry, who raised £3,000 for the new Break Family Centre at their Annual Property Dinner.



Finally...

Thank you so much for the never ending support that you give to Break, whether you donate an hour a year to an hour a week, you are all making amazing things happen and we couldn't be more grateful.

If you have any questions about volunteering or would like to get more involved then please contact danielle.gravestock@break-charity.org or phone 01603 670108.

Wishing you a wonderful summer. We look forward to seeing you all soon.

Danielle and all at Break



More of our lovely volunteers hard at work (and enjoying themselves!) over the past year.



Do
something
amazing,
join the Break
two hour
give appeal!

Break is looking for volunteers to help change young lives this year. If you can spare just two hours, then you could be helping to make a difference to local children, young people and families.

Volunteering isn't always about a regular commitment, and at Break we appreciate that life can be very busy. So, in 2017 we are asking for willing people to donate as little as two hours of their time to Break.

We can make your two hours achieve brilliant things and you can feel proud in the knowledge that you are giving something back to the local community. Whether you have skills to offer or would like to gain new ones, we can support you and ensure that most importantly you have fun and enjoy the time that you donate.

break
Changing
young lives