

# Break News

Autumn 2011



- Grand Norwich Duck Race
- Fundraising events
- News from our shops
- Updates from our care services

## Think Green

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a friend, or recycle  
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## Update from our Chief Executive



It is now one year since I became Break's CEO. For me it has been a thoroughly enjoyable year, which is primarily due to the quality of the people we employ at every level in the organisation; from staff to volunteers and Trustees (who we sometimes forget are also volunteers!)

Most recently I attended the Barnard Charity Golf Day at Bawburgh Golf Club just outside Norwich. It was great to see so many people there (a bumper year with 36 teams!) and I must say a big thank you to everyone that took part (see page 6). Our fundraising team are working with many individuals and businesses across Norfolk at the moment, and it looks like it'll be a busy Autumn!

As well as opening a new retail unit in the West Country (see page 8), we are in the process of opening two further children's homes in Thetford, Norfolk and March, Cambridgeshire. Plans are also afoot to start a new Foster Care Project. Together these projects will ensure that vulnerable young people get the care and support they desperately need.

I was able to meet up with Judith Davison, one of Break's founders, recently. She was pleased to hear about the plans for the future and understood the challenges that came with them. She was especially pleased to hear the progress of a few young people that she remembers who were 11 or 12 when she retired. It is a privilege to be heading up the charity that she, along with her husband, Geoffrey, and Rev Canon Lesley Morley started over 43 years ago.

Together with your support we can continue to develop Break to help the very vulnerable in society.

*Chris Hoddy*  
Chief Executive

## What's happening in care...

### 'Outstanding' accolade for respite scheme

Fritton Lodge, at Fritton Lakes on the Somerleyton Estate, Suffolk has been rated "outstanding" by Ofsted inspectors following its first ever inspection earlier this summer. The service opened last December offering residential short break care for children with learning disabilities, aged 5-18. It is commissioned by NHS Great Yarmouth and Waveney and provided by Break in the lodge owned by Suffolk County Council.

Currently, four young people stay at the lodge during weekends to give their families a break from providing care. During their stay, they can take part in a range of activities from boating to exploring the woodland and outdoor play facilities, as well as crabbing at Walberswick, swimming at Bungay or visiting the theatre and cinema.

Feedback from those using the service has been fantastic. The families really appreciate the service while the children really enjoy spending time making the most of the activities on offer.



**Winning design** - Congratulations to Amanda Graham-Leigh, who attends Ashcroft Residential, our respite care centre for women with mental health issues. She was runner-up in a national postcard competition run by Emergence which supports those affected by personality disorders ([www.emergenceplus.org.uk](http://www.emergenceplus.org.uk)).

Kath Lovell, Emergence Managing Director, explains: 'We asked anyone who works with or identifies with personality disorders to create a piece of art on a postcard, that we could professionally print as part of an awareness campaign.'

The five winning images have already been printed on postcards to be distributed nationwide. Amanda's design is untitled and she describes it as 'Would the real Amanda please step forward? I am many things to many people, but who am I to me?' Congratulations Amanda.

Opened in 1973, Rainbow Holiday Centre in Sheringham has helped thousands of people with disabilities to enjoy holidays. Recent years have seen bookings decline, probably due to factors such as the recession, increased personal budgets, Local Authority cuts and changing expectations.

Rainbow will welcome guests throughout the coming year, but Break has taken the decision to close the centre in January 2013.

With the need to focus efforts where we can make the most impact, Break will concentrate on providing high quality services for children and families including children's homes, short breaks, family assessments, transition and mentoring support and fostering. We are also aware that there are significant areas of unmet need for families with disabled children and for young adults and will be concentrating efforts to see what we can do to meet their needs.

# What's happening in the community

## Vintage Car Rally

This year's Classic Car Run in association with the North Norfolk Classic Vehicle Club (NNCVC) and Strumpshaw Steam Museum was held on Sunday 17 April. Over 200 immaculate vehicles took the 40 mile route cross country from Sheringham to Strumpshaw Steam Museum, courtesy of William Key and family. Grateful thanks for £2,500 raised.

## Royal Norfolk Show

Our celebrity ambassador, Jake Humphrey took a day out of his busy schedule to join Break at the Royal Norfolk Show! While he was there he decorated a duck for the Grand Norwich Duck Race (see below) and did interviews and promotion for Break, including a stint in the Grand Ring.

Thank you Jake!

Jake Humphrey at the Show with his duck – see over



## A Trek for Mental Health

Deputy Manager Sue Hampson and support worker Dee Jack from Ashcroft Residential are climbing Africa's highest peak in October to coincide with Mental Health Day.

Ashcroft Residential in South Norfolk, is one of only two units in the country that provides a women-only service for those with enduring mental health needs, staffed solely by women.

At 5,895m, Kilimanjaro will probably cause altitude sickness during their climb, but that is part of why they wanted to do it. Sue said: 'A lot of the ladies here suffer from anxiety and the thinking behind the climb is to try and give us an idea of what it is like for them.'

Ashcroft have also raised £75 at a coffee morning to sponsor a woman from a refuge that Sue and Dee will visit in the Tanzanian village of Moshi, at the foot of Kilimanjaro, which protects women from violent crime and HIV positive women.

To support them log on to [www.justgiving.com/susan-hampson0](http://www.justgiving.com/susan-hampson0)



# Gone Quackers!

Norwich went quackers on Monday 29 August at the Grand Norwich Duck Race where 5,000 little ducks floated down the River Wensum to the Ribs of Beef Public House. The race was enjoyed by over 2,000 people who came along to cheer on their ducks and enjoy the entertainment and activities, raising over £9,000 for Break.



Thank you to Roger, Anthea and staff of the Ribs of Beef, the Sheriff of Norwich and Ribs Rovers Football Team and Wags, The Canoeman, as well as all our volunteers, prizes donors and sponsors, plus all the people who sponsored a duck!

See page 7 for more details of the corporate duck race!



## Tour Thru France

James Chant and Damien Conway have teamed up to cycle across France in the challenge of their lives. From ice cold in Annonay and climbing to the summit of the Massif Central in the clouds, to hot and sunny and wet and windy, these two Norfolk chaps undertook their 12 day, 1,100km trek across France to raise over £3,100 for Break! Highlights from their blog include 'the run down to the Rhone was awesome with the hairpin bends... getting chased over some scrubland by several small, but very fierce, dogs... and finally dipping our toes in the Med!'



To find out more log on to [www.tourthrufrance.com](http://www.tourthrufrance.com)

# Corporately speaking

## Lunch on the Green

Over 150 people turned out on a sunny lunchtime to enjoy an opportunity to network with local individuals and businesses from across Norwich and Norfolk for the third 'Lunch on the Green', held in association with Quality Solicitors Clapham & Collinge and thebestofNorwich. The event raised over £1,500 for Break – look out for the event again in July 2012!

## Tee Up and Off

36 teams tee'd-off for the Barnard Charity Golf Day at Glen Lodge, Bawburgh, Norwich on Monday 11 July. The sun shone and the golf was spectacular with the winning team amassing a winning score of 96 points, from two scores per hole!

Special thanks to Robert Barnard and everyone at Glen Lodge for a superb day; the main sponsor Lovewell Blake; our auctioneer Mike Gamble and to all the sponsors, prize donors and players. In all the day raised over £5,000 for Break and Star Throwers, a local cancer charity.



## D for Donate

Smith & Pinching, a leading local company of Independent Financial Advisers, Asset Managers and Insurance Brokers, based in Norwich, have been supporting Break this year. So far they have held a Donation Day where employees dressed up, sold cakes and raffle tickets, put their loose change in collecting tubs and took part in a company quiz. Break also donated auction items for The Smith & Pinching Charitable Trust F1 Ball in May including a

genuine Lotus wheel nut, with thanks to Lotus and Jake Humphrey, and an engraved F1 themed crystal vase, with generous thanks to Caithness Crystal. In total these events have helped to raise over £4,500.



## Norwich Inns

Break has been chosen as 'Charity of the Year' by Norwich Inns, a group of over fifty independently owned public houses, restaurants, hotels, theme parks and leisure facilities throughout Norfolk. Alongside collecting pots for change, outlets have been organising a range of events to raise extra funds, including a boat race, quiz nights, cake bake, sponsored runs, a Jail Break and the Grand Norwich Duck race (see page 5 and below), as well as a Ball in November. In all it is hoped that the group will raise over £10,000 for Break over the year.

This year we were able to organise the Grand Norwich Duck Race with the Ribs of Beef Public House as part of being Charity of the Year for Norwich Inns. As well as the 'public' little duck race (see page 5), we also held a corporate race, where 86 large decorated ducks took to the water! The winning duck came from Tombland Jewellers, who are now the proud owners of a crystal duck trophy sponsored by Caithness Crystal. All of these special ducks, which include designs from renowned famous artists, such as Brian Lewis, Tony Hall and Gerard Stamp, and amateur artists, will be auctioned on 8 September with all proceeds again going to Break. Log on to [www.break-charity.org](http://www.break-charity.org) to see a full gallery of ducks as well as pictures from the day.



### Jail Breakers!

Also, as part of the association with Norwich Inns, together with the Alexandra Tavern in Norwich, five teams of intrepid travellers escaped from the public house, to be recaptured 50 hours later. In total the jail breakers managed to cover over 3,200 miles and raise £3,500 for Break in the Tavern's 25th Anniversary Year. Feats included travelling to and climbing the Three Peaks, blagging free travel tickets, biking in wind, rain and hail, sleeping under stars and tarpaulin, as well as visiting some very 'dodgy places'! Thanks to sponsors and supporters and the teams, as well as Tiny and Neet of the Alexandra Tavern. To find out more and see some of the escapees' stories, please log on to our website.



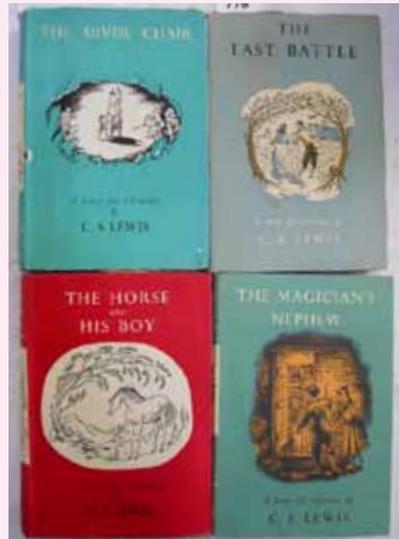
# What's happening in retail and beyond?

## 41st shop in Chipping Sodbury

Break opened its 41st shop on 13 July at Chipping Sodbury in the West Country. The shop is located at 25 Horse Street and we welcome anyone locally to bring along their good quality donations and browse the rails, or if you have a few hours to spare, volunteer at the shop. All Break retail units support our seaside holidays and respite care for children and adults with disabilities.



## First Edition find



The Break charity shop at Stonehouse in the West Country recently sold four first edition C S Lewis books at auction. Manager Linda put the books to one side when an anonymous donor gave them to the shop. Thinking they might be worth something, she contacted her local Wotton Auction Rooms. Much to everyone's delight, they sold for £2,600 as they were in excellent condition and still had their original dust jackets.

## 100 Day Challenge 2011

This year we have launched a Break-wide 100 Day Challenge – giving each care centre, department or retail unit the opportunity to raise much needed additional funds for their service. We give teams £100 to invest in fundraising ideas to turn it into as much as possible in 100 days. The team that raises the most will be the winners of £1,000 prize money for their unit.

So far there are 17 teams taking part from all across Break with the winner being announced at the end of October. Staff have taken part in challenges from stalls at events, raffles, car washing, sponsored walks, bike rides and treks, and even a rollercoaster challenge!

# Remember now, give later...



We're all doing it at the moment – you, me, the powers that be – all watching the pennies and thinking hard about how we spend money in these difficult times. With so much belt-tightening and tough budgeting, you may not realise that right now is a great time to leave a legacy! Why? Well, it's the one way of giving which has absolutely no effect on your bank balance and won't touch your day-to-day personal finances. So if you've been putting it off, now is the perfect time to plan and provide for the special people in your life, and also support your favourite causes by leaving a gift in your Will – and you won't have to part with a single penny of it today!

We are indebted to the memory of the wonderful people who remembered Break and left special gifts in their Will to help us to continue our work for the many vulnerable people who need us:

- Mrs Sybil Ainley
- Mr Franklin Joseph Brown
- Mr Ronald Richard Buckner
- Mr Anthony John Collinson
- Mrs Monica Helen Fanthorpe
- Mr John Spencer Sanders
- Miss Florence Joan South

Although we are not able to thank these people personally, we extend our grateful thanks to their Executors, families and friends, and hope that they are comforted by the thought that their relative's or friend's gift will help those in greatest need and make a difference to many lives.

If you would like to find out more about the benefits of leaving a gift in your Will to Break, please contact Molly Housego, Legacy Officer, on 01603 670104 or [molly.h@break-charity.org](mailto:molly.h@break-charity.org) for our Legacy Leaflet. All enquiries are strictly confidential.

## In memory...

We would also like to remember all those who have passed away in recent months and sincerely thank those families who have requested that Break should benefit from collections in their memory. We extend our sincerest condolences to all those who will miss their very special and irreplaceable family members and friends.

- Mrs Robina Blake
- Mr Howard Robert Cooke
- Mrs Joyce Downes
- Mrs Monica Helen Fanthorpe
- Mr & Mrs Joan and Albert Grand
- Mr Alan Latchem
- Mrs Beryl Melton
- Mrs Karin Oxbury
- Dr Guy Alexander Sanders
- Mr William Sheppard
- Mrs Win Ada Swift

Don't forget – if you are a UK taxpayer and make a personal donation to Break in memory of someone who has passed away, you could include a Gift Aid Declaration and make your gift worth 25% more!

Please contact Jeni Matthews on 01603 670100 or [jeni.m@break-charity.org](mailto:jeni.m@break-charity.org) for Gift Aid forms or more details.

## Up-coming Events calendar

### **Royal Cromer Charity Golf Day - Monday 26 September**

Tee off for just £160 for a team of four, to include bacon rolls on arrival, an evening meal and half way house on one of Norfolk's premier golf courses, the Royal Cromer Golf Club.

### **Charity Fashion Show – Friday 28 October**

The Break Holt Shop are organising a Charity Fashion Show to be held at Gresham's School in Holt, Norfolk. Tickets are £6 per person (£4 children) to include a glass of wine.

### **'Night with the Stars' – Friday 19 November**

Direct from Britain's Got Talent, The Chippendoubles alongside ABBABABES Tribute Act will be performing at one of the hottest star-studded nights Norfolk will ever have seen at Holt Community Centre. Tickets £35.00 per person to include 2 course hog roast, entertainment and disco. Book now to avoid disappointment!

### **Norwich Inns Charity Ball – Friday 11 November**

Please come along and join us for the first ever Norwich Inns Charity Ball, this year to be held at Drayton Old Lodge, Norwich. £39.50 per person, to include superb three-course dinner and dancing.

### **Break Carol Service, Norwich - December**

St Peter Mancroft Church will be the venue for this wonderful thanks giving carol service.

### **Nelson Lodge Masquerade Ball – Saturday 3 March 2012**

To be held at the Maids Head Hotel, Norwich, this event will raise money to support the young people who attend the respite centre in Long Stratton, South Norfolk. £37.50 per ticket to include champagne reception, dinner and dancing.

To find out more about any of these events please log on to **[www.break-charity.org](http://www.break-charity.org)** / call **01603 670100** / or email **[fundraising@break-charity.org](mailto:fundraising@break-charity.org)**

# Break Calendar Competition

Break held a competition earlier in the year for service users to submit artwork for this year's calendar. We received a wonderful selection of art from across the charity, showing just how talented some of our service users are. The work was displayed at Break's Learning and Development Centre, Schofield House, in Norwich, where local artist Hannah Giffard very kindly came to judge the winning pieces for us. Hannah had a difficult job to narrow the choice down to twelve as she was very impressed with the quality of all the work. After much deliberation, one piece of artwork was chosen for each month of the calendar, making an original collection of images for the year.

A celebration was held at the beginning of September, with all winners invited to come along and see their work exhibited, and to mark the official launch of the calendar.



The Break calendar makes a great present for friends and family, and is also a super way to support Break. It will brighten up your home or office for a whole year with unique artwork for each month. Where else can you get twelve pieces of original art and support Break at the same time?

As well as being able to buy your calendars in Break Charity shops across Norfolk, Suffolk and the west Country you can also buy them online at [www.break-charity.org](http://www.break-charity.org)

Hannah Giffard judging the competition

