

Newsletter Autumn 2012



"One appreciates one's following Kate's example by spending less on clothes, Camilla, but is a £2.25 shell-suit from Break really de-rigueur for a Palace reception?"

In this year of royal celebrations, Break got a mention in this topical Eastern Daily Press cartoon, drawn by their regular cartoonist, Tony Hall

WHAT'S INSIDE...

News from Break's Care Services, Retail and Fundraising

JOIN OUR BRAND NEW SUPPORTERS CLUB

...and much more about Break



CEO Update

MOVING ON...

Break's Mentoring Project and Transition Service amalgamated into the Moving On Team (MOT) in early 2012. We are developing a Mentoring Project for children and young people with disabilities and Nelson Lodge is providing support and advice in the development of this project. Following an Information Evening in July, we aim to recruit mentors towards the end of 2012 and start matching in early 2013.

Currently involved with around 40 young people who have left or are preparing to leave Break, we have also invited a further 30 young adults to use this service. With Morley House, we are developing a pilot project, to extend the Transition Service to young people with disabilities. The MOT will develop and expand across Break and we aim to provide this much-needed support to external partner agencies in the future.

It's not just our young people moving on...!

We bid farewell to Claire Tuthill, the 'founding member' of the Moving On Team. After three years, Claire left Break in July, to study Criminology. As Senior Transition Worker, Claire laid the foundations for development and expansion. Claire plans to stay in touch with the MOT, who, along with all at Break, will miss her.



It's been a busy summer and in July we welcomed Simon George, who took over from Maureen Gardiner as Chair of Trustees. Simon is Norfolk born and bred with a specialism in finance and will be a great asset to Break. Maureen did an excellent job as Chair, overseeing an eventful and progressive time and will continue as a Deputy Chair with Trevor Brown. Following Karen Wooddissee's departure we also welcome Geoff Gildersleeve, previously Norfolk's Assistant Director of Children's Services, who brings with him a wealth of knowledge and expertise.

Successful Ofsted inspections have meant that Burrowmoor Road's first inspection earned a 'good' rating, a real achievement for the staff team. Cromer Road maintained their 'good' status and Tennyson Avenue came close to 'outstanding' but settled for 'good' – a superb result as Jan Fish had only been Manager for four months. Last but not least, Rosedale has just been rated as 'outstanding'. The results are testimony to all our teams' excellent work with very vulnerable and challenging young people.

One of our care leavers, Jarone, has completed his acting degree and has made a film for us featuring six of our young people, highlighting the positive aspects of care. It's only five minutes long but it conveys a really powerful and positive message.

We are delighted that Norfolk and Norwich Families' House in Norwich will join Break officially on 1st October. It's a highly respected and established charity which undertakes a wide range of community-based family support work. It presents an exciting opportunity for us to grow this increasingly-important part of our service portfolio.

Break Christmas cards are now available – please consider purchasing them in Break shops or using the enclosed leaflet – and on that note, on behalf of all at Break, may I wish you early season's greetings!

Off into the big wide world!

Two 18 year olds recently left our Tennyson Avenue and Cromer Road Children's Homes. Daniel and Maryanne have been with Break for six years and are glowing examples of the benefits of good residential child care.

Daniel came to Break aged 12 with severe ADHD, on a part-timetable at school and facing permanent exclusion. Daniel got back to full-time education, left school at 16, then did a two year college course in agriculture, achieving a good pass. He worked with Freebridge Community Housing on day-release to gain experience and is now employed full-time by them. Daniel has his own flat, which he is decorating and furnishing. He is a lovely young man and has built strong attachments with the staff team who will be a part of Daniel's life for as long as he wants.

After a difficult start in life, Maryanne came to live at Cromer Road five years ago. Adapting to life in a Children's Home was hard, however, she has never given up and has strived to create a better life for herself, taking the many opportunities we have offered. Maryanne attended school regularly and went to college, earning an award in Foundation Studies. Next is a retail course at college, while also finishing her Duke of Edinburgh Gold Award.

Maryanne has participated in several fundraising events - even, literally, walking over hot coals for Break, when she took part in this year's sponsored Firewalk. She has also volunteered in a Break charity shop. We have been delighted to see Maryanne develop into a confident young person. She is a real success story, deserving enormous credit for her achievements. She will soon move into a shared living scheme, promising a new chapter of her life.

We wish Daniel and Maryanne the best of luck with their new lives. The MOT will be there for them, as a family would be, to support and guide them through challenges ahead.

CAKESALE



A splendid cake sale took place at Hellesdon Hospital in August, organised by Holly McKay, an MOT service user. Holly put in a lot of effort, designing her own poster and working hard to make and request delicious contributions to her stall. We couldn't resist buying some - delicious! Well done, Holly!

• Holly, with Rob Swann, Transition Support Worker (left) and Janes Van Vollenstee MOT Manager (right) •



Royal Garden Party

Break's CEO, Chris Hoddy, is always on the go. Occasionally he gets to do something out of the ordinary as part of his job. Chris says, "Break were given two tickets for the Golden Jubilee Garden party at Sandringham. I thought it would be a great opportunity for one of our young people to go so Rosie got the chance. Although we mixed with the great and good, there were quite a few people from other charities and social care so we didn't feel too left out. It was fascinating – as Rosie said to me, "This is so British!" We were close to the Queen but didn't get the chance of an audience with her. This was a "once in a lifetime" opportunity for us both so I was pleased that one of our young people could have that experience. For me, it is vital that Break's young people get the best opportunities we can give them."

Home Truths

Not everyone can appreciate what it's like to grow up in care, rejected or betrayed by family and facing emotional challenges and difficult situations. Our young people's former experiences are often very distressing and have a massive impact on their self-esteem, emotional stability and perceptions. We'd like to share one insight with this poem by Katie S, a former resident at one of our Children's Homes.

My Life in Care

My life's not worth living
 As I just keep on tripping
 Always falling into my own hole
 Never reaching my goal
 I want to pass their test
 But when can I have a rest?
 I'll never stop my running
 Until I stop breathing
 They're always by my side
 No matter how much I hide
 I lay there feeling so bare
 With them saying that they care
 They know I am fond of guys
 Just know by looking in my eyes
 I think sometimes they gag
 At the past I've had
 I want to be happy
 Not fiddling with a nappy
 Where can I go to be me
 Hopefully they agree with me

Your Knight for a Shining Aga?

We all hate cleaning ovens. In a Children's Home, it's an onerous task. However, Jonathan Neve of OvenClean came to the rescue for Rosedale, King's Lynn. He cleaned the oven for free – usual charge is £65! Jonathan also tackles AGA's, barbecues, hobs, microwaves and extractor hoods. Huge thanks, Jonathan!
www.ovenclean.com / 07557748132

Rainbow Closure

As Rainbow closes in October, we reflect on changes we've seen over the years - accommodating two or three guests to a room in the past, and often having up to 18 guests! With no lift in the early days, guests were carried upstairs by staff. The team was supplemented by volunteer Social Care students from around the world, and



families stayed during the winter. New legislation and the introduction of Care Standards brought changes. While lovely, not being purpose-built, the building presents problems. Although we installed a lift, it can be a struggle to fit in modern wheelchairs, which couldn't be anticipated a few years ago. The team has worked hard to ensure that guests enjoy a great time.



Naturally sorry to say goodbye to Rainbow, we've provided guests with thorough information about alternative holidays. We've had some excellent weeks recently including celebration of the Queen's Jubilee and the Olympics. Over the years we've had the privilege of working with many fantastic people – some visiting Rainbow many times, bringing their unique sense of joy, fun and laughter. We wish everybody well for the future.



Morley Moments



• Rachel Cowdry (Training Manager) participating in training at Morley House. Designed by Jack Bostman (Support Worker) the training aids understanding of how it feels not to be able to see. Assisted by Joke Ivens (Senior Support Worker)

• John, a weekly boarder, is dressed smartly to attend the Leavers Party at Churchill Park. John will continue with his placement at Morley House while he attends Sixth Form



• Weekly boarder James, learned how to knit after meeting one of our supporters, Mrs Brigstock, who knitted a series of finger puppets

• Lauren Watling organised a sponsored walk to raise funds for the 100 Day Challenge. Left to right - Maureen, Elaine, Jade, Carol, Jack, Sian, Sophie S, Sophie V. £300 was raised, which will be used for play and sensory equipment



Lloyds TSB lends a hand

Enthusiastic volunteers from Lloyds TSB redecorated a vacant room at Trafalgar Lodge in May. We chose a neutral colour, suitable for a young boy or girl. The volunteers also gave the en-suite bathroom a lick of paint - bright yellow, this time. Their grand job has left both rooms fresh and welcoming for our next new admission. Mark Mitchell of Lloyds TSB said, "Lloyds Banking Group are happy to support such a worthy cause as Break and look forward to doing so again." Huge thanks go to Mark and the team.

GO GO Gorillas!



'GoGoGorillas!' launched in June, will bring a world class event to Norwich, raising thousands for

Break to change young lives. Working with Wild in Art and The Born Free Foundation, this event will see an increase in visitors to our fine city, and involve the local community. Nelson, seen here with Half Nelson, are the Break Gorillas, painted by local artist, Mik Richardson, who has brought together some iconic Norfolk images.

The 10 week event takes in 2013, encouraging thousands of people to discover and re-discover Norwich, provide community and education projects and highlight environmental and conservation issues. The Gorilla sculptures will be created by local and regional artists, community groups and schools, 'GoGoGorillas!' will animate streets, parks and open spaces of Norwich creating a memorable landscape. Each 'GoGoGorillas!' exhibit will be sold at auction after the event - 75% of the net proceeds will be donated to Break and The Born Free Foundation.

Bespoke sponsorship packages are available. There are Artists Packs for artists who'd like to get involved.

Please contact Martin Green

01603 670107
martin.green@break-charity.org

Follow us -

www.gogogorillas.co.uk,
on Facebook
and Twitter @GoGoGorillas

Find out more at
www.wildinart.co.uk
www.bornfree.org.uk

RETAIL

The theme for this year's Crab and Lobster Festival in April was 'Wacky Windbreaks' around Cromer and Sheringham. Amber Harvey, daughter of **Sheringham shop** Manager Tim, designed a superb windbreak which was displayed in the shop. All windbreaks were auctioned in July, and Amber's raised £100.



and Jean Overton (20 years) and Jean Wunderlich and Brian Mason (15 years). Congratulations - we are grateful to all for making Stalham shop such a long-standing success!

Volunteers Jo and Molly recently celebrated 20 years at the **Sheringham shop**. They have become great friends and often go out for tea or to the cinema after their shift. A real Break partnership!

Congratulations to Anita and her team of hard-working models at our **Winterbourne Shop**

for two successful fashion shows. Models included Anita, Carol, Shirley, Muriel, Diana, Freida and Rose. Also, congratulations to Cissie Partridge, volunteer at Winterbourne for 10 years, who celebrated her 80th birthday in July. Cissie has enjoyed her time as a volunteer, plus the various social events.

CLOTHING AND BRIC-A-BRAC ALWAYS NEEDED, PLEASE!

If you're having a wardrobe clear out, please think of Break's shops - we rely on your generosity for our stock. Your unwanted item will be someone's favourite purchase! Our shops are conveniently placed so dropping off donations is easy. When you pop in, please sign up to our Gift Aid scheme. It won't cost you a penny, but we can claim 25% extra on the sale of your goods, helping us to change more young lives for the better.



Matt's Skydive

Matt Knights from **Prospect Handling**, who mail this newsletter, celebrated his 30th birthday by doing a sponsored sky dive for Break. "It was terrifying," said Matt. "I definitely won't do it again!" Both Matt's wife and mum were there to watch him on a cold, windy day. We thank him for his 'ordeal' on our behalf. We're doubly grateful as Matt's lovely wife is considering a run in aid of Break later in the year!

Matt before take off...



Firewalk - 29 November

Possibly the most exhilarating challenge of your life - a walk over hot coals... Follow the many Break staff and volunteers who have done it. With full training on the night from Blaze Firewalking Ltd., the experience also teaches techniques for coping with other challenges. Best of all, by asking friends, family and colleagues to sponsor you, you can raise money for Break. It's all happening at the King's Head pub, Letheringsett, near Holt.

Stody Cross Country Run

Why not run off some Christmas excess and raise money for Break? Join us for a 5k run (or walk) around the lovely Stody Estate near Holt. Keep an eye on the Break website for a confirmed date in the New Year.

Helping Hands

We always need volunteers to help at events! We give guidance and support and it's fun. A few hours of your time is a really precious, important contribution to Break and our beneficiaries.

For information on all events, please contact

Legacies



Break Newsletters always include an article about legacies - a wonderful way to make your mark on the world and a real difference to Break. I thought I'd introduce myself - Molly, Senior Fundraiser, and Legacy Officer, dealing with the administration of any Will that mentions Break.

It's my job to liaise with Executors or Solicitors, ensuring that Break receives what the person who remembered us intended, in accordance with the legalities of Wills and legacies for charities. We are accountable to the Charity Commission and our Auditors. Under Charity Law, we are obliged to make the most of each legacy. Legacies are rare for us, making them doubly precious. I make sure that everything left to Break means that we can change lives for the better.

We are indebted to the memory of those who have left wonderful gifts to Break, sometimes years ago, which continue to support our work for the children and families who need us:

- Mrs Ida Foulds
- Mr Anthony Alban-Jones

Although 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 make a difference to young lives.

To find out more about leaving a gift to Break in your Will, please contact me for our Legacy Leaflet. All enquiries are strictly confidential.
01603 670104 / molly.h@break-charity.org

In Memoriam

Special gifts have been made in memory of the following people who have passed away. We are grateful to all donors, family and friends, who gave tributes in their memory:

- Mrs Margaret Ada Masters
- Mr Richard Alfred Humphreys
- Mr Arthur Shaun Bradley House

100 DAY CHALLENGE

This fundraising initiative is for staff and volunteers to turn £100 into thousands through ingenuity and hard work. Whichever team raises the most stands to win an extra £1,000 for their unit!

In June, Chris, Rachel, Jo, Sarah, Lorna, and Hannah from Trafalgar Lodge took part in a sky dive. "It was the most amazing thing we've ever done, jumping from 10,000ft, falling at 120 mph, before the 'shute opened at 5,000ft and floating to the ground with a bump.

Funds raised will go towards a holiday for the children, musical props or a Sensory Room. The children will be happy with any or all of these".

01603 670107 / martin.green@break-charity.org

S U P P O R T E R S C L U B

This month we launch something special – our new **Supporters' Club!** Why not join today and help us continue our invaluable work? We want to make supporting Break as simple as possible. Our **Supporters' Club** ensures that your donations go further, keeping administration and postage costs to a minimum. You can make a real difference to vulnerable children, young people and families by joining for a minimum donation of £3* per month.

Members receive: • Free entry to a quarterly draw for a gift voucher • Free Break wristband • Free Break car sticker • Early-bird notifications to special events and priority booking • Two newsletters a year to keep you up to date with Break news • Birthday and Christmas cards

It's a gift that keeps on giving! You can even buy membership for someone else. You'll find a form below – sign up today! Your donation will support all the invaluable services that Break provides, however if you would like to support a specific service please contact the Fundraising Team on 01603 670100

*Monthly donations of more than £3 are very welcome. Existing support by Standing Order automatically qualifies for **Supporters' Club** membership.

It's **easy**, it's **quick** and you'll get free Break **goodies** when you sign up to join

Just do this bit



**THE
BREAK
SUPPORTERS
CLUB**

and then this bit...



Break Supporters Club Application Form

Your details

Title

First name

Surname

Address

Postcode

Telephone

Email

Date of birth

If this is a gift please complete the recipients details below:

Title

First name

Surname

Address

Postcode

Telephone

Email

Date of birth

Only this bit if it's for a friend

Bank Details - I would like to join the Break Supporters Club and make a monthly donation (Please do not return direct to your bank).

To: The Manager _____ (Bank)

Branch Address _____

Please pay Break (tick box) £3 or £_____ per month Starting on _____ (date) until further notice

Lloyds TSB Bank plc, PO Box 1000, BX1 1LT (A/c No. 00911326, sort code 30-94-34)

Your Name _____ (Please print clearly)

Sort code

A/c No.

Signature _____

Date _____

 If you are a tax payer and agree with the statement below, please sign to allow us to claim gift aid on your donations. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that Break will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Signature _____

Date _____

Where did you find this leaflet? _____

Please return your form to
Break
Schofield House
Spar Road
Norwich
NR6 6BX

From everyone at Break -



THANK YOU