



QEF
queen elizabeth's
foundation for
disabled people

QEF Happening

Autumn 2010

Newsletter for Queen Elizabeth's Foundation for Disabled People

The start of this milestone year was marked by a Thanksgiving Service and reception at Windsor Castle, attended by His Royal Highness The Earl of Wessex. In July the celebration was A Birthday Party at Goldsmith's Hall where Happy Birthday was sung to the accompaniment of pyrotechnics, much to everyone's surprise and delight. These, together with other major events, make this a very special year.

Past Resistance

In these enlightened days it is difficult to imagine the "mountains of disbelief" Dame Georgiana Buller faced in 1932 when she proposed a training college for disabled people. Nevertheless in spite of strong opposition she appealed to the generosity of the British public and managed to raise the £15,000 required to purchase the property at Leatherhead Court and equip the premises. The formal opening by HRH The Duchess of York took place on 27 June 1935 and the rest is history.

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75th Anniversary Year for QEF

But the hard work had only just started. To deliver such a specialised service for such a sustained period of time is testament to the spirit, care and determination of so many people working for QEF through the years, inspired by Dame Georgiana's vision.

Present Times

Our 2009-2010 Annual Review, *New Horizons*, gives a snapshot of QEF in the present and includes a DVD with a short eight minute film, ...Without You, that illustrates the care and support delivered by QEF services in the words of those who have received it. This very moving film, narrated by Kim Wilde and directed by award winning director Ricard Blanchard, may also be viewed at www.qef.org.uk. While the film features Emily, Steve, Ellen and Stephen their stories reflect all those who could benefit from QEF's unique range of specialist services.

New chief executive Jonathan Powell, formerly CEO of respite care charity Vitalise, took over the reins in January and, backed by dedicated staff, a dynamic new logo and a new website, has plans to increase the number of disabled people QEF can help. To do this QEF must raise its profile, remain financially sound and increase its fundraising income.

Future Focus

The lesson of time is harsh. Whatever we may do, disability won't just go away and our changing world brings as many problems as it does solutions. However, we can enjoy the moment and celebrate this 75th Anniversary Year with a great sense of pride in such a significant achievement. We pay tribute to the past and seek to build on it as we focus firmly on the challenges of the future.

achieving goals for life qef.org.uk

We've Only Just Begun

The newly opened 'Carpenters' wing at QEF Neuro Rehabilitation Services in Banstead which houses a multi-media room, fully equipped radio station, music room, group room and exam area has added greatly to the rehabilitation facilities.

Having these up to date resources has subsequently led to significant development of the rehabilitation curriculum which now includes music, video production group, radio

production group, sports leadership awards and key and basic skills groups. A wide range of art and design technology is also offered and all of these subjects are providing effective opportunities to improve communication and technology skills.

The large 'flexi-space' learning area is also used for various diverse events and productions throughout the year. Staff and students have taken part in

'Banstead's Got Talent', the annual 'Cultural Diversity Day' celebrations and the greatly enjoyed and much awaited Xmas Pantomime and DVD.

Right: Students taking part in the African Drumming workshop as part of the Cultural Diversity Day celebrations, May 2010



Anne's Special Challenge

Running with the QEF Team at the Adidas Women's 5K Challenge in Hyde Park was Anne O'Neill who was kind enough to share her experience with us.

"On the 5th September 2010, early on the Sunday morning, I travelled to Hyde Park in London to participate in the Adidas Women's 5K Challenge in aid of QEF. It was the eleventh year that I have taken part in the event in memory of my sister Brigid who attended the Leatherhead college during the early 80's.

"I arrived at Hyde Park and went to the media hospitality marquee which I was invited to go to because of my charity work. I felt extremely proud and was able to sit down and enjoy the atmosphere with a nice cup of tea! I was then interviewed by Lesley Joseph from TV's 'Birds of a Feather'. It was a great

experience and Lesley was a lovely lady as well as a good laugh.

Meeting The Team

"I then went on to meet Annalisa, fundraising assistant from QEF, and the other runners taking part to get ready for the race.

"As I lined up to start with 15,000 other women I thought of my sister who sadly couldn't be there with me to enjoy the day. The race was started by Jessica Ennis - who waved everybody off to do their best. It was really enjoyable with bands playing and the crowd encouraging everyone on when the going got tough.

Crossing The Line

"I crossed the finish line with a spring in my step and thinking of my sister which



Winning Ways at Wembley

It is very evident that Aidan Moore enjoyed his day out from QEF Independent Living Services to see England play at Wembley, courtesy of an anonymous donor. To share his pleasure was support assistant David Redwood and the England team, who beat Bulgaria 4-0.



gave me a huge sense of achievement. My finishing time was thirty seven minutes. Afterwards I was interviewed for the BBC by Jonathan Edwards, Olympic gold medalist and world record holding triple jumper. It was an honour and he was very pleasant to talk to.

"When I had collected my medal and goodie bag we made our way back to the QEF area to enjoy a nice picnic with the other runners. I was given a lovely certificate and a present as a thank you for doing the run.

End Of A Great Day

"QEF is a very important charity that helps disabled people fulfill



Left to right:
Julia Lee, Anne O'Neill,
Amelia Powell, Leila Yasin

their potential in life. It helped my sister a lot in her life and I look forward to supporting the charity in her memory.

"It was a privilege to be part of such a great day and I will always have treasured, happy memories of it."

Anne O'Neill

QEF Vocational Services is one of only four pan-disability residential training colleges in England. There are none in Wales or Scotland.

The majority of trainees live in 1960's built facilities that have become impractical and inefficient. These residential facilities need bringing up to standard to meet acceptable living requirements for this day and age and to provide additional capacity, particularly for those with more complex disabilities.

A feasibility study shows it is more cost-effective to build a new 50-bed residential facility with en-suite and fully wheelchair accessible bedrooms than to refurbish existing accommodation.

The estimated total cost of this development is £5 million with £1 million expected from voluntary donations. Big Build Campaign has been launched to raise the money over the coming 12 months. The £228,000 raised to date is extremely encouraging but in the present economic climate the target remains a challenge.

The Big Build



Dorincourt's Got Talent

Eat your heart out Simon Cowell

In September, clients and staff at Independent Living Services, Dorincourt, showcased an array of talents to a live audience. The show had been developed, planned and organised by Dorincourt's Empowerment Group over a number of months. Endless rehearsals were held before the event to ensure a top quality performance. All aspects of the show had been cleverly thought out, from make-up and costumes to stage lighting.

The afternoon involved songs from Joseph, songs by Take That and R Kelly, a unique unicycle demonstration, magic tricks, a piano recital, a hilarious stand up comedy

act and many more. A fierce panel of judges (carefully selected non-bribed clients and staff) rated all sixteen of the performances. The winners were Ossi Lampola with his amazing Michael Jackson tribute and Wendy Hempkin who sang a beautiful rendition of Abba's 'Chiquitita.'

The audience was moved by the QEF clients' confidence and participated fully throughout the exciting event.



Stephen Wins James Hamilton Award



During the QEF 75th Birthday Party QEF President, Corinna, Lady Hamilton of Dalzell DL introduced the inaugural James Hamilton Award dedicated to her late husband Lord James Hamilton of Dalzell. James Hamilton was involved with QEF for over 30 years, with 17 years as Chairman.

The very deserving recipient was Stephen Wagland, who is also featured in our film ...Without You. Stephen was born with Pseudoachondroplasia, a rare medical condition characterised by

short limbs and stature and extreme pain in the hips and the knees. Difficulty with walking and premature osteoarthritis further impedes his mobility.

However with the support of QEF Mobility Services he not only passed his driving test but also the Pass Plus driving award which has had a significant impact in his pursuit of a place in the Paralympics with World Class Start Squad for the British Equestrian Federation.

"A wheelchair has been my only means of getting around since I was at secondary school and I have always valued my independence. I remember coming with my father to QEF's Mobility Centre for advice on how to get me and my wheelchair in and out of the car and then I came back to learn to drive for myself."



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Donations Welcome

The demand for our services and facilities is ever increasing and we are doing our utmost to keep pace with the number of disabled people who need assistance to achieve a greater degree of independence. With a combination of care, training and practical help, we can achieve our goal to turn disability into ability, particularly as we are able to offer such a wide range of help to those who need it.

Visit our website www.qef.org.uk for various ways to donate conveniently.

While there you might consider becoming a QEF Friend and arrange a standing order. This will enable us to plan more confidently for future projects and initiatives. It is simple to set up and gives QEF an income we can rely on for planning.

Naturally we are always happy to take postal donations (send to our Leatherhead office) or please call Tim Williams on 01372 841131 for telephone donations.

During the last week of September, eight clients and staff participated in a week's activity holiday at the Calvert Trust on Exmoor. This was the fourth year running for QEF Neuro Rehabilitation Service to visit Calvert, organised by Peter Calvert from the

recreation department. The Calvert Trust is located in an area of outstanding beauty on the edge of Exmoor National Park, next to Wistlandpound Reservoir and a short distance from the North Devon Coast.



As usual there was a fair share of rain but this did not dampen anyone's enthusiasm or spirit. Once again those who believed they could not participate in activities such as abseiling, rock climbing, crate stacking or canoeing, due to their disabilities, were pleasantly surprised at how they achieved these things. In the evening there was swimming or enjoying 'quieter' activities, such as karaoke or a disco.

"It was a once in a lifetime opportunity, and well I am glad I went, and for the next group 'GOOD LUCK' as you'll really, really enjoy yourselves"

Sean Smart



Active on Exmoor

Life Could Be Plain Sailing

No one knows this more than Tristan. Having always had a love of everything to do with the sea such as sailing, swimming, surfing and boarding, Tristan was delighted to be offered a full time position at the shop where he had undertaken his work experience and worked part time from the age of fifteen. Soon he was promoted to assistant store manager.

Then just after his promotion his whole world capsized

Shortly after his promotion, Tristan was involved in a car accident. His injuries were extremely serious. He was in a coma for two weeks followed by a front cranial operation. Further surgery followed to rebuild his skull.

On leaving the hospital, Tristan had regained his speech but had minimum basic movement, no confidence in himself or with other people due to a loss of memory, and was in a wheelchair.

He knew he needed help

That help came when his doctor and social worker referred him to QEF Neuro Rehabilitation Services in Banstead, Surrey. After a detailed professional assessment, for the next nine months, Tristan followed a residential structured course which was tailored to his needs and goals - speech and language therapy to help with his communication and memory impairment and physiotherapy to help with his mobility so that he could lead as independent a life as possible.

Getting back to work

Having relearned these skills and regained some of his confidence, Tristan was keen to get back to work. In consultation with his Job Centre Plus Employment Advisor he was referred to QEF Vocational Services to be trained for sustainable employment. When Tristan completed his course

work QEF helped him to secure a work placement in the finance office of a university close to his home.

He even has the confidence to use public transport to commute to his workplace

With the help of QEF's specialist services, Tristan has relearned life skills, acquired new work skills and increased his confidence to live a more independent life. Whilst he knows there are challenges ahead, Tristan's goal is to eventually regain his driving skills. He may be back to QEF to take advantage of the driving facilities at QEF Mobility Services.



Prizewinning Trainees Celebrate Success

In a prestigious award ceremony in July top trainees at QEF Vocational Services were awarded prizes in fourteen courses and special awards, including Trainee of the Year and Principal's prize. Community support was evident from the attendance of local business sponsors and the presence of Barry Cheyne, Mayor of Elmbridge and Councillor John Northcott, Chairman of Mole Valley Council.

For the prize winners there was the double achievement of succeeding in their training for employment and also overcoming their own disability. Learning any new professional skill presents its own difficulties, but each trainee at QEF is also faced with an individual set of hurdles to overcome.

Garry Billing, Principal of QEF Vocational Services, said *"Determination to succeed is the main factor that all the prize winners share. Focussing on their abilities has brought*

them confidence which together with the sheer hard work they have put in has set them on a road to achieve their goals."

At the close of the ceremony, QEF CEO Jonathan Powell said *"I urge each of you to tell everyone about the success not only of these prize winners but all those at QEF dedicated to supporting them and their colleagues."*

QEF Prize Winning Trainees and Instructors

Front: Paul Barrett – CAD
Second Row (L-R): Joe Walsh – Instructor, Rob Pine – Instructor, Susan Harrison – Bookkeeping, Karen Sawkins – Travel Services, Mary Watford – Instructor, Trevor Elves – Bookkeeping, James McGowan – Office Administration



Third Row (L-R): Daniel Dellaway – Vehicle Refinishing, John Groom – Horticulture, Jonathan Powell – QEF CEO, Liam Byrne – Office Administration, Sharon Midmer – Office Administration, Garry Billing – QEF Vocational Services Principal, Dean Price – QEF Job Club
Fourth Row (L-R): Keith Wareham – Building and Property Maintenance, Steven Adams – Horticulture, Mark Farenden – IT Support and Maintenance

QEF welcomes new CEO

Jonathan Powell takes up new post as QEF Chief Executive.

QEF appointed Jonathan Powell as its Chief Executive at the beginning of January. Jonathan, 49, is based at the offices in Leatherhead Court, Surrey.



"While we extend QEF's horizons through new service developments we will continue to deliver the highly regarded services that are currently on offer. With your continued support we can build on our past success and prepare for the demands of a long-term future."

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QEF works with people living with physical and learning disabilities or acquired brain injuries to support them to achieve their goals for life.

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Formerly CEO of respite care charity Vitalise from 2007-2009, Jonathan's professional background lies within the third sector having previously spent five years as CEO of Independent Age and gaining over 10 years' experience within the Royal British Legion.

Jonathan says, *"To join QEF in its 75th year is very special. Its vision and values remain clear. Disabled people should have the same opportunities as everyone else."*