

Autumn/Winter 2019



QEF

queen elizabeth's
foundation for
disabled people

Happening

Achieving goals for life

qef.org.uk

THE NEW QEF TRANSPORT HUB

Helping you stay
mobile if you
can't drive

CAN'T WAIT TO MOVE...

Find out why one
of our residents
is excited about
the new CRC

Life changing Bugzi assessments

See our paediatric OT at work

Dear supporter,



THERE'S BEEN SO MUCH PROGRESS over the last 6 months on our new Care and Rehabilitation Centre – it's exciting for all of us! The roof is on, the external walls are finished, and the windows are in. Ben, one of the residents at Dorincourt, was the star of our 'topping out' ceremony in the summer and seeing him excited about his future with

QEF was rewarding for everyone involved. Read more on page 5.

We're now focusing on the expert neuro rehabilitation and specialist care service that we'll be providing in our new centre. Accessible technology, the latest therapy equipment and facilities and most importantly, bringing many of QEF's experts together under one roof for the first time – this will create some fantastic opportunities for the people we support.

There's still lots to do though, especially kitting out the therapy areas, communal spaces and bedrooms. I never take support for our work for granted, and on pages 6, 7 and 10 you'll find some of the different ways that people raise vital funds for us. Everything you do makes a difference.

On page 3 Kate, our paediatric occupational therapist, explains how she helps disabled children become more independent, and the difference our Bugzi wheelchairs can make. Created by our colleagues at MERU, Bugzis are life-changing – helping with mobility and coordination, and giving children choice.

I'd also like to thank QEF's 300+ volunteers. Your support is invaluable, and it was a pleasure to meet so many of you at our recent volunteers' afternoon tea at Denbies Vineyard. Bradley, one of our Leatherhead Court volunteers, recently took part in an EU Commission film on anti-discrimination in the workplace, which we were keen to support as a Disability Confident Employer.

Thank you for everything you do for QEF – everyone makes a difference, and together we can build futures and change people's lives.

Karen Deacon
QEF chief executive

“The compassion and expertise of our staff and the commitment of our supporters are what make QEF special.”

Front cover photo: Charlie loves using his Bugzi



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At QEF we work together to deliver caring and creative solutions for people with disabilities of all ages, enabling them to live life to the full.

QEF family of charities

Sutton
shopmobility

MERU
from disabilities to possibilities

VASD
making your life easier



Kate with Charlie in his Bugzi

QEF's paediatric expertise – helping children to be independent

Kate El Bizanti is a paediatric occupational therapist. She has worked with a number of leading hospitals and organisations before coming to QEF, and her role here brings together years of experience of supporting children with life-threatening or life-limiting conditions.

Bright, enthusiastic and friendly, Kate's warmth and energy communicates itself to the families she works with. At QEF Mobility Services she carries out a variety of assessments for children with disabilities, including car seats, transfer and seating for cars and planes, wheelchair and buggy assessments, and Bugzi – our award-winning, indoor powered wheelchair.

Kate's entire training and work has been based around children with disabilities, and this varied experience

has given her the competency and skills to deal with pretty much every situation. She says, "When I talk with families I aim to get a broader, more holistic picture of their needs. Taking a broader view means I can identify possible problems, such as would this car seat make it harder for other children to get in the car? Does it mean there's no room left for the buggy? And if so, I can recommend a better solution."

Kate has built a strong peer network through her work at different hospitals, speaking at conferences and sitting on committees, and says "I love working here! Our services aren't provided by the NHS and while parents can get general advice from other places, we are one of the best providers of specialist mobility advice for children. It's also easy to approach other experts at QEF to discuss any challenges that develop."



Kate and Rayan

She's a big fan of QEF's Tryb4uFly assessment service. "QEF's realistic aircraft cabin means I can help the children find out what seating, wheelchair options and support systems work best for them. This often means that a family can go abroad together for the first time, which is really rewarding."

Kate also runs the Bugzi loan scheme, provided by MERU, our partner charity. "Bugzi is a true gateway to mobility, opening doors for kids with no way of moving independently and helping them make choices." See Rayan and Charlie's videos at qef.org.uk/bugziassessments ●



“I am very happy with my choices now!”

Ben, a resident at Dorincourt, took a few minutes out to tell us why he likes living there, what he enjoyed about our topping-out ceremony, and why he can't wait to move to QEF's new Care and Rehabilitation Centre in Spring 2020.

What do you like most about living at Dorincourt?

I've got very helpful friends here that take good care of me. I also like my large room because it can fit all my things like feeding bags, my game cubes and my TV. I enjoy most of the activities here – boccia, hockey, football and also big group games, like snakes & ladders and quizzes.

Did you take part in the recent Bake-off competition? How did you get on?

Yes, I took part in the Bake-off – that's when I discovered my passion for baking. I had a lovely time baking the Victoria sponge cake and also being part of the winning team. I now have a baking session every Monday and I totally enjoy it!

What else do you like doing? Do you take part in the plays and drama groups?

I love drama – we have two plays a year, and I always take part. There is always something going on here – apart from baking I enjoy relaxation classes, Festiworld [a regular slideshow presentation and talk discussing festivals around the world], and the residents' meetings.

A little while ago you said, 'I like being in control and choosing what to do.' How does living at QEF help you with your choices and control?

I feel in control and independent because I can drive myself around whenever and wherever I need to. I can also express myself and communicate easily using my communication board. I am very happy with my choices now, and living here gives me everything I need.

“I'm looking forward to my new bedroom, and the smart technology”

There are some lovely photos of you at the topping-out ceremony – what did you enjoy about the day?

I feel very honoured for taking part at the topping-out ceremony and representing all the residents. It was fun. I felt amazing and very happy to be there. It helped me to imagine how good the building will look when it's finished.

Are you looking forward to moving to the new CRC? What do you think will be good about it?

I am very excited about moving! I can't wait to make new friends there and also keep in touch with the ones I've got already. I'm looking forward to my new bedroom, and the smart technology which means I'll be able to control things like the TV, music and lights myself instead of asking for help. The gardens and outside space there are much larger, so I'd also like to try some gardening. ●

We've raised the roof!

QEF's topping-out day

In June 2019 QEF celebrated 'topping out' on our new Care and Rehabilitation Centre in Leatherhead, Surrey, and QEF resident **Ben Rycraft** played a star role on the day

This milestone event celebrated the £15 million development reaching its highest point and the imminent completion of the roof.

Guests included QEF's president Corinna, Lady Hamilton of Dalzell DL, and supporters of the charity committed to the development of this centre of expertise. We invited everyone to write a message on individual roof tiles, and they watched as these tiles were added to the roof.

QEF resident Ben was given the star opportunity of adding his name to the highest brick on the building, the corner stone of the chimney, and this was also put into position during the event. Ben has cerebral palsy and uses a communication aid attached to his powered wheelchair. He says, "I felt amazing and very happy to be there!"

Ben sets his own goals with support from the QEF team and is hugely excited about moving into his new home with QEF next year.

Some of our supporters on the day commented:

"I was really moved by Ben and the difference you make to fulfilling his life. Seeing his excitement for the new build has made me want to help you complete it."

"I will never speak to a disabled person the same way after hearing Ben."

"The ability to pool this expertise in this amazing facility is going to create real outcomes for those you are helping."

"I was really moved by Ben and the difference you make to fulfilling his life. Seeing his excitement for the new build has made me want to help you complete it."

When the CRC opens in Spring 2020 it will provide one of the best neuro rehabilitation and specialist care services. It will bring together our expert multi-disciplinary teams to provide a person-centred residential service, using assistive technology to give back some control to residents and clients.

We are still raising funds to support the costs of developing this new centre, so we can build futures and change the lives of many more disabled people. Your generous donations are funding:

- the latest equipment for the therapy rooms
- a fully accessible physiotherapy gym
- 48 en-suite bedrooms – some with additional kitchenettes and all with assistive technology
- a residents' training kitchen
- laundry facilities
- spacious dining rooms
- multiple recreation and social spaces ●

Find out more at qef.org.uk/CRCappeal



It's help from **generous people like you** that enables us to continue making a **huge difference** to the lives of people with disabilities.

"I think QEF does an amazing job in so many different ways"

Sally Frost is one of the driving forces behind our Ladies Lunches, and has helped to raise more than £107,000 so far towards our new Care and Rehabilitation Centre.

Over the last 30 years Sally has supported QEF in a variety of ways. When we began the Autumn Ladies Lunch in the 1990s we asked her to join the organising committee. These events became so popular that Sally worked with us to create a Spring version of the event. These

too are regularly sold out, having grown from an initial 200 guests to 400 people.

Sally also helps organise many of our fundraising dinners, and staged the inaugural QEF Dining Club event at her home in Surrey.

"I am delighted the Ladies Lunches and my Dining Club event have made such a significant contribution towards the new CRC while at the same time being so enjoyable for everyone!" ●



Sally staged the first QEF Dining Club event at her home



St Cecilia Chorus raised more than £605 for QEF last Christmas

Singing QEF's praises

St Cecilia Chorus, previously known as the Banstead Musical Society, stage four choral music concerts a year, and have sung in many prestigious venues.

In 2015 they voted to adopt QEF as their chosen partnership charity. Chair, June Parsons, explains "Singing is linked to well-being, and in our case brings people together in a safe social environment on a regular basis. We feel this

approach mirrors QEF's vision as an enabler, helping people live life to the full."

Their Christmas collection raised more than £605 for QEF, and June says "We raised the money from our Christmas concert and by singing carols in a local pub. It's fun, and we'll do it again this year!" See their website for details of events and how to join the choir at stceciliachorus.org.uk ●

Trust supports Rayan to become more independent

A huge thank you to the Victoria Foundation who funded a Bugzi wheelchair for the lovely Rayan!

The Victoria Foundation changes the lives of children in London by funding vital equipment and mobility aids. Their generous support has provided an increasing number of children with Bugzi wheelchairs, most recently Rayan, for whom the Bugzi was his first experience of independent mobility. See his video at qef.org.uk/bugziassessments ●



Rayan in his Bugzi wheelchair



Wheelchairs no obstacle in Run Reigate

Two residents from Dorincourt took part in Intersport Run Reigate's 5k challenge, becoming the first-ever participants to be pushed along the course by other runners.

Ashleigh and Jonathon are residents at QEF's Independent Living Service, and both have cerebral palsy and learning disabilities. They weren't able to use self-propelling wheelchairs to get around the course, but that didn't stop them – thanks to Ana-Maria and Ellie, who work with them at QEF.

Already taking part in the run, Ana-Maria and Ellie liked the

idea of opening up the race to residents as well. This wasn't a small commitment, as they would be pushing Ashleigh and Jonathon along the route as they ran. They had to plan for the weight of the wheelchairs and how to manage personal care requirements on the day – but the run was a huge success, and everyone had a good time!

All four of them took on this challenge to celebrate inclusivity whilst also raising money for QEF's new Care and Rehabilitation Centre. You can still show your support for them at [justgiving.com/fundraising/teamils](https://www.justgiving.com/fundraising/teamils) ●

Everyone Matters
Everyone Makes
a Difference

THANK YOU!

Thank you for all the different ways you support QEF - from a regular monthly donation or sponsored challenge to organising your own events and encouraging your company to support us. You make a difference every day.
qef.org.uk/donate



Regular donations that mount up

Allan Plumpton has been supporting QEF for many years through frequent, one-off donations. He explains why we are one of his favoured charities.

"My first awareness of QEF's existence and work was back in 1977. A work visit to QEF's Neuro Rehabilitation Services (NRS) even then blew me away, and I'm amazed at the facilities now being offered 40 years on and their plans for the future.

Since my major stroke 4 years ago, which resulted in serious

impairment of my mobility, I've become even more aware of the importance of QEF's work. I went to NRS for an assessment to see if they could help my rehab, and they referred me to a neuro physiotherapist which I am now following up.

Younger people than me will really lose out if this ground-breaking work of QEF is not generously supported and encouraged to develop, now and for the benefit of future generations." ●

The new QEF transport hub keeping you connected

If you have a physical or hidden disability and don't drive, or have had to stop driving, using public transport can sometimes seem a bit daunting. Now there's a new solution to help you get mobile, access transport and get out of the house to meet friends and carry on your social life.



QEF is part of a new regional transport hub initiative in England, and we specifically support

people in the Sutton, Merton, Croydon and Surrey areas. We can help you find realistic transport options and make journeys easier.

What is the QEF Transport Hub?

The regional transport hub initiative is a one-year pilot project funded by the Department for Transport, involving seven Mobility Centres across the country, including QEF Mobility Services. Each centre is looking at the best way to deliver information and advice to people in their region who no longer drive. QEF offers a personal travel

solution service which provides individual advice either face to face or over the phone around the following aspects:

- Accessing public transport
- Disability legal rights and travel concessions
- Practical guidance on assistance and community schemes that promote wellbeing and reduce loneliness
- Signposting to transport providers
- Practical guidance on mobility equipment and its transportation

How do I use this service?

You can book a face to face appointment with our adviser, or if it's easier, arrange for an advice session over the phone. Simply contact our transport adviser by email at transporthubproject@qef.org.uk or call

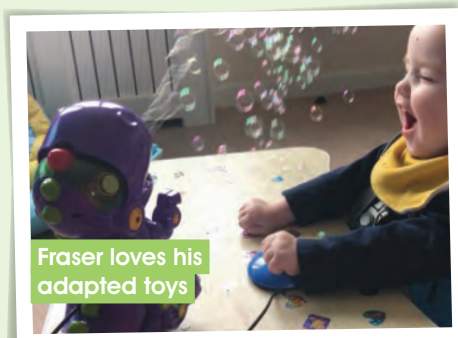


07780 224771 between 9.45 and 2.45, Monday – Friday.

Appointments can either be at our Mobility Centre in Carshalton, or a variety of other community locations in Sutton, Croydon, Merton, Epsom or Leatherhead - The service is free. We attend regular events in these locations, and the simplest way to find out when we are next in your area is to contact us directly. ●

Find out how the Transport Hub helped Irina at
qef.org.uk/transporthub

Switch-adapted toys from **MERU**



The team at MERU adapt toys so they can be used with an accessible switch, making them easier to activate. It may seem like a small thing for a child to be able to press a button and make a toy sing or perform, but this is a crucial part of development, as well as enabling children to join in and play with their siblings.

Fraser's mum says "I just wanted to say thank you so much for adapting my son's toys! His favourite so far is the bubble machine, but he's very partial to Beatbo as well. It's amazing to see him enjoy them and play with his sister."

We are currently raising funds to adapt more toys for children. To find out more, visit www.meru.org.uk. ●

“QEF always makes me feel welcome!”

Bradley has volunteered at our head office in Leatherhead for two years, working on our database and dealing with customer data and donations. He says “Everyone is friendly, and they always make me feel welcome. The office skills, confidence and independence I’ve gained while volunteering with QEF will be really useful when I apply for paid work.”

But Bradley’s volunteering doesn’t stop there. He has also taken part in a European Commission film on disability discrimination at work, which was partially filmed at QEF. He also competed for QEF in last December’s Winter Wonderwheels challenge – cycling 10k around the Olympic-sized Dorney Lake at Windsor on a tricycle. “It gave me a real sense of achievement, and I can’t wait to do it again this year!” ●

Watch the film at
qef.org.uk/news/EUfilm



Bradley (right) discusses his part in the film



Enjoying afternoon tea

Volunteering – how helping us can help you!

At QEF we know how lucky we are to have so many wonderful volunteers supporting us in our services, shops and offices. We simply couldn’t do everything we currently do without you!

During the summer we invited all our volunteers to afternoon tea at Denbies Wine Estate to say a huge thank you for all their time and effort.

The sun shone, the cakes kept coming and a good time was had by all.

A selection of generous raffle prizes made the day even more special – thank you to those organisations who kindly donated their products and services.

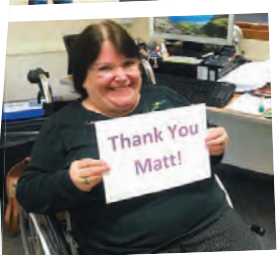
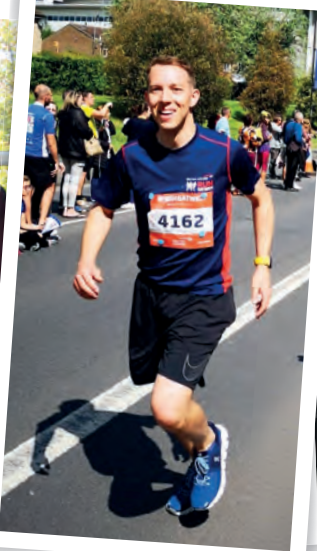
Katrina and Chloe volunteer with QEF’s Neuro Rehabilitation Services (NRS). They say:

“After four years of volunteering at one of QEF’s shops, I moved to NRS to help with procurement and on the reception desk. It keeps my brain active, I’m always meeting new people, and it’s interesting to see where the money goes – who we’re helping, and how. The afternoon tea was a lovely idea, and I enjoyed meeting other volunteers from around QEF!” **Katrina**

“Even though I don’t work directly with clients, I wanted to use my admin experience to help make a difference. It’s really satisfying, and I feel as though I’m adding to the bigger picture.”

Chloe ●

To find out more about volunteering at QEF, visit qef.org.uk/work-us/volunteer-opportunities



Families and friends take on the challenge!

Matt Denchfield recently took on his first half marathon, completing the Run Gatwick Half Marathon in support of QEF.

QEF's Neuro Rehabilitation Services supported his mother-in-law through her recovery from a recent stroke, and she has now returned home. Her family has nothing but praise for the level of care she received at QEF, and Matt wanted to take on this challenge to

raise money as a result.

Matt had never run that distance before, but with regular training and determination he crossed the finishing line in just 1 hour 48 mins – well under the two hours he was expecting, and raised more than £2,000 for QEF!

"I'm really pleased that I was able to raise so much money for QEF! It was exhausting but fun, and I'll definitely be

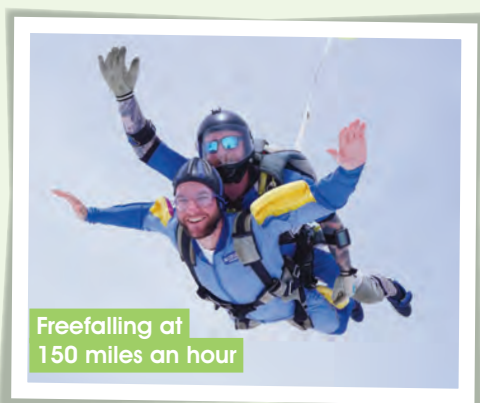
taking part in the run again next year."

Thank you to Matt and everyone that supported him. ●

Would you like to take part in a challenge event, and raise money for QEF?

Email events@qef.org.uk or visit qef.org.uk/events

Rising and falling to the challenge



Jump for QEF! That's what Louis and his partner Charlie did. They liked it so much they're doing it again – and next time Charlie's mum and auntie will be joining them!

Louis says "I work with a colleague who is an ex-Paralympian, and QEF really helped him when he needed it. I wanted to do something that would challenge me, and also

raise funds for QEF." He set up a donations page before the event, and his total now exceeds £1,500.

Louis jumped in tandem with his instructor from 12,000 feet. "I wasn't scared, but excited and definitely a bit nervous. It was a top adrenaline rush – the first thing I wanted to do was book another!"

Many thanks to Louis and his supporters. ●

You're the best!

A massive thank you for everything you do to support QEF, whether donating, volunteering, taking on challenges or attending events – you are invaluable.



Charity of the Year

We are delighted that Kimberly-Clark have chosen QEF as their Charity of the Year. In July they sent a team of tireless volunteers to our offices in Leatherhead, where they spent the day redecorating the canteen and transforming the garden. Thanks to their hard work the canteen is a much more flexible space, and the gardens look beautiful.



Help with your driving theory test

A huge thank you to Henry Surtees Foundation for their generous donation towards our Mobility Service. They funded a trainee psychologist to support people with reading and comprehension difficulties through their driving theory tests, and their donation also enabled us to update our supporting materials and some related equipment.

Universities supporting MERU

Many thanks to the Biomedical Engineering Society from the University of Surrey for their continuous support of MERU, one of our family of charities. The Society raised a tasty £701 by hosting three bake sales on the university campus.

We'd also like to thank **Imperial College RAG, Brunel University RAG and King's College RAG** for choosing MERU as their charity partner for 2019-20. We're really looking forward to developing our partnership with these universities!



The Gold-i Bugzi has been loaned to Bertie

New Bugzi from Gold-i

We'd like to say a big thank-you to all the employees at Guildford-based FinTech firm Gold-i, who have raised £5,000 over the last year to buy a Bugzi.

The team of 35 raised money through a range of activities, and the Gold-i funded Bugzi has already been loaned to 4 1/2 year old Bertie. When Bertie outgrows his Bugzi it will be returned to the team at MERU, who will refurbish it so another child can benefit.



Tournament raises a huge £10,000

A very big thank you to everyone that took part in LOM Architecture and Design's 5-a-side football tournament in Shoreditch in June. It was LOM's biggest football tournament to date, involving 19 teams from across the building industry. Together they raised an incredible £10,000 for QEF's new Care and Rehabilitation Centre.

Join in at fundraising.qef.org.uk

QEF Events Calendar

From adrenaline-packed challenge events to lunches and dinners with friends, QEF has something for everyone. Find an event that suits you, and enjoy!



FUNDRAISE WITH FRIENDS

Thursday 17 October 2019

LADIES AUTUMN LUNCH

Epsom Downs Race Course

Our Ladies Autumn Lunch is an iconic event that includes a shopping fayre and celebrity guest speaker

Thursday 7 November 2019

CHARITY GOLF DAY

The Berkshire, Ascot

Enjoy the beauty of the Berkshire's pine and heather-lined courses, followed by lunch, prize giving and entertainment

Thursday 28 November 2019

54TH GUINNESS & OYSTER LUNCHEON

Mansion House, London

Join us for an inspiring guest speaker, raffle and silent auction, and (reputedly) the best pint of Guinness in Britain!

Wednesday 29 April 2020

LADIES SPRING LUNCH

Epsom Downs Racecourse

Our Ladies Spring Lunch consists of a shopping fayre, a two-course lunch and a special celebrity guest speaker

CHALLENGE EVENTS

Sunday 8 December 2019

DENBIES SANTA RUN

Run, jog or walk 5k through Denbies Vineyard, dressed as Santa! A traffic-free course with festive entertainment

Saturday 7 March 2020

THE NUTS CHALLENGE

Could you run a muddy 7k obstacle course? If this sounds like your sort of challenge, join Team QEF

Sunday 26 April 2020

LONDON MARATHON

Celebrate the London Marathon's 40th anniversary by fundraising for QEF

July 2020

LONDON: ASCIS 10K

Run 10k through central London with live music at every kilometer to spur you on

Sunday 16 August 2020

PRUDENTIAL RIDELONDON 100

Cycle 100 miles from London around the beautiful Surrey countryside

CREATE YOUR OWN EVENT

THE DINING CLUB

As part of our Dining Club you'll receive a complementary host's kit, along with everything you need to plan your fundraising dining event with your friends

March-October 2020/2021

SKYDIVING

Jump out of a plane for QEF! We've teamed up with Skyline Events to bring you this adrenaline-packed experience

Weekends May to October 2020/2021

THE 3 PEAKS CHALLENGE

Climb three of the highest mountains across the UK in one weekend – push yourself to your limits with QEF and Maximum Adventure

For more information or to register for an event:

W: qef.org.uk/events

E: events@qef.org.uk

T: 01372 841171

☒ **Yes I will make a gift to QEF to support their life changing work.**

Please accept my gift of: ☐ £15 ☐ £25 ☐ £35 or my choice: £ _____

Please make your cheque payable to QEF OR Please charge my:

☐ Visa ☐ Mastercard ☐ Maestro ☐ CAF/Charity card

Card No. Security Code:

Start Date: Expiry Date: Issue No (Maestro only):

Name: _____ Address: _____

Postcode: _____

I'm happy to receive emails at: _____ and calls on: _____

Please complete and return this form to:

Freepost RTCJ-SRJB-XRKK, QEF, Leatherhead Court, Woodlands Road, Leatherhead, KT22 0BN.

If you prefer, telephone **01372 841132** or go to qef.org.uk/donate

Your support is vital and we really want to stay in touch based on our legitimate interest in communicating with you, but please tick this box ☐ if you don't want to receive this information by post. **QEF will never pass your details onto anyone else.**

We will keep your details safe and you can change your preferences at any time.

For full details of what information we hold and how we protect your data please visit:

www.qef.org.uk/about-us/privacy-policy or call **01372 841132**.

Leatherhead Court, Woodlands Road, Leatherhead, Surrey KT22 0BN
01372 841132 appeals@qef.org.uk Registered charity No. 251051 Ref: H-A-19

giftaid it



Your gift could be worth 25% more!

☐ I want to Gift Aid any donations made in the last four years and any I make in the future to QEF. I am a UK taxpayer and understand if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that year it is my responsibility to pay any difference.

Gift Aid is reclaimed by QEF from the tax you pay for the current year. Please notify QEF if you want to cancel this declaration, change your name or address or no longer pay sufficient tax on your income and/or capital gains.

☐ No, I am NOT a taxpayer.

Date: ____ / ____ / ____

