

Happening

Spotlight on... Technology

How your donations are funding new equipment at the CRC

Page 4



**Queen Elizabeth's
Foundation for
Disabled People**

Why Neil chooses
to volunteer
Page 7

Tell us what
matters to you
Page 9

Welcome!

You make us who we are

If there's one thing that's clear in this issue of *Happening*, it's that QEF is a close and unstoppable community.

Our community brings together so many people. The disabled children and adults we exist to empower. Our expert staff, who work tirelessly every day to help people fulfil their true potential. Our incredible volunteers, who give so much time and energy to our work. And, of course, our amazing supporters – people like you.

You're right at the heart of our community and of all the progress we inspire, and I'd like to say a very big thank you for your generosity and commitment to QEF.

In this issue of *Happening* we have interviews with Neil – one of our most dedicated volunteers – and Sue, who is currently deep into her training as she prepares to run the TCS London Marathon for QEF. I hope as you read their stories, you'll see what a wonderful contribution our volunteers and fundraisers make to our community. I'd like to wish Sue and all of our 2024 runners the very best of luck.

We'd also really appreciate it if you could take 10 minutes to complete our supporter survey, so we can find out what matters most to you and keep improving the information we share. We've included a copy of the survey with your copy of *Happening*.

Introducing our new Chairman



I'd like to warmly welcome Gordon Bowser, who has become chairman of QEF after four years as a trustee. Gordon worked across the globe during a prestigious career in banking, and is now ready to help QEF go from strength to strength.

“I feel very honoured to have been asked to fulfil this role. We are at a pivotal point in QEF's history – the environment for us has become tougher, with less state support, inflation and the cost-of-living crisis. We continue to need our supporters at all levels to help us provide life-changing services. Thank you for your ongoing support of QEF's work.”

At a time when there is so much going on in the world and here at home, I wanted to say a special thank you for your continued support, which is valued more than ever. Together, we'll make sure disabled people have more choice, more independence and more opportunities, so each person can live the life they choose.

Thank you for all you do,

Karen Deacon
QEF Chief Executive



What's happening on our socials...



qefdp
The London Marathon is fast approaching, a massive thank you to everyone who is taking part and raising money for QEF!
If you missed out on the Marathon or are just looking for a different running challenge then how about signing up for the ASICS 10k? 🏃🏃
It's in London on the 14th July – if you are interested in signing up or knowing more then follow the link in our bio. 💜

QEF @QEF1 · Feb 29
We have a lot of amazing corporate partnerships, and it's only right that we say thank you! 💜
The first is [Tony Gee](#), Design engineers, in Esher. The second company were [Total Energies](#), Redhill.

Queen Elizabeth's Foundation for Disabled People
We would like to say a posthumous thank you to Elisabeth Marris for leaving a legacy to QEF Mobility Services. Elisabeth was well known for volunteering as a marshal at Bushy parkrun. She even had a corner on the route named after her! Thank you Elisabeth 💜
If you missed out on the Marathon or are just looking for a different running challenge then how about signing up for the ASICS 10k? 🏃🏃
It's in London on the 14th July – if you are interested in signing up or knowing more then follow the link in our bio. 💜



Queen Elizabeth's Foundation for Disabled People
RA is well known around the CRC for her love of music and her gregarious personality. Her Speech and Language Therapist (Libby, right) was looking for a new way to re-engage RA with her therapy goals and developed a therapy plan to deliver music-based treatment sessions, in partnership with one of QEF's OT's (Mark, left) and two Psychology Assistants.
Everybody involved found this process really enjoyable and engaging 🎵



Follow us on social media!

Keep up to date with the latest news, stories, events and more from QEF:

Follow QEF: [f @QEFDP](#) [✉ @QEF1](#) [@QEFDP](#)

Follow MERU: [f @MERU.org](#) [✉ @MERUcharity](#)

Follow The Grange: [f @thegrange2016](#)

Contents

4 Spotlight on... Technology

6 Meet our nurses

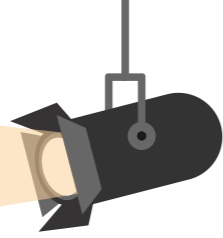
7 Neil on volunteering for QEF

8 How Sue is getting marathon-ready

9 Tell us about you!

11 Share your memories of QEF

Spotlight on...



Technology

Thanks to generous donations to our Edward Guinness Appeal, we recently began using technology-assisted therapy to help with neurorehabilitation.

A big part of our work when we're supporting people who have had brain injuries, strokes, spinal injuries and neurological illnesses involves helping people regain movement. And our physiotherapists and occupational therapists now have equipment which uses technology to optimise task specific training, to use alongside our existing therapies.

Using a balance board in combination with motion-sensing equipment, we

can support people to increase their range of movement and improve their hand, arm and leg strength, along with their core stability and balance.

Sensors are placed on parts of the body and used to measure exactly how much movement is possible. By repeating movements over time, people can see how much they are improving. And the results are displayed using video game-style graphics – adding an element of 'gamification'



“The computer package was quite clever really. It was especially good for my balance. It measures how much I was swaying on my feet and I saw good progress.”

and making repeating the same movement over and over a lot more enjoyable.

Gareth, who was supported at QEF after having a stroke, saw huge benefits from the new technology. “The computer package was quite clever really,” he said. “It was especially good for my balance. It measures how much I was swaying on my feet and I saw good progress. The gamification is a different angle but it was still therapy and good to do in tandem with regular therapy.”

Our therapists are also loving the new equipment, because it reinforces existing therapies and helps clients see progress in an enjoyable way. “It’s a fantastic addition to our therapy options,” Ellie Kearney, our lead therapist, said. “Everyone can benefit, residential and outpatient clients, making the impact of their therapy more intense and more fun.”

We’d like to say a huge thank you to everyone who helped fund this life-changing equipment.



Video game graphics used in this therapy



Music therapy is here!

We’re constantly looking for new ways to support disabled people to reach their potential. So we’re delighted to have launched a six-month music therapy pilot project at our Care and Rehabilitation Centre.

Music therapy has a lot of benefits. It can help people build communication skills, feel more confident and become more independent. It can have a big impact on emotional wellbeing too, as well as boosting concentration. And you don’t need any musical knowledge or experience, as therapists help people improvise with instruments and use melody and rhythm to support brain function.

As part of this pilot project, Music Therapists from Chroma, a leading arts therapies provider, are now working alongside our speech and language therapists, occupational therapists, physios and psychologists. They’re particularly focused on supporting people who have found it difficult to progress with their rehabilitation so far. If the pilot proves successful, we’re hoping to continue offering music therapy beyond the trial period.

This work was made possible by a donation of £10,000 from The National Lottery Community Fund and £1,000 from The Community Foundation for Surrey. Thank you both for your generous support.

Meet our nurses

Thanks to your kindness, nurses at our Care and Rehabilitation Centre go above and beyond to make life better for disabled people. With just a few weeks until International Nurses Day on 12th May, we asked Muriel and Gertrude what working at QEF means to them.

Your support makes our work possible.

Thank you for helping disabled people to transform their futures.

Muriel

Care and Nursing Manager

“Working in an inpatient rehabilitation unit is quite special. To see clients improve and regain some of their abilities is very rewarding, and so is supporting people to maintain their quality of life. Our nursing is done on a one-to-one basis and we tailor the care to the individual’s needs. We really get to know people, what they need and what they enjoy.”



Gertrude

Registered Nurse

“The role of a nurse here is much more than giving people medication. We help with everything from ensuring clients can eat and drink safely to supporting people if they have seizures. I enjoy giving people good health care so they can have the vision to see themselves getting better. It’s very satisfying. We have a very holistic approach and we’re continually learning and developing new skills.”



Coffee morning at CRC

In February we were excited to host a coffee morning at the CRC on behalf of QEF Vice President, David Hypher OBE, DL for former High Sheriffs and Trust chairs.

Guests met our incredible staff team and were given a tour of the building, visiting the Sensory Room, the Occupational Therapy gym and kitchen where people re-learn vital life skills following a brain injury or neurological illness. Guests also enjoyed using our state-of-the-art assistive technology, which is vital to rehabilitation, and installed in all 48 bedrooms.



“You never know what you’ll be doing next!”

Whether he’s driving people to hospital, helping in our gardens or spotting famous faces at Wimbledon, Neil loves the variety of life as a QEF volunteer.



When he first contacted QEF about volunteering back in 2020, Neil didn’t expect he would end up with expert knowledge of the layout of the All England Club at Wimbledon. But, having joined the team of QEF volunteers who help visitors who have mobility issues at the championships each year, Neil now knows exactly where to direct people if they are looking for wheelchair-friendly paths and accessible seating at the world’s most famous tennis club.

“It is a good feeling knowing that you can provide assistance and help people have a better day,” he says. And there is the added bonus of being able to look out for celebrities at the same time. “I saw Michael Palin, and one of the other volunteers said they saw David Beckham with his mum,” Neil laughs.

A fresh start

After a career spent working in the media, Neil decided to seek out volunteering opportunities after being made redundant during the pandemic. He began by delivering adapted toys at Christmas for disabled children, made by our charity partner, MERU.

Since then, he’s volunteered at events ranging from the Women’s PGA Golf tournament to our Guinness and Oyster Luncheon. He regularly drives residents at our Care & Rehabilitation Centre to and from medical appointments. And he’s even helped to lay a path in our garden.

“I love the variety,” he says, “and it’s incredibly rewarding because you do feel you’re making a difference. I’m proud to be part of an organisation that, at its core, is about improving people’s lives.

“To anyone who’s thinking about volunteering, I would absolutely say do it.”

“I think it keeps the world spinning. I have family who rely on volunteers, so I feel I’m doing my bit here, those volunteers are helping my family out. It’s just how I think the world should be.”

Volunteer for QEF



Ready to follow in Neil’s footsteps? We’re always looking for volunteers to help in our shops, offices, gardens, workshops and support services. Find out more at qef.org.uk/volunteer or contact Hazel, our Volunteer Coordinator, at hazel.drye@qef.org.uk or on **01372 841135**.

The finish line is in sight

Ahead of the TCS London Marathon, we meet Sue, one of QEF's team of runners. She's preparing to run 26.2 miles and raise thousands of pounds to support disabled people.



“I'm excited, with a lot of trepidation!”

Sue was a London police officer for 30 years, so she's seen many sides of the London marathon. “I've been stationed on the route. I've been on observation points. I've let runners into the station to use the toilet,” she laughs. “I absolutely love it and still watch it every year. It makes me very emotional.”

This April, Sue will discover the magic of the marathon for herself, as one of 50,000 runners taking on the famous course. Having started running in 2022, she's looking forward to her first marathon with a lot of nerves – and says fundraising for QEF is a huge motivation.

“It's a really worthy, fantastic organisation. And when I'm struggling in training, I think about the disabled people QEF supports.

“I'm sure that, with the expert help QEF provides, people achieve far more than they thought they could achieve – and that makes me think I can achieve far more than I once thought I could too.”

To help with fundraising, Sue has been sewing and selling beautiful purses and



tissue pack holders – raising close to £1,000 of her £1,995 total through her amazing handiwork.

“I wanted to do something personal to me to raise money,” she says, “and I've always sewn, right through my life. I made my own school skirt when I was 10, and since then I've made everything from tailored suits to hospital gowns for children. So I decided to make these and there has been a lot of demand! Every group I'm part of, I've taken samples along and people have asked to buy them. It's been fast and furious!”

Sue, we'd like to say thanks for your brilliant fundraising. The whole QEF community will be right behind you on the big day!



To make a donation to Sue's London Marathon fundraising, visit [justgiving.com/page/sue-cameron-mammoth-marathon-challenge](https://www.justgiving.com/page/sue-cameron-mammoth-marathon-challenge)

Like wine? Like running? We have good news

We're over the moon to announce QEF has been chosen as the 2024 new headline charity partner for the Bacchus Half Marathon and 10km – a running race with a difference.

Based in Denbies Vineyard in Dorking, Bacchus is a unique celebration of wine, music and running. Drinks stops along the route serve wine, cheese and biscuits. Fancy dress is very much encouraged. And this year's event, on 8 September, will be raising invaluable funds to help QEF support more disabled people.

We're looking for as many supporters as possible to sign up and fundraise for us at this brilliant event. So if you're a runner, a wine lover or just fancy a challenge you'll never forget, join our team today!

To find out more and book your place, visit qef.org.uk/events/bacchus



Half Marathon
Registration: £15
Fundraising target: £250

10k run
Registration: £15
Fundraising target: £100

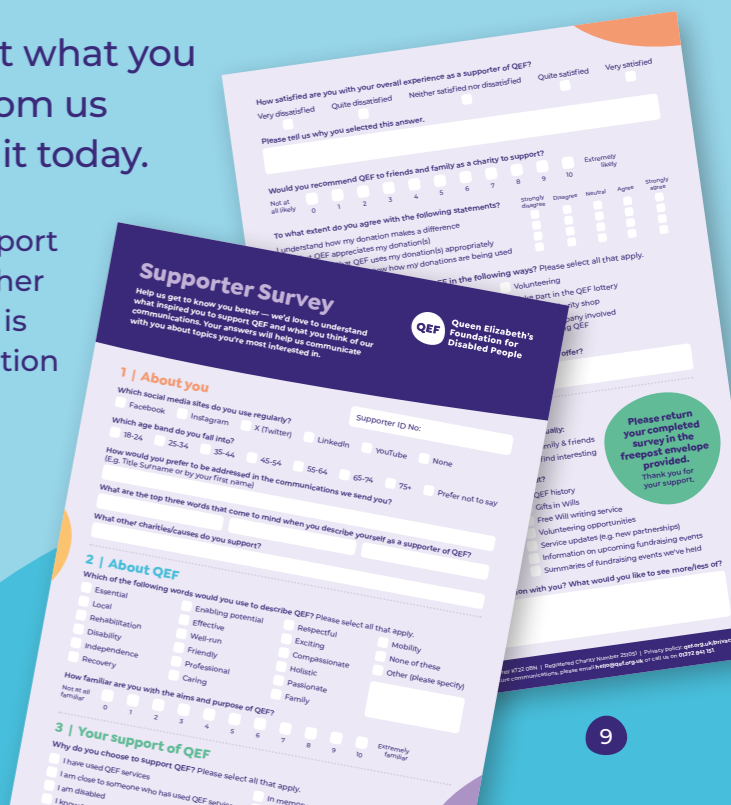
What matters most to you?

We've launched a new survey to find out what you care about and how you want to hear from us – so please take 10 minutes to complete it today.

We'd love to understand what inspired you to support QEF and what you think of *Happening* and our other communications. The more we know, the easier it is for us to give you just the right amount of information about your amazing impact.

We've included a paper survey for you to return in the freepost envelope provided, or you can email hello@qef.org.uk to get a unique survey link.

Thanks so much for being part of QEF.



**PLAY
SUPPORT**

WIN

Only
£1
per week!

Play the QEF Lottery

Inspire life-changing independence and win life-changing cash prizes.

Every time you play the QEF Lottery, you raise vital funds to support disabled children and adults – and you have a **1 in 63 chance of winning up to £25,000!**

It costs **just £1 a week** to enter our weekly Friday draw, and 50p from each £1 goes to QEF. You'll get a unique 6-digit lottery number with each entry, and have the chance to win incredible cash prizes.

1st prize
£25,000
Match 6 numbers

2nd prize
£1,000
Match 5 numbers

3rd prize
£25
Match 4 numbers

Match 3 numbers out of 6 (in the right order) and
win 5 entries in the next draw

To find out more and join our next draw:

✉ hello@qef.org.uk (to order a postal entry form)

📍 qef.org.uk/lottery ☎ **0870 050 9240**

unity

GAMBLING
COMMISSION

GambleAware

You must be aged 18
or over to play the Lottery

10 The promoter of this Unity Lottery is Queen Elizabeth's Foundation for Disabled People. QEF is licensed and regulated in Great Britain by Mole Valley District Council under account number MV31.

What are your memories of QEF?

2025 will be QEF's 90th anniversary. As we prepare to celebrate, we're seeking your memories, stories and photos.

Our original training college was officially opened in June 1935, with the support of Her Majesty Queen Elizabeth the Queen Mother. Our purpose was to provide employment training for disabled people, with courses in engineering, house painting, handyman skills, gardening, cookery and clerical work.

Although our services have changed over the 90 years, our expert teams remain committed to enabling disabled people to achieve their potential, so each person can live as independently as possible.

As we get ready for next year, we're looking for as many people as possible to share their memories of QEF.

Maybe you spent time at QEF or know someone who did. Maybe you've volunteered, fundraised or worked with us. Could you tell us what QEF means to you? Whatever your story, we'd love to hear from you.

Share your memories with us!

If you have memories and photos you'd like to share, please do send them to stories@qef.org.uk. It's going to be a milestone year, and we're already looking forward to celebrating it with you.



What will you aim for in 2024?

Whatever you love to do, there's a QEF fundraising event perfect for you.

14 July

ASICS London 10k

Be part of a big QEF team that includes our CEO, Karen Deacon.

7 September

Clay Pigeon Shoot Headey

Safety training, clays and delicious food! Individuals and teams welcome.

8 September

Bacchus Half Marathon or 10k

See page 9 for more on this unique, wine-tastic race.

24 October

Ladies Autumn Lunch Epsom Downs Racecourse

A shopping fayre, special guest speaker and two-course lunch.

28 November

Guinness and Oyster Luncheon Mansion House

Now in its 59th year, this event is a firm City favourite. Register your interest today.

5 December

QEF Firewalk QEF Leatherhead

An exhilarating challenge walking on red-hot embers!

8 December

5k Santa Fun Run Denbies Vineyard

Festive fun with mulled wine and mince pie included!

All year round

Tandem Skydiving

Take on a sky-high challenge that will stay with you forever, at airfields across the UK.

For more information and to register for any of these fantastic events, please visit qef.org.uk/events or email us on events@qef.org.uk



Yes, I'd like to make a donation to help disabled people live life to the full.

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 No: Start Date: /

Expiry Date: / Issue No (Maestro only):

Name:

Address:

Postcode:

I'm happy to receive calls on:

and emails at:

Please send me information on leaving a gift in my Will:

Please complete and return this form to:

Freepost RTCJ-SRJB-XRKK, QEF, Leatherhead Court, Woodlands Road, Leatherhead, KT22 0BN. If you prefer, telephone 01372 841151 or go to qef.org.uk/donate

Your support allows us to deliver expert services to enable disabled adults and children to achieve their potential and live with greater independence. We really couldn't do it without you. We'd like to continue to contact you about our work. If you would like to change how you hear from us, please email hello@qef.org.uk or call us on 01372 841151.

Remember our privacy policy sets out how we collect, use and store your personal information. You can read it at qef.org.uk/privacy.

QEF, Leatherhead Court, Woodlands Road, Leatherhead, Surrey KT22 0BN
01372 841151 | appeals@qef.org.uk
Registered charity No. 251051 | Ref: H-S-24

Please remember to include your name and address

You could gift 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: / /

giftaid it

