

Happening

Building self-confidence through creativity

Spotlight on our Care and
Rehabilitation Centre

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

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Your support goes a very long way

If there's one thing that's clear in this issue of *Happening*, it's the incredible progress that your kindness makes possible.

I love it when people ask me what we do here at Queen Elizabeth's Foundation for Disabled People, because it gives me the chance to talk about just how much we achieve together. Of course, the short answer is that we support thousands of disabled people each year to achieve their potential and increase their independence.

But you only need to glance at this issue of *Happening* to see there's so much more to what we do than that. In these few pages alone you can find out how we support people to drive, to fly, to get creative and to reconnect with music. What all of these things really do is open up new possibilities, and I can't thank you enough for being part of this vital work.

I also want to thank everyone who volunteered with us at Wimbledon this year. By being part of our Accessibility Service, you made sure disabled visitors could focus on enjoying world-class tennis. The Championships are so much more inclusive because of you. And if you're reading this

and wondering about future volunteering opportunities or want to join us at any of the numerous events we've got planned for the rest of 2024 and into 2025, please do take a look at the calendar on the back of this issue.

Finally, I'd like to welcome Dr Jonathan Mamo to our team at QEF. Jonathan recently became a consultant at our Care and Rehabilitation Centre (CRC), and you can get a sense of the CRC's impact by reading our Spotlight article on page 6. We're thrilled to have you with us, Jonathan – and we're also delighted that every person reading this newsletter has chosen to support QEF. You make us who we are.

Thank you for being at the heart of QEF.



Karen Deacon
QEF Chief Executive



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Our promise to you

Thank you so much for your commitment to QEF.

Your amazing support makes our work possible.

We've recently created a new QEF supporter promise. Because whether you've raised money for us, given a donation, shopped with us, or included QEF in your Will, we want you to know how much we value your support and what you can expect from us. **This is our promise to you.**



1. We'll make every donation count

We treasure every gift, no matter how large or small – and we'll put your donations to work straightaway so more disabled people can achieve their potential.



4. We'll keep your data safe

Your personal information is in safe hands. We comply with all data protection laws. We respect your right to privacy. And we'll never sell your data to anyone else.



2. We'll celebrate your incredible impact

We'll gather and share stories that show how lives are changing because of your generosity. You can read our latest stories at qef.org.uk/news



5. We'll keep to the highest fundraising standards

We're determined to be 100% transparent. So we're registered with the Fundraising Regulator. We comply with the Fundraising Code of Practice. We'll always engage sensitively with vulnerable people. And we'll select and monitor external suppliers carefully and act fast if any concerns come up.



3. We'll keep in touch in the ways you want us to

We love letting you know all the ways you're empowering disabled people to be more independent. But we'll always make it easy for you to choose how you hear from us. Just call **01372 841 151** or email hello@qef.org.uk to make any changes.



6. We'll always be here to listen

We are committed to doing our very best. But if we don't meet your expectations or get something wrong, we'll apologise, take action and learn. Caroline, our Supporter Care Administrator, is always ready to hear from you on **01372 841 151** or at hello@qef.org.uk



Social media round-up



QEF qefdp

It's the final day of the 2024 Wimbledon Championships, and it has been a great tournament 🎾

We are so proud to have worked with Wimbledon on the accessibility services at the event. Our volunteers have had an amazing time, meeting some wonderful people and most of all helped everyone to enjoy the tournament as much as possible.

We hope to see you next year 💜



QEF Queen Elizabeth's Foundation for Disabled People

We would like to share our new 'In Memory' page on the website. It is a place anyone can leave a message and a photo in memory of a loved friend or relative.

Please post whatever you feel appropriate to remember your loved ones 🕊️

In Memory Page: <https://qef.memorypage.org/>



Like

Comment

Share

QEF Queen Elizabeth's Foundation for Disabled People

A massive well done to everyone who took part in the London 10k at the weekend, you all absolutely smashed it! Thank you for all your hard work and support 💜

A really special shout out has to go to our very own Hayley.

Hayley has come back from some very severe health complications over the last couple of years, but she hasn't let that stop her. She completed the 10k on Sunday (on an edited course under professional advice) and we could not be more proud of her. She is a real inspiration to us all, and we just had to share a picture of her being awarded her medal by Collette, who also completed the run. (Both looking fabulous as always) 🥰💜



Like

Comment

Share

Follow us on social media!

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

QEF: @QEFD P @QEFT @QEFD P

MERU: @MERU.org @MERUcharity

The Grange: @thegrange2016

We're listening and learning!

Thanks so much to everyone who responded to the survey we sent out with our Spring Happening magazine in April.

We're already making changes based on what you told us. Thanks to you, we'll keep listening and keep improving. Here's a snapshot of what you told us.

The most common words you chose to describe QEF are...

caring, rehabilitation, enabling potential, disability, independence, compassionate, essential



40%+

of you said you support QEF because you have a personal connection to our cause

2 in 3



of you want to hear more stories about our clients and volunteers

Including...



- 24%** are disabled
- 22%** know someone who is disabled
- 4%** have a friend or relative who has used QEF services
- 4%** have used QEF services

Including...



- 44%** stories from people who've stayed at CRC
- 40%** stories from people who've used Mobility services
- 31%** stories from volunteers
- 26%** QEF history
- 21%** stories from people who've used MERU services
- 18%** stories from other supporters/fundraisers

So there are more personal stories in this issue, on **pages 8-10**

Many of you told us you weren't sure of our vision and mission. So here they are. This is what guides everything we do:

Our vision

is for everyone we support to be able to live the life they choose in a fully inclusive society.

Our mission

is to deliver expert services that enable disabled people of all ages to achieve their potential, so they can be as independent as possible and live enriched and fulfilled lives.



We're always happy to hear your feedback, so please do get in touch at hello@qef.org.uk



Spotlight on...

Time out is time well spent

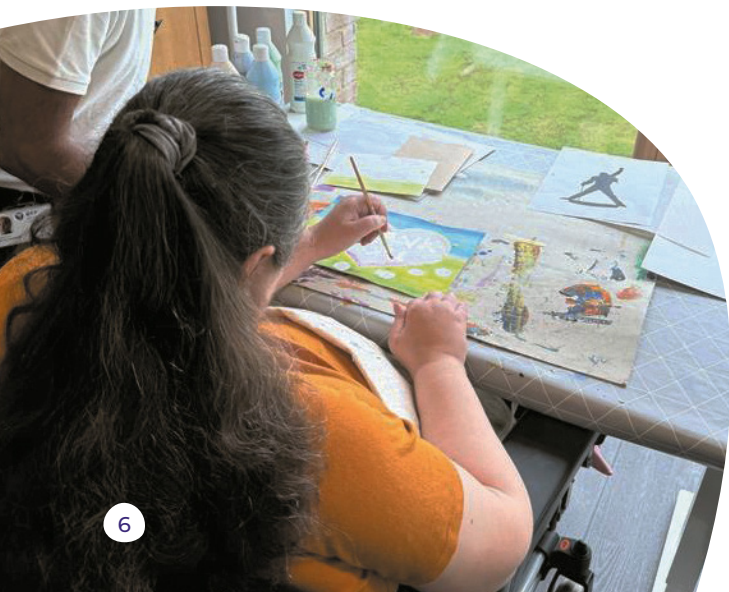
At our state-of-the-art Care and Rehabilitation Centre (CRC) in Leatherhead, we offer a wide range of structured therapies to support people who have experienced brain injury, stroke, spinal injuries and neurological illnesses. But did you know that, alongside the therapies, we also use music, art and other support to help people relax and tap into their potential, allowing further progress? We spoke to the team at the CRC to find out more.



Jackie Smith, Head of Care at the CRC told us, “we’re always looking at ways to help our clients progress on their rehabilitation journey. Each person who comes to the CRC has a unique pathway to achieving their goals and so finding new and interesting activities outside of their planned therapies can make a real difference.”

Nigel, one of the team at the CRC, described the impact a guitar had on a client. “I remember working with a client alongside the physios here. We gave the person a bass guitar and I showed him how to play a simple melody.

“The physios were supporting his head and his arms, and gradually he began to move his shoulder and play the guitar. The physio said to me afterwards: ‘If I’d have asked him to move his shoulder, he’d have said he couldn’t do it because it was too hard. You’ve got him to do it and he didn’t even realise.’”

This is just one example of the many benefits creative and social activities can provide. Working 1:1 and in groups, the team at the CRC have helped people to create art, make and enjoy music, as well as participate in social activities such as quizzes and games. Whilst these activities don’t form part of a client’s official therapy schedule they can help people to relax and sometimes improve their overall progress.





**Thank you for
being there
for everyone
in our care.**

Self-confidence through creativity

Activities can be planned to support a particular element of a client's rehabilitation, such as encouraging upper limb movement through art. Finding out about a client's hobbies or interests can really help to make the activity more engaging. "Often when I first mention art, for example, people will say, 'Oh no, I can't do that. I haven't done it since school and I've never been able to paint.' But at that stage it's about coming up with a challenge that's not too hard but will have a nice result." says Nigel.



“Mostly we use acrylic paints, and we'll start by creating country scenes – often sunsets or landscapes. With the Occupational Therapy team we might adapt equipment, such as making brushes easier to hold so a client can begin painting. It's very rewarding to see people's pride in what they create.”

Some of the activities are more structured such as visits from local theatre groups or organised outings, but others are more focused on the everyday social aspect, such as enjoying afternoon tea, or watching the football or Eurovision together. These can have real benefits for a client's wellbeing.

We're hoping to expand and personalise these activities even more in the future, using a client's own skills and experiences, such as helping them to cook their favourite family recipe or support them to knit a jumper.

These extra activities can really have a positive impact on a client's time in the CRC and this is all possible because of our generous supporters. Thank you.



At the CRC we support people affected by:

- Acquired brain injury
- Stroke
- Multiple Sclerosis
- Parkinson's Disease
- Guillan-Barre Syndrome
- Spinal Injury
- Other neurological conditions

The freedom to explore

When Daniel was born with severe cerebral palsy, his family were told holidays together would be impossible. But then Daniel was supported by QEF – and a whole new world opened up.

Soon after Daniel was born, a nurse made a remark that always stayed with his parents.

“She said, ‘Oh, you won’t be able to go on holiday again as a family in the same way,’” Daniel’s sister, Rachel, explains today. “And I think they probably meant that with the best intentions, but it was so wrong to say that.”

It also turned out to be totally untrue. Daniel passed away four years ago, but in his lifetime the family travelled widely together – and their globe-trotting journey began at QEF. Daniel came to QEF for a travel assessment, and by using the section of aircraft we have at our assessment centre, the family saw what could be possible.

“He was able to try all sorts of experiences.”



Rachel says, “I remember they had these special harness belts that just sort of moulded to him in the aeroplane. It gave my parents so much confidence to try getting him on the seat and into a plane.”

To learn more about our Tryb4uFly service, which supports disabled people to travel by air with confidence, visit qef.org.uk/tryb4ufly



Seeing the world together

Buoyed by the experience, Daniel and his family began to take every opportunity to travel, as his mum, Ouida, recalls:

“Flying was one experience Daniel thoroughly enjoyed,” she says. “He loved the preparation and hype before we flew, the buzz of airports and then the actual holiday at the country he went to. QEF made all this possible.”

Every day, your generosity empowers disabled people to be more independent and enjoy new experiences. Recognising QEF’s impact, Rachel recently chose to run the Reading Half Marathon to fundraise for us and celebrate Daniel’s memory.

“It’s really about sharing his story and showing that with the right support, people with disabilities can live full, joyous lives.”

We’d like to say a huge thank you to Rachel for her fantastic fundraising – and to you for all the progress you make possible.

New hope after Hollywood trauma

Joe was working as a stuntman on a Hollywood film when he suffered a traumatic brain injury. He explains why starting to drive again with QEF's support was a vital turning point in his recovery.

It was 2019 when I was injured at work. I fell 25 feet onto my head, fracturing my skull. I was left with a brain injury. I'm gutted I can't be involved with stunts any more, although I'm very appreciative of the opportunities I had while I could perform. It was a lot of fun.

Over the last five years I've been focused full-time on my rehabilitation. I could walk but I didn't have any balance and, as I was a gymnast before, that was something I found really difficult.

Today the main symptoms I struggle with are cognitive. They include short term memory loss, lack of focus and difficulties with executive functions (timekeeping, planning etc). The most challenging symptom that impacts me is fatigue, which is the biggest driver of what I experience. My fatigue impacts everything and is debilitating.

Before my accident I regularly overcame fear. But after the lockdowns, I was afraid to go outside for two years. Once I started on the journey of regaining my independence, though, I really focused on how I could push myself and what I needed to do to influence my recovery.

Driving was my big thing – it was my ticket to a future of independence. I obviously needed the DVLA to approve my ability to drive, but I got so much more out of the course with QEF. It really was the right course for me.

I felt very supported right from the beginning. The course gave me lots of information about the areas



I needed to be more aware of and focus on to support my recovery.

I learned a lot about my fatigue and my attention span deficits, so now I try to avoid driving if I'm feeling tired as my risks increase so much. QEF presented me with the opportunity to increase my own independence and to increase my awareness and understanding of my own skills. By passing my test they helped me to learn to better myself. It was an incredible opportunity.

Your support sets wheels in motion



Thanks to you, we carry out driving assessments and advise disabled people on adaptations needed to drive. Find out more about the change you inspire at qef.org.uk/service/mobility

“I am grateful to QEF for a long and successful life.”



Roy Turner's training at the Queen Elizabeth's Foundation Training College in the 1950s opened up a career that has taken him all over the world. To recognise the support he received, Roy has chosen to leave a gift to QEF in his Will.

“I was diagnosed with polio and later tuberculosis when I was a young man. As happened then, I spent several years isolated in a sanatorium. After I left, I was offered three types of training at the college that QEF ran at the time – gardening, bookkeeping or draughtsmanship. I had inherited my father's artistry, and so I began training as a draughtsman (an engineering technician making technical drawings and plans).

“It was a nine-month full time course, with lodgings. Without that training, I would have been unable to embark on the life that I have enjoyed and that has taken me around the world

and enabled me to live in comfort. That's why I chose to include QEF in my Will.

“My work took me to India, China, Scandinavia, Chile, Bulgaria, Israel, Canada – and Yorkshire! That journey began with QEF, and if I hadn't had the beginning that I did, my storyline in life would have been very different.

“QEF helped me to overcome my physical impairments and to believe in my ability to learn new things. I'm leaving a gift in my Will to ensure QEF can help others to believe in themselves too.”

Whilst QEF no longer runs a training college we're still supporting disabled people to live their lives to the fullest.

Thinking of including QEF in your Will?

Every gift, no matter the size, makes a difference and will help support disabled people long into the future. If you'd like more information on leaving a gift to QEF, please download or order your copy of our free Gifts in Wills Guide. You can find it at qef.org.uk/gift-in-wills-guide or order a postal copy by calling **01372 841 151**. Thank you.



Together, we can make a difference!

Has QEF supported you, or do you know someone QEF has supported? If so, we'd love you to take a more active role in our work. QEF has been transforming lives for nearly 90 years, but we can't do it alone! If you share our vision of supporting disabled people to achieve their potential, join QEF's Friends and Family. Help us spread the word about QEF in your community, raising vital awareness and funds. Find out more by emailing community@qef.org.uk

Before you go...

Here's our round-up of all the other QEF news and events you need to know about.

Legal Information Service launches

We've teamed up with a select group of legal service providers to set up a new Legal Information Service. It means QEF clients and their families can now go to regular drop-in sessions and get advice about legal, financial and welfare issues. We'd like to say a big thank you to all the legal providers involved.

Can you handle a firewalk?!

The hottest event of the year is here. Join us in Leatherhead on 5 December as we host our very first firewalk. You'll get all the training you need on the night, courtesy of the experts at UK Firewalk. It's a genuinely unforgettable experience, and every penny you raise will inspire the kind of progress you read about in *Happening*.

To sign up and find out more, email events@qef.org.uk

Introducing our new giving circles

As we get ready for our 90th anniversary celebrations next year, we're delighted to announce the launch of two new giving circles; the President's Circle and the Chairman's Circle, this autumn.

By giving a specific annual donation, you can become a club member and receive invitations to exclusive events, bespoke communications, priority booking for our events, a unique pin badge and plenty more. It's the perfect way to celebrate with us and play an even more active role in QEF's future.

To find out more, please contact **Matthew Horton**, our Philanthropy Manager, at matthew.horton@qef.org.uk



Thank you, Wimbledon wonders!

We'd like to say a huge thank you to the wonderful team of volunteers who joined us at the Wimbledon Championships earlier this summer. Once again, you made sure disabled spectators had the greatest possible experience at the world's greatest tennis tournament. You're all smashing!

Thank you, Chessington!

We'd also like to thank Chessington World of Adventures for becoming QEF's latest partner. The Chessington team is already exploring fundraising ideas like events, a donation drive, volunteering opportunities and ways to raise awareness of mobility and accessibility. It's great to have you with us.

Get an unforgettable date in your diary

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

28 November 2024

Guinness and Oyster Luncheon

Mansion House

£80/person | Held in the beautiful surroundings of Mansion House, the Guinness and Oyster Luncheon has been a city favourite for nearly 60 years.

5 December 2024

Firewalk

Leatherhead

Registration £25, Sponsorship £100 | Take on the challenge and walk on fire! No preparation needed. Ages 12+ (under 18s will need a parent or guardian's signature).

8 December 2024

Denbies Santa Fun Run

Registration £10, Sponsorship £100 | A fun 5k route around Denbies and the North Downs Way for adults and children. Includes mince pies and mulled wine!

27 April 2025

London Marathon 2025

Registration £100, Sponsorship £2,000 | Take on the challenge of a lifetime and run 26.2 miles in support of QEF.

May-September 2025

Tandem Skydive

UK-wide

£395 | We've teamed up with Skyline Events to bring you this thrilling experience. Available at airfields across the UK.



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

Could you be a committee member? Join one of our event committees and help us create fantastic events to raise money for disabled people. Email events@qef.org.uk to find out more.



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-A-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: / /

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