

HAPPENINGS

Queen Elizabeth's Foundation

CREATING OPPORTUNITIES FOR DISABLED PEOPLE



Registered Charity No. 251051

Spring 2009

Ready, Steady, Cook!

Cooking has just never been so popular at the Development Centre in Leatherhead since the opening of our new training kitchen in 2009. It provides clients with a specially designed and adapted space where they can be supported to create their own meals, experiencing first hand the joys of home cooking.

Often the new kitchen is used for small groups of clients to cook together, ensuring the social aspects of meal preparation and eating are addressed, a significant part of our work at the Centre.

The Development Centre helps young adults with complex disabilities to develop the basic living skills that they need to move onto a lifestyle of their choice within the wider community.

Apart from group cooking, clients are now able to practise cooking skills on a one-to-one basis, each at their own level. Many clients who are considering supported living in the future, want to learn to cook as many simple meals as possible so that they can achieve a greater level of independence when living in the community.

All the equipment in the kitchen is brand new,



making it much easier to include basic food hygiene training, since the clients themselves want to keep the kitchen looking pristine.

Making this project possible, long-time supporters Jeremy and Jenny Lamb nominated QEF to receive the proceeds of the auction of the very last tractor to come off McCormick's production line at its Doncaster plant raising £10,700. Our thanks also go to Oxshott & Cobham Friends who kindly provided specialist equipment for this new kitchen.



L-R: John Bigglestone, Principal Manager and John Townsend, Vice President, Procurement & Materials, KBR; Gary Allcott, QEF Finance Director; Graduates Alex Thompson, Agata Loza, Hong Kang and Paul Close, Regional Director at KBR.

Christmas Cheer

Christmas is a time for giving and last year was no exception for local company KBR, a leading global engineering, construction and services company.

With its offices in Leatherhead employing over 1,000 people, KBR has a long history of supporting QEF through donations and volunteering, not to mention challenging our trainees at the College to the odd game of football.

This donation was devised by members of the Procurement & Materials Graduate Scheme of 2008 who, in December, held a raffle of goods sent from suppliers raising £325. That amount was then matched by a company contribution of £300, making a grand total of £625.

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Example of Success



Paul is living testimony to how the Training College may help turn lives around and in March he

gave up two days of his holidays to encourage today's trainees to keep striving for success.

'It wasn't my choice to come here but I am certainly glad that I did,' said Paul. Before joining the College, Paul, who has a sight impairment, had spent many years either unemployed or moving from one job to the next, never gaining stability.

At the College, he completed a City & Guilds course in Building and Property Maintenance and is now employed as a caretaker at Portsmouth College which is

currently undergoing a three-year refurbishment programme to re-design and build a completely new campus.

"QEF really helped me prepare for this job, not only adjusting to regular hours but also the importance it puts on being able to work within a team structure. The next few years are going to be very exciting and I would never have believed it possible, but I actually look forward to Monday mornings going in to work and being part of a busy team," said Paul.

Swapping for Good

Ethical, eco-friendly and extremely good fun, swapping clothes has become the latest fashion craze to hit the UK but what made the event at the Rose Theatre, Kingston in February so special was that it was designed to help raise money for QEF.

As this recession tightens, more people are visiting our charity shops looking for bargains. Ironically, donations are dropping but we still need to find a way of stocking our 13 shops in Surrey with good quality clothing.

How did it work? Ladies were asked to bring along four garments, swapping three and

donating one item to QEF.



A satisfied shopper!

The evening was a great success as over 150 women came along to exchange clothes for a new wardrobe while, at the same time, doing a good turn for others.

Helping to make 'Swapping for Good' a night to remember, TV

style guru, Nicky Hambleton-Jones, came along to offer advice, Dermalogica experts provided a Face Mapping® skin analysis and the fashion students from Kingston University were giving tips on how to customise fashion to suit the individual.



L-R: Barbara Unsworth, QEF Shop Manager, Nicky Hambleton-Jones & Lynn Robinson, QEF Retail Manager.



Walk this Way

It takes a lot of manpower to maintain the 35 green-acre site at Leatherhead Court and we always appreciate the offer of a helping hand. This ambitious project was to create a walkway through the grounds and wooded areas, re-establishing boundaries between the Training College and adjoining Crown Estates Land as we went.

Horticulture trainees joined an intrepid band of volunteers from the Bank of Scotland as they cleared debris, chopped down foliage and pruned back trees making it so much easier to maintain in the future. Staff and trainees may now enjoy a relaxing walk through this wooded glade and everyone is looking forward to seeing the bluebells in bloom...

Flying the Flag

Flying the flag for the UK and QEF, Sarah and Susie, clients at our Development Centre, flew off to Spain last October to take part in an EC-sponsored programme aimed at allowing disabled people to explore and contribute to the diversity and richness of differing European cultures.

The visit was to Vigo in North West Spain, where our hosts had arranged a fascinating programme which began with a get-to-know-you-game where Sarah dressed up as the Queen, waving, and Susie did a very convincing impression of Big Ben.

Each day was a perfect combination of work and play so Susie and Sarah had the opportunity to taste traditional Spanish cuisine such as empanadas, tortilla and calamari while also spending some time sightseeing local beaches, mountains and rivers.



L-R: Sarah waves majestically as Susie enacts Big Ben.

The next stage of this programme is a visit to Greece and then in June, it will be the turn of QEF to entertain our European friends here in England.

A Sense of Achievement



L-R: Emily and Lee, clients at the Brain Injury Centre, lead the way as the canoes take to the water at the Calvert Trust Activities Centre.

The annual trip to the Calvert Trust Activities Centre, has become one of the most popular events in the Brain Injury Centre's calendar. Situated on the edge of Exmoor National Park, the Calvert Trust provides specialist equipment and instructors to allow disabled people to explore possibilities and challenge perceived capabilities.

The days start early and, after a hearty breakfast, clients tackle a variety of activities including abseiling, horse riding, archery and canoeing. And, when finally the evening comes, there is a swimming pool with steam room and jacuzzi to aid relaxation and soothe tired muscles.

"The whole week was fantastic and such fun! You get used to being dependent upon a wheelchair to get around but you do miss your freedom. I never thought I would be able to abseil and go canoeing - it gave me such a wonderful feeling of achievement," said Emily, client at the Brain Injury Centre.

Ride to Independence

Aiding independence is fundamental to the work carried out throughout QEF and is represented in so many ways. QEF would like to say a very big 'thank you' to Mr and Mrs Lovegrove of Banstead for their generous donation of a powered scooter.

Already being put to very good use, this scooter is enabling clients at our Brain Injury Centre to take their first steps towards regaining true independence as they enjoy the simple pleasure of a shopping trip down the high street or simply a ride out in the spring sunshine.



Off for a ride, Mixy, client at our Brain Injury Centre.

Winter Gala Dinner Warmly Received



Mrs. Angela Fraser manages a quiet word with another supporter before dinner.

A popular event in our calendar of events last year proved to be the Gala Dinner held at Kingston's County Hall in December, hosted by long-time supporter and Chairman of Surrey County Council, Mrs. Angela Fraser.

130 attended this sophisticated yet relaxed evening including QEF President Corinna, Lady Hamilton of Dalzell, trustees, governors and staff. Guest speaker for the evening was the Rt Hon Sir Jonathan Parker, QC who, being disabled himself, provided a highly moving talk focusing on the philosophy of seeing the world in terms of a glass half full rather than empty. Many thanks to ExxonMobil for sponsoring and joining us at this successful event.



Penelope Keith and her husband are tempted by the raffle prizes.

Fore...



Swan Lettings' Roger Grunsell preparing to tee off with his 'minders' Stuart Harris & Lee Lomas. Photography by kind permission of Andy Newbold Photography, Leatherhead.

A charity golf day was held in March at Tyrrells Wood Golf Club, Leatherhead.

Enjoying the sunshine, sixteen teams, including representatives from Choralis, Griffiths & Armour and Capita Hartshead, took part playing for the various prizes available on the day - not least a Honda Insight five-door saloon.

As a special treat, Reena and Anisha Joshi of RJ Osteopathic Clinic, Fetcham were providing complimentary treatments to ease those tired and aching muscles and joints.

Next up in the Corporate Challenge Series - a Cricket Tournament at Leatherhead CC in July with former Captain of England and Surrey player, Alec Stewart.

Forthcoming EVENTS

April

Friday, 24 April
Bridge Tea,
Old Barn Hall, Bookham

Sunday, 26 April
Flora London Marathon

Wednesday, 29 April
Ladies Spring Lunch
Queens Stand, Epsom Racecourse

May

Charity Wine Tasting Evening
'Dans Le Noir', London EC1

July

Friday, 24 July
Cricket Corporate Challenge
Leatherhead Cricket Club

September

Sunday, 6 September
Adidas Women's 5k Challenge
Hyde Park, London

Friday, 18 September
Celebrity Golf Day
Pyrford Golf Club, Surrey

Sunday, 20 September
Leatherhead Bikeathon

October

Thursday, 8 October
Ladies Autumn Lunch
The Grandstand, Epsom Racecourse

For further information,
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A Cause Close to the Heart

Now you may think that there is nothing nicer than a leisurely stroll in the English countryside on a bright summer's day ... but Val Sadler would much prefer a walk on the wild side.

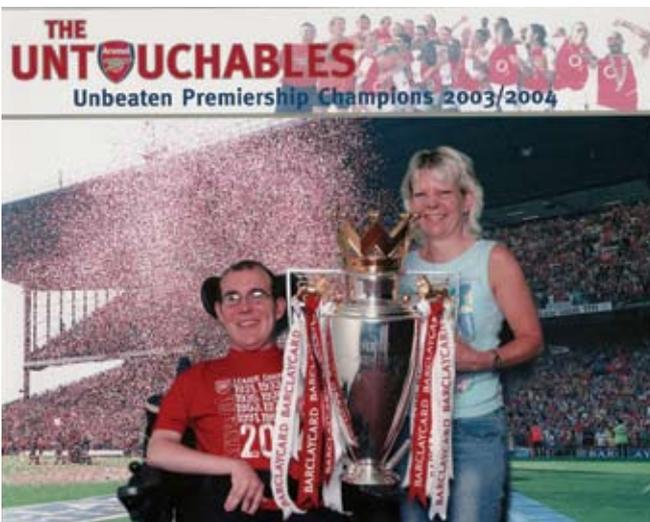
Now a grandmother with a long tradition of marathons and sponsored walks behind her, she was told by her doctor to hang up her boots and retire – but not before just one last challenge. This time, her fundraising efforts would be in support of her grandson, Chris, a client at our Development Centre.

Val decided that her final route would be tackling the 102 mile McMillan Way West, a path that links Castle Cary and the South West Coast National Trail at Barnstaple. This walk offers many different trials on the way from crossing quiet meadowlands to clambering up steep hillsides, from shaded woodlands to tackling the wide expanse of Exmoor National Park.

Val picked the traditionally pleasant month of August for this walk but she could not have allowed for the dreadful, uncharacteristic summer of 2008!



“There were certainly times, particularly out on the moors in the mist and rain, when the going got extremely rough and goodness knows what people thought as this very muddy figure staggered into sleepy villages trying to find a hot cup of tea in a warm café. But the thought of how happy Chris has been at QEF kept me going,” said Val. Thank you Val for raising over £750 for the Centre.



Chris, 26, has chosen to live in Hamilton House where six clients enjoy the fun and friendship that group living provides. With differing personalities, each client brings their own individual style into the mix and with Chris, this is unquestionably his love of football and taking a tour of his room, there is no mistaking his team – Arsenal. A dedicated fan, Chris has met with all the stars and over the years has gathered together priceless memorabilia including this very special memory of holding up the Premier League Trophy with Mum, Julie. And, thanks to a very kind donation of tickets, Chris will be cheering his team on as he attends this year's FA Cup semi-final match with Chelsea at Wembley this April.

VIPs visit Mobility Centre

In December 2008, Paul Burstow, MP for Sutton and Cheam and Tom Brake, MP for Carshalton, took time out of their busy schedules to tour our Mobility Centre in Carshalton. Paul was brave enough to put himself up for an aptitude test on our static rig. “The work of QEF Mobility Centre has never been more crucial in light of the growing number of severely disabled service personnel,” said Paul.



HAPPENINGS

Politics and Prose

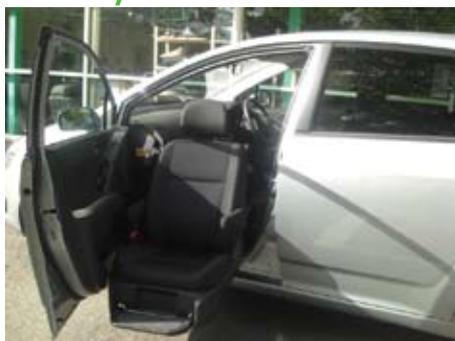


Ann Widdecombe MP rose to a packed house as guest speaker at the Ladies Autumn Lunch held at Epsom Racecourse last October.

Politics and prose proved to be the perfect partnership in attracting around 400 ladies to the Queen's Stand to share Ann's parliamentary exploits and literary forays.

In her individual, forthright style, Ann was not afraid to talk about the reality of disability and the difficulties that disabled people face on a day-to-day basis. "I am only too aware of how hard it is for disabled people to contribute to society on equal terms which is why the work of QEF is so important," commented Ann.

Toyota on Track



Toyota has a strong tradition of promoting mobility to all and, thanks to their generosity of a free loan car, clients at the Mobility Centre in Carshalton have the opportunity to trial an automatic Corolla Verso featuring dual brakes, left hand accelerator and swivel seat facilities. The seat may be swivelled outwards manually over the doorsill allowing for easy access for those with a disability or limited flexibility.

Captains tee off for QEF



As they tee off for their year of captaincy at Pырford Golf Club, Philip Harrison and Marian Weller announced their chosen charity ... QEF.

The captains and committee members took time out to visit our Development Centre to see for themselves how QEF helps young people with complex disabilities develop their independence.

"We chose to support QEF because it focuses on disability, a sector which we feel so often gets overlooked. There are many good causes to support these days and perhaps inevitably, highly emotive charities and appeals tend to take priority. But if disabled people are to develop their independence and compete in society on equal terms, they need the help, training and advice provided by specialist charities such as QEF," said Philip.

Money in Mobiles

If you have a mobile phone that's no longer ringing – then give us a call!

For every mobile phone, whether working or not, new or old, QEF could receive £2 to help disabled people. Want to know more? Please call Christine Coyle in Fundraising on 01372 841121.

