Building confidence
Life coach Alex Chislett on 25 years helping young people reach their goals


Dedication
IT ISN’T EVERY DAY YOU GET A CHANCE TO VISIT 10 DOWNING STREET. To mark the end of our 80th anniversary year we enjoyed a visit with a number of our supporters as guests of Samantha Cameron. Although influencing government policies was not on the agenda, we were able to highlight our Big Build Appeal and the development of our state-of-the-art Care and Rehabilitation Centre at Leatherhead Court. This development is central to our future as we enter a time of great change, not just for QEF but the whole disability sector. National news over the past while has provided constant coverage of the effect on disabled people of government cuts and policy changes. They have been hit particularly hard.

But while charities such as QEF have often in the past been able to redress the balance, adverse publicity has untreated hit many smaller charities very hard. More than ever we need your support to ensure that our services can continue to assist disabled children and adults. Dedicated staff members such as Alex, who has been with us for more than 25 years, are able to make such a difference to the lives of so many individuals who pass through our Independent Living Services. Alex, quite rightly, stars in our latest video which you can view on our new-look website qef.org.uk.

Throughout QEF our staff are recognised as caring and that remains at the heart of what we do. It is uplifting to see the ‘extra mile’ that our Mobility staff went to to enable Christian to pass his driving test. Thank you for helping them to do this and so many other unsung deeds. And thank you for helping us face the next challenging chapter in the life of QEF.

— Jonathan Powell CEO

Grateful Thanks
To The Haberdashers’ Company, Unum, Nexum Petroleum and Pfizer for their generous and continuing support.

Front cover photo: Alex and Dave enjoy preparing dinner.

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

QEF family of charities

Reception at Number 10
Samantha Cameron hosts fundraiser for QEF at Number 10 Downing Street

Our 80th anniversary year was fittingly rounded off with a prestigious fundraising reception hosted by Samantha Cameron at Number 10 Downing Street.

Some of our most dedicated supporters were joined by broadcaster Michael Buerk, who recently narrated My Life Now, a new film about our work, James Cracknell OBE, Olympic gold medallist and one-time client of QEF Mobility Services, which helped him get back on the road after he sustained a head injury that left him with serious cognitive and communications issues. Speaking at Number 10, Mark Howarth, a former client of QEF Neuro Rehabilitation Services, spoke about his experiences recovering from the brain haemorrhage that left him with serious cognitive and communications issues. Speaking at Number 10, Mark explained: “I was in an intensive care unit for eight weeks, having been diagnosed with a grade five subarachnoid haemorrhage. I was introduced to QEF as my mental capacities had reduced.

Sentences made no sense. At QEF I was given a clear plan and we worked on a toolbox, producing a number of techniques to get over the failures. I improved dramatically to around 90% of previous skill levels. That would not have happened without QEF.”

Rob Douglas, QEF chairman, personally thanked Samantha Cameron and commented: “Thank you to Mrs Cameron for hosting this very special evening, which was a wonderful finale to our 80th anniversary year. The new Care and Rehabilitation Centre that we are building is the most fundamental and pioneering change QEF has ever embarked upon, and will make a real difference to the quality of lives of the people we work with, so I would also like to thank so many friends of the charity that are helping to make this plan a reality.”

New appeal
The event also saw the launch of our ‘Big Build Appeal’ to raise funds for the new specialist Care and Rehabilitation Centre.

To highlight the importance of support for the new centre, Mark Howarth, a former client of QEF Neuro Rehabilitation Services, spoke about his experiences recovering from the brain haemorrhage that left him with serious cognitive and communications issues. Speaking at Number 10, Mark explained: “I was in an intensive care unit for eight weeks, having been diagnosed with a grade five subarachnoid haemorrhage. I was introduced to QEF as my mental capacities had reduced.

“More than ever we need your support to ensure that our services can continue to assist disabled children and adults”

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Front cover photo: Alex and Dave enjoy preparing dinner.
The Big Laboratory Bang

The Freewheelers theatre troupe is touring schools with a fun and dynamic history of QEF

This year we undertook an exciting project to explore our heritage and bring our proud past to life to highlight our work across an 80-year history. This includes recording oral histories, digitising our archived materials and touring around Surrey with a travelling exhibition. It looks at how language and attitudes have changed, how QEF’s efforts have had an impact on disabled people’s lives and how they are regarded by society, to move beyond the labels that they were given, such as ‘cripples’ or ‘the handicapped’.

As part of this project, we have been working with The Freewheelers Theatre Company, a professionally led theatre troupe of actors who have disabilities. The Freewheelers have created a theatre piece, The Big Laboratory Bang, which is touring to 15 schools across Surrey.

Two scientists and a trusty robot

The show is about two scientists and their trusty robot who have to devise an award-winning piece of assistive technology to save their laboratory. The scientists go back through QEF’s history of helping disabled people to inspire their invention. The performance highlights the importance of working together, being creative, and is a great way of introducing the topic of disability to a young audience in a fun and friendly fashion.

The show has had a fantastic response. Annabel from Cranleigh Prep School said it was “amazing”, and a teacher from Powell Corderoy School, Dorking, said it was “a unique and incredibly powerful learning experience”. We have been proud to work with The Freewheelers and are thrilled to make such a positive impact on the way children think about disability!

Oxo Tower exhibition

The heritage project continues with an exhibition Crippled, Handicapped, Disabled: Living Beyond Labels at the gallery@oxo, at the Oxo Tower, London from the 20-24 April 2016. The exhibition explores QEF’s 80-year history through photographs, film, oral histories, exhibition panels, and objects, such as an iron lung and a Dorincourt hand-painted tile. The exhibition offers an opportunity to focus on changing attitudes towards people with disabilities from a new perspective, from being ‘The Cripples’ Training College’ in 1935, to QEF today.

Alex Chislett life coach

Alex Chislett has recently marked 25 years working with disabled people at QEF

Alex’s involvement with QEF Independent Living Services began in 1991 when she came to Dorincourt to teach maths. She was then employed by Surrey County Council and worked when her son was at nursery. Gradually she became more involved, moving from maths tutoring to life skills tutor, then life coach, and now coordinating the life coach team, having received many commendations along the way.

At Dorincourt young people with disabilities are prepared for living independently, primarily by building their confidence.

For more information about QEF’s services please visit qef.org.uk

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Guinness & Oyster Luncheon

The 50th anniversary lunch is a record breaker, raising nearly £92k for QEF

EF’s famous Guinness & Oyster Luncheon at the Mansion House in the City of London celebrated its 50th anniversary last November and raised nearly £92k – a record-breaking total. Mike Lobb, Chairman of the G&O Committee, encouraged guests to support QEF and the building of the new Care & Rehabilitation Centre along with special guest speakers, New Zealand and All Black legend Zinzan Brooke, English rugby player Mark Regan MBE and former QEF client Mark Howarth.

Mike Lobb commented, “Thank you to our amazing lead sponsors Diageo and Oracle, along with Inatel, Cenkos, Red Stag and Oakley Capital, who were all so important to the success of this day. Also a big thanks to all the members of the G&O Committee who have given generously of their time and helped ensure that a record number of guests attended – more than 500.”

Amazing auction items, generously given by supporters, included a flight over London, Wimbledon tickets, a day’s trout fishing on the river Kennet as well as a riding crop from AP McCoy, 20 times Champion Jockey, who retired at the end of last season, and they helped raise nearly £25k.

Back by popular demand
We also welcomed back QEF friends who had attended the very first luncheon back in 1965 – the year Sir Stanley Matthews played his final First Division football game at the age of 50 – including Lady Holderness and Jocelyn Keeling.

Over the years the luncheon has grown in popularity and is now a unique event firmly established in the City of London’s calendar. Thanks to the funds raised from the 50th Anniversary, well over £1.6m has now been raised for severely disabled people supported by QEF.

“We knew Christian could drive, but it was the test conditions that he found most difficult”

Back in 2009 Christian came to QEF Mobility Services for a driving ability assessment to see what he would need to do to pass his driving test. Christian has Asperger’s Syndrome and was not sure if he would be able to learn to drive, although it was very much his ambition to get on the road.

The assessment showed that Christian should be able to learn to drive, so he started regular driving lessons at our Mobility Centre in Carshalton. Although he got to grips with the practical side of driving, Christian struggled with his theory because of the way a person with Asperger’s learns. We knew Christian could drive, but it was the test conditions that he found most difficult, especially the theory element.

We could see that Christian knew what he had to do to pass, and was capable of it, but struggled with the environment that the examination centres held the theory tests in.

“We knew Christian could drive, but it was the test conditions that he found most difficult”

Christian’s journey ended – or rather began – when in December 2015 he passed his practical driving test (on the second try), so after a lot of practice and an approach that was individually tailored to his needs, and our help changing the test conditions, success was achieved. He’s overjoyed and so are we.

Amazing auction items, generously given by supporters, included a flight over London.

Find out more about QEF Mobility Services, how you can get a driving ability assessment and what else we can do for you. Visit qef.org.uk, email mobility@qef.org.uk or call 0208 770 1151

Congratulations Christian!

We celebrate another successful pass with help from QEF Mobility Services

Find out how you can support the work of QEF visit qef.org.uk
There are plenty of ways in which businesses can support the work of QEF

With one in six – 11 million people – in the UK having some sort of disability, most of us will have been affected by disability in some way or other. This will include many of the people business engages with, from staff, customers and suppliers to the wider community. Berkeley Homes, ExxonMobil and Pfizer are just some companies who have supported QEF and MERU’s work in recent years. In 2015 ExxonMobil and Berkeley supported MERU with teams of riders in the Prudential Ride London-Surrey 100 bike event as well as other staff fundraising activities. Berkeley Homes organise an annual Go Karts endurance event for their suppliers as well as donating show home furniture to QEF charity shops and supporting unemployed people into work at QEF through their Job Creation programme.

And in 2015 Pfizer raised £5,500 for a Bugzi wheelchair for a severely disabled child through a staff Funday.

Motivating employees
Employee volunteering at one of QEF’s centres is also a great way for staff to engage more directly with our work. Del. Termasek and Nuffield Health have all helped with everything from painting and decorating through to gardening. All this activity is a great way to motivate employees, drive sales and increase customer loyalty as well as boost a business’s public profile.

QEF are always on the lookout for businesses who share in our vision of a society where disabled children and adults can fulfil their dreams and aspirations and achieve real independence. We believe that without the necessary support disabled people can miss out and would love you to help us do more.

A Bugzi costs £5,000 and is funded entirely from donations.
A gift from you that is tax free

There are a number of ways to increase your donation to QEF – at no cost to you.

We rely heavily on friends and supporters who give individual gifts, large and small. Every gift makes a difference but these gifts can go further at no cost.

How Gift Aid works
By signing a Gift Aid declaration form you give us permission to claim tax back on your donations. We can also claim tax back on any amount that you have donated to us in the last four years, provided that you are a UK taxpayer. For example, if you support us with a gift of £100 to produce a vital piece of equipment, such as a connector to attach a wheelchair to a child’s buggy, we can claim back an additional £25 from the Inland Revenue, making your gift worth £125 to us.

Higher rate taxpayer
If you pay a higher income tax rate and make a charitable donation, you can claim the difference between the basic rate of tax and your highest rate. You can either keep this relief or donate it back to QEF. For example, if you wish to help us give a Bugzi wheelchair to a disabled child, you can make a gift of £4,000 and we will claim £1,000 back in your annual tax return making a net cost to you of £3,000.

Share transfers
Very generous tax relief is available on gifts of shares. Such gifts attract a double saving: both full relief from Capital Gains Tax and Income Tax relief on the full value of the gift at the time it is made to QEF. All shares, in whatever quantity, are very welcome.

“Every gift can make a difference to the thousands of disabled children and adults who we support every year.”

QEF shops
Serving in excess of 170,000 customers throughout the year, our shops are invaluable in raising funds and awareness of QEF. We are indebted to your custom, your donations and our tireless staff and volunteers.

If you would like to donate any items please drop them in to your local QEF shop during trading hours. We are very grateful for every item donated.

Shops are open 9.30am to 4.30pm Monday to Saturday.

For more information visit our website on qef.org.uk or call us on 02083 914241. Find us on Facebook: QEF Retail Trading.

As well as volunteering at QEF, Zena enjoys swimming, sailing, belly dancing and working out at the gym. She also works on reception at The Grange in Bookham, a charity that also supports people with disabilities. She’s a member of the Freewheelers Theatre Company, a theatre troupe made up of actors with disabilities, who have been touring with their show ‘The Big Laboratory Bang’ that highlights QEF’s history, that you can read about on page 4 in this issue.

Zena said: “I love theatre. It’s in my blood. It’s my forte. Put me on the stage and I’ll give a show worth buying a ticket for!”

What she’d say to anyone thinking of volunteering at QEF is: “Please do get involved. Everyone here is like family and charity is all about supporting family.”

Zena, shop volunteer and star of the show, explains why she got involved.

Zena demonstrates her confidence in front of a film camera.

QEF Retail Trading
QEF’s shops are a great place to look for interesting gifts, collectables, books and furniture. The QEF Bookham shop, where Zeno volunteers, has all sorts of items, but also specialises in music on vinyl. Leatherhead and Tolworth focus on high quality furniture and Chessington is dedicated to children’s clothes and toys. Find us on Facebook: QEF Retail Trading.

QEF’s shops
East Molesey 8 The Parade
Chessington 34 North Parade
Bookham 27 Cradocks Parade
Staines 26 Sutton Street
Staines-upon-Thames 35 North Parade
Tolworth 12 North Parade
Wimbledon 127-128 Church Street
Woking 4-6 The Broadway
Worthing 22-24 East Street
Worcester Park 99 Central Road
Worcester 17-19 St Andrew’s Street
Windsor 16 The Parade
Windsor 2 The Parade
Winchmore Hill 2 & 3 Front Street
Winchester 6 North Parade
Winchfield 1 The Broadway
Winchfield 15-17 High Street
Wimbledon 11 The Parade
Wimbledon 17 North Parade
Walton-on-Thames 43 High Street
Walton-on-the-Hill 43 High Street
Walton-on-Thames 28 High Street
Wokingham 93 North Street
Wokingham 9-11 The Square
Winchmore Hill 16 Front Street
Winchmore Hill 16 High Street
Winchfield 1 The Broadway
Winchfield 15-17 High Street

QEF Happening
Forthcoming events
Dates for your diary

**AFTERNOON CREAM TEA AND BRIDGE**
**WEDNESDAY 1 JUNE**
St. John’s School, Leatherhead
2pm – 5pm • Tickets: £15
Join us in the beautiful Old Chapel at St. John’s for a wonderful afternoon of cream tea and bridge. Free parking available. For more information and to book your ticket(s) please go to fundraising.qef.org.uk/events

**PRUDENTIAL RIDE**
**LONDON-SURREY 100 2016**
**SUNDAY 31 JULY**
Join thousands of cyclists on a 100-mile challenge which takes in London’s iconic sights and the Surrey Hills, following the route ridden by Mark Cavendish, Lizzie Armistead and Laura Trott. We ask that you pay an upfront, non-refundable registration fee of only £10 and commit to raising £550. fundraising.qef.org.uk/event/prudential-ride-london-surrey-100-2016

**LADIES AUTUMN LUNCH**
**THURSDAY 27 OCTOBER**
Epsom Downs Racecourse
10am-4pm • Tickets: £55
Join us at our annual Ladies Autumn Lunch at the stunning venue of Epsom Downs Racecourse with special guest speaker Michael Buerk. Along with the lunch, there will be the opportunity to shop at a variety of top quality stalls ranging from clothing to shoes and jewellery, and much more. Special thanks to our sponsor The Blair Foundation. fundraising.qef.org.uk/event/ladies-autumn-lunch-2016

Please help QEF achieve more goals
Complete and return this form to QEF, Leatherhead Court, Woodlands Road, Leatherhead, Surrey KT22 0BN

Name (Mr/Mrs/Ms)
Address
Postcode
Phone No.

Here’s my gift of

| £15 | £20 | £25 | other |

Please charge the above sum to my: Mastercard/Visa/Maestro/CAF Charity Card

Card number:□□□□□□□□□□□□□□□□□□□□□□□□□□□

Expiry date: □□/□□ Security code: □□□□ (The last numbers on the signature strip on the back of your card)

Issue no: □□□□□□□□□□□□□□□□□□□□□□□□□ Signature: ___________________________________________________________________________________________ Date □□/□□/□□

OR I enclose a cheque/PO made payable to QEF

We’d love to keep you up to date with how your donations are helping our work with disabled people, but printing and mailing material costs money. Email is much cheaper, so if you would like to receive news this way, please give us your email address and tick the box below:

Email Address

I would like to receive emails from QEF (by ticking the box you agree to receiving emails from us)

QEF will never pass your details on to anyone else

You can give by phone 01372 841132 or online at www.qef.org.uk