

Discover



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Foreword by Head of Fundraising, Will Folkes

Welcome to the Winter edition of Discover magazine, your best source of information about everything going on at Chailey Heritage Foundation!



It is a privilege to lead the fundraising team here at Chailey as it gives me a unique awareness of every facet of life at the Foundation, including the incredible generosity of our supporters. In these challenging times, it never ceases to amaze me how individuals, organisations and businesses continue to prioritise supporting causes close to their hearts.

The income, services, and precious time that we receive from our donors, supporters, and volunteers, enables Chailey Heritage Foundation to deliver the unique blend of specialist services and facilities that give the young people their best possible chance to thrive.

You might not realise that some of the core elements of daily life at Chailey Heritage Foundation are primarily or 100% funded by voluntary income. Services such as Hippotherapy (our therapeutic horse riding), Patchwork Farm, the Dream Centre immersive space, hydrotherapy, and Aquamovers for pre-school children, all rely on the generosity of donors. Without these amazing services, Chailey would be a very different place and our dedicated staff would have far fewer tools to help unlock the young people's true potential. You can read about how these services are making a real difference to young people like Eva on page 10 and Seth on page 12.



In the lead up to Christmas, there are lots of ways to support the charity, including taking part in our online Charity Auction, doubling your donation with The Big Give Christmas Challenge raising funds for hydrotherapy, and a chance to buy our beautiful new Christmas cards designed by Matthew who lives in one of our Futures' bungalows.

For the past 120 years, Chailey Heritage Foundation has been an integral part of the local community and now, more than ever, we are committed to looking outwards as an organisation. To paraphrase an old saying, while it might "take a whole village to raise a child" it "takes a whole community to support the children and young people at Chailey Heritage Foundation".

If you, your business, or community group would like to get involved in any way, large or small, from volunteering to raising money, please do get in touch by email fundraising@chf.org.uk or call 01273 724 444 (extension 728). Your support will truly make a difference to this amazing group of young people.

A heartfelt thank you!

Will

The Chailey Games 2023

Here at Chailey Heritage Foundation we love a competition! The Dream Centre is the ideal space for the young people to take part in a range of activities and sports, and each year we host the Chailey Games – a chance for everyone to compete, have fun, and even win trophies and medals!



This year, there was a great sense of anticipation and excitement as over 40 participants took part in boxing, weightlifting, new age kurling and skittles events. We then had the challenging task of whittling it down to overall winners!

We were incredibly lucky to be joined by Paralympian Wheelchair Racer, Fabienne Andre, who gave an inspiring speech about competing at an international level and answered questions from participants. Fabienne brought along her racing chair and equipment to demonstrate how they worked and showed everyone her medals. It was so encouraging to see what can be achieved with passion, commitment, and hard work.

We were also joined by Tick Boom Face Painting and Bright n Balloons who brought colour and creativity to the Games by making sure that everyone looked great and had a balloon mascot!

Well done to everyone for taking part and for showing fierce determination and skill during the event. Also, a big thank you to everyone who supported our Games by counting scores, aiding participants, and cheering everyone on. What a fantastic day!



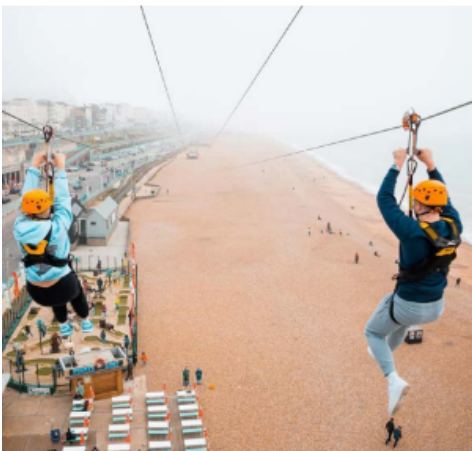
Online Auction

Back by popular demand for a 4th edition, the Chailey Heritage Foundation Online Charity Auction will run from the 3rd to the 12th of November.



This is the perfect opportunity either to treat yourself to something special from our fantastic range of auction lots or to get an early start on your Christmas shopping. Either way, you will have the added satisfaction that all the proceeds will go directly to support the specialist services that we have highlighted in this edition of Discover.

In response to feedback from last year, we have many more lots to suit all budgets and we are also starting the bidding much lower on most lots so there is the potential for a real bargain! Lots include:



- Enjoy family days out at Leonardslee Gardens, Washbrooks Family Farm, and Standen House
- Challenge yourself and friends with an Escape Room experience
- Feel the adrenalin flow on the Brighton Zip, the longest zipwire on the South Coast
- Get your creativity flowing with a pottery painting experience
- Get your theatre fix with tickets to see Les Misérables in London's Sondheim Theatre
- Relax and unwind with a Balfour Winery experience



You can find out more by visiting www.jumblebee.co.uk/bigchaileycharityauction2023 or look out for more details in our monthly emails and via our social media posts. From the 3rd of November, you can let your competitive juices flow and grab yourselves some of the fantastic items, all of which are donated by our generous supporters!



Championing CHF at The Disability Expo

This year, Chailey Heritage Foundation was invited to attend The Disability Expo at Excel in London, to speak with attendees about some of our groundbreaking work.

The first event of its kind in the Capital, the Disability Expo aimed to educate, inform, and inspire the public, media, and disability community about everything from education, care, equipment, travel, fashion, sport, gaming and technology, and beyond!

Eva Abley, comedian and Britain's Got Talent finalist, got the show off to a roaring start with a great solo performance about living with Cerebral Palsy, and the entertainment did not stop there. Adam Person, award-winning disability rights campaigner, activist and speaker, regaled the audience with amusing insights and tales as part of the Grumpy Gits show, the popular disability podcast.

Around the event, there were a variety of stalls and there were two arenas, one dedicated to gaming and the other to sport. Big screens showed what the gamers could see through their headsets as they played tennis and other video games, while over in the live sports arena wheelchair basketball players flew up and down the court leaving the public in awe of their skill and speed. Our Leisure and Skills Centre (LSC), which offers a variety of sports and leisure activities, was of great interest, and the LSC team did a fantastic job inspiring professionals and the public about the services we provide.



As part of the Education Panel, Paula Marten, Assistant Head teacher at Chailey Heritage Foundation, spoke about making education truly inclusive. Paula has worked in post-16 Special Education for 28 years and has learnt a huge amount about the needs of young people and their families. The knowledge she shared on the Education Panel was invaluable in informing attendees about education options and opportunities available to them.

We were also proud to be asked to take part in the Sex and Education Panel, with Helen Dunman, one of our specialist teachers, talking about the groundbreaking work we are delivering with 'The Sex Factor,' a training package designed for teachers, carers, and parents of young people with complex neuro disabilities across the UK. At its core, is the belief in the right of all children and young people to be enabled to make choices, enjoy meaningful connections with others whilst keeping themselves safe. Helen did a wonderful job of raising awareness, inspiring, and educating the audience about this often underrepresented and taboo subject.



Celebrating 2023 in pictures!

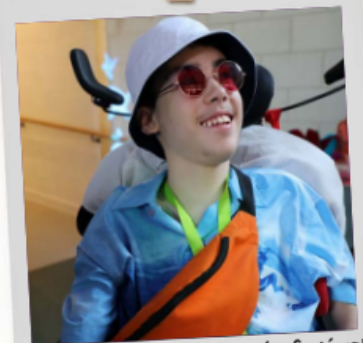
Celebration is one of our core values and lies at the heart of everything we do. Here are some highlights from across the year!



Anastasia lifts weights at The Chailey Games!



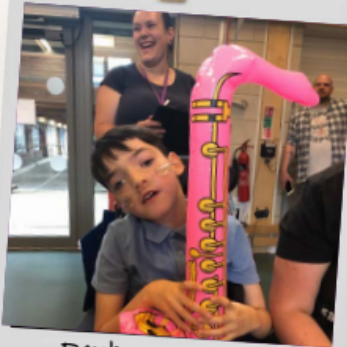
Ellie at the Hanbury Ball music festival



Ellis rocking his music festival look at the Hanbury Ball



Jess, Imogen & Yazmyn as Shrek characters



Reuben on sax at Singing Hands!



Robyn enjoys Celebration Day!



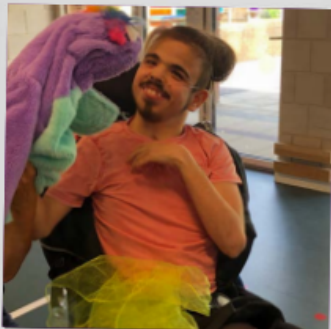
Harriet has fun at the Hanbury Ball music festival



Mac makes some noise with Singing Hands



Molly checks out the Hanbury music festival line up!



Shaney takes part in the theatre workshop by Chicken Shed



Shea at the Celebration Day parade



Tristan takes part in the Patina Parade

If you would like a career that values celebrating life, please get in touch, we have many exciting career opportunities and would love to hear from you.

Email: careers@chf.org.uk Web: careers.chf.org.uk



Hydrotherapy Heroes

Hydrotherapy is a vital element of life at Chailey for the young people with complex disabilities, who spend most of their days in wheelchairs. A lack of movement can lead to issues with joints, muscle tone, digestion and even breathing. Achieving the positive physical, educational and wellbeing outcomes identified as the “next steps” in the young people’s personalised curriculum can be difficult within a traditional classroom environment and alternative environments, such as the hydrotherapy pool, are often needed.

Our purpose-built hydrotherapy pool has eight hoists, an elevated temperature of 33°C, and specially trained Aquatics instructors who are supported by specialist physiotherapists. Benefits of hydrotherapy sessions for the young people include improved muscle tone and core muscle strength, increased circulation, more physical freedom, and a wider range of movement, as well as helping individuals to weight bear.

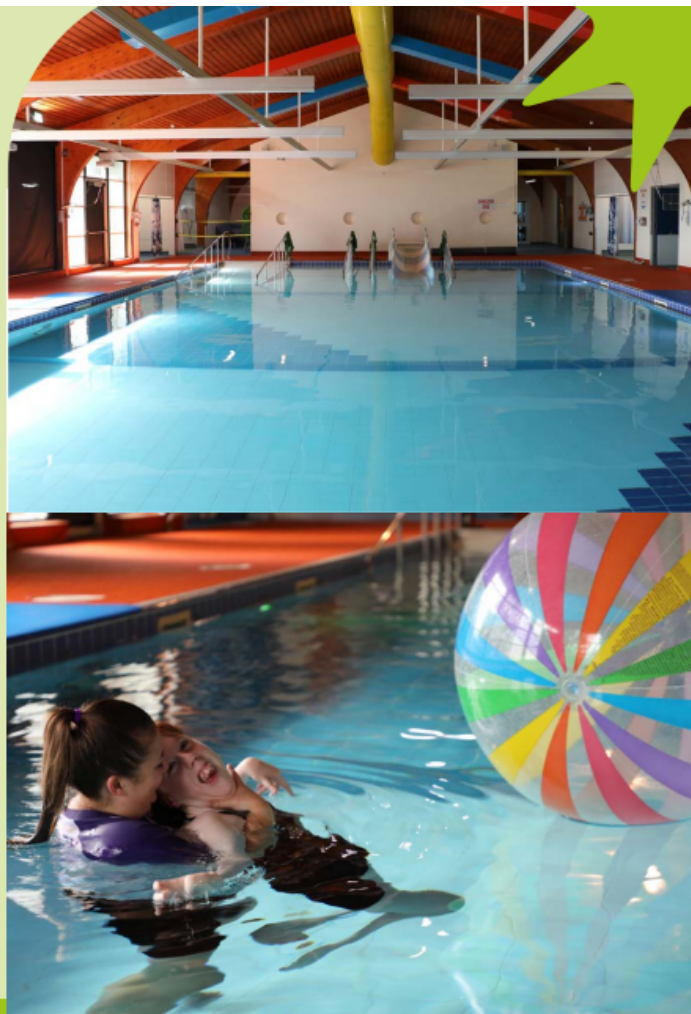
The hydrotherapy team work hard to ensure that the service is available to all pupils, even those with tracheotomy tubes. Sessions are timetabled each week to free the young people from their wheelchairs and realise their benefits from hydrotherapy, as well as having a lot of fun too!

“As well as benefitting from hydrotherapy sessions, Eva has even had birthday parties at the pool with her friends and family which she has loved! The hydrotherapy pool at Chailey is one of the few places we can have ‘normal’ time as a family as all four of us can enjoy the water together.”

Eva’s Mum, Mel

“Eva is 13 years old and has been attending the hydrotherapy sessions since 2013 to help improve her core muscle strength and active movement. She is doing brilliantly and can stretch her limbs, especially her arms, to reach, grasp or manipulate objects. The warm water helps Eva to move freely, change her body position, and her new target is to roll over onto her tummy by using her core muscles. The sessions also help Eva with her attention span, and social and emotional wellbeing which has a positive impact on her learning throughout the school day outside of the pool.”

Oner Ozdamar, Eva’s teacher



Please support this year’s Big Give Christmas Challenge to make a difference to young people like Eva

This year we are aiming to raise £20,000 to help fund Hydrotherapy at Chailey and provide the children and young people with exercise and water-supported movement. Please help us to reach our target!

Double your donation!

For one week only, from Tuesday 28th November to Tuesday 5th December, your donation will be match funded.

For example, if you donate £10, it will be doubled to £20 helping us to reach our £20,000 target!

Please donate between 28th November and 5th December at <https://donate.biggive.org/>



Opening a world of opportunities at CHF

The specialist activities and equipment available at Chailey Heritage Foundation give the young people the chance to explore life in new ways. Seth is 6 years old and has a variety of complex needs including Congenital Myopathy (a muscle disorder), and significant hypotonia (low muscle tone). Seth also has a permanent tracheostomy for ventilation and all respiratory management as he is unable to breathe independently. Despite Seth's complex health needs, he is able to access a range of services that have truly opened up a world of possibilities and opportunities for him.



Bike: Fun, independence, mobility

Seth loves riding his bike. It gives him the freedom to be active and make his own decisions about where he goes, just like his sister and friends can. At the weekend, Seth enjoys riding his bike around the garden centre his family runs.



Eye-Gaze: Communication and empowerment

Seth is a pro at Eye-Gaze, using his eyes to select words and he loves to read stories to the other children. He can also count, share feelings, and talk about the weather. It enables Seth to communicate with others and be heard. "Eye-Gaze has opened a whole new world for Seth, it gives him independence, a chance to express himself and communicate with those around him." Seth's Mum, Victoria



Swimming: Joy, strength, freedom, movement

The weightless, warm water allows Seth to explore movement and build his strength as it is a real work out! He can now kick his legs and move his arms in the water, and despite being connected to a ventilator, Seth can enjoy all the benefits of hydrotherapy safely.





Power driving: Making choices, pushing boundaries

Seth is the Ayrton Senna of power driving, and like all 6-year-olds he loves to push boundaries! His support team has told him that he will receive his very own driving licence, so he is working hard at using his head switches to learn to drive his wheelchair, including stopping too!



Rebound Therapy: Resilience, strength, confidence

At first Seth did not enjoy rebound therapy, but he showed resilience and confidence and tried again. Now he can stand supported in a sling, and benefits from physiotherapy in a fun, active, participatory way.

Combined with other exercises like box sitting, Seth is now able to support his own head, and shake and nod to give a yes/no responses, something he was unable to do when he first joined Chailey Heritage Foundation.



Patchwork Farm: Self-esteem, responsibility, love

Visits to our on-site Farm have boosted Seth's self-esteem. When a child who is constantly cared for is given the opportunity to care for another creature, something incredibly special blossoms. Seth's calm nature attracts and soothes the animals, and he is known as the "guinea pig whisperer"! This winter, Seth is excited to be in charge of looking after the tortoises when they come to live inside the classroom during the colder months.

"All of our services contribute towards giving the young people a sense of individuality and independence, putting them in control rather than always being passive recipients of care. The benefits are cyclical, the more exercise and activities they enjoy, the more cognitively able and receptive they are in the classroom and vice versa."

Julie Tilbury - Seth's teacher

Christmas cards and ways to support us

Woolly Hat Wednesday is moving

With so much going on in the run up to Christmas, we wanted to have something to look forward to in January. So, everyone will have a chance to pull on their favourite woollies on the 24th of January and bring some cheer to the start of the year!



Chailey Heritage Lottery

Donating to charity is always rewarding but with the Chailey Lottery, you can win up to £25,000! Play for as little as £1 a week www.chf.org.uk/Lottery

Christmas cards

This year our brilliant design has been created by Matthew who took his inspiration from the Christmas film Noelle. The main character's favourite reindeer is a small white goat called Snowcone. Matthew spent two sessions creating his design, one in the art room and one in our Chapel.

Order your cards online at www.chf.org.uk/ChristmasCards2023 or call us on 01825 724752.



Christmas Events timeline

On sale now CHF Christmas Cards
www.chf.org.uk/ChristmasCards2023

Online Auction - Fri 3rd Nov – Sun 12th Nov
www.jumblebee.co.uk/bigchaileycharityauction2023

Manor Barn Christmas Market Bexhill
Sun 5th Nov

Big Give - Tues 28th Nov – Tues 5th Dec
<https://donate.biggive.org/>

Waitrose Haywards Heath Bucket Collection
Fri 15th – Sat 16th Dec

Morrisons Seaford Bucket Collection
Thurs 21st Dec

Haywards Heath Train Station Bucket Collection
Fri 22nd Dec

And don't forget, Woolly Hat Wednesday is
Weds 24th Jan 2024!

We are always looking for volunteers to help at our events.
Please visit www.chf.org.uk/OccasionalVol

Our **Big Give** Christmas Challenge

Support our hydrotherapy heroes!
All donations will be doubled from
Tuesday 28th November for one week only

Help fund hydrotherapy pool sessions for young people at Chailey Heritage, who gain so many benefits physically, mentally, and emotionally from this unique therapy experience.

Every donation will be match funded, so if you donate £10 this will be doubled to £20! If we can reach our target of £10,000, this will result in £20,000 to fund hundreds of hydrotherapy sessions that make such a difference to the lives of the young people at Chailey Heritage Foundation.

Double your donation at
www.donate.biggive.org



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