

**Welcome to our 8th UPDATE  
From March 2007 to April 2008**

Linking with children, adults & other organisations to

**“Understanding Differences”**

Raising Awareness to Support Children who have Experienced Difficult Times

~From Diagnosis, Fear, Isolation~

~Sadly to Bereavement~

[www.understandingdifferences.org.uk/](http://www.understandingdifferences.org.uk/)

Email [Committee@understandingdifferences.org.uk](mailto:Committee@understandingdifferences.org.uk)

07832245014

provide a network of information, support and personal knowledge about a range of physical & emotional experiences

Increase understanding within the community and amongst affected families



~Congenital Heart Disease~  
Our Little Ross Memorial Fund is reserved to Raise Awareness & Support Families through times of CHD.

1 in 125 babies are born with Heart defects - one of the most common birth defects



~Fear, Isolation, Grief~  
Our Purple Fund is reserved to RA & Support Families through

Our ‘Young Explorers’

Fund is reserved to enable us to arrange activities & outings for families to meet others so they feel less isolated

Our Green Fund is reserved to RA & Support Families through times of other Social, Emotional or Behaviour Conditions



~Diabetes, Deafness~ Our Orange Fund is reserved to RA & Support Families through times of Other Physical Illnesses.

These may not be visible so the effects not understood

Understanding Differences” blue Fund ensures that we can deliver our aims and activities.

For example the fund covers things like:

- Running costs-stationary
- Internet Support Forums
- PHSE Family Awareness Resource Packs to places such as schools
- “Young Experiences, Young Explorers” Collection

Please register support or interest to be further involved via our web-site where there is a link to a guest-book or membership form. Alternatively, for more information you can email, phone or text us on the details above.

[www.understandingdifferences.org](http://www.understandingdifferences.org).

## “Understanding Differences” ‘Young Explorers’ Fund



We are currently seeking professionals or other volunteers to help run a family group.

We can be deeply affected and feel extremely isolated after a diagnosis but, often other’s in families are affected just as much as the ill person.

If you or your child is feeling isolated or struggling to come to terms with a loss or change in their life then please contact us to be added to a waiting list.

Sponsored by Hidden Potentials.

Sarah first took part in the Great South

Run to raise money for our Little Ross Memorial fund (see our centre page). Sarah then donated free sessions for a raffle and has made other donations towards sponsoring this fund. For more info about Life Coaching (Therapy over the Phone) please contact Sarah on 07766737474 or [www.hiddenpotentials.co.uk](http://www.hiddenpotentials.co.uk)



Adults & children, siblings, friends or other relatives will all have a place at our group so they can meet others to feel less isolated.

### “Understanding Differences” ‘Young Explorers’ Fund



Supporting families by arranging activities, outings and various groups to meet others who have travelled a range of journey's.

Collection boxes for this fund are identified by the label above.



After four months of training, I decided that not even a storm would stop me doing the South Run, so I woke early and had my nutritious breakfast as advised. My partner, Dec, decided he would come with me, despite the rain, and wore one of the Charity tshirts that had kindly donated, since my Mum and Nan had decided to stay in the warm at home (really don't blame them!)

I got down to the starting point nice and early, and the rain started getting heavier. There were still over 17,000 runners there, so it was pretty busy. At 10.15 we had a mass warm up, which was amazing, 17,000 people all doing the same thing, again despite the rain. Even the trainer who was leading us

took off his warm tracksuit to join us poor runners.

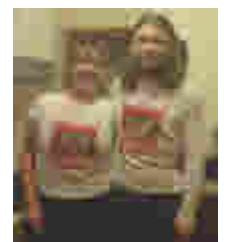


Then at 10.30, the race began.... David James, the goalkeeper for Portsmouth Football Club, started us all off, and the rain poured!! The first 2 miles were quite hard going, especially seeing as I hadn't trained in the rain at all. I got to mile 3 and really felt my legs moaning a little - I think I started off too quickly, seeing as so many runners were overtaking me, I felt a little intimidated by so many people. I slowed up a little, turned the corner and in front of me was a lady with artificial legs, walking between two helpers. If that wasn't enough to spur me on, then nothing was! If she could attempt the 10 miles with no legs, then my aching legs was not going to hold me back! The bands were playing, the spectators were cheering and finally each mile I reached and went through. At mile 8 I had to turn onto the Southsea Sea Front,



Oh My God is all I can say! The wind and rain was so bad, the rain hurt my face. So many runners were stopping and walking as it was nearly impossible to keep going. Fortunately for me, I am a stubborn woman and would not let me legs stop running. At one point I thought I had died and gone to hell, but I knew I hadn't as I looked down and my legs were still moving!

I finally reached 9 miles; 800 metres; 600 metres; 400 metres; at 200 metres Dec was there cheering me on, who looked wetter and colder than me!! I finally crossed the finish lined after 1 hour and 37 minutes of what seemed like pure hell at times - and so proud of myself, having never run that far before. I achieved what I set out to do - run the 10 miles, and at the same time raised over £83.00 for Understanding Differences. I might have been aching, wet, cold and completely shattered, but I had done it!!!!



**Money raised so far is reserved to publish a small series of biographies about Congenital Heart Disease. We hope these enable others to connect with other children to understand what may happen whether they are the sufferer, sibling or friend. To help endorse, edit or sponsor this series please contact us.**

## “Understanding Differences” ‘Orange’ Fund



Raising Awareness of Other Physical Illnesses. These may not be visible so the effects not understood.

Although we need many more volunteers to assist developing each of our areas, we especially need greater links with members having personal knowledge of any Physical Illness.

Without you we will not be able to reach our goal of raising awareness & supporting many under one umbrella.

This segment of “*Understanding Differences*” also has an opening for a family wishing to name the fund- maybe after an experience that has touched your life.

Whether you are a family member or professional, if you think you may be interested to be more involved then please contact us.



## “Understanding Differences” ‘Green’ Fund



Raising Awareness of Social, Emotional or Behaviour Conditions. Some may be visible but not known of.

Although we need many more volunteers to assist developing each of our areas, we especially need greater links with members having personal knowledge of Social, Emotional or Behavioural Conditions.

Without you we will not be able to reach our goal of raising awareness & supporting many under one umbrella.

This segment of “*Understanding Differences*” also has an opening for a family wishing to name the fund- maybe after an experience that has touched your life.

Whether you are a family member or professional, if you think you may be interested in becoming more involved then please contact us.



## “Understanding Differences” ‘Little Ross Memorial’ Fund



Another successful event was our Sponsored Skip held on 22nd September 2007. John Ritchie; our avid supporter who also spent many weekends manning boot sales to raise money managed to collect a grand total of £314.00 for his 935 skips!

John has also run around picking up collection boxes, has sold raffle tickets and taken ownership of many grid games to raise money at work AND finally held a Rocky Horror night in Feb '08 at the Rose & Crown, Crawley in aid of “UD”, Guy’s Hospital and LHM... We look forward to receiving this money and updating you next time on the evenings antics!

Thanks to all our supporters in the community we have had a great income from collection boxes and a few events. See the chart for more details...



## ***“Understanding Differences” Purple Fund***



*“Understanding Differences” Purple Fund* is Sponsored by Bay Engraving... Please mention this advert when calling. 01293 863063 for any Engraving work needed; they offer a unique service...



*“As I approached a few engraving companies not really sure about what I wanted, I found designing my son’s memorial plaques with Bay Engraving really easy. They offered a friendly, accommodating service with the compassion needed at that difficult time where some were just out for the money and far too business like. I had totally unique plaques made to keep the precious words that my other children had written shortly after we lost Ross. They sit alongside specially chosen roses in Ross’ Garden.*

*Like many of you, we left the hospital exchanging our lovely little boy for a folder closed tightly which enclosed his last few photographs, a lock of hair and the last foot & hand-prints we would ever be able to make. We were also able to use the hand-prints that we last took from Ross’ delicate little hands to make ‘Welcome to Ross’ Garden’ plaques.*

*A team of people I would definitely recommend who have supported "UD" ever since. Please look at their site, you can place orders online or speak to them directly”.*

**[www.bayengravingltd.com](http://www.bayengravingltd.com)**

### ***Terminal Illness & Bereavement***

The Aim is to write honest accounts of our journey through the diagnosis/loss of a child.

Our book wants to contain messages of comfort and readable sized journals from at least 4 families who have suffered the tragic loss of a child too. This opportunity is also open to the loss of anyone where children have been involved or affected for example loss of a friend or very close relative.

We are all different; in beliefs, feelings, culture, religion and so, its purpose is to follow a range of pathways and outcomes at different stages to highlight that there is no set rule to ‘grieving’ and ‘moving on’ in the hope to offer others comfort and a sense of rationalisation within their thoughts.

It is also being composed to offer the bulk of

information in one place, to help others make some of the tough decisions that we have been faced with.

If you are now in this isolated world, there will be a flood of unanswered questions about what has happened, emotions that enter your head that you may have never envisaged; whilst now having to make the worst preparations ever. In addition you may also have other children in your family to consider as well. Some will be clear on their future involvement and others wont know what to do at all.

You will be bombarded with information but, some options available to you may only be found if you think to ask; others may pass over you in the midst of all you have to take in. Containing these in a book that we hope to donate to families may

help you re-cap & make decisions that you may otherwise have not been aware of, meaning that we may reduce the possibility of future regret.

We hope readers will connect with some of the families writing and not feel so strange about decisions or feelings and that they will receive little comfort knowing that their family is not alone in their journey that now begins....

We will also be adding a Tributes & Memorial section where we will ask for small donations and entries to help raise the funds to publish such a book. If you think you would feel the benefits from being involved in writing or adding a tribute about someone close to you then please contact us for more information.

Text 07832245014 now

## “Understanding Differences” Objects

The Charitable Organisation’s object is to raise awareness to support children who have experienced difficult times. To promote social inclusion & understanding within the community and amongst affected families. To reduce isolation and increase support for such families around times of traumatic times and loss. **Activities**

### How will we achieve our Objects

- The Organisation proposes to do this by linking with children, adults and other organisations to provide a network of information, support and personal knowledge about a range of physical & emotional experiences by:

- Providing an Internet Support Forum with information and personal knowledge about a range of physical & emotional experiences with links to further information and support from linking organisations.

- Encouraging places such as schools to facilitate Family Awareness Resource Packs provided by the Organisation to enable them to offer readily available, extended support about a range of physical and emotional experiences to suffering families and awareness to friends, other relatives and members of the community who may have an open mind to learn.

These may include:

- information from linking organisations, b) a wide age range of books for adults and children that cover diagnosis, fear, isolation and bereavement - from basic early reader books that prepare for going to hospital/dentist to older non-fiction books that explain things easier. Every book has a learning outcome and generally supports PHSE (Personal, Health, Social & Emotional Development) as well as developing a child’s communication, language & literacy. Some have Mathematical and Scientific concepts others cover feelings & citizenship,
- story sacks that are relevant to physical & emotional experiences, to be used in groups or at home, that further develop any child’s creativity, PHSE, communication, language & literacy, Knowledge and understanding of the world, Physical development, mathematical and scientific concepts others cover feelings & citizenship.

Writing our own Series of Books about real experiences ‘from children for children’ so that they can feel a bond with another ‘real person’ as opposed to a character; reducing isolation and fears. In the wider community these will offer awareness and increase understanding hence reduce prejudices and increase support for such children. The series will include adult information from linking charities so that all the information needed at a difficult time is up-to-date and readily available in one resource.

- Offering Bereavement Support from our own knowledge & experiences via Internet and books & diaries.

- Working with families and other organisations to enable better understanding of the needs of families who have encountered a traumatic experience or bereavement.

- Working with families and other organisations to establish framework/model policies and procedures to recognise and support the needs of young children who have encountered a traumatic experience or bereavement.

- Working with families and other organisations to implement feasible policies and procedures to recognise and support the needs of young children who have encountered a traumatic experience or bereavement.

- Arranging outings and activities at venues that suit children’s needs too so that these families can achieve and gain their full potential to learn and share their experiences.

- Keeping members up-to-date on our progress, linking organisations, outings and other events in our UPDATES.

- Any other form that is relevant to achieve the objects.

Families Nationally will benefit from the above activities as the Charitable Organisation develops.

Anyone can contact us to find out more about joining our network; Families, those representing an Organisation, School, Pre-School, or other children’s group.

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Fund	Income	Expences	Total Profit/Loss
UD 06/07	450.34	145.96	CC/O from 2005/2006
UD 07/08	179.86	530.40	£551.08
LRFM 06/07	880.96	10.29	CC/O from 2005/2006
LRFM 07/08	2077.23	212.23	£3100.82

Description or Collection Boxes in the community	Amounts Since April 2007	Total Amounts since initially supporting us
Bouncy Castle	£120	£120
Grids & Raffles	£470.62 but had expenses for prizes	£470.62 but had expenses for prizes
Sponsored Events LRFM	£314.00	£314.00
Boot Sales	£415.06	£415.06
Balloons	£10.00	£10.00
Pound Hill Chip Shop	£56.20	£99.14
EDF Energy	£11.83	£11.83
Parsons Pig	£10.47	£31.12
Rogers Ceramics	£25.81	£140.29
Bloomers	£30.91	£59.31
Archie's Supermarket	£34.93	£52.33
Ifield Chip Shop	£22.01	£56.04
Southgate Best One	£33.28	£48.36
Fish Plaice	£158.35	£308.33
Pizza Go Go	£46.45	£207.95
Happy Shopper	£71.68	£110.46
Centaur Club	£9.95	£83.88
Apple tree	£20.30	£72.00
White Knight	£13.10	£52.53
3 Bridges	£8.70	£52.53
Tilgate park cafe	£15.36	£89.70
Troys	£26.50	£26.50
K2 Leisure Centre	£10.20	£10.20