

THE SUSSEX Snowdrop TRUST



Newsletter

Autumn/
Winter
2024

Nursing care at home
for local children with life
threatening or terminal
illnesses and support
for their families



Pier to Pier Walk

The Regis School in Bognor Regis selected just one charity to support in their sponsored 'Walk For Change'. Over 163 staff and students from year 7 to year 12 walked from Worthing to Bognor pier, to raise money for the Sussex Snowdrop Trust.

They walked non-stop for seven and a half hours completing over 15 miles or 25 kilometres! This was an enduring challenge for all, which saw a record number of participants and funds raised - £4041.78!

Story continues page 4...

Stay up-to-date with stories and fundraising

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www.thesussexsnowdroptrust.com

Move More in 2024!

The Magnificent Seven!

We had seven runners in this year's London Marathon, who collectively raised a massive £19,203! Our great thanks to Steph Aburrow - £4655, Kathryn Holt - £975, Sam Lingham-Davis & Brett Paffey combined - £7038, James Fotheringham - £1209, Annie Pestridge - £1350 and Cameron McEwen - £2745. It was wonderful to follow the journey of these runners who worked incredibly hard to raise funds and awareness, through their place of work and social media platforms. Thank you to all their friends and family who contributed to this outstanding total.

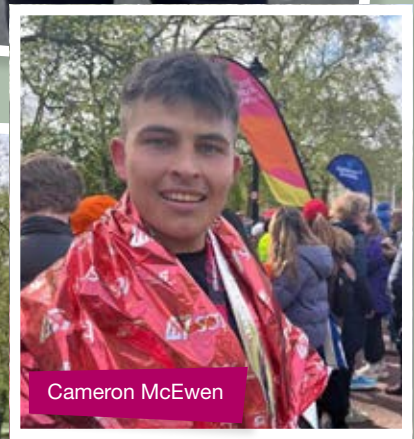
Brett Paffey and Sam Lingham-Davis



Steph Aburrow



Cameron McEwen



Kathryn Holt



James Fotheringham



Annie Pestridge



Hadrian's Wall

Jon Rogers, Partner at the solicitor's GWCA in Arundel, seemed unfazed completing the 174,077 steps or 137 km along Hadrian's wall. Jon mentioned that he is used to walking and did not need to train for the challenge, and explained, "I have two somewhat crazed cocker spaniels which keeps me walking all the time and whilst they couldn't come with me,



they set my endurance levels. The Sussex Snowdrop Trust has been close to the heart of my office staff for some time, so providing this support just seemed to fit. Hopefully the money raised will help the Trust in any way possible."

Thank you to all the businesses who sponsored Jon and everyone who contributed to the incredible total of £6873!

Birthdays Boost Funds!



Brighton Marathon

Paul Andrews from Guildford decided in his 50th birthday year to do a 'meaningful challenge' and completed the Brighton Marathon raising a fantastic £5431! Paul doesn't know any Snowdrop families but as a father of 3 he said he can appreciate the help the families would need and the stress it would have on family life.

Turning 70 Never Felt So Good!

Some people are content with a party and a cake on their birthday, others want to mark the celebration with something out of the ordinary! Dorothy Cox did just that as she planned an exciting challenge as part of her 70th birthday celebrations and decided to cycle from Land's End to John o'Groats. Despite suffering from arthritis, she was determined to do the 1000 miles over 23 days on an e-bike, which she says, "certainly doesn't mean sitting back and doing very little pedalling!"

Dorothy documented her ride each day on social media highlighting the 'highs' and 'lows' of the day, taking some wonderful photos across the British Isles and riding in all weathers!

"23 days' cycling, 1,137 miles. High roads, low roads, busy roads, quiet roads, cycle tracks, old railway lines, forest trails and canal towpaths. Large towns, small villages, miles and miles of often amazing scenery and, in Scotland, spectacular mountains, wilderness and big skies. Puffing up some (very!) big hills and the exhilaration of hurtling down the other side."

This epic challenge raised £2245 and we hope created some wonderful birthday memories too!



Have you always wanted to mark an occasion by doing something different or extraordinary? Please do get in touch by email office@snowdroptrust.com and we can support you with your idea.



The Regis School has had several families who have required the support of Snowdrop over the years. The Trust has welcomed the opportunity to speak at assemblies and in tutor groups about the importance of the Care at Home Team. Siblings within a Snowdrop family have shown themselves to be powerful and knowledgeable ambassadors, speaking warmly about the nurses and counsellors who have been so vital in their lives.

Mrs Saunders, Senior Assistant Principal said, 'It is really wonderful to read all the comments of support on our Just Giving page and to hear our students so eloquently telling members of the public about our walk with passion, commitment and enthusiasm. Now in its fifth year, the 'Walk For Change' is embedded in the school's calendar. It is an opportunity for our students to not only make a difference to others, but also to develop their own character and actively demonstrate the school's values.'

Di Levantine, Chairman and Co-Founder of The Sussex Snowdrop Trust, said, "We are so grateful to The Regis School community for choosing to support the charity in their 'Walk of Change' this year. A family's life changes forever when they receive the diagnosis that their child has life-threatening illness such as cancer or leukaemia. These students are walking to raise funds so our Care at Home Team can walk alongside families who need vital nursing care at home or counselling, should this be needed. These pupils demonstrated real endurance by completing this 'Pier to Pier' challenge. I hope they had fun meeting new people and chatting to each other as they walked. These pupils really have made a difference to other children who need our support. Well done to everyone who took part."



Students of The Regis School taking part in the 'Pier to Pier' challenge, walking from Worthing to Bognor pier.



INSPIRATIONAL YOUNG MAN – by Di Levantine

I first met Toby at the Regis School in Bognor, shortly after his first treatment for cancer. He had lost his hair and his year 10 teacher decided to have her head shaved in solidarity and he wanted to be the one to shave her head! His friends were delighted when he arrived in his wheelchair, shaver in hand and he set upon the brave teacher. This event raised £2264 and was the start of Toby's fundraising. He had been cooking since he was 4 years old and so it was natural for him to start at Chichester College in Autumn 2023, to learn to be a professional chef. In our last newsletter, we published an article about Toby and his day working in a food truck at the college when he raised £1125 for Snowdrop. He cooked all the time at home, and he converted a large shed in the garden to be his MAN SHED, where he entertained his friends!

Toby had a great sense of humour, he was an entrepreneur, a chef, a real inspiration, and a wonderful and generous friend.

Year of Fundraising

Bishop Luffa School in Chichester has been a long-term supporter of the Trust. Each year the sixth form students create a high energy fashion show where their enthusiasm is infectious. We are pleased that we can show our charity film across the 3 nights that this takes place, to help raise awareness about the work of the Trust. As with other schools in the county, we have supported children there during their illness. The charity received £5,500, a record-breaking year of fundraising from the Sixth Form who graduated in July 2024. We are so grateful to these extraordinary students, who worked so hard throughout the year to deliver such a fun fashion show, and our thanks to the parents who supported them with donations, which will contribute to the costs of our Care at Home Team.

Austen Hindman, Head Teacher of Bishop Luffa School, said: "The Snowdrop Trust is part of the Bishop Luffa family. The school supports Snowdrop because Snowdrop supports our whole community. At our carol service last year, I asked the congregation to put their hand up if they knew someone who had been supported by Snowdrop and there was a sea of hands, stretching right across the cathedral. Snowdrop helps families at their most vulnerable moments and so it is our responsibility to make sure that Snowdrop can keep on providing that support."

The school this year celebrated 60 years of education with a thanksgiving service at Chichester Cathedral in June. The Trust's



The Snowdrop Trust Chairman, Di Levantine, with Jamie Saunders, Head of Sixth Form at Bishop Luffa School

Chairman, Di Levantine and our counsellor, Phil, were honoured to attend. Over the years, the charity has been invited to many school events and Di particularly enjoys the end of year Sixth Form BBQ where students are awarded with amazing and amusing accolades. This is also an opportunity for her to give our heartfelt thanks for all their hard work over the year!



Austen Hindman - Head Teacher of Bishop Luffa

He was full of energy from the word go. Nothing stopped him.

Below is an extract written by Nikki Hadaway who is a close family friend, she remembers him with great affection and admiration.

Toby's Recipe for Life

Adventures Look at life like a big adventure. Go out and find your happy places, go to the woods, find secret places to chill. Walk, cycle, scoot on unknown routes, get lost, get stuck in mud, get punctures, get wet when it's pouring with rain, get chased after being a bit naughty. Catch the train, go for drives in a car, not going anywhere in particular, just enjoy the journey and laugh.

Mischief Always have a twinkle in your eyes, give a surprised face, what me, never!

Lastly, appreciate your mum, she's the one that will never let you down, she will love you unconditionally and she will be there, by your side throughout the hardest times. Make sure she knows how much you love her and that you wouldn't be the person you are today without her.

Nikki writes about her reflections of Toby.

Toby was a fantastic chef who made me countless delicious meals. He always had a big grin on his face and was as stubborn as a mule. Toby never left anyone out and was generous with his time and care, to everyone. Over the last 2 years Toby never gave up and defied everyone's expectations of how he coped with his illness. He smashed every minute of the time he had left, and he continually stunned me with his resilience.

You were a true legend Toby and will never be forgotten.



Strength in Unity

Our annual walk continues to be the biggest event of the year at Arundel Castle Estate Park. This year saw 600 walkers enjoy the day and raise over £10,000! A memorable event where supporters, Snowdrop families, our nurses and counsellors, walk together across the South Downs.

A special mention must go to the Mifsud family who raised £1,500. Mum, Sarah says, "We walked in honour of our

beloved son Max who unfortunately died two and half years ago due to brain cancer. Snowdrop really helped us through this difficult journey. Nurses came weekly and they were always at the end of the phone when needed. Snowdrop support workers supported us with play therapy and our amazing counsellor Phil, has helped us with our grieving journey. We are so grateful for all you did to help Max and our family.



"Snowdrop really helped us through this difficult journey. Nurses came weekly and they were always at the end of the phone when needed."

Snowdrop Are There Every Step

It was a real joy to see so many Snowdrop families at the walk.

Zeke wowed us on the day by walking a mile!

Mum, Emma said, "Zeke blew us all away with his energy and enthusiasm at the annual Snowdrop charity walk this year, raising over £1171 in sponsorship money! He made it to the half-mile marker, and then went on to complete the mile with some help from Daddy. No one would have known that he only started walking independently a couple of weeks before this, or that before he was born, we were told that if he survived the birth, he would only be able to receive end-of-life care. Four years on and Zeke is smashing every expectation placed upon him every day. We are so proud, and so incredibly grateful for the invaluable support that the Snowdrop Trust has provided along the way."

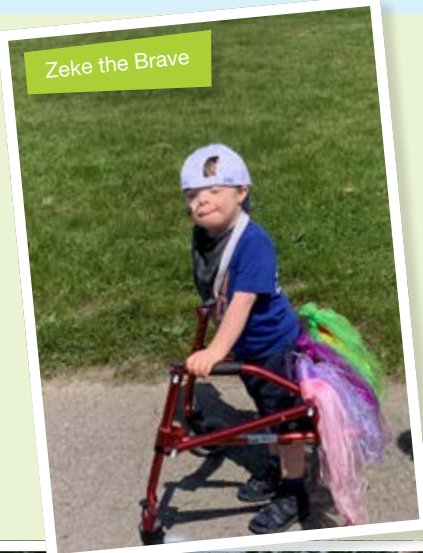
Minnie and her family enjoyed attending the walk too.

Minnie has known the Care at Home Team since she was little and mum Charlotte understands the importance of their role.

"They have literally been the fifth member of our family ever since Minnie finally came home after months in hospital at birth. She was a seriously complex and poorly baby, she required a LOT of extra care. It's mad thinking back on it and looking at the pictures. The amazing community nurses have helped coordinate her care since birth (there is a lot!). They used to visit weekly, sometimes daily when she was unwell which was often! and usually sent us to the ward.

Everyone knows our daughter so well, and what an absolute pickle she can be. They fully acknowledge how difficult it is being her caregiver. Snowdrop share some of the responsibility of her medical care and have trained some of the staff at her school. As her mum, I can't thank Snowdrop Trust enough for what they have done and continue to do for us. I will forever be grateful. It is scary being her mumma, but we have Snowdrop. Minnie's nurses saw her every couple of weeks, mainly at school! To check her levels of heart failure (+ sats/weights) and discuss her ongoing medical care. We have very regular communication & extra visits, they are ALWAYS there for us in any kind of situation."

Zeke the Brave



Minnie and her family



Duchess of Norfolk Becomes Patron of the Trust

It was such a privilege to hold an event in the lower lawns of Arundel Castle this summer and have the support of Hugh Bonneville, English actor of stage and screen 'in conversation' with Gary Shipton, editor in chief of Sussex World newspapers for a fundraising night. It was a very memorable and magical evening with so many captivating anecdotes being shared. It was also the evening where Di Levantine, Chairman and Co-Founder of the Trust announced that Her Grace, the Duchess of Norfolk, Chica Norfolk, has agreed to be a Patron.

Di comments, "It was very special to have an evening in the grounds of the Castle with both their Graces in attendance and wonderful to be able to deliver the news that Her Grace is a Patron. The news was received with such eager applause. One of the challenges we have is raising awareness about the work of the incredible team of nurses and counsellors we fund in the local area for our Snowdrop families. As with so many charities, you can be totally unaware of their importance



Duke & Duchess of Norfolk with Hugh Bonneville

until someone you know personally is in need. The Duchess is keen to learn more, and I hope she will enjoy seeing our families at our annual Christmas party at Butlins too."



Invaluable Volunteers

We marked Volunteer's Week in June with coffee and pastries with our friends at Edgcumbes, near Arundel, for those who had supported us at our annual walk. We have several events during the year, and we require help to organise

these. Being a volunteer need only be a small commitment each year, from a few hours or a day – you will make new friends and be part of some interesting events. Please contact us office@snowdroptrust.com to enquire.

SAVE THE DATE

Saywell International Supercar Track Day at Goodwood Motor Circuit – 19th October, Grittenham Barn Christmas Market 22nd & 23rd November

Who we are...

Diana Levantine
Chairman & Co-Founder

Dr Marco Cavaroli
Vice Chairman & Trustee

Trustees
Caroline Bechelet-Carter
Nick Cockram
Tony Jago
Valerie Seddon
James Tickell

Patrons
Mary Bowerman
Tommy Boyd
The Rt Hon. Lord Herbert of South Downs CBE
Rt Rev. Bishop Richard Moth (Bishop of Arundel & Brighton)
Duchess of Norfolk, Chica Norfolk
Hugh Dennis
Dame Patricia Routledge DBE
Rt Rev. Dr Martin Warner (Bishop of Chichester)

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THE JOY OF CHRISTMAS

Send a Christmas card to your loved ones this year! All packs of 10 cards are £4 and are available from our office, and online at thesussexsnowdroptrust.com



Make a Donation

You can make a donation by:

- Filling in the donation form below and returning to us by post to the Walberton Office.
- Visiting our website: www.thesussexsnowdroptrust.com and click on the green heart to donate.
- Setting up a Standing Order with your bank:
Sort code – 30-91-97
Account number – 02271507
- Leave The Sussex Snowdrop Trust a legacy in your Will – talk to your solicitor about how to do this.

THE SUSSEX
Snowdrop
TRUST



Please call the Snowdrop office on 01243 572433 to make a donation by card.

Text the word SNOWDROP to 70085 followed by the amount you'd like to donate for example: Snowdrop 10 to donate £10
Snowdrop 20 to donate £20 etc

N.B. Your usual standard rate message charge will apply



Donation Form

Date

I/We would like to make a donation and enclose £

Title First Name

Surname

Address

Postcode

- PLEASE TICK IF ELIGIBLE.** Please treat this donation as Gift Aid. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my Gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Please make your cheque payable to The Sussex Snowdrop Trust and send your donations to:
The Sussex Snowdrop Trust, Unit 3 The William Booker Yard, Walberton, West Sussex BN18 0PF.

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