



Making life better for sick children in Sussex & Surrey

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Dear <salutation>

I have a wonderful family; a beautiful daughter, Katie, who's 18 and a fantastic 14 year old son, Ryan. I love him to bits, but Ryan isn't like any other teenager.

Since birth, he has suffered from a rare genetic disorder called Floating Harbor Syndrome. This means he's smaller than other teenagers, he has a speech disorder and learning difficulties. He's also epileptic and extremely hyperactive.

Ryan needs constant one-to-one care, as his behaviour is extremely challenging. In fact, he's liable to kick and punch out. Fortunately, he gets to stay overnight at The Bungalow Short Break Unit in Eastbourne at least once a week. It makes a huge difference to his life, as he gets valuable experiences, like going on outings, which I find so difficult to manage with him.

The thing that makes a real difference, though, is activity. And with Rockinghorse's help that is exactly what he will get. The charity plans to put in an outdoor activity area, with a wheelchair accessible cycle, pull-up machines, ski machines, a treadmill and much more besides.

This is so vital for Ryan and other children staying at the centre because he'll be able to burn off energy and, as a result, he'll be calmer and easier to manage. Ultimately, it means he will be happier. After all, **he doesn't want to be like this** and he certainly didn't ask to be born like it.

Before he started going to The Bungalow, I just didn't get a break. It meant I had so little time for my daughter and that's just not fair on her. I was so tired of continually being physically and emotionally exhausted by Ryan – my own child – that when I finally got him off to sleep, I would just cry.

Continued overleaf..



Ryan, aged 12, having fun on his pony Ricki




The tiger's home from play scheme, aged 10

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For office use only: The Bungalow Project code: BU151209.1

Please send your completed form to: Freepost RSGZ-EKTC-YLEA, Rockinghorse, 11 Prince Albert Street, Brighton, BN1 1HE



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Respite is the difference between coping and not coping. It has such an impact for the whole family and these facilities will make it even better and will mean that other children like Ryan can make use of it too.

The project will cost nearly £30,000 and we need your help. Please give whatever you can so that children like Ryan and their families can have as happy a life as possible.

Thank you

Julie Champion

P.S. Ryan and all the other children who use The Bungalow really need your support. You can also donate online – visit www.rockinghorse.org.uk today. Thanks for reading our story.



Out and about, aged 11

What your money will go towards

Rockinghorse needs your help to raise £29,290 for an outdoor activity area at The Bungalow in Eastbourne.

The project will include adapted fun outdoor gym equipment, specifically aimed at teenagers who use the centre. There will be a wheelchair-accessible hand-cycle, ski machines, a treadmill and pull-up machines.

Tactile wall panels will also be placed around the garden to add sensory stimulation and the remaining space will require landscaping and will need to include a shaded area to protect the children from the sun.

The young people will benefit greatly from the equipment, which will offer both physical and sensory stimulation while at the same time providing a fun and enjoyable environment.

The Bungalow is a specialist residential unit offering overnight short breaks as part of the East Sussex County Council provision for children and young people with disabilities. The Bungalow provides a service for young people aged 10 to 19.



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