

MAKING LIFE BETTER FOR SICK CHILDREN IN SUSSEX

News



The newsletter from Rockinghorse

Rock around the shop



Spring 2010

Digging at Finches



CEO takes the plunge!

Also inside...

The Alex's new unit, new corporate partnerships, Just Walk and much more...



www.rockinghorse.org.uk

Hello Everyone

Here we are in another year of Rockinghorse history, 42 years of providing help and comfort to sick children in Sussex.

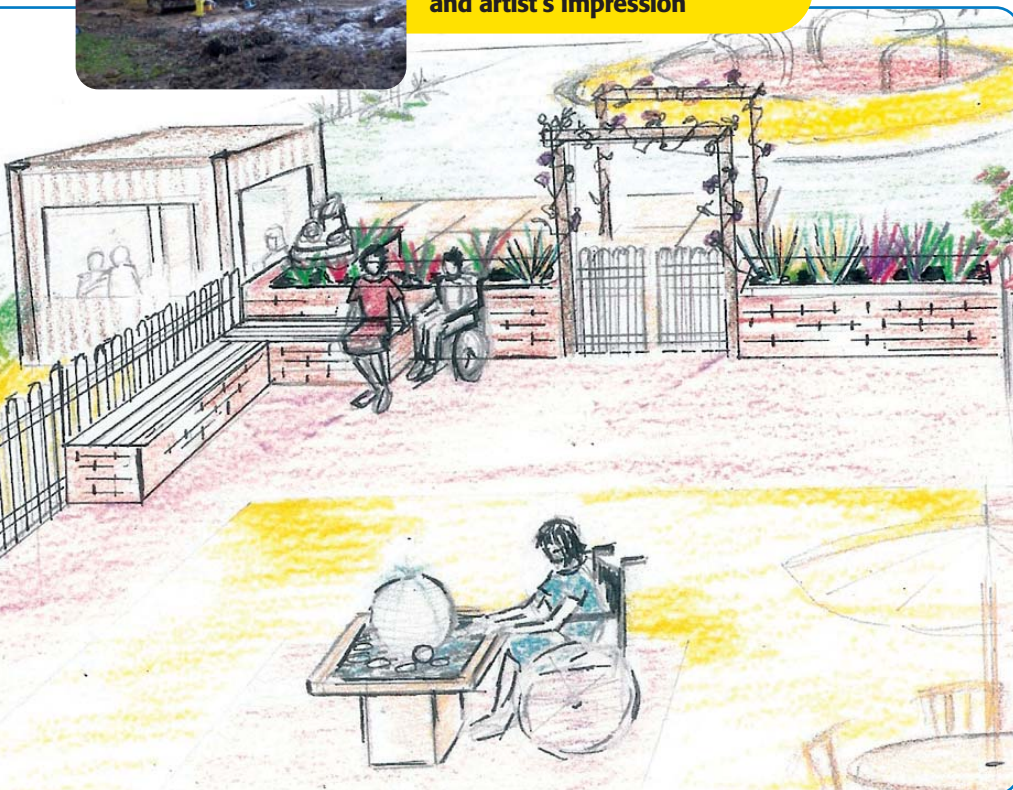
We have embarked on a programme of determining what more we can do with your help for the children in respite centres and in children's wards at hospitals throughout the county. Naturally, we continue to monitor and respond to the requirements at the Royal Alexandra Children's Hospital in Brighton.

Among those opportunities are new outdoor play areas for children in centres at Bexhill, Eastbourne, Haywards Heath and Chichester. Also new playrooms in Brighton, Worthing, Crawley and Reigate and a complete refurbishment of a respite centre in Horsham.

A fabulous example of our work with respite centres is at Finches in Burgess Hill, where, now that the snow has cleared, work has begun on transforming the garden into an adapted play area, with sensory stimulus and wheelchair accessible play equipment.



Work gets underway at Finches and artist's impression



Taking on this large programme of projects is going to be an exciting challenge for us. We will be aiming to raise more money than ever for all the new equipment we want to buy, especially for children with learning disabilities, complex medical needs and those with short life-expectancy.

I do hope that you will continue to follow the work that we do and to help us with our fundraising activities.

Thank you!

Gordon Diaz
Chairman



Rocking horse donated to shop

A company that makes traditional wooden rocking horses has donated a horse worth over £2,000 for the window of our charity shop in George Street, Hove.

Harry and Judy Cridland started the Ringinglow Rocking Horse Co. after creating their first rocking horse to celebrate the birth of their son in 1999.

The couple have since branched out to make other traditional wooden toys, such as dolls' houses and tractors and the brand has many celebrity fans including Kate Moss, Posh and Becks and Sharon Stone.

Each horse takes 70 hours to create from scratch and no one horse is the same. The company also makes bespoke rocking horses for children with disabilities. Harry said: "It's incredibly important to support charities and we always give away one horse a year that will in some way benefit a charity.

"It seemed very apt to choose Rockinghorse and we are pleased to have one of our creations on display in the new store."

Rockinghorse's first shop opened in December last year and raised over £800 in sales on its first day. If you would like to donate any good quality clothing or bric-a-brac to the store, or you would like to volunteer to work as a shop assistant, call Rockinghorse on 01273 730286. The shop is open Tuesday – Saturday from 10am-5pm.

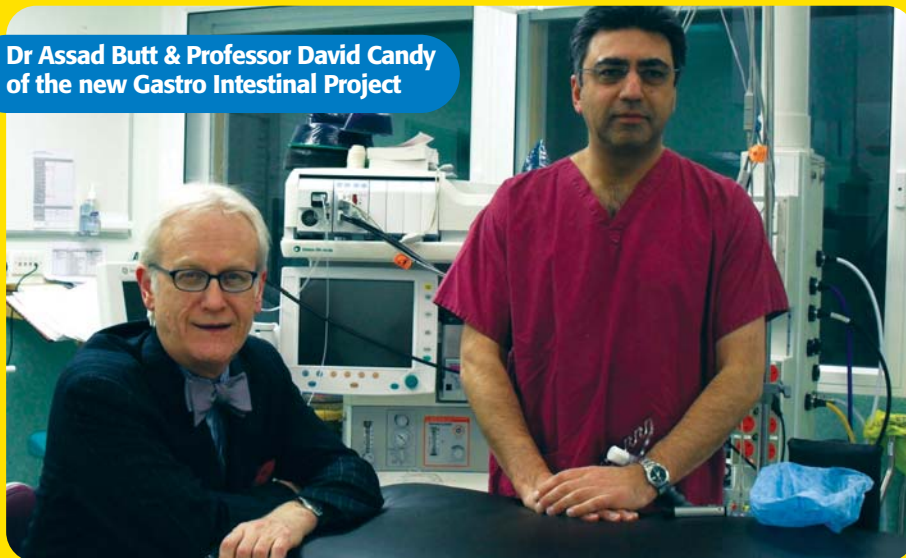
The Alex's new unit to explore GI conditions

Rockinghorse has been working in partnership with The Alex's gastro-enterologists to help raise funds for a new Gastro-Intestinal (GI) & Nutrition Clinical Investigation Unit.

This unit will play a significant role in advancing the treatment for the 260 children with GI conditions seen at the hospital each year and will have a national impact on research in this field.

The £25,000 price tag for the unit includes the creation of a sophisticated new database for recording valuable patient information in addition to the acquisition of some key pieces of equipment and training for the doctors and nurses who will be leading the project.

Dr Assad Butt & Professor David Candy of the new Gastro Intestinal Project



A wonderful £62k raised at our Wonderland Ball



A staggering £62,000 was raised at our Wonderland Ball in November.

The event, which was sponsored by Skerritt Consultants, saw The Grand Hotel in Brighton transformed into the world of Lewis Carroll's most famous creation, Alice in Wonderland, complete with characters from the much-loved children's story.

The auction raised close to £9.5k and an astounding £22.5k was donated by guests during the evening. The fabulous auction prizes were kindly provided by local companies and included such packages as a week-long break in sunny Spanish resort La Manga and a foodie's fantasy, which included an exclusive food critic experience

L-R: Host Marcella dances tango with guest Kim Dennis; the Mad Hatter; Mayor Ann Norman, Cllr. Ken Norman and Rockinghorse Chairman Gordon Diaz

with Andrew Kay and a cookery lesson for eight at Jamie Oliver's Recipease, along with other food-related items.

Attendees had great fun popping balloons for the balloon raffle, which raised £3,500 and saw winning guests leave with a holiday in Mallorca, a night's stay at the Hilton Metropole and dinner for two at The Meadow, amongst other prizes.

Special thanks...

A huge thanks goes out to our sponsors, **Skerritt Consultants**, to **Marcella Whittingdale** for being our fantastic host once again, to all the companies who **donated prizes**, and last but not least, to all of our **guests** – we really couldn't have done it without you.

We are also extremely grateful to **Southover Foods** who supplied our volunteers with food at the ball, as well as donating 400 brownies for our marathon goody bags and for our shop opening.

Corporate Corner

Rockinghorse is thrilled to have the support of businesses across Sussex.

New partnerships include:

- Lewes-based IFA **Imperial Finance 23 Ltd.** has pledged to give the charity a percentage of its fees from new clients who mention 'Rockinghorse' when they sign up. Mike Williams of Imperial said that the charity has been very close to his heart for the last 30 years, since his son Daniel was born. He said: "When Daniel was born with problems in his kidneys and urinary tract we were told to prepare for the worst. We were devastated, but after many months and many operations performed by a brilliant surgeon at the Alex, Dan started to make remarkable progress. He has led a pretty normal life since then and me and my wife are still extremely grateful for all the help and support given to us by the hospital. It is thanks to them that we not only have our son but now a beautiful granddaughter as well'. Mike, co-founder Nick Humphries, and the rest of their team are looking forward to developing a long-term relationship with Rockinghorse and we are delighted to have their commitment of support.

- The region's leading Apple Mac retailer, **Solutions inc** made a £5 donation on the sale of every iPod sold in its Brighton and Hove stores in the lead-up to Christmas. John Parvin, founder of Solutions inc said: "Rockinghorse has made such a difference to the lives of many families and children in Sussex. It made sense to us to use the sales of iPods for the donation at Christmas creating an effective partnership. Our target was £1,000 and we exceeded this by selling 266 iPods and raising £1,330."

- **Woolley Bevis Diplock LLP** solicitors, based in Brighton & Hove, has just come on board as generous sponsors of the Rockinghorse post-race reception for the inaugural Brighton Marathon on 18 April. Rockinghorse runners and their friends and families will be invited to the Queens Hotel after the race for drinks, nibbles and massages, courtesy of **Sundial Clinics**.



You are the champions

Rockinghorse is poised to set local businesses an exciting challenge at the start of the new financial year.

From April 1 2010, companies across Sussex will be asked to sign up to be 'Champions' and commit to raising £1,500 for a project in their area.

Businesses of all sizes are expected to take up the gauntlet and work with their staff teams to reach their targets by March 2011. Money raised will be put towards specific projects with ill and disabled children that are located close to where the individual companies are based, such as a children's ward in Eastbourne, a respite centre in Haywards Heath or the Trevor Mann Baby Unit in Brighton.

Fundraising ideas range from dress-down Fridays to beachside bungee jumps and everything in between, and employees will be encouraged to be as creative as possible with their approaches.

If you work for a company that you would like to see become a Rockinghorse Champion, please don't hesitate to contact Emily Hahn on **01273 730286** for more information or email emily.hahn@rockinghorse.org.uk.

Gavin takes the plunge



Rockinghorse Chief Executive, Gavin Fisher, is taking the plunge at the latest Rockinghorse Big Jump Day.

Our charity's twice yearly skydive takes place at Headcorn airfield in Kent where a team of intrepid supporters will climb up to 13,000 feet in a perfectly serviceable aircraft before leaping out for the experience of a life-time.

Gavin said of the jump "I'm sure it is going to be exhilarating once we're out of the

plane and floating down". Jumpers will enjoy an adrenaline pumping 45 second freefall before the canopy opens and they can enjoy the view, as they glide to the ground.

Gavin takes the plunge on 27th March and participants must raise £395 each for the event. To join the Rockinghorse jump team at the next skydive in June or for more information contact Emma Millar on **01273 730286**.

Your chance to make a difference

There are so many ways to support Rockinghorse. If you are short of time, but would like to help, why not consider joining our lottery? It costs just over a £1 a week to join, and lottery members have the opportunity of winning up to £25,000 each week... a win-win situation! For more information, and to download an application form go to www.rockinghorse.org.uk

New minibus for Chalkhill

Staff members and young people at the Chalkhill Child and Adolescent Mental Health Unit in Haywards Heath were delighted to receive a brand new specially adapted minibus earlier in the year.

Chalkhill is a new facility on the Princess Royal Hospital site, whose focus is on assessing and treating children and young people aged 5 to 18 from across Sussex for a wide range of mental health illnesses. Chalkhill opened in February 2009 and is equipped with state of the art resources that have been acquired with the help of Rockinghorse's fundraising efforts, including a suite of Apple computers, a range of musical instruments and art facilities.

The minibus will be used to take Chalkhill's young people to activities off-site to which they otherwise may not have had access.

Capital Hair and Beauty in Burgess Hill kick-started the fundraising campaign with a significant donation towards the minibus which was then added to by Southern

Railway and the Big Lottery Fund's Awards for All programme in the latter part of last year.

Nick Clark, the Acute Services Manager at Chalkhill (Sussex Partnership NHS Foundation Trust) said: "The staff and young people who use Chalkhill are extremely grateful for the donation of a minibus by Rockinghorse. The minibus will be used for social and educational activities such as trips to the cinema, visiting museums in London as part of school projects, or visiting local sites of interest.

"All activities and outings are aimed at building self esteem and promoting positive social experiences. The minibus will help to enhance the experience of young people who use the services of Sussex Partnership NHS Foundation Trust."

We are now fundraising for contributions towards a programme of projects for the young people at Chalkhill to take part in such as African drumming, yoga and dance.



Rockinghorse eases the strain

At the end of January, we presented the Royal Alexandra Children's Hospital with overnight bags to help make emergency stays at the hospital less daunting for both children and parents.

This was the first delivery of bags in what will be an ongoing scheme which aims to ease the strain on emergency hospital visits. The bags are filled with all the essentials for an unexpected overnight stay, such as a toothbrush, toothpaste, soap, teddy bear and children's book.

Local company, Family Investments has donated over 1,000 teddy bears and children's books for the bags and Purity Laboratories in Ireland has given tubes of its Beverly Hills Formula toothpaste.

If you are interested in donating items for the overnight bags, please call us on **01273 730286**.



I will walk 100 miles



At the beginning of March, Dan Phillips from Seaford donned his walking boots, dressed as a rocking horse and set off on a 100 mile hike of the South Downs Way, all in aid of Rockinghorse.

Starting in Winchester, the 28 year-old ex-soldier set a new record by walking the distance to Eastbourne – the equivalent of almost four marathons – in less than two days. He finished in a brisk 42 hours and 45 minutes, setting an official record recognised by The National Trust as the fastest time to walk the trail.

The hike is generally expected to be walked in six-seven days and cycled in two-three days. To sponsor Dan on his record-breaking feat, visit his online fundraising page at www.bmycharity.com and search for Daniel Phillips.



Clubbing for charity

Rockinghorse recently benefited from a Golf Day held as part of cricketer Murray Goodwin's Benefit Year. RDF Group then generously matched the total raised, and Rockinghorse was presented with a cheque for £1,120 by Murray Goodwin and RDF.

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Running for Rockinghorse

The first Brighton Marathon will take place on Sunday 18 April and Rockinghorse has 190 runners in the race, all dedicated to raising lots of sponsorship money for the cause. Although the deadline to sign up for a place has now passed, please go out on the day and cheer along our very brave runners taking on one of the biggest challenges to hit Brighton. Please contact us if you wish to volunteer.



Marathon news in brief: This year, some of our runners have (crazily!) nominated themselves to run **dressed as rocking horses... Jason Martin and Adam McIntyre** have committed to running three marathons in 15 days: Paris (11 April), Brighton (18 April) and London (25 April). To sponsor the duo on their impressive feat, please visit their online fundraising page: www.bmycharity.com/jasonandadam... dance teacher **Sonya Pettigrew** kick-started her fundraising campaign, **I'm running for Alex**, with an open day at her ballet school in **February**... the second of our marathon training days took place on **Sunday 28 February**, where professionals were on-hand to give participants **top tips** before the big day.



Bungee on the beach

Rockinghorse is bringing Brighton's biggest bungee event back to Hove Lawns again this year and promises to be even better than the last. Last year's event was a huge success raising over £10,000 and even appeared on the hit Channel Five documentary Brighton Beach Patrol. This year we are setting our targets higher still and, with your help, are aiming to raise at least £15,000. All proceeds go towards Rockinghorse making life better for sick children in Sussex.

For a registration pack please email emma.millar@rockinghorse.org.uk with your name, address and contact details. To take part in this great annual event you will need to return your booking form along with a deposit of £10 and an agreement to raise a minimum of £100 in sponsorship. There will be a prize for the most sponsorship raised – last year the winner took away a flying lesson. This year, we have prizes for the first three places and so the quicker you register, the more time you have to raise money and win.

Meet the team...



Analiese Doctrove – Community Fundraiser

Annie joined Rockinghorse at the end of January as our fantastic new Community Fundraiser. She will be looking after all of the local community groups, schools, and volunteers. In her first few weeks she has been getting to grips with the organisation and introducing herself to all of our current community supporters.

If you would like to volunteer for us or would like to find out more about Rockinghorse, give Annie a call on **01273 730286** or email analiese.doctrove@rockinghorse.org.uk



Just Walk is an exciting sponsored UK charity walk for anyone who is keen to get their walking boots on for Rockinghorse. You can hike on four courses of differing distances: 10km, 20km, 40km and 60km. The charity walk offers enthusiastic walkers the chance to experience a breathtaking stroll over the picturesque South Downs while generating funds for the charity. This year, people with differing levels of experience will have the opportunity to take part in a walk that's suited to them. Gather some friends together and raise some cash to just walk! Contact emma.millar@rockinghorse.org.uk for more information.

Dates for your 2010 diary...

- **18 April** – Brighton Marathon
- **25 April** – London Marathon
- **15 May** – Just Walk
- **25 June** – London-Paris Cycle
- **24 & 25 July** – Bungee on the Beach
- **18 September 2010** – Just Bike
- **9 October** – Trek The Great Wall of China

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