

MAKING LIFE BETTER FOR SICK CHILDREN IN SUSSEX & SURREY

# News



The newsletter from Rockinghorse

## Nicholas Owen

Summer 2010



### launches Rockinghorse appeal at Surrey respite centre



(L-R) TV journalist Nicholas Owen; Rockinghorse Community Fundraiser, Analiese Doctrove; Beeches Centre Manager, Joe Ng; James, who uses Beeches; and Staff Nurse, Kathryn Latham at the Beeches fundraising launch in May.

In May, Rockinghorse extended its support into Surrey by launching its first appeal in the county to raise funds for a specialised playroom at Beeches Bungalow Respite Centre in Reigate.

The planned £75,000 sensory room will provide 5 to 18 year olds who have physical and learning disabilities with a place to have fun, explore their environment or relax.

TV news journalist and local resident Nicholas Owen launched the appeal at Beeches Bungalow. He said:

"I'm delighted to launch this important appeal for the new sensory room, which will clearly be of huge benefit to the children and families who use the centre. I'm especially pleased that children in our borough will benefit from this terrific project."

To donate money to this campaign, or any of our other projects, and to find out how you can help make life better for sick children in Sussex and Surrey, please call us on **01273 730286** or visit us at **[www.rockinghorse.org.uk](http://www.rockinghorse.org.uk)**

## Also inside...

Bungee on the Beach, plans for Tudor House and much more...

Happy Birthday  
Chalkhill



**[www.rockinghorse.org.uk](http://www.rockinghorse.org.uk)**

PHOTO: COURTESY OF WWW.PHOTOINSPIRATION.CO.UK

# Hello again to you all

What a busy start to the new financial year it has been for Rockinghorse! As you will see in this newsletter, the Brighton Marathon was a great success, the redevelopment of the garden at Finches in Burgess Hill has been completed, and several other major projects have been commissioned in the past two months.

A special thanks to Nicholas Owen who launched the Beeches appeal in Reigate for Rockinghorse, where a new specialised playground is going to be built. Also to Tony Bloom for his outstanding performance in the marathon and to all our fantastic runners who have raised an incredible amount which will help us to continue our work. We're also grateful to all the volunteers who gave up their time to cheer people on: talking to those who ran the marathon, it made all the difference and kept them going in those difficult last miles.

In addition, I must thank all of those businesses that support our charitable work. It is thoroughly rewarding when so many of you work hard to find a way to fund our projects and support our regular events around Sussex and Surrey. We really do appreciate this support and thank you all for doing so.

Our work as always is to provide, where we can, the very things that are not mandatory or statutory, the things that fall outside of the remit of either the NHS or the local county council; the little things, the larger ones, and the very important ones that can help to make life better for sick and disabled children in hospitals and respite centres.

Our services are in greater demand than ever before and it is therefore an appropriate opportunity for me to thank everyone for their support, and ask you to continue to follow our work and to help with our fundraising wherever you can. As you will see, the year is packed with events, projects and lots of hard work. I hope you enjoy reading more about it in these pages.

Thank you!

Gordon Diaz  
Chairman



Rockinghorse runners at the finish line after their 26 mile achievement



Children running for children's sake: a number of young people took part in the Mini Mile Race to raise funds for Rockinghorse

PHOTO: COURTESY OF PATRICK KNEATH AT BESPOKE PHOTOGRAPHY: WWW.BESPOKEPHOTOGRAPHY.NET

## Register to run for Rockinghorse in the Brighton Marathon 2011

Rockinghorse has been named as an official charity partner of the 2011 Brighton Marathon, which is set to take place next year on Sunday 10 April.

We have a number of places available for the 26-mile challenge and registration is now open to anyone wishing to run for Rockinghorse and raise money to help make life better for sick and disabled children across Sussex and Surrey.

This year's marathon proved a huge success for the charity, with close to 200 runners taking part and raising almost £200,000 for the cause so far. Brighton and Hove Albion Chairman Tony Bloom crossed the finish line in 3 hours 57 minutes and has already brought in well over £100,000 in sponsorship for the charity (see page 5 for details).

Rockinghorse will be offering its runners a great deal of support in the lead up to next year's race and will hold training days throughout the year, where professionals will be on-hand to give participants top tips before the big day. We will also organise a post-race reception for entrants to celebrate their achievement amongst friends and family.

**There is no registration fee, but runners must commit to raising £500 in sponsorship for the charity. To download a registration form visit [www.rockinghorse.org.uk](http://www.rockinghorse.org.uk)**

**If you have your own place and would like to run for us, call on 01273 730286. There is no minimum sponsorship and we would love for you to join the team.**

## Going live

At the end of May, we launched our sparkly new website!

Get online and check it out: [www.rockinghorse.org.uk](http://www.rockinghorse.org.uk)



## Happy Birthday Chalkhill

On 9 April, Chalkhill Child and Adolescent Mental Health Unit in Haywards Heath celebrated its first birthday. The rebuilding project, which Rockinghorse supported with help from a long list of generous donors, was a resounding success. One year on, the staff and young people who use the centre are delighted with the bright, accessible facilities and the fantastic equipment available to them. Guests at Chalkhill's birthday party were treated to performances by young people who had been learning circus skills and those who had put together a band whilst staying at the centre.



Chalkhill staff, young people who use the unit, and Rockinghorse staff gather to celebrate the hospital's first birthday

## Shining Starr



Local charitable trust, **The Edward Starr Charitable Foundation**, has donated **£2,080** to Rockinghorse for the purchase of soft play equipment at the Finches Respite Centre in Burgess Hill. The Foundation, based in Hove, is committed to improving the lives of children in the UK and around the world. Finches is a wonderful resource for families and with the generosity of supporters, such as The Edward Starr Charitable Foundation, we are helping to make it even better.

## Corporate Corner

Rockinghorse is thrilled to have the support of businesses across Sussex and Surrey

Partnerships include:

- **MRL Group** was the first company to sign up as a **Rockinghorse Corporate Champion**, pledging to fundraise throughout the year to support our work.
- **The Red Bed Company** in Hove has also recently come on board as a Champion, pledging to raise £1,500 for our work by March 2011. Emma Harley-Jones, who started the company, will be donating a luxury bed to the Rockinghorse Circus Ball as a prize and is offering a whopping 20% discount on orthopedic mattresses to all NHS staff. Contact Emma at The Red Bed Co. for details: **01273 771782**
- Two estate agents in Brighton have joined Rockinghorse's Corporate Champion scheme. **Parks Letting** and **Lanes Lettings** are both thrilled to be helping us reach more children than ever before in the region.

For further details, or to sign up to become a Rockinghorse Corporate Champion, contact Emily Hahn on **01273 730286** or at [Emily.hahn@rockinghorse.org.uk](mailto:Emily.hahn@rockinghorse.org.uk)

## Shop

The Rockinghorse shop in George Street, Hove, has now been open for six months and has earned a reputation of being one of the hippest charity shops around. Its success relies heavily on stock donations from our generous supporters and the hard work of our fantastic volunteers. If you have any good quality clothing or bric-a-brac to donate, or would like to volunteer as a shop assistant, please get in touch with Sara at the shop on **01273 733016** or pop in to see us. Call the Rockinghorse office on **01273 730286** to arrange a pick-up service.



The hippest charity shop around

## Students produce promo film for charity

Since September 2009, a group of film students from City College Brighton & Hove have worked hard to plan, film and edit a short promotional film for Rockinghorse. The filmmakers visited a number of respite centres and hospitals that the charity supports and after much hard work, presented us with a fantastic short film. Rockinghorse would like to say a huge thank you to teacher Sam Catling and students Ben, Joly, Dan and Daryl for donating their time, services and resources free of charge.



(L-R): Students Ben Thompsett, Daryl Weston, Daniel Fletcher, Jolyon Norgate produce film for Rockinghorse

## Bungee on the Beach

**Date: Saturday 24 & Sunday 25 July**  
**Venue: Hove Lawns**

Rockinghorse is bringing Brighton's biggest bungee event back to Hove Lawns again this year and promises to be bigger and better than before!

For a registration pack please email [emma.millar@rockinghorse.org.uk](mailto: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.

## Events

# Drum up your support for Rockinghorse!

**Date: 12 September**

**Venue: Bewl Water, Lamberhurst, Kent**

Dragon boat racing is an exhilarating team event where a drummer beats out a rhythm for 16 paddlers. This year, Rockinghorse invites you and your friends or colleagues to take part in this event at picturesque Bewl Water in Kent and raise money to help improve the lives of sick children across Sussex and Surrey. Whether you're team-building, having fun with friends or looking to do something active, you'll be sure to have a fantastic day.

**Registration: £350 per team**

**Sponsorship: £1,000 per team**

**17 members per team (including a drummer)**

So what are you waiting for? Drum up your support for Rockinghorse today! For a registration form visit [www.funraisers.org.uk](http://www.funraisers.org.uk) or call **Emma Millar** at Rockinghorse on 01273 730286 or email [emma.millar@rockinghorse.org.uk](mailto:emma.millar@rockinghorse.org.uk). Please make registration cheques payable to 'Funraisers.'



Rockinghorse dragon boat race 2009

## BUPA Great South Run

**Date: Sunday 24 October**

**Venue: Southsea, Portsmouth**

This October, Join 23,000 runners on a fast, flat course through Southsea, Portsmouth – the 10 mile run is a great warm-up for the Brighton Marathon 2011!

Along the Europe's leading 10 mile race road, you will see Britain's naval heritage, including HMS Victory and HMS Warrior 1860. This event takes place on Sunday 24 October 2010. Entry is now available, contact [emma.millar@rockinghorse.org.uk](mailto:emma.millar@rockinghorse.org.uk) for more information.

## Rockinghorse Golf Day

**Date: 15 September**

**Venue: Mid Sussex Golf and Country Club, Ditchling**

Join Rockinghorse for a day's golf on one of the county's finest golf courses in the heart of Sussex. Mid Sussex Golf and Country Club is set in mature parkland and features superbly contoured greens, interesting natural water hazards and a host of strategically placed bunkers. By entering a team in this event, you'll be making a real difference to local children and young people by helping raise funds for Rockinghorse.

You can enjoy this fantastic day for just **£90 per person**. All profits go to Rockinghorse. To register, please call **Allie Preiss** on 01273 730286 or email [allie.preiss@rockinghorse.org.uk](mailto:allie.preiss@rockinghorse.org.uk). You can find out more about the day by visiting [www.rockinghorse.org.uk/events](http://www.rockinghorse.org.uk/events)

**Rockinghorse is also looking for auction prizes for this event. If you can help by donating a prize, please get in touch.**

## The greatest show on earth

**Date: 20 November**

**Venue: Hilton Brighton Metropole**

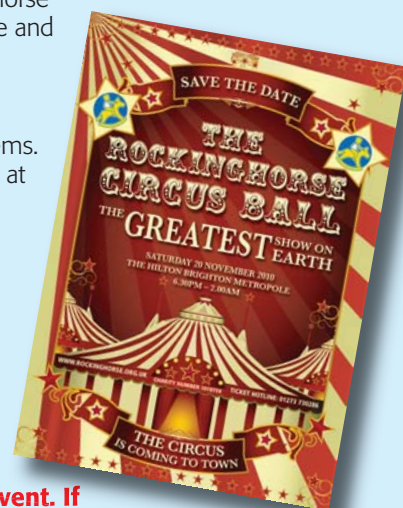
**Rockinghorse has set the day for this year's annual ball. Save the date!**

The Rockinghorse Circus Ball will take place at the Hilton Brighton Metropole and will be a night to remember. Join us for a fantastic evening featuring a champagne reception, three-course dinner, live music and dancing. Rockinghorse will be raising funds through our famous balloon raffle and live auction with fantastic money-can't-buy prizes.

After dinner, guests will proceed to the Big Top for fairground attractions, including the well-loved dodgems. All guests will also receive a goody bag as a souvenir at the end of the evening.

Tickets cost **£85 per person** or **£850 per table**. You can reserve your ticket for **£25 per person** or **£250 per table**. Please note that deposits are non-refundable and you will need to pay the remainder of the ticket price before the event. To reserve your ticket please contact **Allie Preiss** on 01273 730 286 or email [allie.preiss@rockinghorse.org.uk](mailto:allie.preiss@rockinghorse.org.uk)

**Rockinghorse is seeking sponsorship for this event. If your company would like to get involved, or if you would like to donate a raffle or auction prize, please contact Rockinghorse as above.**



## Projects

# Plans for Tudor House

Rockinghorse is looking forward to proceeding with the planned development of a new wing at Tudor House Respite Centre in Brighton, where children with a wide range of disabilities are cared for.

The plans include the building of a therapy room and a quiet area where children can escape from the distractions of the main

lounge. This is particularly important for children who do not cope well with noise, such as those with autism. The existing multi-sensory room will also be enhanced as a part of the new development.

The project has been made possible thanks to Tony Bloom, one of our incredible Brighton Marathon runners.



Tony Bloom training for Brighton Marathon 2010, which he ran in aid of Rockinghorse

Tudor House Respite Centre near Preston Park



## Finches celebrates new garden

The redeveloped garden at Finches



Rockinghorse is pleased to announce that the £50,000 redevelopment project for a new accessible garden at Finches Respite Centre in Burgess Hill is now complete. We will be celebrating the garden's official opening in July so we shall bring you more news and pictures in our autumn newsletter.

## Outwood Ward



Rockinghorse has recently launched an appeal for a new High Dependency Unit at East Surrey Hospital's Outwood Ward. The £45,000 unit will be for children who require more intensive observation, treatment and nursing care than can be provided on a general ward, but who do not need full intensive care treatment. Children who stay on the unit will have complex medical needs and may have undergone surgery.

Corrin Perry is a Senior Staff Nurse at the ward and she explains how the project will make a difference: "In the last three to four

years the children we've been seeing have definitely been more sick and so to have a designated space for high dependency care will be a wonderful boost.

"For children not having to go up to London to the nearest High Dependency Unit will mean that families are able to be close by, which is clearly so important for any recuperating child. It is proven too that children get better faster if they do not have to travel for the care. As a mother of two, I recognise how the whole family will benefit.

"The reason a dedicated area is needed is that there is simply no room for much of the monitoring equipment required, such as those who need CPAP (Continuous positive airway pressure). Children with bronchiolitis who receive it early enough can avoid the need to go into intensive care.

"There is cardiac monitoring equipment needed too and pressure monitored syringe pumps. We'll need to get more staff trained in high dependency care as well. To have it all there ready means that there will be less pressure on the staff to get things set up, delivery will be quicker for the children and the family will not have to face the child then being transported to a different hospital. It's clearly going to make such a difference for everyone."

To find out more about the new unit, or to make a donation, call 01273 730286 or visit [www.rockinghorse.org.uk](http://www.rockinghorse.org.uk)

## Thanks

### Thanks to...

Rockinghorse would like to thank **Photo Inspirations** for providing its services at our Beeches fundraising launch: [www.photoinspirations.co.uk](http://www.photoinspirations.co.uk)

**Mason Circle of Sussex No 7905** has donated **£5,000** from its Sussex for Sussex Masonic charity fund towards a new wheelchair accessible roundabout for the Finches garden project in Burgess Hill.

In April, **Haywards Heath Soroptimists** held a fashion show at Ditchling Village Hall and raised over **£350** for Rockinghorse.

Brighton-based **Arty Magazine** hosted a fabulous Artival, complete with art fair, auction and an unconventional lucky dip. Arty is hoping to raise a phenomenal **£2,500** for a multi-sensory tower for The Royal Alexandra Children's Hospital.

Student group **Bright Star Events** held a black-tie dinner and raised close to **£900**. There was a champagne reception on arrival, a sit down three-course meal, entertainment and a charity auction.

**Grade Events**, a student event management group from Brighton University, held a themed fancy dress party in Eastbourne and raised **£700** over the course of the evening.

**Brighton Line Commuters** presented **£3,190** to Rockinghorse for the group's year of fundraising, including the phenomenal Fun Day at Brighton Station, which was supported by **Southern** and **First Capital Connect**. On the day, passengers and visitors enjoyed craft and food stalls, entertainment, music and competitions.

A huge thank you to all who ran the **Paris, Brighton and London Marathons** in aid of Rockinghorse, taking our total marathon sponsorship to over **£200,000**.

Rockinghorse would like to say a big thanks to our **Just Walk-ers**. Nine people took part in the 10km and 20km courses and hope to raise **£1,000** in sponsorship.

There are a number of ways in which you can help make life better for sick children in your area: to donate money or to find out how you can get involved visit [www.rockinghorse.org.uk/get-involved](http://www.rockinghorse.org.uk/get-involved)

### Children at The Alex benefit from Rockinghorse's holistic approach

The family of seven year-old **Andrea Dinnage** and staff from the **Royal Alexandra Children's Hospital** celebrated the success of a new complementary therapy service which has been provided by Rockinghorse.

The children's charity worked with teams of doctors and nurses at the hospital to develop the project which saw 15 children benefiting from such therapies as massage, therapeutic sound and reflexology. Patients with Cystic Fibrosis (CF) and those recovering in the High Dependency Unit (HDU) had access to a number of sessions to complement their medical treatments.

Andrea recently completed a course of eight sessions to help with her Cystic Fibrosis. She said: "The massages make me feel better." Her mother, Mandy Dinnage, added: "Andrea has definitely benefited from the treatment. Every week, she looks forward to her massage, enjoys it and we can see a definite improvement in her condition. We're so thankful to the hospital staff and massage therapists who have been involved."

The £10,000 programme was funded by Wallace & Gromit Children's Foundation and was aimed at improving the children's physical and emotional well-being and helping them to cope with their condition and treatment.

### Meet the team...

#### Allie Preiss – Marketing & Events Manager

Allie joined Rockinghorse at the end of March as the new Marketing & Events Manager. She will be looking after our golf day and ball this year, as well as producing marketing materials to help spread the word about Rockinghorse. Since she has joined, Allie has been really busy getting the new website up and running and creating flyers, posters and banners to help raise much-needed funds and awareness of the charity.

If you would like to attend the golf day or ball, please call **Allie** on **01273 730286** or email [allie.preiss@rockinghorse.org.uk](mailto:allie.preiss@rockinghorse.org.uk). She'd love to hear from you!



### Dates for your 2010 diary...

- **9 July 2010** – Rockinghorse Radiothon on Juice 107.2 FM
- **24 & 25 July 2010** – Bungee on the Beach
- **27 July 2010** – Finches Official Opening
- **3-6 September 2010** – Cycle London to Paris
- **12 September 2010** – Bevil Dragon Boat Festival
- **15 September 2010** – Rockinghorse Golf Day
- **18 September 2010** – Just Bike
- **7-17 October 2010** – Climb Mount Kilimanjaro
- **9-18 October 2010** – Trek the Great Wall of China
- **24 October 2010** – Great South Run
- **20 November 2010** – Rockinghorse Circus Ball
- **10 April 2011** – Brighton Marathon
- **17 April 2011** – London Marathon

## MAKING LIFE BETTER FOR SICK CHILDREN IN SUSSEX & SURREY

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