



# SeeSaw Newsletter



Grief Support for the Young in Oxfordshire

SUMMER 2010

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## SPECIAL POINTS OF INTEREST:

- SeeSaw's 10th Birthday Party
- What have our fundraisers been up to recently?
- Side by Side News
- Fundraising Events this Autumn—Dates for your Diary
- Supporting SeeSaw—how you can make a real difference to bereaved children in Oxfordshire

## "To SeeSaw

## HAPPY BIRTHDAY

**Thank you for helping lots of children to get back the smiles after someone in their family has died."**

This was one of the many birthday messages from children who came to SeeSaw's 10th Birthday Party at Kingston Bagpuize House on 18th July. The sun shone and there were lots of smiles as everyone enjoyed an action filled afternoon. Music was provided by The Baggs Tree Buskers and the Roke and Benson Band, and there was dancing from Cry Havoc and the wonderful children's dance troupe Messy Jam.

Grateful thanks to our Patrons Virginia Grant for hosting the party at Kingston Bagpuize House; to Geraldine Peers; Lady Sylvia McLintock and Raymond Blanc.

TV presenter, Mike Brewer, kept everything flowing smoothly all afternoon with his amazing energy and enthusiasm.

Raymond Blanc said of the occasion:

"It was the most marvellous day for SeeSaw's 10th birthday party. The weather was beautiful, and the

gardens of Kingston Bagpuize House were full of fun and jollity as these incredibly brave children overcame their grief and took a moment to be happy. There was face-painting, and cake decorating, and all sorts of performers. I was able to join in with the marching on my crutches. I felt a new empathy with these young people who have been through so much, but I know that my injuries will mend".

We could not have put on such a lovely event without a huge amount of support from the local community, individuals and businesses.

**Special thanks** are extended to Le Manoir aux Quat'Saisons; Oxford Event Hire; Jack FM; Millets Farm; Elegant Cuisine; The Ridgeway Group; The Oxford Entertainers; Oxfordshire Fire & Rescue; Harley Davidson Oxford Chapter and The Didcot Thong Rangers.

Thank you too to the army of Friends of SeeSaw who worked so hard all day, baked cakes, painted faces, served teas and ran stalls. We are sorry that there isn't room to mention everyone personally.

With thanks and love from  
the SeeSaw



**Raymond Blanc cutting the birthday cake with some eager on-lookers!**

## The Elegant Ball

**Congratulations and huge thanks** to Caroline Trevers, Mike Ashton and the wonderful team at **Elegant Cuisine**, for the glorious Elegant Ball on 24th April at Millets Farm. 160 guests enjoyed a delicious meal, followed by music from **The Cutting Edge Big Band**, a charity auction kindly presented by professional auctioneer and TV personality **Jonty Hearnden**, and magic from the brilliant **Richard Young** and **Sam Strange**.

The stunning marquee was provided by **Simon Florey and Son Marquees**, making the whole occasion truly elegant!

The event raised a massive £20,000 and we would like to thank everyone who donated so generously to the auction and raffle, and to everyone who came along to make this evening so special.



**SeeSaw fundraising volunteers (pictured here) helped to keep everything running smoothly all evening. If you would like to become a fundraising volunteer then please contact Jane Elliott**

## Thank you to schools and colleges

We are always especially thrilled when we receive donations from Oxfordshire's schools. Since 1st January 2010 we have received donations from the following schools:

West Kidlington Primary School; Lord Williams School; Magdalen College School; The Marlborough School; West Kidlington School; The Dragon School; Rye St Anthony; Wood Green School, Queen Anne's School, St Clare's College and Oxfordshire Hospital School.

The total raised by Oxfordshire schools from 1st January to 30th June 2010 was an impressive £4,450! How cool is that?



*Here is a picture of volunteer support worker, Leah, collecting a cheque from The Marlborough School earlier this year.*

**Oxfordshire's schools raised £4,450 for SeeSaw in the first 6 months of 2010!**

## Inspirational Pamper Evening

Rachael Ladhani, Manager of **Barclays Bank**, Botley Branch helped on the night by serving drinks and nibbles. Barclays have a **matched funding scheme**. This means that when their staff are involved with fundraising they will match whatever is raised.

We are delighted therefore that this event raised £1,000 for SeeSaw.

Thank you to everyone for supporting the event—it was a most enjoyable evening and we do hope that we will be able to repeat it in the future.



**Do you recognize this face??**

25 ladies came along to an Inspirational Pamper Evening at **Matthew Clulee Hair Design Studio** recently. Treated to hair and beauty tips and a make-up makeover by professional stylists and make-up artists everyone left looking *absolutely fabulous darling*.

Some of you may recognize the lady looking fantastic pictured here—it is Manon Bradley who was SeeSaw's very first Fundraiser!

Huge thanks to Matthew Clulee and his wonderful team who gave up their evening and raised £500 for SeeSaw.

## Clipper Round the World Yacht Race

In the Autumn of 2011, Tracey Smith will be joining the Clipper Round the World Yacht Race to sail the formidable Southern Ocean. This leg of the race will take just under four weeks, covers 4743 miles and will include sailing one of the world's great capes—Good Hope.

Follow Tracey's progress at [www.tazoceanchallenge.com](http://www.tazoceanchallenge.com) where you can also sponsor her and post a note on her message board. For every sponsored pound, half will be donated to SeeSaw and half towards Tracey's berth fee for this once-in-a-lifetime challenge.

## Ironman Challenge—Tim Donell

Tim is training hard for the Forestman Challenge taking place in June 2011. He is raising money for SeeSaw and EdUKaid. Tim started his training on 1st January 2010 having never run more than 6 miles in one go. An Ironman Triathlon is a **2.4 mile swim, 112 mile cycle** and a **marathon (26.2 miles)**.

You can follow Tim's progress on Twitter and you can sponsor him on line at [www.justgiving/timdonell](http://www.justgiving/timdonell).

## Side by Side Programme

Over the last three years we have been developing our **Side by Side programme** designed to bring children, young people and whole families together. Whilst some of our days are annual events others are arranged to meet the particular needs of families as they arise.

1. **Family Activity Days** – *A fun morning of craft activities and games, followed by a picnic lunch together.*
2. **Themed activity days** - for all the family. e.g.
  - **Preparing for Christmas** – *Activity afternoon for those facing*

*Christmas for the first time following the death of a loved one.*

- **Father's days** – *especially designed to help bereaved Dad's meet other bereaved Dad's and their children whilst having fun and being active together.*
  - **Tree planting** – *Plant a tree in memory of the special person who has died* – booked for Sunday 28<sup>th</sup> November 2010 in conjunction with the Wychwood Project.
3. **Side by Side Children's Days** (for children age 5 – 12 yrs). *Two short days giving opportunity for children to share their bereavement experiences with other children, and for parent/carer to spend time*

*talking to other bereaved adults.*

4. **Side by Side Adolescent Days** (for young people age 12 – 18 years) – *Morning or afternoon session for young people to meet and share bereavement experiences around a theme appropriate to the group. This recently involved a photographic project where the young people took photographs to express their feelings.*
5. **Coffee Mornings** - *for parents, grandparents and /carers.*

**None of this would have been possible without the incredible gifts we receive from everyone who supports us.**

## What's on this Autumn—Dates for your Diary

### FAMILY FUN DAY

The Springs Hotel and Golf Club, Wallingford  
 Opened by Geraldine Peers  
 Saturday 11th September  
 From 1p.m. to 5 p.m.

Entertainment from Mr Alexander's Travelling Show, falconry display, dancing from Messy Jam, bouncy castles, merry-go-round, face painting and loads more!

*The Springs*

HOTEL & GOLF CLUB

### SeeSaw Boogie

Dancing to fabulous live band **The Convertibles**  
 On Friday 24th September from 7.30 to 11.30 p.m.  
 at Exeter Hall, Kidlington  
 Ploughman's supper and licensed bar  
 Tickets are just £10 each  
**BUY TICKETS FROM JANE AT SEESAW**  
 Bring your friends who love to dance!

### ABINGDON MARATHON

Sunday 17th October 2010  
 Race starts 9.00 a.m.  
 Tilsley Park, Abingdon

Volunteers needed to man a water station  
 Contact Jane for information

### Masked Halloween Charity Ball

Friday 29th October 2010  
 at  
 The Tythe Barn, Bicester

In aid of SeeSaw and  
 Helen and Douglas House Hospice

Tickets from Karen at Orme Creative  
 01869 244783

[www.ormecreative.co.uk/charity\\_ball/index.html](http://www.ormecreative.co.uk/charity_ball/index.html)

### Pumpkin Night and Fireworks Display Friday 29th October

From 6.30 p.m.  
 At The Bear and Ragged Staff  
 Cumnor

A family fun event with children's fancy dress competition, children's entertainer, BBQ, auction and raffle.

See the newly elected Cumnor Mock Mayor  
 thrown in the village pond!

In aid of SeeSaw and SNAPP

## Help SeeSaw to help bereaved children

In order for SeeSaw to maintain the expertise necessary to support bereaved children and families SeeSaw needs a sustainable regular income. Over the course of one year a **regular donation** of £10 a month, for example, could buy 5 memory boxes and workbooks for children.



If you are not in a position to commit to making a regular donation, then you could help by:

- \* Holding your own fundraising event for example a coffee morning, cake sale, safari supper etc. We can give you lots of ideas and support if you need it. Please call Jane for inspiration!
- \* Become a SeeSaw fundraising volunteer and help at some of our events (it is great fun!). You could help with bucket collections, man a water station at the Abingdon Marathon, run a our Splat the Rat game at events or help at a Ball (like our volunteers did at the Elegant Ball in April).
- \* Does your employer have a Corporate Social Responsibility Policy? Maybe they have a Matched Funding Scheme like Barclays Bank. Do they encourage employee fundraising? Do they nominate a Charity of the Year? Why not put SeeSaw forward—we would love to mention your employer in our newsletters and annual report.
- \* Are you a member of a local organisation that raises money for charity? We would be delighted to come along to talk to your group about SeeSaw.
- \* Find SeeSaw on Facebook and become a fan to keep up to date with events and news.



**SeeSaw is a small charity - every penny that you raise will directly help bereaved children and families in Oxfordshire**

**Jane Elliott—Fundraising Co-ordinator**  
Email me at: [fundraiser@seesaw.org.uk](mailto:fundraiser@seesaw.org.uk)

Regular donations enable us to plan our future with certainty. To make a regular donation please complete the standing order form below and **return it to SeeSaw, Bush House, 2 Merewood Avenue, Oxford OX3 8EF**

### STANDING ORDER FORM

Mr  Mrs  Ms  Miss  Other

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Tel No: \_\_\_\_\_

### Your Bank details:

Branch name: \_\_\_\_\_

Account No: \_\_\_\_\_

Sort code: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Here is my commitment to help **SeeSaw** by monthly standing order, starting on \_\_\_ / \_\_\_ / \_\_\_ and every month thereafter until further notice

Please pay **SeeSaw**

£10  £15  £25  Other

Signed: \_\_\_\_\_

**Gift Aid it**

**To make your donation worth an extra 25% at no extra cost to you please tick the Gift Aid box . You must be a UK taxpayer paying an amount of income tax and/or capital gains tax equal to the tax we reclaim. *Thank you very much!***

If you would like to make a one off donation to SeeSaw please complete the form below and return to **SeeSaw, Bush House, 2 Merewood Avenue, Oxford OX3 8EF**

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

I would like to make a one-off gift of:

£10  £25  £50  Other

**Gift Aid it**

**To make your donation worth an extra 25% at no extra cost to you please tick the Gift Aid box . You must be a UK taxpayer paying an amount of income tax and/or capital gains tax equal to the tax we reclaim. *Thank you very much!***