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Charity No: 1076321

### SPECIAL POINTS OF INTEREST:

- **Oxfordshire  
Charity Awards  
success**
- **Volunteering for  
SeeSaw—it could  
be right up your  
street!**
- **What do families  
say about SeeSaw?**
- **Fundraisers out and  
about for SeeSaw**
- **How does SeeSaw  
help?**
- **Dates for your diary**
- **Regular donations  
making all the  
difference**

### Still happy to hear from us?

Where possible we would prefer to send the newsletter by email to save costs. Please email SeeSaw (details below) if you'd like to receive it by email instead.

If you no longer wish to receive our newsletter then please let me know.

Jane Elliott  
SeeSaw Fundraiser

# SeeSaw Newsletter

## Grief support for the young in Oxfordshire

JANUARY 2012

### Hat's off to our wonderful volunteers!

Well, here we are at the beginning of another New Year. Once again we've been absolutely overwhelmed by the support and generosity of our wonderful supporters during 2011. They have pulled out all of the stops to keep SeeSaw's service going throughout this difficult year and enabled us to provide support to **every** bereaved child in need in Oxfordshire seeking help.

We were delighted to win an award at the Oxfordshire Charity Awards for '**Good Practice in the Management of Volunteers**' and Leah Fowler, who is our longest serving Volunteer Support Worker, won an individual award.

Volunteers are at the heart of all we do at SeeSaw, whether that's as a Volunteer Support Worker; or by supporting our fundraising efforts. There are many ways to help SeeSaw so if you have some spare time and would like to be part of this amazing team

then you might be interested to come along to one of our **Volunteer Information Evenings** during February.

To find out about volunteering opportunities within SeeSaw and for further details about our volunteer information evenings please call to speak to our Administrator, Dianne, on 01865 744768 or you can email her at [info@seesaw.org.uk](mailto:info@seesaw.org.uk).

**Rosie Nicol-Harper**



### What families say about SeeSaw

We regularly ask families for feedback when they have had support from SeeSaw, so that we can tailor our service according to what they say will be most helpful. We thought we would share some of the parent's and children's comments with you. On behalf of them, we wanted to say a big THANK YOU, for your loyalty and for supporting SeeSaw.

*Kathy (and Do Good) made a horrible time more bearable. Thanks to everyone at SeeSaw for being there. We would not have managed without you.*

*You gave me a chance to grieve myself and helped my little boy as he could ask his Support Worker anything without the person crying!*

*I am your greatest fan. It made all the difference as it gave my son some tools he could use and it took some of the pressure off me.*

*I realise I am not alone and feel if I need to talk to her she is always there for me.*

*I saw Elpie when my grandpa died. She was really helpful with things like how to get on without shouting out when I started crying. She read me stories that helped me understand how it felt to lose someone who was part of my heart.*

*The lady who answers the phone has the kindest voice—I immediately felt like they cared.*

## Monkey business on the Swinford Toll Bridge

On August Bank Holiday our 5 fantastic teams of volunteers raised over **£1,500** for SeeSaw on the **Swinford Toll Bridge**. Grateful thanks to the **Rotary Club of Bicester** who arrived at the crack of dawn to decorate the bridge with balloons and banners. And huge thanks to all of our marvellous 'bucketeers', especially to Will, Dan, Barney with 'Mervin the Monkey' (right) who wore crazy curly wigs and big smiles to bring much amusement to drivers and passers by.



## Oxford Rotaract Club

We are delighted that the **Oxford Rotaract Club** has chosen to support SeeSaw this year. On 19th November they held a special dinner to celebrate their 1st anniversary. SeeSaw Trustee, Glynis Phillips, was presented with a cheque for **£2,000**.



Rotaract is a club for 18-30 year olds. Contact Sarah Field on 07771538479 or sarahfield@oxfordrotaract.co.uk for more info.

## Leigh's Great North Run

**Leigh Atkinson** took part in the in the Bupa Great North Run on the 18th September and raised **£674** for SeeSaw.

Leigh said "*It was a real pleasure to run and raise money for SeeSaw, you helped a friend of mine when he and his family needed you. Thanks for all your great work, long may it continue.*"



## Elsevier Oxford

Global Medical Research Journals Department have chosen SeeSaw as their **Charity of the Year**. They held a wonderful Christmas Fair in the staff canteen and raised a fantastic **£1,366** for SeeSaw, and they have lots of other exciting fundraising events planned during the year.



## Caldarium MCC

The Caldarium Motor Cycle Club has been supporting SeeSaw for many years and it was a great pleasure to go along to their Club night recently to collect a fabulous donation for **£1,300** following their annual beer and music festival in October. Thank you Caldarium MCC for your ongoing support.



## OCDEM

OCDEM based at the Churchill Hospital have chosen SeeSaw as their **Charity of the Year**. They put a huge amount of energy into organising a fabulous Halloween and Christmas event. We can't wait to hear what you are planning next!



## Abingdon Marathon

Our lovely friends at the Abingdon Marathon supported SeeSaw again in 2011, and we were thrilled to receive a donation recently for **£2,500**—**thank you so much!**

Here are our volunteers Nicky, Phil and Keryn (left) during a quiet spell whilst manning the mile 24 water station. Curtis Manners (right) from Abingdon ran the marathon in aid of SeeSaw and raised **£550**. Well done Curtis— that was a great run!



## How does SeeSaw help?

### Support for parents

Parents are best placed to support their children, but they sometimes worry that they might do or 'say the wrong thing'. Our specialist team advise and support parents so that they feel confident to help their children.

*"At the time, I didn't know how to help my children. SeeSaw helped by discussing ideas with me".*

*"The support I received made a huge difference and gave me a chance to grieve myself".*



### One to one support for children

Our Volunteer Support Workers visit bereaved children at home. The visits are confidential, and the child can talk to someone they can trust about their feelings and difficult issues without upsetting other members of the family.

*"SeeSaw helped me lots. Deirdre helped me open up and to let my emotions come out. Thank you SeeSaw".*



There are many ways that SeeSaw supports grieving children and their families. We tailor the support according to what the family's needs are, and what will be most helpful to them. Here are some examples of how SeeSaw helps and what people say.

### Helping schools

It can be very difficult for teachers when they have a bereaved child in their class. We have a dedicated member of the team who supports teaching staff in schools throughout Oxfordshire.

*"I was very impressed with the speed at which calls were returned. Someone came out to talk to the whole staff team and followed up with phone calls over the following months. We felt very supported, just when we really needed it".*

We also provide consultation and advice to other professionals such as nurses, GP's and social workers.



### Supporting children before someone dies

Kathy and her very special dog 'Do Good' help children when a death is anticipated. She helps children to understand what is happening and gives them the opportunity to talk about their fears. Do Good is an ice-breaker and helps Kathy to build a relationship with the child.

*"My son took to Kathy (and Do Good) straight away so if he felt unable to talk to me he knew someone was there for him other than family".*



### Group activities

Young people tell us that they can feel isolated when someone they love dies. Our **Side by Side** programme brings youngsters together in a fun and light hearted way. A recent group activity was specifically for 8 teenage lads who had all experienced a recent bereavement. They had also all just moved up to secondary school. They spent a day at Youlbury Scout camp doing a scavenger hunt, archery, zip wire and a barbecue. It was a great way to share some fun with other lads in the same position.

## 2012 Dates for your diary—full details can be found at [www.seesaw.org.uk](http://www.seesaw.org.uk)

### East Meets West Dance Extravaganza

Saturday 11th February at 7 p.m. at Bicester Community College Performance Hall  
Tickets: Adult £10.00 (£12.50 on the door). Children under 12 £5.00 (£7.50 on the door) from Mike Daniels 07808 763837

### SeeSaw Sponsored Firewalk—are you brave enough to take part in this fiery challenge?

Saturday 25th February at 6 p.m. at the Oxford Rugby Club  
*To register please contact:* Jane Elliott—[fundraiser@seesaw.org.uk](mailto:fundraiser@seesaw.org.uk) or phone 01865 744768  
Entry is **FREE** for spectators and entertainment will include Jack FM, bouncy slide, fairground rides, stalls, dancing, drumming, food and licensed bar. Great fun for all the family.

### Mother's Day Gift at Fallowfields Country House Hotel

Thursday 22nd March  
Demonstration by International Gift Wrapping Expert Arona Khan. Raffle in aid of SeeSaw.  
Cost: £40.00 per person - including 3 course lunch and a glass of wine.  
To purchase tickets call 01865 820416 or email: [stay@fallowfields.com](mailto:stay@fallowfields.com). [www.fallowfields.com](http://www.fallowfields.com)

### Inner Wheel of Banbury Charity Ball

Saturday 5th May from 7p.m. at Blessed George Napier School, Banbury  
Black tie/buffet supper/cash bar/disco/raffle  
Tickets from Carol Humphries 01295 266174 or 07950 731056

### Wallingford Vehicle Rally and Parade—a lovely day out for all the family

Sunday 13th May  
The Kinecroft, Wallingford  
Check out the website [www.wallingfordcarrally.org.uk](http://www.wallingfordcarrally.org.uk) for full details

### SeeSaw Home and Garden Fair

Wednesday 23rd May  
Fallowfields Country House Hotel, Faringdon Road, Kingston Bagpuize

### Rare Plants Fair at Kingston Bagpuize House

Sunday 27th May  
10.30 a.m. to 4 p.m.  
<http://rareplantfair.co.uk/fairs/kingston-bagpuize-house,-oxfordshire.aspx>

### SeeSaw Sponsored Abseil—something for all of you high fliers!

Sunday 8th July 2012—*To register please contact:* Jane Elliott—[fundraiser@seesaw.org.uk](mailto:fundraiser@seesaw.org.uk) or phone 01865 744768

#### STANDING ORDER FORM

Title \_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

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

Tel No: \_\_\_\_\_ Email Address: \_\_\_\_\_

Your Bank details: Branch name: \_\_\_\_\_

Account No: \_\_\_\_\_ Sort code: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

I want to help SeeSaw by setting up a monthly standing order, starting on  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_ and every month thereafter until further notice: £10  £15   
£25  or another amount £

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.*

#### Regular donors make a big difference

We would like to take this opportunity to express our **sincere thanks** to the increasing number of regular donors who have taken SeeSaw into their hearts. Regular donations help us to plan for the future with some certainty. For the price of a posh cup of coffee a week at Starbucks, regular donations make a real difference to the lives of local bereaved children.

If you would like to make a regular donation to SeeSaw then please complete the Standing Order Form to the left and post it to SeeSaw, Bush House, 2 Merewood Avenue, Oxford OX3 8EF

**Thank you—Every little helps**