

## Ladies Indulge for Simon Says

Ladies of all ages enjoyed an evening of indulgence at Barton-on-Sea Golf Club on Monday 10th November 2008.

Jo Barker from 'Forever Living Products' organised the evening which consisted of a mini-fashion show put on by Viyella Clothing of Lymington, cookery and fitness demonstrations, stalls selling shoes, accessories, health and beauty products, fine foods and chocolates and a great range of Christmas Gifts – every lady's dream!

Jo said "It was an evening where all the ladies had a wonderful time, but at the same time were able raise money for Simon Says, and help make a positive difference to the lives of vulnerable children and young people in the New Forest."

On arrival the ladies were presented with a goody bag and a complimentary glass of wine and nibbles. The evening raised £1200, which was gratefully received by Victoria Hussey, Simon Says Chair of Trustees.



photograph: Jo Barker presenting Goody Bag to Victoria Hussey

## GIFT INSURANCE

When you next need to renew your car or household insurance, why not try Gift Insurance and we as a charity could benefit.

Gift Insurance has been set up by a registered disabled entrepreneur and charity fundraiser from Southampton, in partnership with one of the UK's leading independent insurance brokers Heath Lambert.

Gift has an elite panel of insurers so customers should get a highly competitive deal.

All insurance policies taken out generate a commission, which normally stays with the insurer or insurance broker, Gift gives 50% of its commission away to a customer's chosen charity. If you nominate Simon Says, that donation will come to us. The amount will vary but an average premium for combined building and contents insurance will generate a donation of approximately £32. On car insurance it's around £24.

Gift has plans to introduce other products shortly.

So, if you can get a cheaper insurance deal using Gift Insurance whilst making a significant donation to Simon Says, it's a win – win situation!

To get a free no obligation quote, freephone 0800 692 0800 or go to [www.giftinsurance.co.uk](http://www.giftinsurance.co.uk)



Child Bereavement Support

### Contact Details

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Registered Charity No. 1088746

## SIMON SAYS – JUMP!

Over the course of the year we have had a great response from our request for adventurous people to take the jump from a plane two miles up in the sky and to fall at speeds in excess of 120mph!

Sheer madness!

Our sincere thanks go to: Louise Willis, Holly Downing, Marie Sturgess, Sarah Layden-Webb, Keith Marsh, Rebecca Gray, Nicky Matthews and our very own Victoria Hussey, Chair of Trustees, who between them have raised a staggering £3749.

Victoria commented, "I have always wanted to do a sky dive, but never had the nerve to do it, but I felt if I could raise money for a charity close to my heart, it would spur me on to do it, and it did – the experience was awesome!"

Sarah Worthington, a volunteer for Simon Says is yet to set the date for her jump, it has been postponed a couple of times due to bad weather, however already she has smashed her target to raise £400, and has donations totalling £600! If you would like to sponsor her, visit her fundraising page: [www.justgiving.com/sarahworthington](http://www.justgiving.com/sarahworthington). Sarah said "It has been mentioned that I'm only doing this to get up close and personal with a fit man. but I'm actually doing this to raise money for Simon Says (the fit man is just an added bonus)!" Are you up to the challenge? If so and you would like to take the 'jump' then contact Paula at Simon Says, for more information!



## A huge thank you!

Simon Says relies upon the donations and good will of individuals, organisations and companies. Only with continued contributions can we carry on making a positive difference to bereaved children and young people in Hampshire.

We are very grateful to all our generous supporters and our thanks go to each and every one of you. Although too many to mention we would like to acknowledge a few donations received in 2008:

Bitterne Conservative Club	£2300
Bashley Football Club	£639
Masonic Lodges	£1281
Highfield Toddlers Group	£100
Holy Trinity Church	£73
National Federation Funeral Directors	£50
Travelwrap Co	£200
Stoneham Ladies Circle	£103
Romsey Lions	£1000
Ashurst Pre-School	£434
Owls and Otters	£118
Waitrose, Portswood	£328
Tenon	£2740
Enfields	£2926
Whitegrove	£10050

If you can help Simon Says to make a difference to bereaved children and young people, please do!

# Simon Says

## Child Bereavement Support

### 2008 – What a year!

I would like to take the opportunity to thank our team of dedicated volunteers, individuals, organisations and companies who have made donations, and to all those who have supported Simon Says and for making 2008 such a successful year!

- Won £69,495 award through 'Peoples Millions' (part of big lottery fund), enabling Simon Says to extend it's service into the New Forest
- Launch of support groups in New Milton, enabling those living in the New Forest to have access to bereavement support
- Launch of the Young Peoples Group (ages 11yrs - 18yrs) in Southampton
- Publication of the Pre-Bereavement booklet, advising parents/carers on how to talk about terminal illness with their child(ren)
- Publication of the Bereavement Support for Young People booklet, advising carers/parents and professionals working with young people

Looking forward to 2009 we want to build on our eight years of continued development by strengthening the support we can offer to all families during the pre-bereavement and bereavement of a close relative or friend.

We have listened to parents, teachers, health professionals, the children and young people themselves to develop the service we offer. Children and young people tell us they want to feel normal and listened to, and they also need to be getting on at school. We need to work hard to ensure that every child in Hampshire receives ongoing support and understanding, to continue to achieve while going through the bereavement cycle.

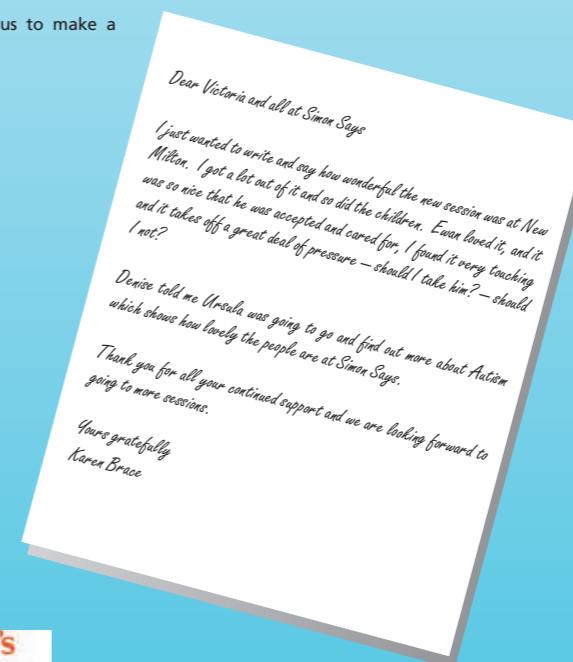
I am determined to make sure that Simon Says continues to grow and develop in line with Government Strategies to support children and young people, making this the best place in the world for our children and young people to grow up.

We will do this by;

- Continuing to ask children, young people, their families and professionals working with children for their opinions
- Listen to those opinions
- Implement changes as required

Once again thank you for helping us to make a difference!

Victoria Hussey  
Chair of Trustees



### Sainsburys support Simon Says

PR Ambassador Lesley Powell for Sainsburys Hedge End is delighted to announce that the branch will be fund raising for Simon Says during 2009.

"We have been very impressed by the set of the charity and what it contributes and achieves through it's work. A colleague of mine introduced me to Simon Says through a friend of hers who had lost her husband. The charity helped her daughter greatly and we look forward to being able to make a difference, however small."



### Great South Run: 25 October 2009 Book your place now!

The Bupa Great South Run takes place in Portsmouth and is Britain's leading 10 mile running event. A fast, flat route in Southsea, Portsmouth is the ideal course to record a personal best and is regarded as one of the most popular road races in the United Kingdom, runners of all abilities are welcome. The race starts and finishes on the seafront in Southsea.

Ring Paula: 023 8064 7550, to reserve your place!

### Support Groups Launched in New Milton

Bereaved children and young people in the New Forest, suffering from the loss of a parent or a close relative, now have local access to bereavement support from Simon Says.

There are an estimated 16081 bereaved children in the New Forest district, and by launching support groups in New Milton, vulnerable children and young people living in this area will have easy access to the support they need.

Denise Beirne, New Forest Liaison Support Worker at Simon Says said 'It can be very difficult for children and young people to understand what is happening, and often they do not have the words to explain their feelings which could include anger, guilt or loneliness. We are delighted that the children and young people in the New Forest will be able to benefit from the support and information Simon Says can offer, to enable them to cope with their feelings, whilst holding on to the good memories of their loved one'.

Groups meet monthly on a Sunday, 2pm - 4pm, with the next group on Sunday 15th March 2009. For future dates please contact the Simon Says office.

**Why I back Simon Says – Sally Taylor, MBE Patron of Simon Says**



When Sally Stanley came to see me 6 years ago, I had no idea what to expect. She told me an extraordinary and tragic story about her husband dying and the lack of help and support for her young family afterwards. I couldn't help but be impressed by her strength and determination to do something to help others.

Here was a woman coping with the loss of a husband she adored and loved, trying to explain to her children why it had happened, and she was selflessly thinking of other people in the same predicament. How could I not be involved?

The other reason is that it brought back painful memories of my own and I couldn't believe things hadn't changed in almost 40 years. When I was just 5 years old and my sister was 2, we became used to seeing an ambulance turn up to take our mother to hospital. She had breast cancer and just a year later she died. I remember that my sister and I were staying with an Aunt in Suffolk; we had both been packed off when things became too difficult for my mum and dad. Sadly, one of the few childhood memories I have is of the night my father had to drive to Suffolk to tell us mum had died.

I have no other memories of my mum, and my sister and I often talk about whether things might have been better for us if we had been offered counselling or even someone to talk to during those difficult times. It was the 1960s and, in those days, it was believed to be better for children not to know anything, in a way to protect us, and I don't blame anyone for that.

So when I discovered that very little had changed I was amazed and had no hesitation in getting involved. Simon Says is there to help children and their families through bereavement. It is a difficult time for all but especially for children who may not understand what is going on. When you consider the trauma they're going through and the emotions from anger to disbelief and despair, it is staggering that there isn't something formally in place for them. So Simon Says is filling that much needed gap. I can't think of a better charity to be involved with and one which is needed so badly.

I am proud to be the patron and hope that maybe Simon Says can ease some of these children's pain. I certainly wish it had been there for me when I was a child.

**Electronic Newsletter**

If you have enjoyed catching up with news from Simon Says, and would be happy to receive this newsletter via email, then please let us know! We will not pass your details on to any one else. We will update our records so that you can receive it electronically in the future. Please email: [info@simonsays.org.uk](mailto:info@simonsays.org.uk)

**We need your support – become a volunteer!**

We need people to join our dedicated team of trained volunteers who are very much valued and are essential to the service which Simon Says offers.

There are a variety of volunteering opportunities available and we will provide the necessary training, supervision and support. All roles are very rewarding, where you will learn new skills, make new friends and your contribution will really help Simon Says to make a difference. Simon Says could not continue to offer their bereavement support service for children and young people without their dedicated and valued team of volunteers – Enquire now about joining THE team!

Contact Kate on 023 8064 7550 for more information.

**£1413 In Loose Change!**

During the last year, £1413.89 has been raised by our supporters filling their coin boxes with loose change! It's surprising just how it all adds up! If you would like a box to start collecting please give us a call!



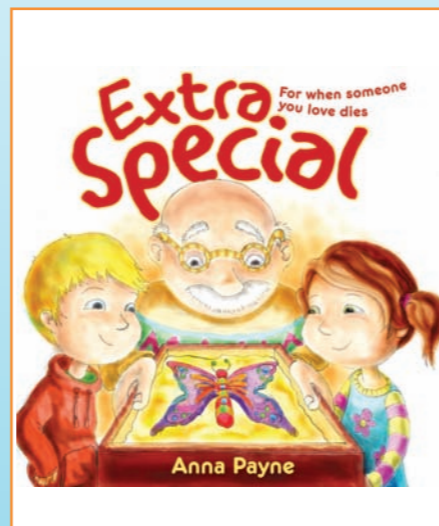
**Extra Special**

Anna Payne's friends experienced the sad loss of their 8 week old baby, which meant that their 3 year old daughter also lost her sibling. The parents were unable to find a book suitable to help their daughter understand what had happened, so Anna wrote 'Extra Special' especially for them. Anna currently lives in Winchester with her husband and three children.

The short story focuses on Ben and Fiona, who love to visit the home of their elderly friend Theo. They delight to spend time poring over Theo's collection of Extra Special Things. Their favourite item is a butterfly studded with precious jewels, and it is their love of this butterfly that teaches Ben and Fiona that sometimes we have to release back to the 'owner' even those things that are extra special to us.

Simon Says has endorsed 'Extra Special' and has written some guidelines for adults supporting young children.

If you would like to buy a copy at £4.99, contact the Simon Says office.



**Laura – a new volunteer at Simon Says**

I decided to volunteer for Simon Says after reading about the charity on the Internet. It sounded like a very worthwhile charity and I felt that I could have something to offer and would be able to empathise with the children as I was bereaved myself at the age of 8. I lost my Dad in a helicopter accident and at that time, there was nothing similar to Simon Says that I could attend.

Since joining the charity I have attended a summer BBQ and 2 support groups. All have been very enjoyable and it is lovely getting to know the children and all the other volunteers. The children all seem to have a good time and benefit from the time that they spend at the support groups - socialising with other children going through similar situations and having fun doing the organised activities.

After each support group I attend a supervision meeting where we discuss the meeting and what we thought worked well and any issues that have arisen. These are vital to the successful running of the support groups. We also talk about the next support group, discussing the topic and suggestions for activities.

I am really looking forward to attending future meetings and getting to know the children even more and providing what help and support I can offer.



**Young Peoples Bereavement Support Groups – Launched**

Simon Says has launched a Young People's Group (YPG) in Southampton, tailored around the needs of young people aged 11 years – 18 years in a relaxed and informal setting. The support groups aim to provide a safe, supported and friendly environment for bereaved young people. Young people are given their own space and time to talk and to be listened to, and will have the opportunity to meet other young people who are going through similar experiences and feelings.

One of the most common fears that a bereaved young person can experience is to feel out of control with the situation around them, and this is the reason why the support groups are based around a theme. At a recent session the theme was anger, and the many feelings that the young people experienced, were explored. 'You could see the sheer relief on the young people's faces when they understand and accept that what they are feeling is a normal part of the grief cycle' said Denise Beirne, Support Worker at Simon Says. One young person exclaimed, 'That's exactly how I feel, you really do understand!'

Denise commented 'We encourage feedback and throughout discussion the group were very interactive, and you could see the young people changing and becoming stronger and more supportive of each other before your very eyes. This is such a rewarding part of our job.'

The Young Peoples Group (YPG) is held on the first Saturday of each month, between 11.30am - 2.30pm at St Denys Community Centre, Priory Road, St Denys, Southampton SO17 2JZ

A Young Peoples Group will be launched in the New Milton on Saturday 21st March 2009 and will run 10.00am - 1.00pm at The Phoenix Centre, Culver Road, New Milton BH25 6SY

For more information, directions and a list of dates contact the Simon Says office!

**A day in my life as Chair of Trustees for Simon Says**

My name is Victoria Hussey, and I am one of the original founders of Simon Says, and am currently the Chair of Trustees. I work as a lecturer at Brockenhurst College.

I thought I would give you an insight into one of my 'Simon Says' days!

My day starts as usual, two children needing breakfast and delivery to school! Today I can take them to school as I am not teaching, and I plan on going into the New Milton office of Simon Says at 9.45am.

On arrival at the Simon Says office I put away the toys and equipment (eg memory boxes, puppets, basket balls and paint), which were used at the support group which ran the day before. I check the phone for messages and read the diary, open post and pop the kettle on! A quick cup of tea sets me up for a trip to a local school.

The school are in need of support as one of their pupils has just suffered a sudden bereavement. I arrive at the school and enter the staff room, which is very quiet, filled with a mixture of teaching staff and support staff, including the caretaker. I begin by informing them about the work of the charity and its history, and make them aware that some of our discussions may open up some of their own feelings and thoughts around death and dying. With some reflection the staff begin to open up about their concerns for the child, about doing the right thing and how not to say the wrong thing. Interesting ideas came to the fore regarding the child, her personality, the family support and community involvement. It becomes obvious that the death of the relative has had a great impact on many and it will not only be the immediate relative requiring support but cousins and friends too. I am certain that the Simon Says team will be returning to this school to offer more support and advice.

I return to the New Milton office and check emails and call the Eastleigh office regarding the new 'Bereavement Support for Young People' booklet which is due to go to print by the end of the week.

I then go home and grab lunch before meeting with the shop traders of a New Forest village, who have made the decision to raise money for Simon Says at their annual Christmas Event. I inform them about the history of the charity, and leave some promotional material to help them promote the event.

It's now 3.10pm and I need to collect my youngest from school. Teas for the children and then out we go to football.

Now I am just mum, Victoria and the wife!

**Does your Company have a Charity of the Year?  
Could you nominate Simon Says for 2009?  
Help us to make a difference.**

**Memories and Celebrations**



Children and their families enjoyed an afternoon of games, craft and face painting in the Walled Garden at Fox Lease, Lyndhurst. Balloons were released with individual special messages to loved ones who had died.



**Young people say ....  
"No one listens"  
Simon Says ....  
"We Will!"**