

Dillon takes his first steps in 20 years



Dillon was told he would never walk again following an epileptic seizure at the age of five. But staff at our supported living service in Nottingham have been trying many ways to help him improve his mobility and muscle strength. Dillon confounded all expectations when he took his first steps, he was screaming with laughter and excitement.

Support Worker Abi Gascoigne said: "We asked the local physiotherapy team whether we could have a walking jacket (supportive harness) for Dillon to help him build up his muscle strength and become more mobile.

"He was frightened at first, so we started slowly, reassuring him, building his trust until he felt ready to put the jacket on. Then we supported him to sit up, so he could get used to it. He was wary about standing, but after a couple of weeks, he'd gained enough confidence to try it.

"His confidence was increasing all the time and then something wonderful happened that amazed us all. Dillon managed to take his first steps in 20 years! We got straight on the phone to his mum, who came over and saw him take four steps. It was very emotional. Dillon has worked so hard, the physiotherapy team are amazed with what he has managed to achieve."

“ It really feels like he now has the opportunity to meet his full potential. ”



A day at Buckingham Palace

We were absolutely delighted when FitzRoy was lucky enough to be offered four tickets to a Buckingham Palace Garden Party this spring.

Thanks to our Patron HRH Princess Alexandra, long serving members of staff Kirsty Millward, Karen Bond and Ginny Margison, and Pam who FitzRoy has supported for more than 20 years, attended the Buckingham Palace Garden Party this year.

Pam said: "I was so shocked and excited when Ginny told me I was invited! I loved going on the train to London, I bought a new suit especially for the day and we went to see Matilda the night before. It was a very special day at Buckingham Palace."



Caring for people at the end of their life is a privilege

It's always incredibly hard to say goodbye to loved ones. Very sadly earlier this year Chrissie Canham, a resident at our supported living service in Suffolk, died shortly after a cancer diagnosis. Staff made sure that Chrissie's final months were at home, filled with love and friendship.

Service Manager Christine Palmer said: "Chrissie Canham was one of the most wonderful, strong and amazing ladies I have had the pleasure to spend time with. When she was diagnosed with cancer, our staff team immediately started to implement ways to ensure that she could remain at home surrounded by those she knew and trusted and her familiar things.

"We prepared the other residents, supporting them to understand what was going

to happen and that Chrissie wouldn't be around any longer. This is an incredibly tough part of the job but so important that we have those conversations with the people we support.

"We also supported our staff, giving them the confidence to look after Chrissie through her illness and showing them how much of a privilege it is to care for someone at the end of their life. Although this can be very daunting, it is so important that the people



we support have familiar faces that they know and trust around them and who understand them. Chrissie will be so missed by the team and by her friends."

Lizzie in the sky is a diamond

“ I have always wanted to do a skydive, so when the opportunity to do it for FitzRoy came up, I knew it was meant to be – what a perfect excuse to jump out of a plane at 10,000 feet! ”



This summer Lizzie Black, sister of Callum who lives at Whitegates View, our registered care home in Hampshire, is taking part in our ‘Summer Solstice’ skydive.

Lizzie said: “FitzRoy is a charity I care for dearly, as they support my wonderful older brother Callum, who has cerebral palsy. I have always wanted to do something to support my brother and give back to FitzRoy. Even a small change can have a big impact to others.

“Whilst Callum (I call him Cammy or Camster) cannot tell me how he feels about me doing a skydive, I think he is happy that I am doing something I have always wanted to do.

“We were thrilled when support workers took Cammy abroad

to Spain last year; I am sure their endless commitment and time planning the holiday has meant a lot to him, even though he cannot truly express his gratitude. It is moments like these that remind me why FitzRoy and the people within it are amazing.”

A massive thank you to Lizzie and all our other ‘Summer Solstice’ skydivers. Joining Lizzie will be Alyssa Mitton and Sherralyn Johnson, support workers at FitzRoy’s supported living service in Bicester, Molly Maguire and Katie Chesterton from Andrew Grant Estate Agents in Malvern and Robert Chingwalu who works at FitzRoy’s residential care home in Norfolk. We wish you well and good luck – enjoy the fall!!!

The ‘Ultra’ of Challenges

Regular walkers, seasoned trekkers and adventurous runners – can you take on an amazing challenge for FitzRoy? Experience magnificent coastal scenery or stunning open countryside, in an endurance event designed for all levels of fitness. Choose a distance of 25km, 50km or 100km and go at your pace, as part of a team or on your own. You will get full support all the way.



Five events across the country:

- Peak District Challenge – 13/14 July 2019
- Chiltern Challenge – 27/28 July 2019
- South Coast Challenge – 31 Aug/1 Sept 2019
- Thames Path Challenge – 7/8 Sept 2019... PLUS Thames Bridges Trek 25km
- Pilgrim 50 (North Downs Challenge) – 28 Sept 2019

Raise money to transform the lives of people with learning disabilities and autism – sign up via our website www.fitzroy.org/ultra-challenge

Walk over fire for FitzRoy!

Calling all our brave Hampshire supporters - sign up now and join us for our very first ‘FitzRoy Firewalk’. You can walk 20 feet over burning wood embers to raise money for FitzRoy! If you don’t fancy the walk of fire, you can still join in the fun, cheer on the courageous ‘soles’ and enjoy an evening of food, drink and games.

Firewalk Festival!

Friday 18 October
Queens Head, Sheet

www.fitzroy.org/firewalk



Donation Form

Help us transform lives. Your donation, large or small, will support someone with a learning disability to live more independently.

Thank you.

Online donations visit www.fitzroy.org/donate

Text donations up to £20: text **FitzRoy** followed by the amount to **70480**.

Cheque Donations please make your cheque payable to **FitzRoy Support** and return it to FREEPOST RLTB-UUSU-LCKT, FitzRoy House, 8 Hylton Road, Petersfield, GU32 3JY

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Team Bainbridge

Staff at our supported living service in Norfolk, Bainbridge Close, are taking on the Peak District Ultra Challenge in July and have been doing some fantastic fundraising as they prepare - washing cars, running a treadmill challenge at their local Morrisons supermarket and a car boot sale.



Manchester Marathon Runner Dan

Thank you to army anaesthetist Dan Wildridge for running the Manchester Marathon for us on Sunday 7th April.



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