

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

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

Credit or Debit Card Donations

Please debit my card for the sum of £ .

Card Type

Mastercard Visa Maestro Switch Delta

Name on Card

Card Number

Start Date / / 3 Digit CVC
On reverse of card

End Date / /

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I am a UK taxpayer and would like FitzRoy to treat all donations I have made in the last four years, and all donations I make hereafter, as Gift Aid donations. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities or Community Amateur Sports Clubs (CASCS) that I donate to will reclaim on my gifts for that year. I understand that other taxes such as VAT and Council Tax do not qualify.

Signature: Date:

Your Name:

Address:

Email:



Transforming Trafford!

A huge transformation has taken place at the FitzRoy Day Service in Trafford, Manchester. Using money raised by fundraising events and grants, the whole building has been revamped and the members are loving it.



With a brand new kitchen, bigger art room, computer suite, and a relaxed and spacious communal area, the members are enjoying new activities, socialising and eating together. They're cooking up a storm in the newly kitted out training kitchen which has a rise and fall hob, side opening low level ovens, height adjustable work spaces, and accessible equipment such as talking scales, jugs and timers, allowing more people to get involved in sessions.

Now set over two floors, they've managed to incorporate a multi-sensory room, break out room for peace and quiet, a lift, and an extra changing room with a bed and ceiling track hoist.

"Everyone is enjoying the new building, it is bright and spacious and fun to be in. We're grateful for the money everyone helped fundraise to create this transformation."

Anna Walsh, Service Manager

Join the conversation

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Call: 01730 711 111

Email: info@fitzroy.org

Web: www.fitzroy.org

FitzRoy, FitzRoy House, 8 Hylton Road, Petersfield, Hampshire GU32 3JY

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FitzRoy

transforming lives

news

Spring 2016



Love4Life – a place to have fun, make friends, and find love

In February we launched our fundraising campaign to save a project – Love4Life – that supports people with disabilities make friends, have a social life, and enjoy new opportunities.

We have had a fantastic response from many of you; so far we've raised £42,000 of the £55,000 we need. The project is transforming lives.

Over one million people have seen our video about dating thanks to Upworthy, a very popular video site, sharing it on their Facebook page.

[To watch the video go to www.youtube.com/FitzRoyUK](https://www.youtube.com/FitzRoyUK)

If you would like to donate please go to www.fitzroy.org/love4life.



"This group means everything to me, thanks to it I have met some lovely people and it has helped build my confidence up. For example there was my sisters friend's wedding and before I would have been really shy. I was nervous about going and would sit somewhere and not talk to anyone and instead I was up dancing, talking to a few people that I hardly knew and having fun which before I could never do. I have met some lovely people including my lovely boyfriend."

Tash, Love4Life member

"To know that he's enjoying a social life to the full in a very safe environment is of great comfort to us as parents and I know his greatest wish is to meet a young lady. This group offers this opportunity but in a very tightly regulated manner to ensure neither member is subjected to unwanted attention. This friendship group is one of the best things to happen to Andrew in his life and I'm sure he's not the only one who will say this if asked, its value is beyond measure."

Bob, parent

FitzRoy provide exceptional end of life care



End of life care is a particularly difficult time for carers and families. This inspiring case study from our award-winning FitzRoy Supported Living team in London shows how to get it right.

One of the people they supported was diagnosed with terminal cancer and his life changed immeasurably. He suffered from anxiety, and his family were not able to be involved as much as they'd like, so the FitzRoy team went out of their way to help him talk about his illness, and cope with his emotions. In true person-centred style they listened to his wishes and made them come true.

He wanted to marry his partner, stay at home for as long as possible, and move only once.

They supported him to stay in his home, and they made sure he was only moved once, to a hospice. They arranged a wedding and the couple were married in the hospice surrounded by friends and family. They extended this care to his circle of support, in particular his girlfriend, and the other residents close to him, and worked hard to make the most of his 'good days' including trips out, and a meal with friends.

The FitzRoy team worked hard communicating with a number of

agencies and health professionals involved in his treatment. They ensured there weren't too many people visiting on the same day, his appointments were kept, and his views and feelings were taken into account at every meeting.

This shows why person-centred care is at the heart of FitzRoy; it ensures individuals are listened to, and their needs and desires are prioritised at every stage of life.

To find out more about FitzRoy Services go to www.fitzroy.org/services

It's a bird ... It's a plane ... NO it's a FitzRoy Ford Lorry!

A long-term supporter of FitzRoy, who works at Ford, arranged for FitzRoy to feature on a full size lorry which is now travelling around Europe and the UK! Ford brought the huge lorry to Timber Grove, a FitzRoy Registered Care home in Rayleigh, Essex, to the delight of all the residents.

Look out for the FitzRoy lorry, coming to a motorway near you! If you see it, tweet us at @FitzRoyUK



"The three gentlemen from our nearby supported living home came along to see it, and everyone had a brilliant afternoon. We hope lots of people see the lorry!"

Anna Galliford,
Chief Executive, FitzRoy



FitzRoy Blog

Celebrating independence
by Sue Rzecki, FitzRoy Service Manager

"When we first met Mitchell, he had been living with relatives and moving out was causing him some anxiety. We were thrilled when he chose to join FitzRoy in Clarence Rd, and our committed staff team helped him learn new skills and independence.

At first he was unsure, lacked confidence, and had never learnt how to manage his own home. Through patience and commitment he worked hard with staff to learn these new skills, and eventually became more confident.

He was supported to set up a bank account to manage his money, look after his belongings and clothes, wash, cook, and make friends. With his new found control over his finances he was able to buy things for his room and himself, and generally take control of his life.

This hard work led to his big dream coming true; he made the move to his very own flat and with support from FitzRoy he has continued to develop his independence.

Mitchell has minimal support now, and is still learning new skills. He's using local transport so he can widen his horizons, and after buying a new computer, he's signed up to a computer course. The team at Clarence road are so happy he is enjoying his independence in his new home and we wish him every success for his new life. A huge thank you to FitzRoy's Clarence Road team, and Support at Home staff, who transform lives and help make dreams come true."

For more FitzRoy Blogs go to www.fitzroy.org/blog

#ChallengeYourself in 2016

Have the time of your life in 2016 and help FitzRoy raise more funds than ever!

TrekFest

4 to 5 June 2016

Take on TrekFest with a charity place through FitzRoy. Trekking through the Brecon Beacons, the stunning hills that run through the centre of South Wales, you will cross the highest peaks in the Beacons and South Wales including Pen Y Fan (886m), Corn Du (873m), Cribyn (795m) and Fan Y Big (719m). You can choose from 4 distances: 100km, 75km, 50km or 25km. Set your sights high!

London to Paris Cycle, Tour de France Edition

20 to 24 July 2016

Get a FitzRoy charity place for this fabulous 295-mile, 4-day bike ride. Starting in the beautiful Kent countryside to Dover, before crossing the Channel to Calais, the route takes you along quiet French country lanes, through traditional market towns with views of the rolling, green fields of Northern France, passing the war memorials and cemeteries of the Somme. The pièce de résistance is the final cycle up the Champs Elysées to the Arc de Triomphe, following in the tracks of the cycling greats, before watching them cycle the same route the next day in the finale of the Tour de France!

Prudential Ride London

Sunday 31 July 2016.

Hurry only a few places left!

We are over the moon to announce that we have charity places on the 2016 Prudential Ride London - Surrey 100 event, known as Ride100. This 100-mile cycling event is the biggest celebration of cycling in the UK.



Join more than 70,000 people taking part in this two-day event with thousands of supporters coming to cheer them on. Grab your place at this exciting event now and raise vital funds as part of 'Team FitzRoy'!

The FitzRoy abseil is back

Saturday 10 September 2016

We are thrilled to announce that FitzRoy will be taking over the Spinnaker Tower in Portsmouth for a thrilling day of abseiling. Are you brave enough to abseil down this iconic landmark to raise funds for FitzRoy?

Skydive for FitzRoy

all year round

Fancy a challenge? Take on a sponsored skydive for FitzRoy and look forward to the ride of your life!

To spice up your 2016 with a challenge of a lifetime take the next step and #ChallengeYourself.

Contact jim.apted@fitzroy.org or marianne.radcliffe@fitzroy.org