

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:



FitzRoy students graduate with top marks!

FitzRoy staff at Rural Skills are full of pride for the people they support who passed ASDAN accredited courses in horticulture.

"These training courses not only increase opportunities for employment and a greater quality of life, they prove that having a learning disability isn't a barrier to achieving your goals, and gaining qualifications.

Working through these courses has been challenging and demanded commitment and they've really proved themselves and taken pride in their work. It is wonderful to see them learn and develop skills that will be useful throughout their lives."

Gabe Fulford, FitzRoy Rural Skills Service Manager



To help more people take exams we will be building a new classroom on the Rural Skills site. The people we support are busy fundraising for it by selling some of the amazing woodwork they create. We've already raised £22k, but we need to raise another £3k, please help us reach our goal and transform more lives.

For more information contact **Jan Deane, Fundraising Manager, 01730 711 107.**

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

Winter 2016



"Who will care after I'm gone?"

An insight into the pressures facing parents of people with learning disabilities

Our new report "Who will care after I'm gone?" had a big impact. Anna Galliford, Chief Executive, appeared on BBC Breakfast and was interviewed by Adrian Chiles on his BBC 5 Live show. The Telegraph, Sunday Times, Independent, and Guardian also featured us.

Through focus groups and surveys we found that the top issue for parents is what happens to their son or daughter after they've died. They are desperate for reassurance that practical and emotional support will be readily available when they're not around to fight for it. They described

how much time, commitment and patience they need to be heard and to secure decent care. Many said they felt they had to be in crisis to be heard by social services. Much anxiety is driven by the cuts in funding, and by the frustrations they have that a career in care is not given the priority it deserves; a frustration we share.

We want these issues to be heard by the wider public, and by those who can make positive change, which is why it is so fantastic that our findings and case studies have been picked up by the national media, as well as learning disability publications. A recent letter from David Cameron supporting our findings will be followed up. By giving a wider platform to voice our families' concerns we hope that their issues will be addressed by policy makers, and local authorities.



Anna Galliford and Marian Crawford waiting to go on BBC Breakfast



Being interviewed on Radio 5 live



To read our full report go to <http://www.fitzroy.org/wp-content/uploads/Who-will-care-after-im-gone.pdf>

Watch Anna's video <https://www.youtube.com/FitzRoyUK>



Love
4Life

Support people with disabilities to find love

Without friends and partners, life would feel empty, bleak, and lonely. Our relationships shape how we live and how we feel – they make us human. So spare a thought for those living in your community who don't get the chance to make new friends or find love.

The reality for the 1.5 million people in the UK who live with a learning disability is that they are at risk of abuse and harm when going out, even to their local pub, and when using online dating services. They are

often shunned, laughed at, abused, robbed, and, in the worst cases physically hurt, so they inevitably end up extremely lonely and without the friendships and relationships many of us take for granted.

They can't change this without paying for people to help them go out safely, to a pub or night club, and many simply can't afford that support.

We know the consequences cost individuals and society a huge amount - it leads to mental health issues, self-harm, risk-taking, and worse.

We think it is unacceptable that this is happening in our communities, which is why FitzRoy is launching a fundraising appeal to run services where people can find lifelong friendships, meet people, and go on dates, safely.

To make a difference and support our appeal please contact **Jan Deane, Fundraising Manager, on 01730 711 107.**

FitzRoy founder turns 90!

John Williams, co-founder of FitzRoy celebrated his 90th birthday in December. The huge impact he has had on many people throughout his life was clear in the mood of excitement and celebration at the party.

"Back in the fifties John's vision for a better life for people with disabilities and their families went against the received wisdom of the day. Undeterred, he and Elizabeth worked round the clock and overcame many odds to fundamentally improve lives for many families.

This legacy lives on in the work of FitzRoy, and many other organisations that support people with disabilities to lead happy, fulfilling lives. John's determination and vision remains a guiding light for me as we continue to face many challenges to providing the best support for people with learning disabilities and their families."

Anna Galliford, Chief Executive



FitzRoy Blog

by Sam Humphreys,
Deputy Manager Huw's,
Nottingham, Residential Care

Outstanding care recognised

"This was the first time that Huw's had been inspected under the new CQC process. An inspection always feels daunting, but the new process was personal and really got to the heart of how staff provide care.

They look at five key areas; whether a service is caring, effective, safe, responsive, and well led. In the old inspection format, inspectors would sit in the office, now they get more involved with the people we support and the staff team. The inspectors were in the communal areas observing the way the staff worked with the people they were supporting.

We also had a visit from an 'Expert by Experience', a person with a learning disability who uses another service not provided by FitzRoy. They talk to the people we support as well as our staff and observe the care being given. Their comments are part of the final report.

Our lead inspector told us it was up to us to point out the areas in which we felt we were outstanding. We had so many examples of outstanding care practice the inspection took almost ten hours!

We were over the moon when the report came back with a 'Good' rating in four out of the five inspection categories and an 'Outstanding' in the caring category, which is brilliant!

All the staff are so proud of the work the Huw's team do with the people we support and it's really nice to be recognised for our outstanding work."



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

#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 including Pen Y Fan (886m), Corn Du (873m), Cribyn (795m) and Fan Y Big (719m). Choose from 4 distances: 100km, 75km, 50km or 25km. Set your sights high and take on this challenge!

The FitzRoy abseil is back

Saturday 25 June 2016

We are excited to announce that FitzRoy will be taking over the Spinnaker Tower in Portsmouth for a thrilling day of abseiling. Are you brave enough?

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 and on 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

We have charity places in 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 cyclists 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'!

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 email our fundraising team

Jan.deane@fitzroy.org
#ChallengeYourself.