

Providing a Vital Service for Parents of Pre-School Children with Cerebral Palsy





What is the Dame Vera Lynn Trust?

The Dame Vera Lynn Trust for Children with Cerebral Palsy provides a specialist service for families of young children with cerebral palsy and other disabilities. Parents and children learn daily living skills together at our School for Parents using the principles of Conductive Education. We support families with babies and children under five years of age.

A highly skilled and professional team helps parents to recognise a child's unique qualities and achievements. Every day is an exciting experience and parents can talk openly to each other about their child's activities, sharing an understanding of each other's situation. The emphasis in School for Parents is to provide strong practical support for all parents who have children with special needs within a mutually sympathetic and encouraging environment.

We currently have 60 families attending the School for Parents who travel from Sussex, Kent, Surrey, Essex, Middlesex, Berkshire and London boroughs. All the services we offer are provided free of charge. We receive no statutory funding and rely entirely on the support of the community to help raise the £540,000 needed annually to ensure that this vital and much needed service can continue.

Statistics show that 1 in 400 babies are diagnosed with cerebral palsy and for a family to be faced with the news that their child is affected by cerebral palsy can be a life-altering experience. Our ultimate aim is to assist and help families affected by cerebral palsy and to ensure everyone is made aware of the existence of our service.

If you would like further information about the Trust or how you can help and make a donation please visit our website at www.dvltrust.org.uk



Conductive Education and the learning environment

What is Conductive Education?

Conductive Education is an active education aimed at the development of learning. It is a unique holistic approach to meeting the child's complex needs. The primary aim is to develop an active personality.

Ingfield Manor is at the forefront of developing Conductive Education in the UK. Conductive Education was pioneered at the Peto Institute in Budapest, Hungary, and its principles were first brought to Ingfield in the seventies. In the School for Parents the principles are applied to the families' daily lives at school, at home and at play. They are taught with and through parents and incorporated into the children's routines at home.

Conductive Education achieves active purposeful movement and empowers the child to make choices, to become independent . . . and take responsibility for themselves.

Conductive Education enables children to:

- Maximise active, functional movement in all situations
- Achieve success and thus increase their self-esteem
- Interact with other people and events around them
- Make choices and move toward independence

Our objectives:

- Enable children to become independent through developing and maximising their abilities
- Build confidence and self-esteem for both parent and child
- Improve the choices and opportunities for each child through enhancement of their abilities
- Provide solid support and practical advice to parents so they can play a key role in the teaching partnership.



Frequently asked questions

Who refers families to School for Parents?

Families are able to contact School for Parents directly, often following advice from professionals. Once a place has been accepted, we contact all those working with the family to ensure all support is co-ordinated and effective.

How often do families come to the School for Parents?

Depending on the age of the child, families are sometimes taught on a 'one to one' basis but more usually attend a weekly three hour session amongst a group of families with children of similar needs and age.

What do families do?

Our highly skilled team at the School work together with parents to help their child become an active learner through the use of activities, games, songs and stories etc. All of the sessions aim to develop and involve each child in active sitting, standing, walking, manipulation, communication and cognitive development as well as self-help skills.

What if families have to travel a long way?

As the only specialist School for Parents in the South East we understand that some families have to travel a fair distance to get to us. We are able to provide self-catering family accommodation at a very modest charge to encourage regular attendance and lessen the stress of commuting.

What happens when the time comes for our child to leave the School for Parents?

The School for Parents team provides support for families in preparing for the next stage of their child's education. A report is compiled with photographs and information detailing the child's achievements. To support the transition our professionals may visit the child's new school and in addition staff from the child's future school are offered the opportunity to visit the School for Parents.

What about siblings?

We understand that the whole family is affected by cerebral palsy and should be supported equally. That is why we have even prepared a special playroom for siblings and have a member of staff on hand to watch over them whilst you are in your session. We also happily invite members of your extended family who are more than welcome to participate in the classroom sessions to learn the techniques to help a child with special needs.

Parents' Testimonies

“ You have all been so amazing and had such a positive impact on our lives. Without your help, support and hope that you have given us I am not sure where we would have been sometimes! The tireless hard work and incredible effort you all put in is so much appreciated and will never be forgotten. ”

“ We have found the School for Parents to be a massive help to T and ourselves over these last few months. We have found the work that you have done with T to be hugely beneficial to his development and we hope to continue to attend the School for Parents for as long as you are happy to have us. We are hugely grateful that such a wonderful organisation as yours exists, and that T is able to benefit from it. We cannot speak highly enough of the work that you do and have done with T. ”

“ We have felt very welcomed by all the staff and also very well supported. The lessons are varied, but follow a clear routine and with the activities carefully thought out are therefore helping C's development. It is easy to incorporate these activities at home. C enjoys Wednesdays, and so do I! ”

“ Everyone has been very supportive to us as parents and to see. M's progress has been tremendous thanks to you all. Please keep up the good work as your service is invaluable. ”



A message from our President

- Dame Vera Lynn -

“My role as President of the Dame Vera Lynn Trust for Children with Cerebral Palsy is hugely important to me.

For a family to be suddenly and unexpectedly faced with the news that their child is affected by cerebral palsy is a life-altering experience. The special attention that their child will need in his or her early years is woefully lacking in the public sector. Early intervention is crucial.



The free-to-all service that we supply at our School for Parents is a lifeline to our families and is probably the first such specialist support that they will receive.

Our Trust will support them through the early years and help to ensure that their child achieves their maximum potential and becomes a more integrated member of society”

Contact Us . . .

The Dame Vera Lynn Trust

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RH14 9AX

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School for Parents

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How to get Involved

Fundraising and Events

If you are an individual you may like to take part in one of our many fundraising events held throughout the year – running a marathon, jumping out of an aeroplane or walking over hot coals. You may, of course, like to organise an event of your own. A full Diary of Events can be found by visiting our website.

Community Fundraising

We are so lucky to have the support of many individuals, schools, churches, pubs and community groups who work so hard to raise funds for the Trust. The great thing about fundraising in the community is that it brings people together to have fun and enjoy themselves, while at the same time raising valuable funds to help with our work.

If you are a pupil or student at school or college, you could help us by getting your class, or indeed the whole establishment, to hold a fun event and encourage parents, family and friends to sponsor the activities to raise vital funds for the Trust. We would love to work with you to come up with some ideas.

Many local shops and pubs help us by taking a collection box, donating a raffle prize or putting a poster up in the window. We are always on hand to give a talk about our vital work if required and to provide general support.

Corporate Fundraising

Corporate support is absolutely essential to the work of the Trust as not only can companies help us financially, but

also through their hands-on help via volunteering initiatives such as painting our buildings or making contributions to the upkeep and environment of The School for Parents. Corporates can also assist us by advertising events on their intranet, rallying employees to get involved or lending us their own particular business expertise. If there is a particular event that you would like to sponsor, please get in touch with the Trust office.

Visitors are warmly welcomed to experience for themselves the professional and sensitive work carried out at The School for Parents.

If you would like to find out more or require further information on ways you can help please contact the Trust Office on 01403 780444 or Email: trustoffice@dvltrust.org.uk or visit our website: www.dvltrust.org.uk.

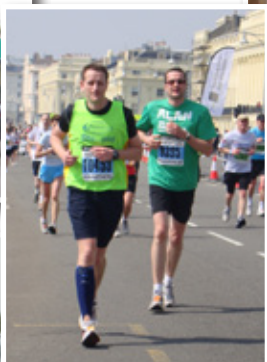
Legacy Donations

There is no 'cure' for cerebral palsy and the Trust needs your help to continue and expand its work, providing vital support for children with special needs and their families. We all worry about rising costs and uncertainties but the inclusion of a Legacy for the Trust in your Will would provide valuable help at some future time without adding to your current expenditure.

If you already have a Will, a simple Codicil is all that is needed to provide for a Legacy. You do not need to write a new Will.

If you have not yet made a Will, and would like to receive a copy of our leaflet, please give us a call on 01403 780444 or Email: trustoffice@dvltrust.org.uk

Recent fund-raising events



Visit our website: www.dvltrust.org.uk



The
Dame Vera Lynn Trust
for Children with Cerebral Palsy

President: Dame Vera Lynn, DBE, LLD, M.Mus
Registered Charity No. 1089657

I would like to support The Dame Vera Lynn Trust for Children with Cerebral Palsy

I would like to become a Regular Giver with a monthly gift of:

£3 £10 £15 (please circle) or £..... (other amount)

- **OR** - I would like to increase my regular monthly gift to £.....

Name

Address

..... Post Code Tel No

Email (to contact you to set-up your regular gift)

Signature Date

I would like to give a one-off gift of £..... (please make cheques payable to
Dame Vera Lynn Trust OR alternatively telephone to make a donation by debit/credit card.)

I would like information on leaving a Legacy (please tick box)

GIFT AID - I am a UK tax payer, please treat this gift and all gifts of money that I have made in the past 6 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations. I understand that the tax reclaimed in any tax year by the Trust against my donations (currently 28p for every £1 donated) must not exceed the total amount of income tax or capital gains tax that I pay in that year.

Signature Date

Please send this completed form to:

Trust Office, Ingfield Manor School, Five Oaks, Billingshurst, West Sussex RH14 9AX

Tel: 01403 780444 or email: trustoffice@dvltrust.org.uk

Website: www.dvltrust.org.uk

