

DAN'S FUND FOR BURNS

Newsletter 2009



Message from Polly Brooks (Miller), Chairman

Welcome to this Newsletter which has been timed to arrive with you around the time of the 7th anniversary of the Bali bombing. We hope it will be a reminder of the immense good that Dan's Fund For Burns has been able to achieve with the help of all your support. Both big or small it is all gratefully received.

2009 has been a rocky year for many so we are especially delighted that even in the toughest of times our supporters have continued to raise money for the Fund through individual efforts, wedding gifts, golf, bridge, Christmas shopping, coffee morning fundraisers to mention a few.

Inevitably there has been some fall out from the tough economic climate, with our decision to put the plans for the Black Tie dinner on hold. This decision was a wise one in hindsight not only from a financial point of view but also from a personal point of view as we are delighted to say that we are expecting our 2nd child in mid November of this year.

The Charity remains very active though, giving talks to school children, attending meetings of the London and South East Burns consortium, trips to Australia with Lawrence and myself to surprise Noel on camera (the chap who

helped me in Bali after the bombings), liaising with Burn Survivors and Burns medical staff nationwide, fundraising and media work to promote the

Charity amongst other things. On a more important note, we continue to donate to many individuals and their families, along with larger donations for equipment to the likes of Sheffield and Glasgow hospitals (more details of which to be found in the newsletter). We are also thrilled to say that in Feb 2009 the NHS Trust finally took over responsibility of the full time position of the Clinical Psychologist at the Chelsea & Westminster Hospital and Lisa Williams remains in that post. She continues to be a key link and support of the Fund and we thank her for that and for remaining so loyal to the position during the handover.



Noel, Nessie, Polly & their children - March 2009

Finally, amongst other requests we are currently considering, we have recently been approached to finance an exciting new burns camp for the 18-25 year olds. This will be the first of its kind for this age group and is pivotal for the continued support needed for burns survivors in their transition into adulthood. This is something we are very keen to support and hope that your continued efforts will allow us to do so.

For now, it just remains for me to thank you all for your continued efforts and financial support. I would also like to thank my Trustees, Joy Huston and the Surrey Fundraising committee for all their hard work and efforts over the past year. With a toddler and another on the way the help is very much appreciated!

With very best wishes for Christmas and the forthcoming year,

Polly Brooks (Miller)

DAN'S FUND ACTIVITIES

GENERAL SUPPORT for BURN PATIENTS & SURVIVORS

London Area Burns Support Group

Over the past 18 months, several Support Group meetings have taken place. Unfortunately our previous venue at the Hollywood Arms had become unsuitable so we moved back to the Hospital Boardroom. Having said that our last meeting on June 20th was a joint picnic and walk along the Thames with the Children's Burns Group. A combination of adults, children, friends and families walked along the river from Richmond station to Richmond Park. We mostly managed to avoid the showers but we did catch sight of the colourful flotilla of ancient boats heading down to Hampton Court Palace in celebration of Henry VIII's 500th anniversary. We would like to make this an annual summer event and hope to attract even more adults next time especially since it is very relaxed and informal gathering which offers the opportunity to meet others with very little pressure or expectation.

At our April 2008 meeting we were very fortunate in being able to welcome the Burns Commissioner for London, Sean Overett, to our meeting. Sean gave us a brief presentation about how services are commissioned for the London area and gave us insight into the process of deciding which services to buy, where to situate them and who should provide them. We were also able to ask Sean questions and to follow up on our recent bid for funding for the Support Group from the London and the South East Burns Consortium.

Looking ahead we are currently alternating between social events and informal meetings with invited speakers.

LONDON SUPPORT GROUP

Future Meetings

Dates and Venue for future meetings will be announced shortly

For those burns survivors who would like to attend these meetings, please check the website or call the Chelsea & Westminster Hospital Burns Unit on

020 8237 2504

for more details or

JUST COME!

Chelsea & Westminster Hospital, Clinical Psychologist Post

A large proportion of our funds continued to cover the position of Clinical Psychologist at the Chelsea & Westminster Hospital. Dr. Lisa Williams continued in this capacity until February 2009 when the position was assumed by the Hospital. This was particularly rewarding as by instigating and funding this position both Consultants, all those involved in the Burns Unit and patients, were unanimous in their praise for Lisa's work. In particular it was demonstrated, over three years, that such help was essential for the wellbeing and recovery of burns sufferers.

Although the funding is now in the hands of the Hospital, Lisa continues to work closely with DFFB in referring individuals who need the kind of assistance DFFB can provide. In this capacity, the ability to grant immediate funding is a great advantage. Examples of some of this assistance is given in the summary of "To what purpose your funding..." A major role for the Charity is to be ready to respond immediately and effectively when asked for help. Interestingly, not all requests are for financial aid, sometimes people contact us for assistance in where to look for help. Often once leaving hospital individuals may be in rather isolated areas of the country with little backup. In building up our reputation and network of contacts within the Burns world, DFFB is in a strong position to direct individuals to appropriate assistance. Sometimes a survivor, family member or friend just need someone to talk to or share ideas and experiences with, or to ask how best to help. Our Office is always available to help where possible. We are not professionals in the burns field but we can direct individuals to appropriate assistance.

Reflections on her Post from Lisa Williams, *Clinical Psychologist*

It is wonderful to still have the opportunity to contribute to this Newsletter even though Dan's Fund no longer supports my post financially. I would like to thank all the fundraisers and the Trustees, whose vision in setting up my post has been rewarded by the creation of a permanent psychology service to adults affected by burns in the London area. In recent months I have been working with the team here at Chelsea to create a case for increasing the amount of psychological support to both adults and children – so watch this space for developments!

Polly (DFFB Founder and Chairman) and Greg Williams, Chelsea Burns Consultant, have done a great job of running the Adult Support Group for several years and have recently handed the reins onto me. I would like to invite anyone who would be interested to help with the group to contact me on the above telephone number or via my email at lisa.williams@chelwest.nhs.uk.

The group can only be stronger for more user participation. The Burns Commissioners are very interested in patient involvement and are looking to include measuring the level of participation of burns survivors in support groups as one of the ways of assessing burns units throughout the UK. A survey conducted by the Salisbury group BUGS (Burns Unit Group Support) in 2006 found that there were only 5 functioning groups left in England and Wales. The greatest difficulties in sustaining the groups were: lack of patient interest; problems with the distances people had to travel to attend and the provision of staff time. I think these are all difficulties we can overcome.

In my position working face to face with individuals and families with burns, I am able to see first hand the kinds of issues that people have to cope with in the immediate and longer term aftermath of a burn injury. This also means that I am sometimes able to recognise where the intervention of Dan's Fund can make a crucial difference to people's lives at a time when they most need it. I am therefore also privileged to see how helpful and timely these interventions are. Confidentiality prevents me from describing many of these examples in any detail but it makes logical sense that not being able to earn money because of a physical or psychological injury means not being able to pay one's rent or travel expenses to get to outpatient appointments or even to buy moisturiser to keep one's skin hydrated. Very few people who end up with a burn injury have critical illness or disability insurance and therefore may find that the additional emotional and financial burden of a burn injury may set them back so severely that they will find it hard to get back on track again even if they fully recover.

Having said all of this human beings have an amazing ability to be resilient and to recover from injury and

adversity. When you think about it scars, for example, are nature's way of innately protecting us from future injury and infection. We may not like the way they look or feel or bring unwelcome attention from others but they are just doing their job. A significant percentage of my work is involved in helping people develop a different relationship with their scars. Often people develop extreme dislike and distress about their scars – they want them changed, cut out, cut off or they won't even look at or touch them. Surgical improvement is not always possible and may actually make things worse – scars on scars. One of my roles is to try to encourage people to be more compassionate with that part of them that has already been damaged and or operated on and to recognise that it needs extra special care – massage, dressings, moisturising etc – not neglect or hatred or further surgery. Many people have found this approach very helpful and means that they are now caring for their skin rather than rejecting and neglecting it.

Dr. Lisa Williams

RAISING OUR PROFILE

Increasing awareness of the need to widen after-burns care is becoming evident within the NHS. All major Burns Units in the country are beginning to benefit from the more vigorous implementation of many areas of the National Burn Care Review. Major Burns Units are being strengthened. As with recognition of the need for a permanent position of Clinical Psychologist at Chelsea & Westminster Hospital in London, there is a growing awareness of these needs, together with other psychological, occupational therapy, physiotherapy help for both adults and children. DFFB is building up contacts around the country and, where possible, information on these and similar groups can be found on the website links.

DFFB has also attended meetings of the **London and South East Burns Consortium**. This body was established as part of the overall burn care review with a view to making all Burns units in the network of equally high standard so that those suffering from burns will receive the best possible treatment regardless of where they live or access their services. DFFB has been pleased to be invited to these meetings as an organisation with direct interest in burn care and thus be in a position to monitor improvements and other issues affecting burns sufferers.

School Visits and miscellaneous media requests

During the past 18 months we have had many requests for Polly to be interviewed or to speak to students and other groups. One such address was to the girls of Class at the Queens College School for Girls in London where Polly's sister had once been a teacher.

Polly also gave a very moving interview on "London Tonight" (12th October 2007) and participated in another BBC production to be shown in October 2009 on the occasion of the 20th Anniversary of the *Marchioness* sinking in the Thames. Polly's flying visit to Australia as mentioned in her Report above took enormous courage and willpower to fly so far, with Lawrence, to appear on the Australian TV programme. She has also given several interviews to magazines including Best Magazine. These interviews and presentations are not always easy on the individual concerned as each time takes a toll on emotions as well as time and energy. However, Polly's example has done much to encourage others in showing them how she has bravely moved her life on as well as continuing to understand the need for support needed by other survivors.

HOW OUR FUNDS HAVE BEEN APPORTIONED

It is difficult to itemize every expenditure although a fuller summary may be found in the Annual Report. The following, however will give some idea of the diversity and very particular needs and requests we have received:

Northern General Hospital, Sheffield Teaching Hospitals NHS Foundation Trust

DFFB was delighted to fund new *Primus RS* Therapeutic Equipment for the Therapy Services, Outpatients Department.



This equipment will improve and enhance the therapy available to all patients requiring such assistance, including burns survivors.

The Occupational Therapy Team writes: "..... just want to say thank you for the Generous Donation, it is REALLY appreciated."

The photographs illustrate some of the equipment in use.



Occupational Therapy Team and Therapeutic equipment at Sheffield

Glasgow Royal Infirmary, Canniesburn Plastic Surgery and Burns Unit

As reported in our 2008 Newsletter, our intrepid bikers visited this Burns Unit with a donation towards equipment for a new rehabilitation room. These photographs show the equipment now installed and in use.



DFFB also has agreed to provide funding for the re-training of a long term burn survivor who is now ready to re-enter the work force. We wish him luck in his new venture.

MISCELLANEOUS STORIES

Julie "Your generosity has given me back my life."

Julie, aged 24 was severely burned both internally and externally when she had acid thrown over her face and body. She spent seven weeks in hospital and her recovery has been slow and painful. During this time her Consultant was able to use a very new skin grafting technique on her face and chest. The continued follow-up treatment has been, and continues to be extremely arduous and painful. It was recommended that Julie attend a specialized clinic in Europe where very aggressive physiotherapy, burns therapy and other specialised scar management techniques have been of considerable benefit to her recovery. The costs of this treatment has been very high, including travel costs as she has had to return frequently to the UK for further surgery and skin grafting. DFFB has been able to assist in these costs which could not be fully covered by the family. Her courage during this painful journey has been admirable as that of her family.....The Charity is grateful to several fund raisers whose efforts have gone towards these costs.

Julie writes: "I am very grateful to Dan's Fund for the help and support they have given me. My quality of life is so much better; the therapy I have received has given me renewed confidence and hope for the future. After my attack my future seemed very bleak but now I

take every day as it comes and I am enjoying life. My skin is improving and the graft around my mouth is now so flexible that I can manage a huge smile! Thank you everybody at Dan's Fund for Burns and a very big thank you to all the people who raised money for the Fund. Your generosity has given me back my life."

Jack Goswell

How life can change in a split second!

Jack writes: "In June 2007 I was travelling on the M5 when there was an explosion in my car causing burns to my face, arms and hands. I managed to get the car to the side of the road so it could not cause danger to others. I then ran blindly onto the road trying to flag down cars, **extraordinary as it sounds many people ignored me**, but finally someone did stop and called the emergency services.

I was air lifted to Wonford Hospital, Exeter; after being stabilised I was flown to the Frenchay Hospital in Bristol's intensive care unit for the next 9 days on a life support machine with pneumonia and infections in my burns. I suffered 33% body burns including facial burns, other areas of the body and hands requiring skin grafts. I remained in Hospital for 4 weeks, walking out one month to the day after I went in. During this time my parents commuted daily to be at my bedside. I desperately needed their support and love during this time which very much contributed to my recovery.

However, the cost of this travel began to mount up and it was here that Dan's Fund for Burns came to the rescue. I was unable to return to work as a mechanic partly due to the injuries to my hands, and also as the smell of petrol is still very traumatic. To help me in moving on, Dan's Fund for Burns also purchased a new computer for me. I have now applied to Bristol University to study aeronautical engineering. Happily I have been accepted and will commence in September. Having the computer will be a major asset and help towards my studies."

National Burns Camp for Children

Three children were again sponsored by DFFB to attend the National Burn Camp held at Grafton Waters. The experience of children attending these camps plays a vital role in helping them to gain their self-esteem and venture into the wider world. They also benefit from sharing experiences with each other and finding others who are/have experienced similar difficulties.

Burns Club Weekend Away for Young Adults organised by the Welsh Dragon Burns Club and the Frenchay After Burns Children's Club

We are thrilled to announce that Dan's Fund for Burns is funding the first such event organised in this part of the country. Many of you will be aware that there are wonderful summer camps available around the country

for children who have survived burns. However there is a gap once reaching the age of 18 where suddenly this wonderful support comes to an end. The hard work of members of the Welsh Dragon Club and the Frenchay After Burns Children's Club have proposed this **Weekend Workshop for adults aged 18-25 who have suffered from burn injuries**. The aim of the Workshop is to fill this gap and enable young adults to meet and network with other participants who have experienced similar injuries and life-changing experiences. It is hoped that such a weekend will give them the opportunity to share experiences, gain new skills and coping strategies and aim to build confidence and self-esteem. It should be noted that as with Children's Burns Camps, these wonderful support events could not happen without the dedicated members of the Burns Units who generally give of their own vacation and spare time to organise and attend.

Young Leader Training Programme organised by the Manchester Children's Burn Camp

We are also delighted to assist in funding this programme. Five young people aged 17-18 will undertake the first of a two year "Young Leader Training Programme". Each participant has sustained a burn injury whilst a child and attended a Children's Burns Camp. Having benefited so much from their own experiences, they all want to put something back to help the younger children. This programme is an excellent opportunity for them to move from childhood to adulthood and allow them the challenge of helping others and gain their own self-respect and sense of responsibility.

Dan's Fund is delighted to be able to sponsor these programmes to support young people and we look forward to reports on these initiatives which will be closely monitored and evaluated to determine whether the concept can be expanded further in the future...

Other calls for aid

The above illustrates only some of the many calls on our funds and time. The phones and emails keep coming from many parts of the country all year around. DFFB has assisted many people both with small and large funding. Frequently we help those in need of funding to defray the costs of transport for family members who may live great distances from the Hospital where the patient is being treated; expenses can mount rapidly and it is here we pride ourselves that we can offer assistance quickly and effectively under the right circumstances. It is distressing to realise how often arson plays a part in destroying families and the lives of those involved and we help where we can. Sometimes we can aid in retraining when a survivor has been unable to return to his or her normal field of work; sometimes we can assist in directing individuals to where to find appropriate help and most importantly there is always someone to talk with.

BRAVO

Katherine Jones – The Dangers of Candles

Our last Newsletter reported the case of an individual burned by tea lights – following is Katherine's own story: I was severely burnt when my clothing caught fire at a friend's party where tea light candles had been scattered around the room and on the ledge of the balcony. I was standing on the balcony chatting to a friend when I started to feel a little hot, before I had time to step away from the ledge the bottom of my top had caught alight and I was quickly engulfed in flames.



I suffered 1st, 2nd and 3rd degree burns covering my back and left and right arms, totalling 10% of my body. The burns were the worst on the left hand side as that's the side the flame had started. After 3

months at home with many sleepless nights, hospital visits and operations, I finally returned to work. During my time off I contacted Dan's Fund for Burns who offered some advice and counselling, which helped me to re-build my confidence.

Although I am still undergoing treatment and skin grafting I was determined that I would run the London Marathon this year and, I did!!! raising over £2,000 for DFFB.

Let this be a lesson for us all when lighting candles - it's not to say that we can't enjoy them, but we should bear in mind that they should never be left as an open flame but instead housed within a container. It's amazing how such a tiny candle can cause such a lot of damage.

WHERE DO OUR FUNDS COME FROM?

It is a continual challenge to raise funds, and particularly in this rather dismal economic time we are all facing. However, we are constantly surprised and touched with the number of people of all ages who come forward with ideas, challenges of their own, courage, and interest in continuing to support our work.

There are many we can't thank individually; however, we are so very grateful and indebted to each of you who have contributed to and thus sponsored our work. Some highlights of recent fundraising might be of interest:

WEDDINGS

Dan's Fund is extremely touched with the generosity recently of two couples who requested donations towards

Dan's Fund for Burns rather than wedding presents. This is a very selfless and heartwarming gift and the Fund is extremely grateful to John & Cath Atherton, and Sita & Gareth Noble for their thoughtfulness and to those who so generously contributed.

WINE TASTING EVENING HQS Wellington

A splendid evening on board this old Frigate moored on the Thames was conducted by Julie Arkel. Well-known Wine Critic and Wine writer Julie Arkel guided us through a selection of wines from around the world, sharing along the way her top tips on how to make the most of wine. Not only did Julie give her professional services pro bono, but she was able to obtain ALL the wine from various and many vendors who were happy to donate toward Dan's Fund for Burns. The evening, held on the deck, was packed to overflowing and everyone riveted to Julie's information. Julie also managed to obtain some magnificent raffle prizes and thus several punters went home with wonderful prizes including Champagne, Julie's books, weekend away and more. The evening ended with a buffet supper on deck enjoying the special views of London and the Thames.

Julie's books about wine are fascinating and may be purchased at www.amazon.co.uk.



HQS WELLINGTON is also available for private functions such as dinners, receptions, weddings and other great events.

We are grateful also to Chester Boyd and The Honourable Company of Master Mariners for the use of this unique venue on the Thames (www.thewellingtontrust.com), both of whom made considerable concessions on pricing towards the Charity. If you wish to hold an event on HQS WELLINGTON, please contact Chester Boyd.



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www.chesterboyd.co.uk

An exciting addition to the evening was the introduction as wine pourers of several wonderful young people who had raised great sums for the Charity, among whom were Marathon runners, Paul Piper, Emma Danks and burn survivor Katherine Jones, and "canoeist" Angus Harley.



Our thanks to all the other helpers and those who made the evening such a marvellous success. Thank you to each and all who contributed time, energy and donations! The evening raised £4849.92, which is a wonderful effort.

Wine Sponsors:

Accent Communications; Berry Bros & Rudd; Biddenden Vineyards; Brown Brothers Wines; Cape Grace; Casa Girelli; Cellar Trends Ltd.; Champagne Blin; Champagne Bollinger; Champagne Duval-Leroy; Champagne Jacquart; Champagne Lanson Champagne; Champagne Laurent-Perrier; Champagne Pol Roger; Champagne Thienot; Champagnes & Chateaux Ltd.; Charles Hawkins and Partners Ltd.; Château Suduiraut; Concha y Toro; Da Luca; Dillon Morrall; Domaine Jean Rijckaert; Fairleigh Estate; Faustino Rioja; Fern Bay; fiona Campbell Freixenet; Julia Trustram Eve; Julian Baker fine Wines Ltd.; Juniper Green Gin; La Différence; Majestic Wines; Mandarin Communications; Mentzendorff & Co.; Phillips-Hill Wine Marketing; PR & Events; Pusser's Rum; R&R Teamwork; Relish PR; Richard Bampffield; Sainsbury's; Sara Muirhead MW; Spears Cross B&B; Su-Lin Ong; Tesco; Thorman Hunt; Waitrose; Wildcard PR; Wineservice; Wolf Blass; Yvon Mau.

Second Wine Tasting

Not satisfied with the major wine tasting on board HQS WELLINGTON, Julie ran another, smaller evening event in her own home town with the aid of local Rotary Club Ladies. This was made possible by the generosity of Lord Petre, of Ingatestone Hall. This evening raised a further £550 for Dan's Fund as well as a raffle raising £203 for the Admiral Nurses. Our MOST sincere thanks again to Julie, and also to Lord Petre for his generosity.

Christmas Shopping Evening at the General Trading Company (GTC)

The GTC offered a shopping evening before Christmas whereby customers were able to enjoy the store while sipping Champagne and shopping. Everyone had a good social evening while at the same time learning more about this old landmark of Sloane Square and picking up unusual Christmas goodies. We are grateful to Caroline Stacpoole, owner of the GTC for her generosity.

MARATHON RUNNERS

Paul Piper, Marathon April 2009

We have benefited from several runners this year including Katherine (see story on page 5). Paul Piper, having run the London Marathon, also ran the Edinburgh Marathon raising funds for the Charity; Paul's family have benefited from Dan's Fund for Burns and Paul very much wanted to return the favour.



Paul Piper



Emma Danks

Emma Danks, a long time supporter of Dan's Fund for Burns also ran the Marathon for Dans Fund. "Having met Dan in Hong Kong not long after his 100km sprint along the Maclehose Trail in the New Territories (which he probably did after a night out in Lan Kwai Fong), running the London Marathon seemed a pretty fitting way to raise money for DffB (minus the SE Asian humidity...although it WAS a warm day for London!). What a fantastic day - thank you to everyone who so generously contributed sponsorship cash and also to those who turned up on the day to support and cheer from the sidelines."

From "Up North"

A successful fund raising afternoon and evening was held at Birkhill near Dundee by Anne Gellatly, daughter Wendy and Anne's sister Norma Fenton. Their invited friends had the choice to buy from a large selection of

Isla Grant's quality hallmarked Silver Mexican jewellery. Isla donated three pieces of jewellery for the raffle and a generous percentage of her sales. Including donations, the total for the day amounted to £552.



Ethical Extravaganza Rachel Broadent

On 12th March Newcastle's Student Union was taken over by Ethical and Vintage companies from all over the country, in aid of DFFB. The day was organised by Newcastle student Rachel Broadbent in collaboration with Daisy Green Magazine. The afternoon kicked off with a massive ethical market selling clothes, bags, jewellery as well as delicious organic cakes in a cosy tea area to put up your feet! The evening saw The Crocadella Sharkoes and Krista Puranen, the eco stylist, entertain the crowds before the showcasing begun. On the catwalk the student models successfully strutted their stuff down the catwalk wearing garments from various ethical companies including Beaumont Organic and People Tree. The party ended with a huge Swish (clothes swap) with Fair Trade wine and a DJ on the decks. All in all the day was a great success raising £300 for DFFB!!

The Gimme 5 Challenge Peter Webb

Peter has given himself quite a challenge while raising funds for Dan's Fund for Burns

A brief description of his adventures follows with a full account of this mighty effort on the website, www.dansfundforburns.org.

On a work trip, after completing the Budapest half-marathon, one of my distributors said. "You could do a ½ marathon in each one of your countries". One day I was thinking about what would motivate me to train throughout the year and then I remembered his words. The first challenge was to find 5 separate races, and 5 different countries, as many half-marathons take place

at the same time in different countries, so this was not as simple as it sounds. The second was as a new father – my wife was due to give birth in April, so as a new father I faced a truly major challenge.

As luck would have it I did manage to find the following:

1. 4th January Tromso, North Norway:

Polar Night Half Marathon.

2. 14th March - Boulder City, USA:

Hoover Dam 6 Tunnels Half Marathon.

3. 28th March - Prague, Czech Republic:

Prague Half Marathon.

4. April - A new baby took my focus for a while.

5. 13th June - Windsor, England:

Windsor Triathlon. Not part of the original challenge but I joined a team from work competing in this very popular Olympic Triathlon.

6. 12th September - Stockholm, Sweden:

Stockholm Half Marathon.



After the finish at Prague with Tomas my colleague, who suggested the challenge of running in different countries.

And still to go:

7. 25th October - Aland, Baltic Sea:

Aland Half Marathon. This is a perfect way to end the challenge and allows me to say that this race will be taken as my finland challenge; this is a small island in the Baltic Sea with only 130,000 population. I only hope at this stage I have the energy to be able to get off the Island and make it to the mainland. I have to date raised over £1,200.

Ben Harwood -

Three Peaks Challenge 6th - 7th June 2009

Ben, having reached the milestone of his 50th birthday, decided to complete the “Three Peaks” Challenge in aid

of Dan’s Fund for Burns. *Wet Wet Wet* may have been the name of a 1980’s boy band but it also summed up the weather forecast for Snowdonia, the Lake District and the Highlands as Ben and seven friends embarked on



Three Peaks team

the Three Peaks Challenge, which involved walking up Snowdon, Scafell and Ben Nevis, the highest mountains in Wales, England and Scotland, all in under 24 hours. Would the months of training pay off or would they be thwarted by age, adverse weather, blisters and aching limbs? The challenge started at Snowdon – a full account of this amazing effort can be found on the website, www.dansfundforburns.org.

There was little feeling of elation at the end, they were all too tired for that, but certainly there was a sense of achievement where many others have failed and that

the months of training had paid off with levels of fitness that held them in good stead. Just as important as completing the challenge have been the generous



donations from so many to sponsor the work of Dan’s Fund for Burns amounting so far to over £5,000.

Angus Harley -

The Devizes to Westminster Canoe Race 2009

A brief description of his adventures follows, with a full account of this courageous effort on the website, www.dansfundforburns.org.

As a young Royal Marine, Paddy Ashdown entered this crazy event and proclaimed afterwards that he only

knew of one other person in history who had suffered a worse Easter!

There are far, far easier ways to travel from Devizes to Westminster and most don't get you wet and allow you to take as long as you like. My cousin, Dan, would have relished this kind of mission and had I not kept this thought in my mind, I would never have reached the startline in Devizes, at 7am on Easter Saturday, let alone canoed non-stop for 23 hours before finally succumbing to utter exhaustion, somewhere near Chertsey.



My friend, Alastair Wilson (it was all his idea...), and I realised our miscalculation 5 months before the race, when we first sat in our second hand marathon canoe on the Avon at Bradford and promptly capsized in front of 20 sniggering members of the local canoe club. Marathon canoes are about as narrow as your backside and as stable as a round log in water.

Our 'everest' was to complete the 125 miles of the race, paddling about 60,000 strokes in the process and 'portaging' around 77 locks en route. In the end we managed 95 miles and 74 locks but we were one of the last to retire of the 30% of entrants who didn't make the finish line. I think it was the sleep deprivation and our bodies' eventual rejection of mini mars bars which did it for us in the end. The oddest things to happen to you before your body gives up are hallucinations and talking gibberish. We graduated with honours in both of these special subjects and were just tackling dehydration when we finally ended our quest.



Angus Harley at a portage

Dan would have shot past, urging us on with a big grin at this point, but we just couldn't go on. The up-side of this tortuous expedition was that we raised over £4,500 for the Charity set up in Dan's memory - Dan's Fund for Burns.

Charles Macfadyen - Wessex 100 Bike Ride

"On Sunday 7th September 2008 I took part in the "Wessex 100" bike ride in aid of Dan's Fund for Burns - a 100 mile loop of undulating countryside starting and ending in Salisbury and going via Devizes, Bath and the Wylde valley. Richmond Park and the hills of North Cornwall had provided good training, so fitness was never too much of a problem and the spectacular countryside provided plenty of enjoyment. Not even the dreaded "Brassknocker Hill" at Monckton Coombe put us off. However, not all went smoothly as progress was severely delayed by 4 punctures (I had 3 inner tubes, having given my fourth to another participant!) and an ill companion which meant that completion took around 10 hours in total, of which 6.5 hours were actually spent cycling. A great experience and definitely one to do again - in a better time!"



SURREY GROUP

Four events were run by the Surrey Group.

Val Band reports:

"This was the fifth **Bridge Tea** we have held at the Shalford Village Hall. We were particularly delighted to have Polly and her baby, Lawrence with us. The event raised a total

of £1,330.50, in October. Our teas, it has been said, are as good as those that you get at "The Ritz"! None of this would be possible without our team of dedicated helpers and cake bakers, who work so hard beforehand and on the day. We cannot thank you enough for your support. We look forward to seeing you again in **2009 on Friday 16th October.**"

Rosemary Derby reports:

"**The Golf and Bridge Day** at Woking Golf Club was much enjoyed and Dan's Fund benefited by a £2,060.00. Our fun "**Texas Scramble**" day was held at a new venue for Dan's Fund in May. The most attractive Pyrford Golf Club staff looked after us so well, fed us well a few balls were left in the water and the sun shone. The generosity of the lady players raised £1,253.00."

NEXT YEARS DATE: Thursday 27th May.

Coffee Talk

Recently Marion May gave a most informative, interesting and fun talk on 100 Years of Underwear showing us fascinating pieces with exquisite hand embroidery from Camisoles to Cami-Nicks at a coffee morning at Haldish Farm recently. DFFB would very much like to thank



Marion May shows her underwear!

Marion and all those who supported this lovely morning, enabling a very generous donation to go to the Charity-enough to send a burned child to a burns camp for a week.

Future dates:

Monday November 2nd 2009 -
Bridge and Golf day at Chobham GC.

Saturday February 27th 2010 -
Bridge Evening with Supper for all at Chobham GC.

Entry forms from Rosemary Derby: 01463 898461
or rosemary-derby@yahoo.co.uk

BRIDGE AFTERNOON IN KENT

Felicity Miller writes:

An afternoon of bridge followed an enjoyable lunch for 40 players held at Cowden Village Memorial Hall last November. During the meal, Nicola Heneghan, manager of the burns unit at the Queen Victoria Hospital, East Grinstead, kindly gave her time to come and talk about the terrible impact of burns injuries, the care given to patients, some of the new techniques becoming available and how Dan's Fund has helped in the provision of money and equipment for the Hospital. Tea, prizes and a raffle concluded the afternoon. Thanks were given to everyone who helped make the afternoon such fun and a success; over £800 was raised for the Fund.

NOTELETS, CHRISTMAS CARDS AND POSTCARDS.

Felicity Miller has painted a range of designs for notelets, printed on high quality A6 card, with matching envelopes.

There are now two sets of Christmas card designs. All these cards sell for £4.00 for a pack of ten (2 designs per pack). The cards can be viewed on the website, and ordered from fel.miller.t21@btinternet.com or Medway House, Cowden, Kent TN8 7JQ



FRESH OFF THE PRESS!

We now have a new design for POSTCARDS (illustrated). These are available in bundles of five costing £1.50.

Herbert Smith Hong Kong

The staff of Herbert Smith in Hong Kong continue to be strong supporters of our work and again last Christmas sent a donation from their annual Christmas Quiz Night. It is gratifying and heart warming to know that we are still remembered by so many.

HOT WATER BURNS LIKE FIRE

Dan's Fund welcomes the Government announcement that it is to change building regulations to ensure all baths in new bathrooms are equipped with a Thermostatic Mixing Valve (TMV). Mary Creagh MP has led a 3 year long 'Hot Water Burns Like fire' campaign to reduce scalding injuries in the home. Plastic surgeons and accident prevention charities have all welcomed the change in the law as a significant step forward for home safety.



WEBSITE UPDATE

The website has been updated once again and redesigned in line with the progress of Dan's Fund For Burns and new technology. We owe a huge THANK YOU to Lynn Coles who has worked so hard and given so much of his own time to accomplish this.



Lynn continues to help us redesign and maintain it free of charge. THANK YOU, LYNN.

Lynn's company, Hinga Design (www.hinga.biz) is a professional website design company for small companies and charities. Please email enquiries@hinga.biz for a quote should your company need any help with their website.

NEWSLETTER PUBLICATION

We would like to acknowledge the considerable assistance in producing Newsletters. Our printer, Phil Lotter of *Newgraphic* (newgraphic@btconnect.com), kindly formatted this Newsletter for us for which we are most grateful.

JUSTGIVING - DONATING ONLINE

We have an account with justgiving.com. This allows you to donate online via their secure credit card banking form. Visit www.justgiving.com/dansfund and follow the instructions to donate online.

GIFT AID

We would like to emphasise the importance of Gift Aid – in 2008-2009 the Charity directly claimed £1,491.05 but also Gift Aid is claimed through *Just Giving*.

ANNUAL DONATION

If you would like to donate a certain amount once a month, or once a year to the fund, then you will find a Bankers' Standing Order mandate on our website: www.dansfundforburns.org (Donations & Gift Aid). Please fill it out and send to your bank. Please also let us know if you have done so, so that we can keep our financial records up-to-date. **If you could also add your name as a reference to the payment as that will make the accounting much easier.** Thank you.

FRIENDS OF DAN

Would you like to be a Friend of Dan and receive ongoing information on Dan's Fund For Burns? If so, please send us your email address and/or postal address so that we can add you to our mailing list.

Send your details to: info@dansfundforburns.org or Dan's Fund For Burns, PO Box 54394, London W2 7HJ.

THANKS GO TO:

DFFB Auditor: David Healey,
Trustees: Alistair Strong, Roger Masefield, Felicity Miller, Rosemary Derby and The Surrey & Kent Committees for all their hard work BUT more importantly thanks go again to all our supporters, fund-raisers and donors.

We are most grateful to the Charity Trusts, Corporate Companies, and many Individual Donors who most generously support Dan's Fund. Also thanks to the School girls and staff of St Catherines, Bramley, whose Mufti Day raised nearly £500 as well as to the staff of Hills Road Sixth Form College who contributed over £100 to Dan's Fund from their Virtual Christmas Card appeal.

DFFB would also like to record their thanks to The Graeme Ellis Charity Golf Day that plays at Woking Golf Club each year chose Dan's Fund last year which raised a huge £1000 for our funds.

Thanks must go to Christine Pickett, Lady Captain of Woking Golf Club last year who chose DFFB as her Charity for her year and raised £1,742.

Congratulations and many thanks to Martin Hamilton and his team of club pro Carl Bianca, Paddy Buckley and Richard Emery shot an amazing 57 in a Texas Scramble for Dan's Fund at Woking Golf Club raising £500 with £250 matched giving from Price Waterhouse Coopers

LEGACIES

Think about your will - a lasting legacy would help guarantee the long-term work of Dan's Fund For Burns. If you are considering leaving a legacy to Dan's Fund For Burns in your will, we would be very grateful.

Either contact your solicitor or call 020 7262 4039.

DAN'S FUND FOR BURNS 100+ CLUB

The monthly prize draw has grown, giving participants a bit of fun at the same time as donating to the Charity. Our thanks to those who have participated, and those in particular who have organised the draws.

The club raises around £3000 annually

Congratulations to the winners who come from all over the country.

To join the 100+ Club, you may purchase one or more shares at £12 per share.

Each share goes into the monthly draw - prizes are at the moment £55, £30, £25, £15.

If you would like to join the 100+ Club, please fill out the form at the end of the Newsletter and send it to:

Rosemary Derby, Haldish Farm, Green Lane,
Shamley Green, Surrey, GU5 0RD

FINALLY, FOR BURNS SURVIVORS

IF YOU ARE, or KNOW SOMEONE and need some help, advice, or just a friendly ear – then please get in touch with us. We are willing to consider all requests for help and even if you are just looking for someone to talk to PLEASE contact us

through our website:

www.dansfundforburns.org

by email: info@dansfundforburns.org

or telephone 020 7262 4039



100 + CLUB FORM

If you would like to join the 100+ Club, please fill in the form below and send it to:

Rosemary Derby, Haldish Farm, Green Lane, Shamley Green, Surrey, GU5 0RD

DFFB 100+ CLUB Standing Order Mandate

To the Manager: _____ Bank plc

Address of your Bank: _____

Please pay to:
Barclays Bank plc
Guildford West Surrey Group of Branches,
PO Box 317, Woking, Surrey, GU21 1WT

Account name: Dan's Fund For Burns No.2 Account
Sort code: 20-35-35
Account number: 00362735

The sum of _____
(amount in words)
£ _____ *(amount in figures)*

Starting on ____ day of _____ 20____ and annually on 1st January thereafter until further notice.

Account name: _____

Sort code: _____

Account number: _____

Signed: _____

Date: _____

Address: _____

DFFB CONTACT DETAILS:

Dan's Fund For Burns
PO Box 54394, London, W2 7HJ

Tel: 020 7262 4039

Email: info@dansfundforburns.org

Registered Charity No. 1098720
Registered Address: Haldish Farm, Green Lane,
Shamley Green, Surrey, GU5 0RD

DONATIONS

If you would like to donate to Dan's Fund For Burns, please complete the form below and send to:

Dan's Fund For Burns, PO Box 54394, London W2 7HJ

If you are a UK Taxpayer, please complete the Gift Aid Form which grants the charity a further 28p on every £1 you donate. THANK YOU.

To: Dan's Fund For Burns
PO Box 54394
London W2 7HJ
Tel: 020 7262 4039

I enclose a donation in the amount of £ _____
(please make cheques payable to **Dan's Fund For Burns**)

Name: (please print) _____

Address: _____

Postcode: _____

GIFT AID FORM

I am a UK Taxpayer.

Date: _____

Signature: _____

You must pay an amount of UK income tax or Capital Gains Tax at least equal to the amount we claim from the Inland Revenue.

Cheques from a joint account must be signed by the taxpayer.

You may cancel this Declaration at any time.

If you cease to be a UK taxpayer, please notify **DFFB**. Please also notify **DFFB** if you change your name or address.