

THE FASD TRUST

PO Box 507

Witney

OX28 9EB

Tel: 0560 268 9478

E-mail:

info@fasdtrust.co.uk

www.fasdtrust.co.uk

Support Groups

Birmingham

9th May 2009

Venue: Rosalind House,
341 Tanworth Lane, Shirley,
Solihull B90 4DU
For details e-mail Helen at
birmingham@fasdtrust.co.uk

Cornwall & Devon

9th May 2009

Venue: Newquay Children
Centre, Trenance Road, Newquay
For more information e-mail Sam
at cornwall@fasdtrust.co.uk

Manchester

25th April 2009

Venue: Moston Methodist
Church, Moston Lane, Manchester
For more information e-mail
Sarah at info@fasdtrust.co.uk

Kent

25th April 2009

Venue: Sturdee Club, Hoo
For more information e-mail
Sharon at kent@fasdtrust.co.uk

Oxfordshire

14th March 2009

We will be in Witney by the
Clock at 9:30am or join us for
coffee in The Fleece at 1pm.
For more information e-mail
Simon at info@fasdtrust.co.uk

Norfolk

6th June 2009

Venue: Wellspring Family
Centre, 35 Neatherd Road,
Dereham NR19 2AE
norfolk@fasdtrust.co.uk

Sussex

28th March 2009

Venue: Battle Health Centre,
13 Mitre Way, Battle TN33 0BF
For more information e-mail
Rachel at sussex@fasdtrust.co.uk

All groups start at 11am,
include lunch & childcare—
unless stated otherwise.
Groups meet around 4 times
a year, and often have a fun
day in the summer as well.
Groups do meet in other
locations; for the full list
please refer to our website.

registered charity No. 1125212
company registered in England
No. 6501335
March 2009: Edition 02/09

Spring Family Newsletter

Issue 2

March 2009

We are delighted to bring to you our second Family Support Newsletter. If you want to remain on our mailing list for future editions, please let us know. Also, if you have access to the internet, keep your eye on our website www.fasdtrust.co.uk which we update regularly with all our events and news.

Julia's Jottings....

I hope you will find this Newsletter informative, interesting and gain an insight into some of the happenings here at The FASD Trust over the last few months.

In this issue we will begin to introduce you to our Board of Trustees, to our regional co-ordinators and also tell you about some of our fundraising activities, as well as projects to improve support to those affected by FASD.

It has been a busy time for us at The Trust, and we could not have achieved all we have done to date without the support of our dedicated volunteers. In particular we would like to thank Cerys, Amy, Ruth, Sharon, Sam, Chris, Sarah, David and Rachel for their efforts. If you would like to join us as a volunteer, either here in Oxfordshire at our head office or in one of the regions, please do contact us.

If you have any other comments or contributions, please do get in touch with us; we enjoy hearing from you.

Julia

Julia Brown, Executive Officer

Internet Forum

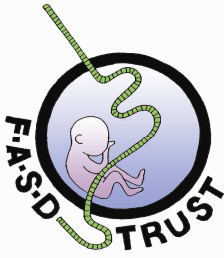


We are really pleased to announce our new internet forum has been launched. We hope that families, carers and other interested individuals will find this a useful place to chat, share information, ideas, experiences. To log on, go to our website, and click on the V-Bulletin logo on the homepage.

The FASD Trust aims to increase awareness and understanding of FASD (Foetal Alcohol Spectrum Disorders) and to increase the support available to those affected, including their families/carers, as well as preventing others being born with FASD.

Providing a lifeline to those affected by FASD





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Support Groups

These are the bedrock of our organisation, a vital means of support for families. Groups meet approximately 4 or 5 times a year and a full listing of dates, locations and venues can be found on our website.

We have launched a new group in Norfolk, which meets in Dereham, chosen for its central geographic location within Norfolk. We are not sure who had the most fun playing the parachute washing machine game – the children or the adults! Groups for other locations are in the pipeline, as we are slowly rolling out support groups around the UK, but if you can't see a group listed in your area, then why not contact us?

Introducing our Trustees

As a charity, we have a Board of Trustees who govern our work and to whom our staff report. We will introduce one of these to you in each Newsletter, beginning this issue with Stephen Holborough, who recently joined the Board.

A former teacher, Steve is now a driving instructor, but retains an interest in Education sitting on the Educational Appeals Panel for Oxfordshire. He is also Parish Warden of St Mary's Church, Witney and in the past has sat on Witney Town Council, serving as Town Mayor in 2005/6. He is married to Pauline, is a Rotarian and in his spare time enjoys photography, driving his sports car and model making.

Stephen says, "I was thrilled to be asked to be part of the Board of Trustees for The FASD Trust because having established links with it through Rotary, to be thought worthy of continuing to assist the wonderful work of The FASD Trust is an honour and a privilege; I look forward to a long and active involvement."

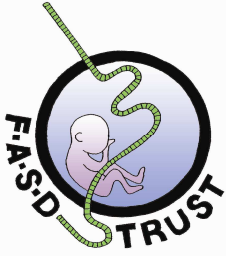
Regional Co-ordinators

We have several Regional Co-ordinators around the UK and Sam is our Co-ordinator for Cornwall & Devon. She and her husband have an adopted daughter with FAS. Sam writes, "We have new families coming forward needing support all the time and the Cornwall FASD Trust support group is ever growing. I see new families come to our group looking so despondent but who leave with smiles and hope. Just knowing you aren't alone can really help." As well as running the support group, Sam also helps raise awareness of FASD and the work of The FASD Trust, for example by speaking at other voluntary group meetings. To contact Sam, please e-mail her at cornwall@fasdtrust.co.uk.

Working with the NHS

Rachel, our Regional Co-ordinator for Sussex, organised an amazing half-day joint Hastings & Rother Primary Care Trust / The FASD Trust event to raise awareness amongst professionals working with children in Sussex about FASD. As a result of this event, Rachel has now set up a Joint Steering Group to assist in identifying and meeting the needs of those with FASD in Hastings & Rother PCT. If you would like more details, please contact Rachel at sussex@fasdtrust.co.uk.





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Fun Fundraising

Could you organise a fund-raising event for The FASD Trust? We have people running Marathons, having car boot sales, holding garage sales, joining their local carnival or fete, pig roasts.. ... £50 - £80 runs a support group, providing a vital lifeline for children and their carers. £100 enables us to print 1,000 leaflets to raise awareness of FASD and tell more people about our work. Or could you contribute to our telephone helpline – even just £5 makes a difference, enabling us to support children affected by FASD.

Do you shop on-line? If so, why not raise funds for The FASD Trust, as a percentage of your spend is given to us, while giving yourself access to great offers and discounts from all the major retailers, including Amazon?

To find out more, go to www.thegivingmachine.co.uk or www.easyfundraising.org.uk Ensure you select The FASD Trust as your cause.

Education, Education...

One of the biggest concerns parents and carers have is finding the right educational support for their FASD affected child. We are seeking funding to enable us to appoint a part-time Education Support Worker, to assist both parents and teachers in how best to support the FASD child in the classroom. We will release more details once this appointment and funding is confirmed.

On 22nd April 2009 we are holding a half-day training course specifically for teachers and those working in the education sector. The venue will be Witney Lakes Resort, Witney, Oxfordshire. Speakers will be Dr Raja Mukherjee and Prof Barry Carpenter, OBE, Fellow of Oxford University. More details, including booking forms can be found on our website under <http://www.fasdtrust.co.uk/cp4.php> or call us on 0560 268 9478.

Rotary Club

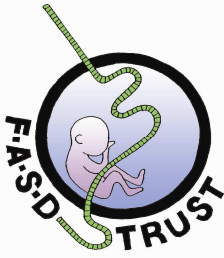
We would like to express our sincere appreciation to the Rotary Club in the Oxfordshire / Thames Valley area, who have so generously sponsored the printing of 5,000 of our Pregnancy & Alcohol Information Leaflets. Members of the various local clubs have then taken the leaflets and kindly distributed them in GP surgeries and health centres throughout the area.

9th September 2009

Mark the day in your diary now. We are busy planning a number of events, including a Study Day for Midwives and other healthcare professionals at Oxford University (see overleaf). As other events are arranged, details will be on our website and a full update will be included in our summer newsletter.

Research Requests

We often receive requests from students and researchers wanting to interview families to assist them with their studies or new research. If you are a family affected by FASD and would like to be added to our list of those who are willing to help in this way, please contact us and ask for Amy.



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**FASD
(Foetal Alcohol
Spectrum Disorders)
is a range of
disabilities, both
physical and mental
which a person is
born with due to
being exposed to
alcohol whilst still
in the womb. These
difficulties last a
lifetime, yet it is
totally preventable
if pregnant women
do not drink alcohol
during their
pregnancy.**

Providing a lifeline to those affected by FASD

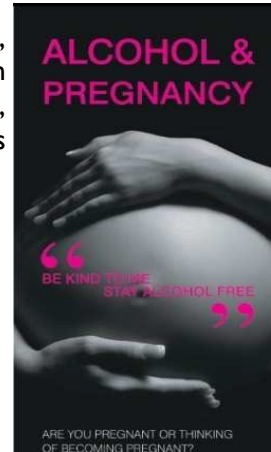
“Alcohol Consumption in Pregnancy”

As part of our events to mark 9th September, we are holding a one day conference at St Anne's College, Oxford entitled “Alcohol consumption in pregnancy”. Speakers include Dr Ron Gray, Dr Raja Mukherjee, Professor Moira Plant and the topics to be covered range from current UK research in this field, effects of alcohol consumption on maternal and child health, trends in drinking patterns in women in the UK and screening for prenatal drinking.

This conference is relevant to health care practitioners, researchers and policy makers with an interest in midwifery, obstetrics, general practice, paediatrics, epidemiology and alcohol related disorders. Students are also welcome.

This event is being jointly organised by the School of Health & Social Care, Oxford Brookes University and The FASD Trust. Information and booking forms will be available shortly; in the meantime you can register

your interest in this event by e-mailing
Ethel Burns eburns@brookes.ac.uk



The FASD Trust AGM

The Annual General Meeting (AGM) of The FASD Trust Limited will be held at 8:00pm on Tuesday 28th April 2009 at Christ Church, Main Road, Long Hanborough, Oxon OX29.

All Welcome. It would be helpful if you could indicate your intention to join this meeting by e-mailing Sarah Linden at info@fasdtrust.co.uk or calling her on 0560 268 9478.

At this meeting, the Charity's accounts and achievements from the past year will be presented, along with aims for the coming year. This is also a chance for people to pose any questions to the Trustees and Officers of The FASD Trust.

Working with Social Services

A large number of the children most seriously affected by FASD are “Looked After”. We are therefore partnering with a number of social service departments, providing training and information to practitioners about FASD, highlighting the particular needs of this group of children and working to ensure any placements are successful. To this end, we also provide:

- information evening for adopters
- training for foster carers
- Speak at post-adoption or fostering support groups
- Individual support for carers / parents via our website, telephone help-line and in our support groups.

If you would be interested in exploring how The FASD Trust could work with your department, please contact Julia Brown at juliabrown@fasdtrust.co.uk or by phone on 0560 268 9478.