

Shattered Dreams Appeal..

...Re-building lives affected by Terminal Illness and Bereavement...

Accident~Medical~Suicide~and more

The **Shattered Dreams Appeal** is largely about supporting parents through the terminal diagnosis or sudden death of a child.

The effects of losing a child can be immensely deep rooted and life changing, no matter what face we wear. Equally, a terminal illness or death of any relative is significant.

For adults living the emotional roller coaster of a terminal diagnosis or bereavement, a whirlwind of emotions may whiz around at the beginning, middle or end of your journey, following no set route. We are here offering help and comfort at any time you need.

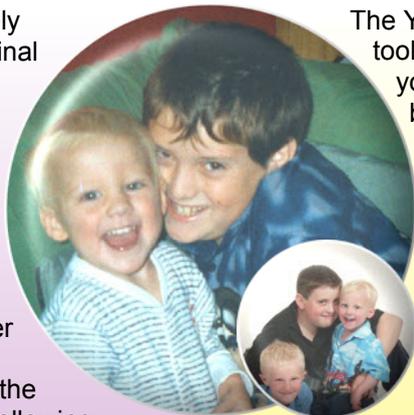
Some find it hard to know what to say or do and some try to hurry grief on but there is no right or wrong way to grieve. Our resources offer **awareness, information and support** to anyone seeking it in the hope that we will aid bereaved families and normalise this very individual experience.

The resources we offer include:

- * a space to communicate with others;
- * a wide range of resources to borrow-especially about cancer and death of a child;
- * an opportunity to make an entry for our Terminal Illness & Bereavement Diary project. We seek to publish a range of families experiences and tributes.

With enough interest, we also aim to provide:

- * a private area for bereaved parents to share experiences with others and
- * a range of workshops to increase pro-active support for those whose lives have been shattered.



Young Explorer's Club Fund

...Enabling children to explore feelings about any diagnosis, loss or bereavement..

Crafts~Meeting others~Exploring feelings

The Young Explorers Fund is here to provide the tools that help explain and include children and young people affected by a diagnosis, loss or bereavement.

We offer opportunities for them to understand what has happened and explore their feelings with family and peers.

Because supporting children can be tough for adults who have their own feelings of loss too, our goal is to develop regular Young Explorers Workshops for families offering adult and child peer support and age appropriate memory projects.

The resources we offer include:

- * a space for adults to communicate with others;
- * a wide range of books for children and young people that offer **awareness, information and support** about diagnosis, loss and bereavement;
- * making an entry for our Terminal Illness & Bereavement Diary project;
- * enabling children to write about their experience and
- * Memory Craft Activity Packs for members to take home for bereaved children.

There is no right way to contact bereaved families and so we will only be able to hold workshops when we have a list of interested families.

To register your interest to attend a workshop please contact us.



Fundraising, Grants and Other Income

UD needs approximately £50 per month to simply exist. We therefore rely on community grants, corporate support, fundraising and other donations to develop our projects.

Much of our core funds have come from collection boxes, fundraising events and kind donations from businesses and people who wish to support our organisation. However more recently we have received some impressive community grants and donations for which we are grateful.

- The Longley Trust Fund kindly supported Cruse Bereavement Training for 2 volunteers (1 volunteer has attended)
- Accounts are now being kept by afbookkeeping@live.co.uk
- A local company donated £250 to help where it was needed
- Family donation was received of £480

Grant kindly awarded to develop the Drop-In project and allow us to meet more diverse needs.



Grant awarded by O2 In The Community Fund to develop our Young Explorers Club Memory Craft Project.

Macmillan kindly awarded two grants, one for Cancer Support Training Expenses, and a second towards the Drop-In costs.

WE ARE MACMILLAN. CANCER SUPPORT



Inner Sense kindly supported UD by providing NLP Training.

We need all kinds of support to further our aims. To see how you can be involved or to make a donation, please contact us.

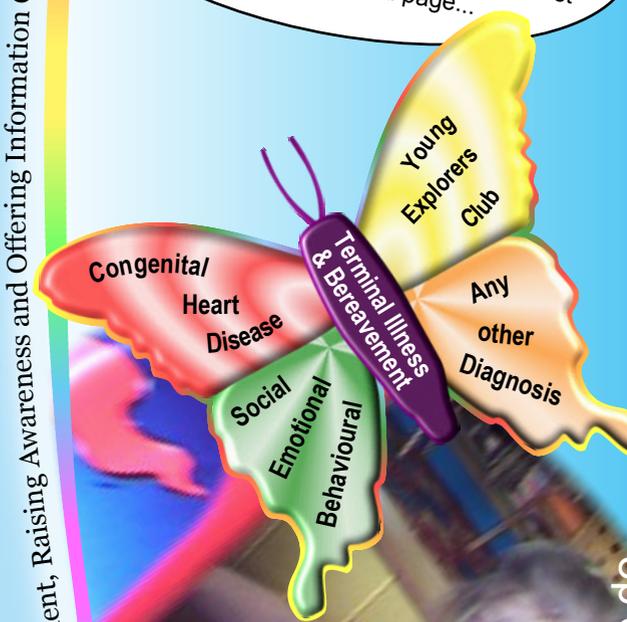
call or text 07832 245014
or email admin@understandingdifferences.org.uk
Who we are and what we do... Issue 1- February 2010



UnderstandingDifferences.org.uk

Whether any Diagnosis, Loss or Bereavement, Raising Awareness and Offering Information Creates Support

We can all play a role in aiding families live beyond what may be some of the most unimaginable times of their lives. For more information please go to the most relevant coloured page...



Who we are and what we aim to do

More information can be found in our UPDATES, website or other purple/yellow coloured leaflets.

UD Introduction...



"We believe that Raising Awareness and Offering Information about Any Diagnosis, Loss or Bereavement under 'one umbrella' that is accessible to all, will create support for affected families".

UD is a constituted Voluntary Organisation with free membership open to families, affiliates and affiliate organisations.

Our purpose is to help affected families, other family members, friends, colleagues and professionals *Understand* the journey's of a range of *Different* situations families can be faced with by offering:

- ★ A Drop-In Centre
- ★ Space to meet and share similar experiences with peers/other families and professionals
- ★ Coping strategies
- ★ Opportunities to write and share your experience to aid others
- ★ Books and information leaflets for adults
- ★ Fiction and non-fiction books for children
- ★ Story packs
- ★ Memory craft packs
- ★ Website and online Forum

Everyone perceives the world *Differently* and has *Different* values and experiences... *Understanding* those *Differences* and recognising that 'what may be right for one' may not be 'what is right for another' could be the most valuable resource we can offer.

A common denominator binding our topics together is loss and grief. These experiences can create a whirlwind of emotions and physical reactions.

Grief can be triggered by any loss, diagnosis or bereavement and grief can affect the whole family, including children.

Often adults avoid the truth to protect children, but many sense when something is not right and begin to use their imaginations to fill the gaps. This is why our ethos is to be honest at age appropriate levels so that by being open, children are included and able to express themselves and make choices which lead to a healthier emotional future.

Little Ross Memorial Fund...

...Re-building lives affected by diagnosis of Congenital or Adult Heart Disease...

TGA~HLHS~Heart Attack~and more



The Inspiration behind UD was "Little Ross" a precious little boy born with Hypoplastic Left Heart Syndrome.

Founded in 2003 this fund was opened soon after Ross died from Congenital Heart Disease. At this point, we began to group our topics... and so was born the different coloured funds.

LRMF is the fund to provide sources of heart related **awareness, information** and **support** for children and adults after any diagnosis of a heart condition.

Many people do not know the signs, of a heart condition and so many do not see the massive effects that such journey's may have on some families. Knowing these signs could make a difference and save lives. ...

The resources we offer include:

- ★ a space to communicate with others;
- ★ a few CHD books for children;
- ★ reference books that help understand why a heart may not be working properly;
- ★ books about adult heart disease and healthy lifestyle choices and
- ★ an opportunity to be involved in publishing further resources drawing from your experiences that may help others.

Because the beginning of UD highlighted that there were few resources available for children about CHD, the first series of the "Young Experiences, Young Explorers Collection" being drafted is about CHD. Please ask to see our project plan UD02.



Orange Fund...

...Re-building lives affected by any diagnosis...

Diabetes~Epilepsy~Cancer~and more

This fund is here to provide sources of **awareness, information** and **support** for children and adults after **any diagnosis** that is not a heart related condition (see LRMF).

Medical science has advanced a great deal in recent times, resulting in many more people surviving a variety of serious conditions for longer than they may have done previously.

However, there are many diagnoses where the outcome is often unknown or entirely life changing; examples such as cancer or muscular dystrophy come with pre-conceived ideas of dying along with a range of different thoughts and feelings for everyone involved.

Many people feel uneasy talking about their feelings for a number of reasons and we are here to attempt to help change some of these barriers and make a difference in peoples lives.

The resources we offer include:

- ★ a space to communicate with others;
- ★ a large range of books about cancer;
- ★ books about a range of other diagnoses;
- ★ reference books that help understand why your body may not be working properly and
- ★ an opportunity to be involved in publishing



Green Fund...

...Re-building lives affected by social, emotional & behavioural issues...

Divorce~ADHD~Adoption~and more

This fund is here to provide sources of **awareness, information** and **support** for children and adults experiencing **social emotional or behavioural issues**.

Many emotions and actions are pre-judged. This is similar for behavioural disorders where often they are presumed to be naughtiness, but behind many situations there is often a story that remains hidden.

Learning more about what could be affecting a friend or family member may make a massive difference as it increases your understanding and reduces some of their isolation.

UD a stop-gap while waiting for other appointments by offering information and providing a chance to talk to others. We hope that many difficult days and fears may be reduced and that this opportunity leaves families feeling reassured and able to work through a range of situations.

The resources we offer include:

- ★ a space to communicate with others;
- ★ a large range of books about situations families can be faced with;
- ★ books about behavioural conditions;
- ★ reference books that help understand ways to manage feelings and behaviour and
- ★ an opportunity to be involved in publishing further resources drawing from your experiences that may help others.

07832 245014

www.understandingdifferences.org.uk

*we are not a counselling service

More information can be found in our Updates, our website, relevant coloured leaflets or simply by contacting us. Each of our projects have a business plan and are managed appropriately.