

# Trevor blazes a trail

**If there is anyone that embodies the FitzRoy can-do, pioneering spirit, it is Trevor, who has just recently completed a marathon in three weeks and raised over £350!**



Like many of us, Trevor was hit hard by the pandemic as he is very sociable and is usually busy with pottery classes and different social activities. Trevor had the idea of starting a film club to get him and his housemates through the lockdown, which was a great success, but he missed getting outside and seeing his friends.

Trevor said:

“ I wanted to do something like this for a long time; I really like raising money. It’s good to have got out and about and seen some people. I feel very proud of myself for raising money and getting lots of exercise. ”

Trevor has inspired the whole FitzRoy team. Senior support worker Rosie said: “Trevor’s challenge has encouraged us to get outside a bit more and benefit from the exercise.”

The marathon has been a fantastic way to see some of his friends for outdoor visits, get fit and raise funds. Rosie adds, “He managed to push

through his fear of stairs to take a walk by the river.”

Not only did Trevor overcome his fear and complete the marathon challenge he’d set himself but he smashed through his original fundraising target too – amazing!



# The people we support have their vote counted

**Judith, Oliver and Jonathon, who live in our care home in Kent, joined hundreds of thousands of voters across the nation on 6 May and had their say.**

Jonathon told us: "I think it is very important that everyone should have the chance to vote."

Care home deputy manager Michael said: "We held meetings every day leading up to election day for our residents to discuss what the different parties are standing for, and everyone had really open discussions."

"It's their opportunity to be heard and to share their voice just like everyone else in society. If we don't support our residents and make sure they have the information needed, we would be depriving them of that right. That is why we have made sure the people we support have all the information that they need so they can choose."

Kimberley, service manager of our Nottingham support at home service agreed. Her team support people with a range of mental health conditions to live in their own homes. "The people we support might feel that no one will listen to them or that their voice is not valued. We have to challenge that, and support them to feel informed and able to vote."



## Honouring Captain Tom and all our FitzRoy heroes

**Across FitzRoy, we've been taking part in the Captain Tom 100 challenge. Everyone was encouraged to take on their own 100 challenge over the May bank holiday to raise funds for charities on the frontlines of the crisis.**

John, Robbie, Donald and Daniel are supported at home by FitzRoy in Norfolk. They decided that they wanted to spread some joy with their 100 challenge so they chose to give out 100 roses (complying with all Covid safety measures) to brighten up everyone's weekend and raise funds for FitzRoy. Each of the roses had a special handwritten inspirational quote attached.

Practice development lead Elaine Moody got on her bike to complete 100 laps of a racetrack with her husband Steve. Talking about why she was moved to take part, she said:

“ Working at FitzRoy during the pandemic I have seen bravery and determination in our staff like I have never seen before. Every single person who works for our charity deserves recognition. ”



Olivia, the seven-year-old daughter of our fundraising administrator, Becs, has taken part by doing 100 times tables! Well done Olivia and all our Captain Tom 100 participants who have so far raised almost £500!





# Kickstart your summer with our first ever FitzRoy Fun Day!

If you would like to take on your own challenge or if you just need an excuse to have some fun, then we have you covered.

# FitzRoy Fun Day

25 June 2021

We're putting the fun back into fundraising this summer! Why not organise a fun activity to kickstart your summer. Every penny raised helps our amazing frontline heroes continue to transform lives every single day. We don't mind what you do – whether it's an afternoon tea, a sponsored shave or a wild swim – the possibilities are endless. All we ask is that you raise funds and have fun doing it!

Go to our website for ideas or to order your free Fun Day pack, which includes t shirts, balloons and collection boxes. Order your free pack today [www.fitzroy.org/funday](http://www.fitzroy.org/funday)

## Thank you

We couldn't do it without you! It is thanks to you, our supporters, that we have been able to keep the people we support happy and well during this pandemic. Thank you so much for your support.



## Brighton Marathon – Sunday 12 September

Dust off those running shoes and take to the streets for this marathon which takes you through Preston Park, the city centre and along the glorious seafront.



## Wing walking – July to October

Imagine standing on the wings of a plane as it flies through the air at 135 miles an hour. You can choose a more relaxed flight or the most white-knuckle ride of your life with flypasts, zoom climbs and steep dives!



## Skydives – July to November

Have you always wanted to experience the thrill of jumping out of a plane? Why not seize the day and book a skydive for FitzRoy?

Find out more or sign up at [www.fitzroy.org/events](http://www.fitzroy.org/events)

# Donation Form

Help us transform lives. Your donation, large or small, will support someone with a learning disability to live more independently.

Thank you.

## Your details

FN0221

Title:  First name:

Surname:

Full home address:

Postcode:

**GIFT AID** I confirm that I would like all my donations, past, present and future, to FitzRoy to be treated as Gift Aid donations. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

## Make a donation

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Visit [www.fitzroy.org/donate](http://www.fitzroy.org/donate) to make a credit or debit card donation, or send a cheque payable to FitzRoy Support and send it with this form to FREEPOST RLTB-UUSU-LCKT, FitzRoy House, 8 Hylton Road, Petersfield, GU32 3JY.  
Text donations up to £20: text FitzRoy followed by the amount to 70480.

## Become a Friend of FitzRoy

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To join Friends of FitzRoy, visit [www.fitzroy.org/donate](http://www.fitzroy.org/donate) to set up a direct debit or complete the form below and return it to us to set up a standing order.

To the Manager of:  (Name of your bank/building society)

Address of your bank/building society:

Sort code:  -  -  Account number:

Account name:

I would like to set up a standing order for the monthly sum of:

£3  £6  £10  Other £

Commencing on  /  and on the same date each month thereafter until further notice.

Signed:  Date:  /  /

Please pay to: FitzRoy Support, National Westminster Bank, Farnham.

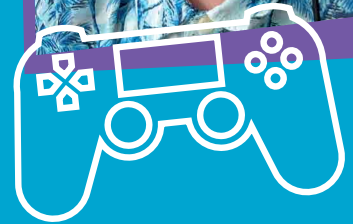
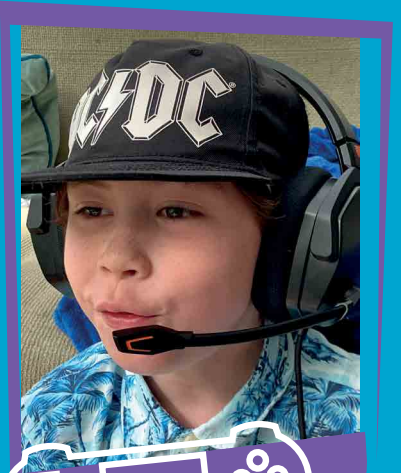
Sort code: 60-10-14 Account number: 58510540

Bank reference only:



## Calling all gamers!

We are planning a sponsored gameathon in October 2021. If you are interested in taking part, please email [jim.apsed@fitzroy.org](mailto:jim.apsed@fitzroy.org) or call Jim on 07767 425 928.



## Keeping in touch

You can stop receiving FitzRoy News or update your communication preferences at any time.

Contact [fundraising@fitzroy.org](mailto:fundraising@fitzroy.org) or 01730 711 111

To find out more about how we use your personal data read our privacy policy [www.fitzroy.org/legal](http://www.fitzroy.org/legal)

## Join the conversation



Call: 01730 711 111

Email: [info@fitzroy.org](mailto:info@fitzroy.org)

Web: [www.fitzroy.org](http://www.fitzroy.org)

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ACE!  
thank you \*  
YOU'RE THE BEST!

thank you very much

