

AUTUMN 2019

# Hannah Time



Registered with  
FUNDRAISING  
REGULATOR



*The magazine of the Dame Hannah Rogers Charity*

[www.discoverhannahs.org](http://www.discoverhannahs.org)

**hannahs**

dame hannah rogers charity

WELCOME

## Hannah Time 2019

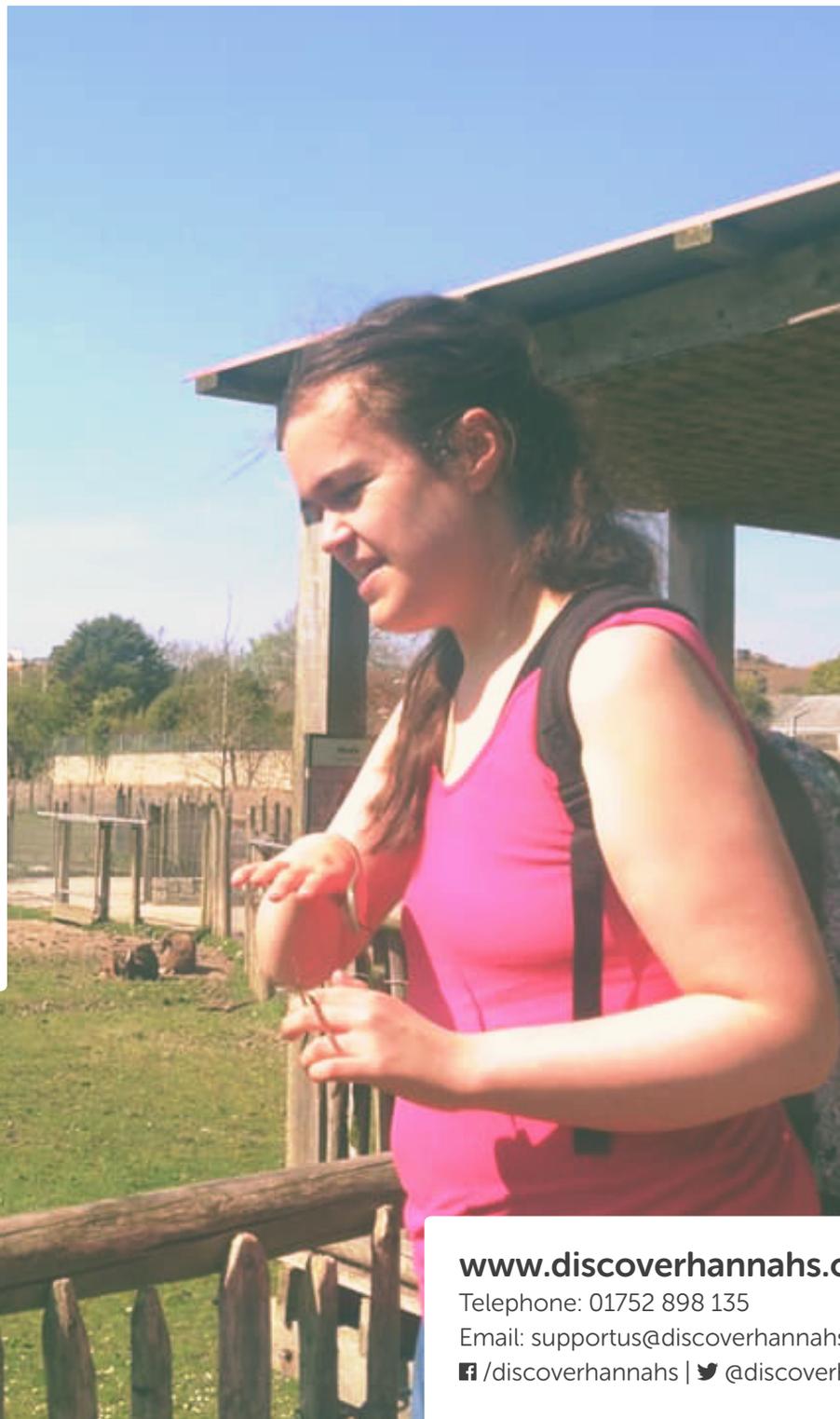
**W**elcome to the latest edition of Hannah Time. Despite the mixed summer weather our young people have been making the most of the opportunities that Devon has to offer. The young adults have taken part in some wonderful events including the Funky Llama Festival and Summer Jam in Plymouth and No Limits Cafe Makaton Choir in Newton Abbot as well as activities such as sailing, fishing, bushcraft, dog walks and theatre trips. They have also been taking part in plenty of activities on site such as gardening, tennis, drumming and yoga.

The school has grown dramatically during the last academic year and the children should feel proud of their achievements and thoroughly deserved their end of year certificates. The young people in our children's home have been living busy lives during the weekends and holidays whether it is cooking, going to the beach, flying kites or meeting reptiles! We have also had some special visitors including former pupils from the 1950s, a local radio presenter and Taiko Drummers.

Our wonderful fundraisers have continued to amaze us with their support and dedication in organising events and taking on new challenges including a rowathon and classical concerts. All of your efforts are much appreciated. Meanwhile members of our Fundraising team have been busy meeting new supporters and groups in the local community and taking part in events such as Devon County Show, Yealmpton Show and Saltash Regatta.

Again, thank you from Trustees and staff for all the ways you support us. Your contribution to our work makes a huge difference to everyone in our care.

**Professor David Coslett**  
Chair, Dame Hannah Rogers Trust



[www.discoverhannahs.org](http://www.discoverhannahs.org)

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A MESSAGE FROM  
**Tracy Dunne**  
 Sophie's Mother

**M**y daughter Sophie, who has Angelman Syndrome, joined Dame Hannahs at 4 years old. Our aims for Sophie were for her to be able to communicate effectively and walk independently. This may seem simple to normal folk, but for Sophie this would be something that needed expertise and dedication - she certainly has had that in this setting.

Sophie is such a happy child and thrives on being surrounded by people - the curriculum is adapted specifically for Sophie's level and she has excelled more than we ever thought. At 9 years old she is now using an iPad for communicating and is encouraged at all times to walk in

a walker, aided or independently - she is getting there!

All of the staff at Dame Hannahs know Sophie very well and they say she lights up their day - the passion for learning and developing the life skills for the students is second to none. Everyone who plays a role at Dame Hannahs is very special, it takes special people to work with special students and wow do they enrich the lives of the individuals to achieve and succeed. Thank you for continuing to support Sophie and most importantly, make everyday fun whilst learning.

- Tracy Dunne



SUPPORT US  
**How you could  
 make a difference**

**£15**

**SENSORY TOYS**

Provide sensory toys for the children at our school to help stimulate their senses and help them learn.



**£25**

**ART SESSIONS**

Enable a young person to express their creativity and discover their potential through supported art sessions.



**£35**

**SPEECH AND  
 LANGUAGE SESSIONS**

Help a young person to communicate, giving them choice and independence in a way that suits them.



**£70**

**THERAPY SESSIONS**

Help a young person to build up their strength and mobility through vital therapies such as Hydrotherapy and Physio.



**£100**

**ACCESSIBLE ACTIVITIES**

Give a young person the chance to experience something new with their friends, helping their development through accessible group activities.



**£250**

**MEMORABLE EXPERIENCES**

Help to make a young person's dream come true with a memorable experience of their choice.

For more information on how you can get involved and make a difference visit [www.discoverhannahs.org/supportus](http://www.discoverhannahs.org/supportus)

MEET

# Hannah Antonio

From Hannahwood



**H**annah lives in Marchesi bungalow with a close group of friends whom she has known for several years as she went to our school with them.

Hannah is a keen baker and uses the kitchen in her bungalow regularly to bake cakes as well as help prepare other favourite dishes such as Spanish omelette, Spaghetti Carbonara and pizza. Before helping in the kitchen she enjoys going shopping for the ingredients. Hannah is a happy member of her group and laughs a lot!

She is very interested in pictures and photos and uses her communications book a lot to chat to her friends and staff. She also enjoys going on sailing trips and adventures with Minnie the dog.



RECIPE

## Sue's Christmas Cake

**S**ue has been a support worker in Adult Services since 2013 and is based in Marchesi Bungalow. She is renowned for her wonderful cake baking in particular her

Christmas cake.

The recipe was handed down to her by her mother who first baked this particular cake in the 1930s. She often adds a special twist to it by baking a fruit log

and covering it with chocolate. The young adults in the bungalow love helping Sue and are always reminding her to add more brandy!

### INGREDIENTS

For 8 inch Cake tin

- 15oz Plain flour
- 4 Level tsp mixed spice
- 1 ½ Level tsp cinnamon
- 3 Level tsp cocoa
- 1 ½ Level tsp baking powder
- 9oz Dark muscovado/ demerara sugar
- 12oz Margarine
- ¾ lb Currants
- ½ lb Glace cherries
- ¾ lb Sultanas
- ¾ lb Raisins
- 6oz Mixed peel
- 2 Grated lemon rind
- 6oz Ground almonds
- 6oz Almonds
- 6 Eggs
- 3 tbsp black treacle
- 2 tsp Coffee essence
- Juice of one lemon made up with water

### METHOD

1. Soak fruit in brandy for 24 hours
2. Sift flour into bowl with mixed spice, cinnamon, cocoa and baking powder then add sugar and mix into dry ingredients
3. Cut marger into small pieces and rub into dry ingredients until it is a fine and even texture
4. Mix in the grated lemon rind, ground almonds, almond nuts and fruit and pour in brandy
5. Put eggs into a basin and beat well then add coffee essence and lemon juice to eggs
6. Make a well in the centre of the dry ingredients and pour egg mixture into well
7. Add syrup then gradually mix into the ingredients and ensure it is mixed really well
8. Put mixture into prepared tin, smooth the top and make a slight depression in the centre so that the cake will rise evenly
9. Place cake on middle shelf of oven at Gas 3/4 or 350/180 degrees for 30 minutes then reduce to 300/150 for 2 ½ -3 hours
10. Tin preparation: Grease tin with lard then line with greaseproof paper (wall and base) twice. Grease each layer, Wrap the tin with brown paper and cover with greaseproof paper when cooking.



MEET

## Luke Chubb

Physiotherapist

Luke Chubb recently joined Dame Hannahs as a physiotherapist. After studying physiotherapy at the University of the West of England in Bristol, Luke got a job as a physiotherapist at Derriford Hospital in Plymouth.

He gained experience in several departments including Neurosurgery and Paediatrics. It was during this time that he became aware of Dame Hannahs. He came across some of our young people in hospital and realised that the combination of neurology and paediatrics was what he was most interested in. He always read the background on each patient and talked to the carer or

physiotherapist accompanying them.

*"Working in the physiotherapy team at Dame Hannahs is my perfect job. Everyone has made me feel so welcome. We all work together as a team and all want to*

**“ I always wanted to work with young people and to help them develop and make their lives better.**

*help and we have the same goals. As a child I was always around people with learning and physical disabilities as my mum worked as a carer. I always wanted to work with young people and to help them develop and make their lives better. In my job I am always seeing*

*how I can make improvements and can create relaxation and happiness. In particular when I am in the hydrotherapy pool with them I love seeing their faces light up. I really feel that I am helping to make a difference and improve our young peoples' lives and to make them more comfortable and happy. I love being part of Dame Hannahs. Most importantly I look forward to work".*

Luke is also a keen fundraiser and always up for a challenge. He got involved in fundraising at the hospital for the Derriford Gold Dust Appeal including a sky dive. His next challenge is a wing walk!



MEET

## Laura Dennison

Staff Nurse

Laura started working as a Staff Nurse in Adult Services at Dame Hannahs two years ago. She works with our young people in Hannahwood Mews and Hannahwood Transitions bungalows.

Laura studied mental health nursing at Plymouth University and, once she had qualified as a RMN, she started working for the NHS as part of the Devon Partnership in Exeter. She worked both in dementia care with the elderly and with people with behaviour that challenges. After two years she was looking for a change and applied for a job at Dame Hannahs. She had heard about the charity through her holiday work as a student when she worked with children with disabilities.

**“ I really enjoy my job and find it so rewarding as I am able to really build relationships with the young people and their families which I could never do in my last job. We work so closely with them and their parents and carers and go through a lot together. We get to know all their habits and experience the highs and lows together”**



WORK FOR US  
**Training**

**W**e believe in training all staff to an extremely high standard and regularly deliver sessions with external speakers as well as utilising our own professional training team here at Dame Hannahs.

In addition to classroom based training, staff also have to complete a suite of e-learning courses and support staff are supported to complete a L3 Qualification (worth over £2500), which is externally accredited and paid for by the Trust. All of this training gives staff the confidence to assist our children and young adults and gives them a tremendous advantage with their own continuous professional development. Some of our staff have gone onto work within roles such as Clinical Support Assistant and management roles whilst others continue to support our children and young people to live the best lives possible.

**Staff regularly receive training in the following areas:**

- Safeguarding
- Emergency First Aid
- Epilepsy
- Medication
- Gastrostomy
- Eating and Drinking
- Manual Handling
- How to be an effective Fire Warden
- Tracheostomy
- Makaton

**Fantastic benefits include:**

- Up to £10.25 an hour
- Flexible hours to suit you
- Part of a fun, supportive team
- No experience needed
- Full training provided
- Pension and employee rewards
- Ongoing training and development
- 32 days annual leave entitlement, including bank holidays (pro rata for part time)
- Free Employee Assistance Programme
- Free Parking
- Subsidised staff lunches, made fresh onsite
- PLUS the opportunity to really make a difference

**INTERESTED IN BECOMING A SUPPORT WORKER?**

**We have a range of hours available.**

**Text CARE to 812222**

or contact [jobs@discoverhannahs.org](mailto:jobs@discoverhannahs.org) or visit [www.discoverhannahs.org/jobs](http://www.discoverhannahs.org/jobs)

**Activities and Adventures**

All our young people have enjoyed a variety of activities and adventures from sailing, bushcraft, dog walks and beach trips in the most beautiful parts of Devon to fun activities in Ivybridge such as tennis, gardening and parachute games.





THANK YOU

## Hannahs Heroes

We would like to highlight the amazing things that our wonderful supporters have done for us over the last few months and to say a huge THANK YOU!

### RADIO SHOW

Lester Jones from Radio Walkham spent a couple of days at Dame Hannahs interviewing people from all areas of the charity and asking them for their favourite songs. He then dedicated a two hour special show on Radio Walkham to the Trust. The show can now be heard on:

[www.mixcloud.com/radio\\_walkham2/click-the-pic-for-lester-jones-dame-hannah-special/](http://www.mixcloud.com/radio_walkham2/click-the-pic-for-lester-jones-dame-hannah-special/)



### IVYBRIDGE SUPPORTERS

Our wonderful volunteers from the Ivybridge Supporter Group have continued to work tirelessly for Dame Hannahs organising a Mayflower 400 themed Autumn Lunch and running refreshments stalls at the Yealmpton and Kingsbridge Shows.



### SIDMOUTH LIONS

The Lions Club of Sidmouth made a very generous £500 donation to Dame Hannahs. Having chosen us as their charity of the year they organised some festive fundraising activities and events.



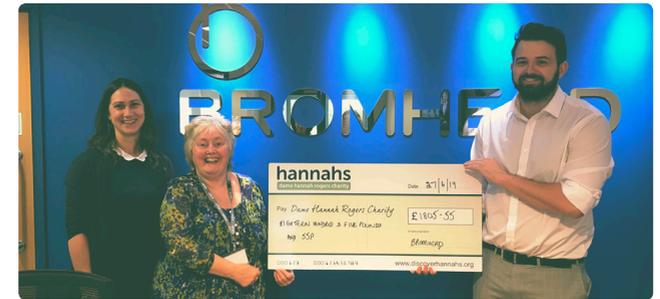
### MUSICAL FUNDRAISERS

The organisers of the Stoke Gabriel Community Concert Series chose to support Dame Hannahs as part of our Sing to Raise campaign. They have held concerts throughout 2019 featuring Divertimento String Quartet, Claudia Alvarez Calderon, Sam Massey, Ian Curror and Words for Voices with the final event by the Young Musicians from Wells Cathedral School



### PLYMOUTH GARDEN CENTRE

Plymouth Garden Centre at Crownhill generously donated a selection of plants, pots and compost which enabled our young people to enjoy some gardening.



### BROMHEAD

Staff at Bromhead Accountants raised over £1,500 for Dame Hannahs, having chosen the trust as their charity of the year. Throughout the year the staff organised a variety of fundraising events including a bake off and quiz night.

### 70<sup>th</sup> BIRTHDAY FUNDRAISER

As part of her 70th birthday celebrations, Rosy Holland has been busy fundraising for Dame Hannahs and has raised over £4,000. She is a member of several groups who have all helped her raise including her Taiko Drumming group, Teignmouth Methodist Church, her walking and Singalong groups as well as families from Trinity Prep School where she taught for 20 years. She also teamed up with seven other 70 year old friends for a '7 at 70' fundraising event at Teignmouth Rugby Club.



### DUNN & BAKER

A team at Quality Solicitors Dunn & Baker completed a Rowathon in the summer and chose Dame Hannahs as one of the charities to fundraise for. Dan Pollard and Sarah Finn used rowing machines to complete 26 miles each over a week. On the final day they were joined by their colleagues who rowed another marathon so collectively they completed three marathons. In total they raised £324 for us.



### CORNISH MUTUAL

Insurance company Cornish Mutual presented a cheque for £1800 to Dame Hannahs at the Devon County Show. The company hosted a number of their members in their marquee at the show and they generously donated over £1,000. Over the last year Cornish Mutual have raised a further £800 through fundraising activities including dress down days, bake sales and raffles.



### BIG NOISE CHORUS

A huge thank you to Colin Rea and the Big Noise Chorus for their generous support for our Sing to Raise campaign. They held a Spring into Song concert which raised nearly £700.

WE'RE FOR COMMUNITI



## Fundraising ideas

Fancy raising some funds for Dame Hannahs?  
Here are a few ideas to get you started!



### ORGANISE A RAFFLE

Ask friends, colleagues and local businesses to donate raffle prizes for your event.

### BREAKFAST CLUB

Make bacon butties (or vegan alternatives) or provide cereals for your friends, family or colleagues and charge them.

### HOLD A SWEEPSTAKE

Guess the name of the baby, guess the winner of the Grand National, Wimbledon or anything you can think of! Charge £1 per guess and give a prize to the winner.



### 100 SQUARE COMPETITION

Use our downloadable square template to run a competition of your own. Each person picks a square for £1 for the chance to win a hamper full of goodies - the winning square is secretly chosen in advance.

### DENOUNCE A VICE

It might be alcohol, smoking, junk food, swearing or whatever else you think is bad for you. Convince the people of your community or work colleagues to sponsor you, and the ones who are with you in this, to denounce a vice. You could be sponsored for each day you give up your vice.

### MOVIE NIGHT

Everyone enjoys a movie..... Invite your friends around. Charge a fixed price or charge for nibbles, popcorn, refreshments etc.

MEET

## Debbie Lumsdon

Our Community Engagement Officer

Debbie Lumsdon recently joined the Fundraising Team as our new Community Engagement Officer. We are delighted that Debbie has returned to the role she left seven years ago. She comes with a wealth of experience and knowledge within Community Engagement and Fundraising which she has been growing and developing. Debbie has been busy meeting and re-engaging with individuals and organisations in the community while building on relationships and meeting new supporters.

Debbie regularly gives talks about the work of Dame Hannahs to a wide variety of groups in the community. Her energy, enthusiasm and passion for the charity is infectious and creates an engaging and entertaining talk.

If you are interested in fundraising for Dame Hannahs or would like to book Debbie to speak at an event please contact her on

01752 898106 or [debbie.lumsdon@discoverhannahs.org](mailto:debbie.lumsdon@discoverhannahs.org)



CORPORATE SUPPORT

# Make your Will Week 2019



Kitsons Solicitors



Woollcombe Yonge



Tozers Solicitors



Start Point Law Limited

Every year Dame Hannahs teams up with a group of local solicitors in South Devon to run our Make Your Will Week. The solicitors waive their Will-writing fee in return for a donation to the Trust to help us in our work supporting children and adults with complex disabilities.

In 2019 the local solicitors who took part in our Will Week received a lot of interest in their free Will-writing service. As a result, we received generous donations from **Start Point Law, Tozers, Kitsons, Woollcombe Yonge, Dunn & Baker** and **Roper James**.

## £4,445 Raised!

Only 1 in 3 adults have a Will. It is thought that many people are put off the process of making a Will because of expensive legal fees and delay it until later in life. However anyone with children,

a partner, property, savings, or their own business are advised to have a Will to protect their family and financial wishes.

Make your Will during our Will Week with no expensive legal fees and just a donation to Dame Hannahs. Get peace of mind by taking care of your family and finances, avoid unnecessary stress or upset for your loved

ones, save money on traditional Will-writing legal fees, choose a trusted local solicitor to advise you and support your local charity. For one week only, local participating solicitors will waive their entire Will-writing fee in return for a donation to Dame

Hannahs. **The next Make Your Will Week will take place 9-13 March 2020. We are delighted that the following Solicitors have already signed up: Start Point Law, Tozers, Kitsons, Woollcombe Yonge, Dunn & Baker.** If you wish to take part please contact: [daniel.burke@discoverhannahs.org](mailto:daniel.burke@discoverhannahs.org)



“ Making a will is one of the most important documents you can make and yet the vast majority of people still die without one in place. Dame Hannahs make such a positive difference to the families they support. To be able to raise funds for Dame Hannahs whilst encouraging people to make wills is an absolute pleasure.”  
~ Tracey Wright, Woollcombe Yonge

Did you know? only 1 in 3 adults have a Will

# MAKE YOUR WILL WEEK

9 - 13 MARCH 2020

For one week only, local participating solicitors will waive their entire Will-writing fee in return for a donation to Hannahs to help us support our children and adults with complex disabilities.



THANK YOU  
**Vera Munson**  
 Shop Volunteer for 30 Years!

Vera Munson has been volunteering in our Ivybridge shop for 30 years. 95 year old Vera was recently presented with her long service award. Dame Hannahs Head of Fundraising, Daniel Burke, visited the shop to say a special thank you.

Before starting work in the shop Vera volunteered in

the Dame Hannahs school where she spent many hours sewing and repairing clothes that had been donated. She has always lived locally to Dame Hannahs so was always aware of the charity.

Vera said "I have always really enjoyed working in the Dame

Hannahs shop over the years. I enjoy helping people and chatting to them and being part of a lovely team of volunteers".

Vera is one of 130 volunteers, ranging in age from 15 to 95 years old, who work in the eight Dame Hannahs charity shops

in Ivybridge, Plymouth, Saltash and Newton Abbot. Between them the volunteers

give over 1000 hours a week and over the last year the shops have raised £506,587.

Head of Fundraising, Daniel Burke, said "We are hugely grateful to all our volunteers for all their dedication and hard work. We couldn't keep all

our charity shops running so successfully without their help. We recently held a thank you evening to celebrate and thank our volunteers many of whom received long service awards. As Vera could not attend on the night I was delighted to thank her in person and present her with her long service award and flowers".

**“** I have always really enjoyed working in the Dame Hannahs shop over the years. I enjoy helping people and chatting to them and being part of a lovely team of volunteers **”**

## 30 Years Helping people

**We always need volunteers! Contact your local charity shop for more information.**



## Our Charity Shops

**H**elp us by donating your used and pre-loved household items to our charity shops.

### HOUSE CLEARANCE

We also do house clearance within the Plymouth area - please call the Transit Way shop on 01752 784733 for more information.

### LOCATIONS

3 Leypark Drive  
 Estover  
 Plymouth, PL6 8UD  
 T: 01752 787753

104 Embankment Road  
 Plymouth, PL4 9HY  
 T: 01752 265394

6 Bank Street  
 Newton Abbot, TQ12 2JW  
 T: 01626 368271

35-36 Fore Street  
 Ivybridge  
 PL21 9AE  
 T: 01752 698249

Transit Way  
 Plymouth, PL5 3TW  
 T: 01752 784733

21 Marlborough Street  
 Devonport  
 Plymouth, PL1 4AE  
 T: 01752 500155

34 Fore Street  
 Saltash  
 Cornwall, PL12 6JL  
 T: 01752 847526

11 Victoria Road  
 St Budeaux  
 Plymouth, PL5 1RW

*giftaid it*

GIFT AID IS EASIER  
 THAN YOU THINK!

**£1 → £1.25**

**D**onating items – if you want HMRC to send Dame Hannahs 25p from every pound raised from your donated items, there's a simple one-time Gift Aid form for you to complete at any of our shops. Every time you donate your items will be Gift Aided once they sell!

Gift Aid is worth over £20,000 per year to Dame Hannahs' young people and their families – so sign up when you next donate!



# Avid Runner? Enjoy Marathons? We need your support!

Please choose us for your next sponsored run.

Speak to our Community Engagement Officer, Debbie Lumsdon:

T: 01752 898106

E: [debbie.lumsdon@discoverhannahs.org](mailto:debbie.lumsdon@discoverhannahs.org)

[www.discoverhannahs.org](http://www.discoverhannahs.org)

01752 898 135 | [supportus@discoverhannahs.org](mailto:supportus@discoverhannahs.org)

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**hannahs**

dame hannah rogers charity

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