

January 2024



Face Everything And Rise Newsletter

Charity No: 1196975

2024

Happy New Year!

CONTENTS:

PAGE 1: QUICK INTRODUCTION TO THE CHARITY

PAGE 2: HOW TO JOIN OUR FEAR EVENTS

PAGE 3: CALENDAR OF EVENTS

PAGE 4: INFORMATION ABOUT EVENTS

PAGE 5: FEAR VAN - EDDIE

PAGE 6: FEAR AWARD



WELCOME TO FACE EVERYTHING AND RISE (FEAR)...

WE'RE A REGISTERED CHARITY SUPPORTING CHILDREN AND ADULTS (AND THEIR FAMILIES) WHO RECEIVE ALTERNATIVE NUTRITION (ENTERAL AND PARENTERAL) OR LONG TERM IV TREATMENTS, SUCH AS CHEMOTHERAPY AND DIALYSIS.

THIS YEAR WE'RE RUNNING A NUMBER OF SWIMMING, SAILING AND SKIING EVENTS ACROSS THE COUNTRY... ALL THE S' !! IN ADDITION TO OUR EVENTS, WE'LL ALSO BE AT A FEW MUSIC FESTIVALS THIS SUMMER IN OUR SPECIALISED VAN WHICH YOU ARE VERY WELCOME TO USE FOR 'CONNECTING' AND 'DISCONNECTING'.

WE'RE ALSO HOPING TO HOST REGULAR 'ONLINE CHATS' TO GIVE PEOPLE THE OPPORTUNITY TO HEAR FROM OUR 'WELLBEING TEAM' AND TO MEET OTHERS VIRTUALLY.

THANK YOU FOR SIGNING UP TO FEAR, AND HOPEFULLY I WILL GET TO MEET YOU AT SOME POINT THIS YEAR.

Kim

How to join our FEAR events

All of our FEAR events are now listed on the website : www.faceeverything.co.uk

This year they are split into 'activity types' - hopefully making it easier for you to find the event you want to join.

HOW TO BOOK:

- Visit the website, click the 'FEAR days' tab at the top of the page.
- This will take you to a page listing our different activities.
- Click on an activity you're interested in joining (i.e swimming)
- You'll then be directed to a page listing the venues we're hosting events
- You can now make a booking by choosing a venue, a date, and your group size



OUR EVENTS ARE NOW £1.50 PER PERSON:



I've had to make the very difficult decision to make our events £1.50 per person, but this still includes 2 hours of activity. The reason for doing so, is because the running costs for each event has increased. Funding is also incredibly difficult to come by, so every £1.50 will make a big difference to the charity...

However, I do not want this to be a barrier to entry for anyone. So if you cannot afford it, please do not let this stop you from coming! Just send me a quick email about which event you want to come to and I will add you to the list.

Calendar of events

As there are so many events to choose from, here is a quick list of where we will be each month:

February

- 10th** - Rotherham swim
- 24th** - Romsey Rapids swim

March

- 16th** - Rotherham swim

April

- 13th** - Triangle swim
- 20th** - Skiing (Tamworth)
- 21st** - Sailing (am) Birmingham
- 21st** - Skiing (Tamworth)
- 25th** - Sit-Skiing (Tamworth)
- 27th** - Sailing (Portsmouth)

May

- 4th** - Skiing (Tamworth)
- 5th** - Skiing (Tamworth)
- 9th** - Sit-Skiing (Tamworth)
- 18th** - Skiing (Tamworth)
- 19th** - Sailing (am) Birmingham
- 19th** - Skiing (Tamworth)
- 23rd** - Sit-Skiing (Tamworth)
- 25th** - Sailing (am) Portsmouth
- 25th** - Romsey Rapids swim
- 26th** - Sailing (Southampton)

June

- 1st** - Skiing (Tamworth)
- 2nd** - Sailing (am) Birmingham
- 2nd** - Skiing (Tamworth)
- 6th** - Sit-Skiing (Tamworth)
- 9th** - Sailing (am) Portsmouth
- 15th** - Sailing (Southampton)
- 22nd** - Rotherham swim

July

- 13th** - Sailing (Ipswich - Woolverstone)
- 20th** - Romsey Rapids swim
- 27th** - Triangle swim

September

- 19th** - Romsey Rapids swim
- 20th** - Sailing (Southampton)
- 28th** - Rotherham swim

November

- 9th** - Triangle swim
- 16th** - Rotherham swim

December

- 28th** - Romsey Rapids swim

Information about FEAR events

As our events are all different, this will hopefully help you to choose which events are suitable for you and your needs... As always, if you have any questions, please email me: kim@faceeverything.co.uk

SWIMMING

All swim events are held at Places Leisure venues with 'changing places' facilities.

The Triangle, Rotherham and Romsey Rapids all have flumes and rapid areas.

Camberely has a splash pad area and a large inflatable assault course in the main pool.

The events are for the whole family!

SKIING

Our skiing lessons are held at the SnowDome in Tamworth.

These lessons are exclusive to FEAR and you will be taught by qualified ski instructors in a group of 6 (all FEAR individuals)

Sit-Ski lessons are held on a Thursday for safety reasons, as its a lot quieter in the weekdays.

The bookings are for 4 x lessons. This is to give you opportunity to learn to ski :)

The min age is 5 years (no max age)

We will soon be adding 'one-off' lessons too.

SAILING

Southampton - This sailing facility is wheelchair friendly. There is a host on the pontoon to lower you from your chair into the boat

Portsmouth and Birmingham - This venue is fantastic, however, as there isn't a hoist, you would need to be able to self-transfer or be happy to be assisted from one boat to another.

Woolverstone (Ipswich) - This sailing facility is wheelchair friendly. There is a host for you to use, if needed. You will also have opportunity to drive a motorboat without needing to leave your wheelchair!

EDDIE THE FEAR VAN

Eddie will be at all of our FEAR events and a number of festivals.

There is:

A ramp

A hand washing sink

Drip stand

Temperature controlled fridge

Air purifier

Sensory lights (if needed)

Charge points (if needed)

Eddie the FEAR Van

Eddie is a fully converted VW Van, and will be used as a safe space for people with feeding tubes and central lines to connect and disconnect their feeds or treatments...

Eddie will be at all of our FEAR events for you to use. He will also be at a number of festivals; enabling you to go to music festivals without the worry of where to 'connect' or store your feed. He is fully accessible for wheelchair users, has a sensory twist inside, and has all the storage you could possibly need for ancillaries!

The sole purpose of Eddie is to support YOU!

What festivals will be be at?:

14th July – RaverTots – Maidstone

21st July – RaverTots – Reading

25th – 28th – Bestival

15th-18th August – Bestival

23rd-25th August – Victorious (and hopefully Carfest)

26th August – RaverTots – Southend

8th September – RaverTots – Margate



We are still waiting to hear from a number of organisers (i.e Boardmasters, Carfest, Isle of Wight etc). As soon as we hear back, I will let you know



FEAR award

January 2024

DO YOU KNOW SOMEONE WHO YOU'D LIKE TO NOMINATE?



At FEAR, we understand just how important it is to recognise achievements! ... That's why we've introduced the FEAR Award

Award criteria: *For children and adults who receive artificial nutrition or long term IV treatments. Also includes Family members, carers or nurses.*

How to nominate? Simply fill in the form on the website, and at the end of the month we will announce the recipient!

OCTOBER

Arley - for smashing his personal bests in swimming and for diving off of the start block during his swimming gala!



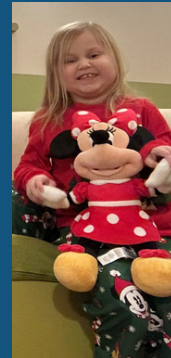
NOVEMBER

Noah - For being super brave during his recent surgery... and... for learning to blow bubbles as part of his chest physio exercises



DECEMBER

Molly - For everything you have achieved this year. From swimming, to canoeing to self propelling in your wheelchair. You've achieved so much!



Well done!

www.faceeverything.co.uk/fear-award