

Autumn/Winter

In Good Company

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one of our
amazing Nurses**

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Hello

I'm really happy to share with you some of the exciting developments that have happened at Rainbows, which means we are now able to reach more babies, children and young people who benefit from our support.

The first step of that has been putting Rainbows Nurses into hospitals. We've had Nurses in both University Hospitals of Leicester and Nottingham for two years now. They have transformed the support that we're able to offer to babies, children, young people and their families.

In the last 12 months our Nurses in hospitals have been in contact with over 2,400 families, often seeing families many times during their hospital admissions to give expert palliative care and advice, which is double what we had in the preceding year. We've also had 50 referrals to Rainbows; mainly for palliative care and advanced care planning support. Importantly, we're reaching far more babies than we used to, which is what we expected we would do. We're able to offer support to people when they really need it the most.

This is only the beginning of what we're trying to do.

Alongside our Nurses in hospitals, we have an exciting phase of work starting, which is our outreach project, and we're looking forward to sharing more information about this work in the near future.

None of this would be possible without the support of many people across the region, who are very generous with their time and money. On behalf of Rainbows, I would like to say a massive thank you for the part you're playing in enabling us to do all of this; it will make such a difference to babies, children and young people across the region.

Thank you for supporting Rainbows.

Anne-Marie

Anne-Marie Rosak
Head of Hospice & Community Services
Deputy Executive Nurse



Did you know?

In the last 12 months our Nurses in hospitals have been in contact with **over 2,400 families from across the East Midlands.**



Introducing Lauren



Lauren is the newest member of the Organisational Giving Team here at Rainbows. Lauren has worked in the charity sector for six years and loves supporting corporates to reach their fundraising goals, generating fun and innovative ideas that align with company values, team building, and more!

Lauren will be covering Northamptonshire and South Leicestershire so please do get in touch if your company or workplace would like to chat about any opportunities. Together, we can make a big difference in the lives of babies, children, young people, and their families.

lauren.baker@rainbows.co.uk

01509 638 026

Meet the rest of the team



Kate Golding

kate.golding@rainbows.co.uk

01509 638 008



Kirsty Coxon

kirsty.coxon@rainbows.co.uk

01509 283 919

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Some elements are not commissionable - for full details see RivieraGroups.co.uk. Riviera Travel retain the right to withdraw this offer at any time. Please remember to mention 'Rainbows' and your group name at the time of booking.



Lucas' Story

Lucas was like any other nine-year-old boy. He was happy, active, noisy and loving. His family were looking forward to his imminent birthday but two weeks before the celebrations, mum, Kim, was given the devastating news that Lucas had a brain tumour.

She was told he had two years to live and there was nothing that could be done. The cancer was a very rare form with no cure. Surgery was never an option.

Sadly, Lucas died on December 11 2022, seven months after his diagnosis. "I felt like we had been robbed," said Kim. "He never got to do a bucket list, we didn't have time to do anything with him. It was all so very cruel.

"Lucas was very chatty, he never shut up. He was a cheeky normal 10-year-old boy. He was hyper, very loving and an absolute pleasure to have around. There is definitely a big hole in the house.

"Lucas was never an ill child, I knew when he was ill because he wanted Mummy cuddles. When he began tilting his head to one side and being sick everyone thought he had an ear infection. But his symptoms persisted and worsened.

"Hearing the diagnosis was like they had pulled the rug from under our feet. He went downhill so quickly and by his birthday he was in a wheelchair. It was a very rapid tumour. He lost his mobility very quickly on one side and he was getting very painful headaches."

One day, Lucas caught a cold that affected him very badly, after that, he was unable to speak. He had lost his mobility and he communicated with his eyes. "The kid never shut up and then he couldn't talk, it was so hard," said Kim. "We knew the differences in him every single day. We knew when we woke up that he would have declined more."

Kim and Lucas came to our hospice in October 2022 and never left. For an exhausted Kim, she was able to recharge her batteries and be mum rather than a constant carer as she leaned on our team.

"We came to Rainbows and we went swimming and he enjoyed a massage. Lucas loved coming to Rainbows. His older brother, Tyler, came to see him and they played in the pool together and I could hear the giggles. I hadn't heard giggles for a long time. A real belly giggle. I don't think he ever giggled again after that.

"At Rainbows I knew he was looked after. The support for Lucas and myself was amazing. And Lucas' other brother, Rian, was also able to visit. Jamie was also able to come at weekends.



"One night, Lucas became unwell, I had been at home as I had a cold and didn't want to pass it on to him. The Rainbows Nurses called me to come in. I got there and climbed into bed with him and held him. Both Jamie and I were with him. When Lucas went to sleep I told him that I loved him so much and we will be ok if you have to go. Then I kissed him good night on the forehead then he went to sleep.

"The team at Rainbows are all amazing and they helped so much. It is like one big family."

Ideagen are pulling out the stops to reach their £25k fundraising target



Last year, Ideagen raised an amazing £10,000 for us and we are delighted they have chosen to support us again in 2023 with a pledge to raise an incredible £25,000. Their fantastic staff are going the extra mile to meet this target. Walking 50 miles in two days, cycling from coast to coast in a day, tackling the Tough Mudder, running marathons, and doing 5k every day for a month. They have already raised over £6,000 towards their target and Ideagen will be matching some of this. Back in May, they held a festival at Wollaton Park for all the staff and their families. Rainbows were invited to the day with our mascot Bow Bear.

Claire Knee, Global Community Lead at Ideagen, said: “We visited Rainbows recently, it was a very humbling experience and something that will stay with us for a long time. It made us determined to do more. Without hesitation, we have committed to raising more funds and more awareness, increasing our Rainbows fundraising target for the year ahead.”



KS Composites

KS Composites has been supporting us in as many ways as they can after selecting us as their charity of the year. They have joined our Business Club, sponsored our mascot, Bow Bear, and held a fundraising family fun day for staff. A team of eight runners also travelled to Newcastle to take on the Great North Run to raise further funds!

We cannot thank Managing Director Jamie Smith and PR and Marketing Manager Jessie Walker enough for choosing Rainbows, and all the staff for putting their hearts into their fundraising.



Mowgli hit incredible fundraising milestone!

Indian street food restaurant Mowgli Leicester has been supporting Rainbows since opening in September 2019 through various fundraising activities, including adding a discretionary £1 customer donation to Rainbows onto their food bills. Earlier this year, they celebrated raising an incredible £39,000 and their total keeps increasing!

Thank you to everyone at Mowgli, including their kind diners.



Challenge the Wild

16 - 17 May 2024
Coniston, Lake District

Want to take on a challenge like never before?

Join our corporate challenge for two days of adventure, team work and facing fears.

Led by ex-army and mountaineering professionals, you will explore some of the most beautiful spots in the UK. This is a brilliant team-building event or solo mission, which will include a range of thrilling outdoor activities before camping under the stars in comfortable bell tents.

What can I expect?

This challenge is a thrilling and uplifting outdoor adventure. Before you know it, you will be facing fears and achieving more than you ever believed you could.

We will take you out of your comfort zone, but you will have support along the whole way to guide you along, from both the highly-trained instructors and your team mates who will be cheering you on!

Are you up for the challenge?

Scan the QR code to find out more!



Day in the Life of...

Katie Brant Clinical Nurse Specialist in Paediatric Palliative Care

8:00 am - I arrive at the hospital and log on to see which babies, children and young people are inpatients, who has been discharged and any significant events that have occurred over the weekend. This helps me plan my day and prioritise who needs to be seen.

8:15 am - I update the Rainbows Family Support Team regarding who is in hospital and therefore, may require some additional support.

8:30 am - Time to catch up on a few emails whilst patients are still asleep, liaising on their care and management with a wide range of professionals.

9:00 am - I meet with my colleague Gemma (Rainbows Clinical Nurse Specialist in Neonatal Palliative Care) for a team meeting and to discuss any babies transitioning from neonates to paediatrics that may require input.

9:30 am - I meet with one of the Hospital Doctors to review a child on the ward and discuss their current management and ongoing care plans. I then liaise with the hospital staff involved in their care and ring their Rainbows allocated Family Support Worker to update them and discuss additional support for the family.

10:00 am - Next I have a virtual Microsoft Teams meeting with the Community Nursing Team and the Continuing Care Team to discuss shared patients and highlight any who are deteriorating, those that have additional health needs following admission or any changes in management. It is important to ensure all professionals continue to communicate, ensuring care is coordinated and support is optimised from all services.

10:20 am - I get a call to see a child on the Intensive Care Unit, who is sadly approaching the end of their life, as their parents would like to explore the transfer of care to Rainbows. We spend time discussing their wishes, what matters to them most and what support and opportunities are available to them as a family to make memories together. There is a lot of coordination required to transfer a child to Rainbows in order to ensure it is a smooth transition for the family. This means lots of calls and discussions to ensure it is safe and in line with families wishes and I put the appropriate plans in place to support the transfer.

11:10 am - I send a quick email to Rosie (Rainbows Music Therapist) with a list of patients who I think would benefit from a session during her monthly ward round at the hospital.

11:15 am - Next I head to the wards to see a few babies, children and young people across the hospital – check in on how they are doing, review their symptom management, offer support and advice to the Nursing Team and assess if any additional support from Rainbows Outreach Team is required.

In my role, every day is different, whilst I have some scheduled meetings, due to the nature of the childrens' conditions, things can change very quickly. I am adaptive and responsive to their needs and those of the teams caring for them. Most days I spend a lot of time pinballing between wards and liaising with the wide range of professionals, to ensure care is coordinated.



12:15 pm - I get a call from a family in the community whose child's condition is causing concern. We discuss what is going on for the child and decide it is best that they attend A & E to be assessed. I then call A & E to let them know the child is coming in and I share their medical history.

12:30 pm - I log on and attend the Rainbows MDT (Multi Disciplinary Team) meeting. This enables me to talk about my caseload and get input from the wider Rainbows Team, to ensure we are meeting each family's needs.

1:30 pm - I have been asked to attend an outpatient appointment for a family and assess their holistic needs to see what additional support can be implemented. I introduce myself and discuss support, they consent to a Rainbows referral.

2:00 pm - A call comes from A & E to review a baby who has been brought in via ambulance. I assess their needs and discuss next steps with their team, providing some emotional support to the parents at this challenging time.

3:00 pm - I spend some time away from the wards with a child's parents to revise their daughter's Advance Care Plan – exploring their wishes for their child and her end-of-life care, putting in place appropriate plans to support this. It is a really important part of my role to discuss families wishes, ensuring care is provided in a location of their choice.

4:00 pm - I take a last look at emails and get ready to head home. Tomorrow will be a different needs day, supporting children and their families facing new challenges and uncertainties.



2023 Business Club News



The Rainbows Business Club has been going for over 10 years now and has made such a difference. We have decided that the monies raised through this club will go directly into funding one of our Nurses here at Rainbows and we would like to introduce you to Adele (see opposite page).

Your business helps us.

All you need to do to join our Business Club is to sign up for less than £1 a day.

Contact our team today by emailing corporateteam@rainbows.co.uk

We would like to introduce our newest members...

- All Masons Locksmiths Ltd
- Precision Recruitment UK Ltd
- PadStore Ltd
- Thomas Flavell & Sons
- Portfolio Luxe
- Barratt Smith Brown
- Healthy Stuff Online Ltd
- Haymarket Shopping Centre
- Proludic

Thank you to our amazing Business Club Members.

Your regular commitment means so much to us, helping us to achieve a monthly/annual sustainable income. You impact directly by helping us to pay for the salary of the Business Club nurse. You really couldn't be doing more to give support to the lives of babies, children, young people, and their families.

Meet our Band 5 Nurse Adele Carroll who is now funded by our Business Club members



Tell us about your role?

As a Band 5 Nurse within the Hospice, I get to support and encourage the independence of babies, children, young people (BCYP) and their families through therapeutic relationships.

Why did you apply for this role?

Growing up I spent a lot of time at Rainbows as a sibling for respite visits and at sibling events. It was my favourite place to visit as a family and also be around other siblings to whom I could relate. I always knew growing up that I wanted to work here and therefore did my nurse training to be here in this role today. I often get nostalgic driving into the hospice of myself as an eight/nine-year-old girl, very excited for what was in store for me. I now work with some of those same nurses and Hospice Care Assistants (HCAs) that remember me from then.

What difference do you hope to make to our families?

I hope to be the support and reassurance that families are looking for both short-term and long-term. I love being able to manage the complex care regime of the BCYP and allowing parents or carers to be just that and have the chance to focus on themselves as a family. If I can make one small difference, whether that be a smile, keeping the BCYP comfortable, or relieving any worries for a family, then I have achieved my goals as a nurse.

You spend all day helping others, how do you relax?

I love spending time with family and friends, reading, and going for walks. I also crochet and have an embarrassingly large stash of wool and yarn.

Do you have a message for our supporters?

Thank you. Rainbows would not be what it is without you. Your contributions mean that we can continue to support families and BCYP with complex needs to provide them with a place of relaxation, freedom, and laughter. Thank you to all the amazing volunteers who dedicate their time to keep the gardens beautiful, keeping the shops running, and making such a huge difference to the whole charity.

A Big Thank You to our amazing supporters!

Here's what some of you have been up to

Long-term supporters, **Sanderson Design** and **Anstey Wallpaper** have been busy as usual with a range of fabulous fundraising activities, including a special Coronation celebration where they held a staff 'Bake Off'. They have also been helping us to redesign our Young People's Lounge by lending their creative expertise and products to give it a refresh! This has been a great project so far, which has been driven by our Young People. They've been involved in picking paint colours and the style of wallpaper to create a space they enjoy and want to use.

We can't wait to see the end-result and will feature an update on this in our next newsletter.



The **Nottingham Waterfront Festival** selected Rainbows as one of two charity beneficiaries this year, meaning half of all proceeds were donated to support our work. It was a fantastic day of music and entertainment for all the family and they also held 'Run to the Beats', a 10k route across the city, which culminated at the festival! Overall, they raised a fantastic £3,000.

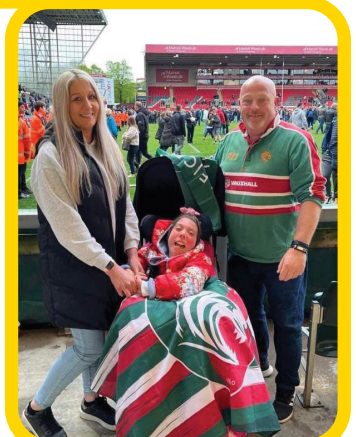
As part of her Presidential year of the **Insurance Institute of Leicester**, long term supporter Sue Hull selected Rainbows as its charity to support. Alongside a dinner, which took place at the end of 2022 and raised £2,750, Sue took on the challenge of walking the Leicestershire Round with her Dad to raise extra funds!



A massive thank you to **Pektron** for their wonderful and continued support. This year, they organised their own 10-mile walk for staff to take part in and raised a fantastic £2,245. What a great way to team build and raise money for charity!



Leicester Tigers very kindly offered us tickets so our families could enjoy a match together, everyone loved going along and cheering on the team!



We enjoyed visiting staff at **Thomas Flavell & Sons Solicitors** for a lunch and learn session along with a parent speaker and Youth Worker from Rainbows. Staff have chosen us as one of their charities for 2023 and it was great to see them taking part in our 'It's A Knockout' event.



Haymarket Shopping Centre

has chosen Rainbows as its Charity of the Year for 2023 and we joined them along with Bow Bear to celebrate their 50th "Big Birthday Bash". It was a day full of activities, entertainment, and a bucket collection. There was also a guest appearance from Elton Wrong, along with circus performers, BBC East Midlands Today, and lots of cake!



Thank you so much to the fantastic team at **Midland Quarry Products Ltd** for raising an amazing £2,400 at its charity evening! There was lots of fun with live music, dancing, and a raffle.



Rainbows are fortunate to have been chosen as **Swallowfield CIC's** charity of the year for 2023 and on 18 May, by kind permission of the Duke of Bedford, they held a spectacular event at Woburn Golf Club, all in aid of supporting our families. Over 100 golfers came together and enjoyed a brilliant round of golf in the sunshine, with Beat the Pro and Nearest the Pin competitions. There was even a hole-in-one scored!

Our amazing long-term supporters, **Rolls Royce TBF** have been busy with their fundraising this year. They held a staff table tennis competition raising over £900, such a simple but effective fundraising initiative! The Chain Stretchers at Rolls Royce TBF also braved the epic challenge of cycling 140 miles from coast to coast, raising an incredible £2,225!



We were invited to have a 'takeover' of a **Leicester Riders** game earlier this year. Involving Bow Bear meeting the players and cheerleaders, hosting a table of guests in their hospitality suite, delivering a talk, and holding a bucket collection with our corporate supporters at KS Composites. It was a brilliant evening.



Cotterill Civils raised an amazing £955 by holding a 100k bikeathon for its staff. The team took turns to clock up the kilometres!

Thank you to colleagues from **Redrow Homes** for taking part in our Peak District 10-mile walk, and raising an amazing £2,560. Other team members have also taken part in the Wilne 10K and the Robin Hood Half Marathon. Go team Redrow!



Corporate Volunteering

We have been inundated this summer with volunteers who have all done a great job – here are just a few, we wish we could include you all.

Thank you so much!

T.J. McGovern Painting Contractors, Redrow Homes and Crown Paints

Our Music Room was recently revamped thanks to volunteers from T.J. McGovern Painting Contractors and Redrow Homes who worked hard over the course of a few days to give the room a well-needed lick of paint. Thank you also to Crown Paints in Nottingham for supplying the paint, you are all brilliant!



T.J. McGovern Painting Contractors



Redrow Homes



Crown Paints

Cox Automotive Sales Team

We were delighted to welcome the Cox Automotive Sales Team to the Hospice to support the gardening project outside our Summer House. They worked so hard, moved a lot of soil, and did an amazing job!



Liniar

Derbyshire outdoor products company, Liniar, generously donated and built a brand-new raised garden decking area for our families to enjoy. We absolutely love this new addition to our Hospice and are so grateful to the team who came to install it over multiple days.



TGW

A group of volunteers from TGW helped in our gardens and built new compost storage units to replace our old plastic ones. These new environmentally friendly units will be well used by our regular gardening volunteers!



Aggregate Industries

The Finance Team from Aggregate Industries visited the Hospice for a tour and spent time helping in our Sorting room. They worked super hard and went through a lot of donations!



Pladis

Not only do Pladis spend time volunteering with us, this year they sponsored and helped at our Open Day, and supplied tasty goodies for our visitors to enjoy. Their support enabled us to welcome hundreds of visitors to the Hospice on our first Open Day in three years! They also keep us well-stocked with biscuits which is amazing!



Your chance to win with our Rainbows Superdraw!

Play our Superdraw for your chance to win our exciting new holiday prize to Italy or £3,000 cash

Our annual Rainbows Superdraw has raised over £235,000 since 2015.

Could you and your colleagues help to grow this amount even more by selling tickets – maybe you could arrange a prize for the member of the team who sells the most?

This year, we're letting the lucky winner choose their prize. Either a seven-night holiday to Italy for two people, thanks to our friends – and sponsors of the Rainbows Superdraw, Riviera Travel, or a cash prize of £3,000.

There's also the chance to win other cash prizes, ranging from £50 to £250.

The Italian holiday will see you and one guest enjoy Lake Garda, Venice, and Verona on an escorted tour, with breakfast and dinner included. You'll also get to marvel at the breathtaking alpine scenery of the Dolomites and visit a local vineyard.

The trip includes return flights from East Midlands Airport to Milan Bergamo, with an item of checked/hold baggage each, and all tax included. Transfers between the airport and hotel in Italy; plus seven nights in a superior double/twin room, with a lake view at the four-star superior Europa Hotel.

Departing from East Midlands Airport on Monday 29 July 2024 and returning on Monday 5 August 2024 – you will need your own travel insurance.

If your company would like to sponsor the Superdraw going forward or our newsletters, then please get in touch – it's a great way to promote your business and show the support you give us here at Rainbows.

This Rainbows Superdraw has been kindly supported by



BeGambleAware.org[®]
Helpline: 0808 8020 133



No tickets to be sold to or by anyone under the age of 18

Terms and conditions apply

Superdraw Tickets

Please get in touch with your Corporate Fundraiser or email **corporateteam@rainbows.co.uk** to get tickets posted out to your company.





Zoe's Story

Abigail watched her unborn baby's heart take its final beat during a scan and thought she would never again feel such an unbearable pain.

But she had to keep strong as her baby, Zion, was a twin. Zoe was born a few days later at 26-weeks-old. For Abigail, her husband Jeremiah, and their young daughters, Samantha and Joan, their world continued to be thrown into turmoil as Zoe's health continued to deteriorate. But tiny Zoe was a fighter.

"We were told so many times that she wouldn't make it, but we kept going and refused to give up," said Abigail. "We were with her every day. I knew that she was always happy when we were around, even though she was in so much pain."

"We came home from hospital just before her first birthday and was referred to Rainbows. I was ready to accept any kind of help. I was put in touch with a Family Support Nurse who was so nice and helpful."

During her year in hospital, Zoe had a Tracheostomy and Gastrostomy and she is fed through a tube. She also has very weak muscles and endures a lot of physiotherapy.

"During my pregnancy with the twins, I felt completely exhausted and had high blood pressure," said Abigail. "At 23-weeks pregnant, doctors realised Zion was very sick. One night, I was struggling so much. I woke and could feel one twin wasn't moving. A few hours later, while having a scan, I watched my baby's heart take its final beat. I just didn't know what to do or how to react. I felt like I was in space unable to respond."

I literally saw her heart stop beating."

Then Abigail became very ill and was advised to give birth to Zoe in order to save her own life. "Two weeks after her sister had given up and I was emotionally drained, I gave birth to Zoe via a C-section," she said. "It was a very strange time. I was scared and sad. I didn't know whether to cry or scream. I was just there."

For the family, life has been a struggle and they have all benefitted from the support of Rainbows. Zoe, who is now two-and-a-half, simply loves our hospice and its staff.

"Rainbows has taken care of us so well," said Abigail. "When you see people who are so nice, you know they will look after your child with kindness and sincerity. I knew that I could relax and the first night we stayed at Rainbows, I couldn't wait to get to bed so I could actually sleep. That was the first time I had been away from Zoe but I had confidence that they would look after her. There was always someone there by her side making sure Zoe was okay."

"Rainbows has also been really beneficial for my other daughters as they take part in activities at the Hospice and they know there are people around them who care and understand."

"Sometimes this life is so unpredictable, I learned to try my best, even if you don't know the end result. Zoe makes me so happy, she is so resilient and always smiling."

Donate and help to brighten short lives at rainbows.co.uk/donate

Thank you



Rainbows children and families to benefit from a new Sunshine Coach

Thanks to several generous supporters, Rainbows is set to benefit from an amazing new minibus. Provided through Variety, the children's charity and Variety Golf, who raise funds through many kind personal and corporate sponsors. The minibus will make such a difference to our children and young people at Rainbows.

The application for the Sunshine Coach was also made possible thanks to additional support from some other amazing supporters including the McClay Foundation and the Thakrar Foundation.

As Stacey Curzon, Rainbows Youth Worker explains "this new Sunshine Coach will mean that so many children and young people at Rainbows can experience new opportunities, create memories and access many opportunities that most of us take for granted."

Our thanks go to everyone who was involved in making this possible.



Rainbows Chair of Trustees, Paul Stothard being presented with a new Sunshine Coach at a recent Variety Golf fundraising event.



Laddaw's Contributions Add Up

Employees of Laddaw Ltd can take advantage of their company's schemes to support charities, and John Cooper (Supply Chain Director – Europe South) kindly nominated Rainbows to receive €5,000. Our sincere thanks go to all those involved in making Rainbows a beneficiary of these funds.

Does your company have a similar scheme? Please think about nominating Rainbows and help your local charity to support families in their most challenging hours.

Electric Dreams

In a previous edition, we brought you news of our amazing electric charging points, courtesy of East Midlands Airport Community Grants. We're now pleased to let you know we've also been able to purchase two electric cars to help us fulfill our Vision to provide "the Rainbows experience wherever you are, hospice, hospital, home"

Our sincere thanks go to Crown Bevcan and Mansfield Building Society's Charitable Trust who were the main funders for these cars. Alongside the Freemasons and other grantmakers they've made our electric dreams come true!



Can You Help Us Like The McClay Foundation Have?

The McClay Foundation has agreed to fund a Project called Sunshine and Fresh Air, which provides £5,000 towards the Sunshine Coach Minibus mentioned in the article on the previous page, and £5,000 towards facility improvements in our parents' accommodation at the Hospice. This support will help to provide important transport opportunities for the children and young people. It will also help to keep parents as physically comfortable as possible whilst Rainbows offers emotional support.

Thanks to the McClay Foundation for their amazing support.

**Does your business have a
charitable foundation that can
work with us in a similar way?
If so please get in touch.**



rainbows.co.uk



01509 638 033



corporateteam@rainbows.co.uk



Meet Karen, our new Clinical Nurse Specialist in Paediatric Palliative Care.

Karen is employed by Rainbows but works for the University Hospitals of Northamptonshire NHS group and Northamptonshire Healthcare Foundation Trust. She is part of our Nurses in Hospitals team as well as the larger Palliative Care Team at our hospice.

Working across Northampton General Hospital, Kettering General Hospital and Northamptonshire Healthcare Foundation Trust, Karen works with babies, children and young people with serious and terminal illnesses, who need the support of our expert team as well as supporting referrals to our Hospice.

With 26 years of experience in her field, Karen provides a different approach to care, a holistic one, which takes into account the child's family and offers support to them too. Karen is part of the 'face of Rainbows' in the hospitals but has a large expert multi-disciplinary team behind her at the Hospice and across the NHS Trust.

From diagnosis to end of life, Karen is alongside the family on their journey, parallel planning, liaising with other teams and ensuring Rainbows' services and therapies are offered not only at the Hospice, but also in hospital and at home.

Another aspect of her role is identifying new families, reaching out to those who may not know about our charity, and making sure they are referred to us to access the support they need. She can explain the wide range of services available from us and what can be offered at home or in hospital. She is also an advocate for families and bridges the gap between services to ensure they are being cared for in their preferred place.

Karen said: "It is about helping the families to find a way through the stress and emotions of caring for their child. I value the ethos of Rainbows and this role is all about very important choices for the families, ones they may not have known existed – whether that is at Hospice, hospital or home.

"I love the uniqueness of this role and recognise the gap for Northamptonshire in ensuring families know about Rainbows. I will provide holistic support for emotional, physical and spiritual needs of the whole family and I look forward to working within the community."

"It is about helping the families to find a way through the stress and emotions of caring for their child. I value the ethos of Rainbows and this role is all about very important choices for the families, ones they may not have known existed – whether that is at Hospice, hospital or home."

Karen Parsons

Clinical Nurse Specialist - Northamptonshire

**Your donations mean
so much to us**

£1,000 enables us to
provide Physiotherapy in
a child's room, our Gym or
our Hydrotherapy Pool

£5,000 means that
we can provide support
to families through
parent/carer groups

£10,000 is the price of
keeping our Hydrotherapy
Pool up and running
for the year

**Thank you for helping us
to brighten short lives**

Where has Bow Bear Been?

Bow Bear has been busy visiting businesses in the East Midlands and here are a few amazing photographs from his travels.



Bow Bear visiting Highcross

During the Spring half term, we partnered with Highcross Shopping Centre to hold a Bow Bear Hunt with a special visit from Bow! We also took over their Community Hub for a couple of days where we held raffles!



Would you like Bow to attend your event as a VIB (Very Important Bear), or visit your office to help with your fundraising? Bow can help to:

- Boost Staff Moral
- Provide photograph opportunities for your social media
- Engage with staff and the public
- Add a fun element

For more information and to book Bow, get in touch with our corporate team by emailing corporateteam@rainbows.co.uk

Events

From festive fun with the family at one of our Santa Runs, to the daring challenges in the wild. There are lots of fantastic fundraising events for you to take part in!

Which events will you choose?

With more events being added throughout the year, make sure you keep an eye on our social media channels and website for all the latest events news.

Santa Runs

Spread the Christmas cheer this year! Our festive events are perfect for the whole family... whether you want to hop, skip, dance, or run the route “yule” be sure to have lots of fantastic festive fun.

Loughborough Santa Run

Sunday 3 December 2023 - 11 am
Loughborough Marketplace

Derby Santa Run

Sunday 10 December 2023 - 11 am
Markeaton Park



It's a Knockout

Thursday 11 July 2024 - 11 am Loughborough

Let the games begin! This special event for our corporate supporters is sure to test your teamwork, strength, stamina, balance, and your stomach muscles will get a great workout from all the laughing too!

Taking place on Thursday 11 July in Loughborough, we will be hosting up to 27 teams of 8-10 people from different companies across the region to take on six different It's A Knockout games. Are you up for the challenge?

Ready to take on a challenge for a good cause? **Sign up for one of our events today by scanning the QR Code.**



Derby Firewalk

Saturday 13 March 2024
Mickleover Golf Club

Can you handle the heat? If so join us for a night of fire and fun and help raise money and awareness for Rainbows!

Our Derby Firewalk will give you an unbelievable experience, which will get your heart racing and your adrenaline pumping. Firewalking is the art of walking through burning coals without getting burned, transforming your fear and inspiring you to do things you didn't think were possible!





**Because of you, our Care Team
can support babies, children
and young people with serious
or terminal conditions when
they need it the most.**

Help brighten short lives.



**We care for babies, children and young people in the East Midlands – wherever they are.
Hospice | Hospital | Home**

Rainbows is registered as Cope Children's Trust in England and Wales. Registered Charity No. 1014051.
Registered Office: Lark Rise, Loughborough, Leicestershire LE11 2HS.

