



A Royal Seal of Approval Founders Shirley and David Metherell made MBEs in 2014 New Year Honours

Everyone at The Elizabeth Foundation was delighted that the charity's founders Shirley and David Metherell were both made MBEs in the 2014 New Year Honours.



This award is a fantastic recognition of all their hard work and dedication, and we send them lots of love and congratulations. Shirley and David wrote the following message to share with you all:



Shirley and David with their four adult children at Windsor Castle in March 2014

"Dearest friends, colleagues, and Elizabeth Foundation parents, past and present,

"What an amazing start to 2014! Thank you all so much for the wonderful congratulatory messages, cards, letters, flowers and even balloons that we have received since the announcement of our MBEs in the New Year's Honours List. We are completely overwhelmed by the warmth and sincerity of all your messages, which has made receiving these prestigious honours so incredibly meaningful.

"For this to occur in the year of my retirement is very special for me, but for the "quiet, unassuming one of team Metherell" who has shown such amazing commitment and been equally involved with the growth of The Elizabeth Foundation over the past 32 years, to be honoured as well, was absolutely the icing on the cake.

"We both feel that our "Honours" give The Elizabeth Foundation and all who work there, a well deserved "Royal Seal of Approval." We have every confidence that our amazing organisation will continue to grow and be successful with all its endeavours.

"David and I would like to dedicate our MBEs to all the wonderful parents of very young deaf children who have welcomed us into their lives over the years, and that we have had the honour to help and support."

Much Love always,
Shirley and David Metherell.



Celebrating being made MBEs with staff at The Elizabeth Foundation

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Jack Hoskins & his family

"Jack didn't have the best start in life and spent much of his first 12 months in and out of Great Ormond Street Hospital in London. Then to top it off, at nine months of age he contracted Meningitis. He was one of the lucky ones though and survived with only disturbed balance and a loss of hearing.

"Jack's hearing loss was initially devastating, with the regret of all the things he will never hear. But we have learned to embrace the challenge of adapting all our lives to appreciate sounds in a new way. As a family we have joined local groups and met a wealth of people, both professionals and new friends and feel that we have expanded our way of life rather than narrowed it. We are learning sign language together and encouraging Jack to listen and speak too so he can get the best of both worlds.

"A year after losing his hearing, Jack was fitted with bilateral cochlear implants. He was slow to show much response with them initially, but over the last six months has really come on leaps and bounds with his response to hearing sounds, and identifying noises and even trying to repeat noises to make speech. What has happened in the last six months to spark this change? ... six months ago Jack started attending The Elizabeth Foundation!

"The facilities they offer and the expertise of the staff are amazing and clearly Jack thinks so too, so it is well worth the 120 mile round trip each week.

"Earlier this year I asked my friends to support me in running the Brighton Marathon for The Elizabeth Foundation for giving Jack a brighter future. I was not a runner before and last winter's "delightful" weather did nothing to encourage me off my warm comfy sofa! And quite frankly the thought of running 26 miles terrified me!! However, I successfully completed the course and raised over £1,000 to support The Elizabeth Foundation's amazing work. Some of my friends (including Jack's godfather Matt Goddard see below) have also taken on their own tough challenges to raise money."

Rachel Hoskins, Jack's mother



Lon Las cycle ride by Jack's godfather Matt Goddard

"My godson Jack Hoskins (see above) has been benefiting significantly from the work of The Elizabeth Foundation over the past year, following being fitted with bilateral cochlear implants.

"As a result, my good friend Dave Jones and I wanted to complete a significant challenge to support the work of the charity. Despite not being cyclists, we chose riding the Lon Las route, a trail covering the full length of Wales in one weekend, and totally unsupported.

"Due to path closures and the odd mistake, the route totalled 469km both on and off road, climbing over 17,800ft as we crossed the three mountain ranges of Snowdonia, the Cambrian Mountains and the Brecon Beacons. Each day was around 8-10 hours on the bike, and the weather turned for the worse on day 3, with 5 hours of driving rain to see us on the final leg into Cardiff. However, at 9pm on day 3 we reached Cardiff having set off from Holyhead, with tired bodies, but happy hearts. And we raised over £3,000 including Gift Aid! "



Running for Riley



Following hot on the heels of Jack's mum (see previous page), Tyler Coombes completed the Brighton Marathon in 4 hours 29 mins. Tyler is godfather to Riley, who attends our pre-school nursery.

Tyler says, "It was a terrific day. The support on the streets, at home and via social media has been overwhelming! Thoughts of The Elizabeth Foundation and the amazing work that it has done to help out Riley, and many others, inspired me".

Tyler wrote this beautiful story to inspire his friends to support him, and we were so moved by it that we'd like to share it with all of you:

"Christmas eve.

The usual last-minute dashing around to see friends and family. A bag of presents for the children under the arm.

Next stop; the Hall's residence.

'What have you got there?', my (nearly) 3 year old godson Riley excitedly asks.

It stops me in my tracks. A brief pause. I answer, 'What do you think I have, Riley?'

'Presents?'; eyes beginning to widen.

'Maybe...'

'Who are they for?'

'Have a guess'

As an appreciative, broad grin begins to develop, 'Are they for...me?!'

A scene that won't seem too unfamiliar to most people. But the truth of the situation is that this brief interaction turned out to be a present for me. The greatest gift I could ever have received.

Riley Jackson Hall was born profoundly deaf. As soon as he was old enough, he was fitted with cochlear implants.

This was the first time that I had heard him speak. The first time I saw him listen. We had a conversation. A spoken conversation! It felt like a miracle.

'Merry Christmas', I thought.

On Christmas eve, I experienced something that felt like a miracle. The Elizabeth Foundation's dedicated and generous work has been fundamental in preparing Riley for what we all hope will be a unhindered life ahead. I want to say a massive 'THANK YOU' to those responsible. Running the Brighton Marathon is my way of doing so."



Local MP Caroline Dinenage visits our Family Centre

We were visited in March by Caroline Dinenage, Conservative MP for Gosport. During her visit, she learned about our exciting plans to extend the facilities at our Hampshire Family Centre over the coming years (see p5).



Ms Dinenage was impressed with the services we offer at our Hampshire Family Centre and with the progress our preschool deaf children make.

On the radio

We were excited to have two more of our children featured as weather forecasters on *BBC Radio Solent's* breakfast show. Oliver Crutchington and Ollie Bagnall did a fabulous job with the weather words!



News from our Family Centre

It has been such an exciting year in the nursery here at The Elizabeth Foundation.

In January, we welcomed Charlotte Smith to our team. Charlotte is a Speech and Language Therapist who previously volunteered and then worked in the nursery, and we are thrilled to have her back in her new role. It feels as if she has never left! Charlotte's post is currently funded by a grant from BBC Children in Need.

Our new Listening Support Group has continued to go from strength to strength. With pilot funding from Awards for All and Portsmouth NHS Clinical Commissioning Group, we have provided a monthly baby group and a monthly pre-school group which offer support to families of children with a non-aided hearing loss. The children really enjoy their listening exploration and their parents are reporting improved confidence for communication, with the knock-on effect of improved behaviour! With such great results, we hope to continue this valued service in the autumn, subject to securing funding.

Our baby, toddler and pre-school nursery services at our Family Centre have also gone from strength to strength. Throughout the year, we teach the children topical vocabulary (such as transport, minibests, Summer, etc) and we try to end the topic with a trip out to help reinforce the vocabulary the children have been learning. This year, we were very lucky to be able to go on a visit to the historic ship HMS Warrior 1860 at the end of our transport topic. What an amazing time the children had! A big thank-you goes to Amanda Collinson (mum to Jacob) for helping to arrange this exciting opportunity for the children.



Heather Brayshaw (centre left) of John Horniman's Children's Trust presenting a cheque to Julie Hughes (centre right) to support our family services

We would also like to thank all of the grant-funders who support the ongoing provision of our services for babies and pre-school deaf children. In particular, we would like to thank the Sobell Foundation and the John Horniman's Children's Trust for their recent grants.

With over 60 children from 9 counties attending sessions on a weekly basis, it has been a busy year, to say the least. As we end yet another fantastic and exciting summer term, we would like to say thank-you to the entire team at The Elizabeth Foundation for all their hard work, dedication, enthusiasm and motivation. We are truly blessed with a lovely work environment and wonderful children and families to work with!



Goodbye and good luck at big school to our 2014 Leavers

Expanding to provide new services and support

We were thrilled to start building our new extension and facilities in Hampshire in February 2014, supported by grants from the Ovingdean Hall Foundation, the Garfield Weston Foundation and the Bernard Sunley Charitable Foundation, alongside legacies and general charitable donations.



We will be moving into the first of the new areas in August 2014 when all the heavy construction work will have been completed.

During the Autumn 2014 term, we will be introducing new types of service and support for families in our *Family CHAT* ("Communication, Hearing and Talking") zone. This home-like and welcoming area is next door to the busy Newborn Hearing Screening team. This important team of Elizabeth Foundation and Hospital staff work together to look after all the babies and families in the region's screening programme, and we have also refurbished and modernised their control office.

Throughout all the noisy and dusty building work we have kept our hearing testing and newborn screening clinics fully operational and we would like to pay tribute to all our staff, hospital partners, and construction team colleagues who have made this possible with such cheerfulness and patience – *Thank You*.



Feb 2014: digging the foundations



Apr 2014: first floor beams lifted in



May 2014: roof joists fitted



Jul 2014: windows installed

Please help us complete our next phase!

We need to raise a further £250,000 so we can:

- Complete final landscaping, provide additional carpark spaces, and create wheelchair and mobility access across the whole of our Portsmouth Centre including grounds.
- Install training and conference facilities on the ground floor of the extended building.
- Develop and launch a new training programme for families and professionals including weekend and holiday-period listening and talking workshops for whole families, and new conferences and seminars to share our expertise with parents and professionals.
- Establish new support projects to complement our Home Learning Programme.

You can help us in many ways such as:

- Telling us if your group, club, employer or school would like to raise funds.
- Informing us about any grant scheme you are aware of. If you have details of available grants, please let us know
- Making a special donation towards the project - using Gift Aid if you are able.
- Holding a Bake Sale, Coffee Morning, or Bring & Buy.
- Chatting about what you are doing to help, on our social media – and inspiring others.
- Continuing to support our annual events and fundraising for our existing work and services.



Our *The Elizabeth*
foundation
family story

Harriet Graham & her family

"Harriet was born by emergency caesarean just a few days before her due date. My placenta came away from my womb just before she was born starving her of oxygen. When Harriet was born she had no signs of life and it took a long time to resuscitate her as she had swallowed so much blood.

"Harriet then spent the next 72 hours 'on ice' having cooling treatment which reduced her core body temperature to 33°C instead of 37°C. This was a really scary and surreal time, and I felt like I was living in a dark tunnel. After coming off life support and initially being tube feed, she started to breastfeed at 7 days old. My relief was enormous as I had imagined she may have had trouble breastfeeding but she was just like a normal baby!

"She had an MRI scan, which showed a left sided Cerebral Infarct; in other words a dead area in her brain, a stroke. She didn't pass her first hearing test, and despite reassurance from friends I knew she was deaf, but I also knew I was very lucky she was alive. After hours and hours of hearing test, she was diagnosed with a moderate to severe high frequency sensori neural hearing loss in both ears, they were 99% sure this was due to the lack of oxygen at birth. She started to wear her pink hearing aids when she was 3 months old.

"The next set of hearing tests showed that her hearing loss was moderate to profound. After several tests with the same results she had Grommets fitted at 18 months as it was suspected that Glue Ear was increasing her hearing loss to profound. Unfortunately the Grommets had no benefit to her hearing loss. So even with her hearing aids she can only hear around 37% of what's being said.

"Despite the brain damage we know Harriet has, she met all her developmental milestones and walked before she was one. Harriet always seems to be the centre of attention, she lights up a room with her smile and personality. She is very happy, cheeky and determined. She is also very lucky to have a patient and protective older sister to copy and learn from.

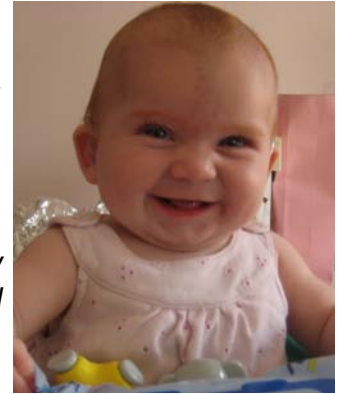
"My husband Chris is in the Army and when Harriet was 2 and her sister Lizzie 3 we moved to Hampshire. This came after 18 months of not being together as a proper family with Chris in Germany and Afghanistan. We then discovered The Elizabeth Foundation, which has literally changed our lives. The Elizabeth Foundation has not

only given my daughter the ability to be able to listen and talk; but as a family we have also learned so much too. All the teachers, staff and volunteers go the extra mile to support you. If there is something you are worried about, they will point you in the right direction and most importantly make you feel you are not alone.

"Harriet has her first assessment for Cochlear Implants shortly in Southampton, which the staff at The Elizabeth Foundation have helped me research into. There is a possibility of a Hybrid Implant, which is half hearing aid/half implant. This kind of implant has had some success in preserving natural hearing, but it is all very new and she has to have a series of further assessments to determine if this is the best thing for her needs. We do know that with the support of The Elizabeth Foundation we will not feel as alone as to whatever decision we make.

"Harriet has another year left at The Elizabeth Foundation but I know this will not be our end in the involvement, as once you step through the doors of the Foundation you will never be able to say goodbye!"

Allison Graham, Harriet's mother



Caring companies

The Elizabeth Foundation truly appreciates the continuing relationships we have built with many companies, organisations, groups and schools - and the wonderful support we receive from them all. Here are some to whom we would like to give a special mention:

- **Exemplar:** The Elizabeth Foundation was selected as one of Exemplar's charities for 2013 and they have kindly donated £5,000.
- **4D:** Our grateful thanks to 4D for building bespoke storage in our Baby Basement, providing all the materials too. Now we have somewhere to put all our paper records and equipment, seasonal vocabulary topic boxes and so on. It has made a huge difference – and it all looks so tidy!
- **Specsavers:** The Specsavers Head Office of 400 staff, based nearby to The Elizabeth Foundation, is fundraising for us throughout 2014. As part of this support, Specsavers staff organised and paid for a fabulous day trip to Paultons Park in July for our toddlers and pre-schoolers and their families.
- **HSBC** local branches: Staff from HSBC are doing more and more for our charity each year including participation in our Ten Mile Walk, Sponsored Swim, Great South Run (see back page), and also helping at our school fayres and joining our hotel events as guests.
- **Basepoint Waterlooville:** This year, Basepoint is generously match funding up to £10,000 at our events, including £1,445 at our Golf Day Auction, £1,400 for our Summer Fayre Raffle, with our forthcoming Beethoven Ball and our Champagne Race Night also to follow. In celebration of Basepoint's 20th Birthday, they are doing additional fundraising for us – such superstars! Many thanks to Loraine Ede and her team.



Having fun at Paultons Park thanks to Specsavers!



Maybe your company/workplace offers matched funding or has a Corporate Social Responsibility programme? If you could put our charity details forward and introduce us to your company, then we stand a much better chance of being picked! Email alison.robinson@elizabeth-foundation.org to find out more!

Fearless fundraisers

Six daring supporters abseiled 100m down the Spinnaker Tower in Gunwharf Quays, Portsmouth, in aid of The Elizabeth Foundation during Deaf Awareness Week in May, raising £4,000 between them. Participants included three parents of children who have attended The Elizabeth Foundation – Chris Graham (father of Harriet - see p6), Emily Small, Ed Wheatley



– and wonderful supporters Russell Fisher, Caroline Blackey and our very own Spiderman, John Over (Dad of Nursery Assistant Lucy). They were all smiling when their feet touched the ground!

Legacy News

We have now made it easier for you to get in touch with us if you would like to find out more about leaving a gift in your Will to help support our work in the future.

If you have an enquiry and would like to contact us, you can use our special email address legacies@elizabeth-foundation.org

To read more about helping The Elizabeth Foundation in your Will, see our information pages online at <http://www.elizabeth-foundation.org/legacies.asp>

Fun and fundraising

Already this year, supporters have signed up to our annual events:

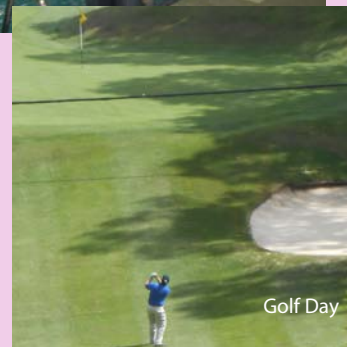
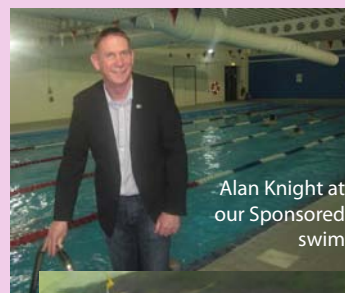
- Sponsored Swim in March (opened by Alan Knight, Ambassador of Portsmouth Football Club – pictured top right),
- Ten Mile Walk in May (pictured lower right),
- Spinnaker Tower Abseil in May (see previous page),
- Golf Day in June (pictured right centre),
- British London 10k Run in July.

Fancy taking part too? We are currently looking for more runners for the Great South Run on Sunday, 26th October 2014 – a ten mile run around a flat course in Southsea/Portsmouth. A wonderful atmosphere, hearing shouts of encouragement and clapping as you run/jog/stagger around!

Email alison.robinson@elizabeth-foundation.org to put your name forward...or email to participate in any one of next year's events:

- Swim on Sat, 7th March 2015,
- Ten Mile Walk on Sun, 3rd May 2015,
- Abseil on Mon, 4th May 2015,
- Golf Day on Thurs, 11th June 2015,
- London 10k on Sun, 12th July 2015.

For more details about all of our fun events and challenges, please visit our website: www.elizabeth-foundation.org/fundraising.asp



We still have a few places left for this year's Great South Run

Trustee Helen Seaman and her friend Audrey Murch took part in the first ever Portsmouth Colour Me Happy Run on 29 June 2014. As well as having a great time in the sunshine, they also raised over £400.



Tickets are on sale now for our "Rule Britannia" themed Ball



A special thank you to the Southdowns Ladies Harmony Chorus (Cascades) for collecting £1,500 for The Elizabeth Foundation during 2013-14 and also for performing at our recent Summer Fayre in July.

Contact us

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